

Basketball: Freshmen Godfrey, Palo contribute from bench

SPORTS.p6 >>

Opinion: Jason Arment dispels some straightedge stereotypes

OPINION.p4>>



IOWA STATE DAILY

TUESDAY

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Investigation

ISU student reports assault in Campustown

By Kaitlin.York @iowastatedaily.com

On Friday, Jan. 14, a general assault was reported to have happened in the elevator of the Welch Crown Center apartments.

According to the report given by Investigations Cmdr. Jim Robinson, there were approximately four to five Asian males all dressed in black jeans and black pullovers.

The man who attacked the female student appeared to have a faux-hawk.

The student was transported to Mary Greeley Medical Center of Ames.

Drinking is known to have been involved.

The student to whom the attack reportedly happened wishes to remain anonymous.

The investigation remains ongoing.



In tomorrow's edition: Hear from the victim of this reported attack in Wednesday's Daily.

Misprint

Daily's error serves as reminder

By Jessica.Opoien @iowastatedaily.com

On Jan. 12, 2011, the Iowa State Daily published an article about the sexual assault, misconduct and harassment policy at Iowa State, written by Kaitlin York. The story, headlined in print as "Defining dangerous deeds," and online as "Understanding the policies for sexual assault," was about a very serious issue on college campuses.

The story was accompanied by three sidebars, with the intention of providing more information about sexual misconduct. However, a very unfortunate error, on our part, has made one of those sidebars infamous across the Internet. The sidebar, "Who cannot give consent?" was headlined, in print, as "Who can give consent?"

The error, of course, dramatically changed the information that was presented in the sidebar. Copy errors run in publications every day, but this was more severe than the average newspaper misprint.

CORRECTION.p3 >>

Campus

New athletic center leaves clubs in limbo

By Paige.Godden @iowastatedaily.com

A new athletic complex will take over the intramural field east of Wallace and Wilson halls, leaving the clubs that use the field wondering where they will practice this spring.

When asked what he thought would happen after the new sports complex is built in the field they play on now, Colin Wilcox, sophomore in pre-business and a member of ISU Men's Rugby for three semesters, said, "Your guess is as good as mine."

He said he doesn't know if the club will move to the Southwest Athletic Complex or the old soccer field.

"As far as I know, we're just displaced," Wilcox said.

The team practices every Tuesday and Thursday during warmer months and once a week at Lied Recreation Athletic Center during the winter, Wilcox said.

The club plays several teams including the University of Iowa, Northern Iowa, Minnesota, Wisconsin and Nebraska.

The team also hosts a Veishea tournament

RECREATION.p3 >>



Inauguration coverage: Find photos of Gov. Terry Branstad's inauguration at iowastatedaily.com

Educational program



Members of the Riverdale Rocks Robots Lego League team from Riverdale Heights Elementary School in Bettendorf celebrate as their robot successfully completes a task in the Iowa FIRST Lego League Championship competition Saturday in Howe Hall. Photo: Kelsey Kremer/Iowa State Daily



Learning with Legos

Engineering students host Lego tournament for youth

By Torey.Robinson @iowastatedaily.com

A Lego contest may seem trivial to an outsider, but for the 72 teams of 9- to 14-year-old students involved in Saturday's FIRST Lego League State Competition, building a robot that can complete an obstacle course of tasks on its own was anything but child's play.

Chris Tourek, graduate student in mechanical engineering and FIRST Lego League planning team co-chairman, knows this firsthand — he's volunteered and helped plan the event for seven years.

"We ran a Lego League tournament at my high school," Tourek said. "I found out when I was a freshman at Iowa State that we also ran a tournament, so I volunteered my first year. The next year I joined the planning team and have been on the planning side ever since."

Tourek said the planning committee recruits for tournament volunteers in engineering courses and student organizations.

This year, about 400 ISU students regis-



See for yourself: Find video of the FIRST Lego League Competition at iowastatedaily.com

tered to help with the FIRST Lego League, and were crucial to the tournament's success, said Brandon Newendorp, graduate student in mechanical engineering and planning team co-chairman and event emcee.

"There's no way we could support an event with more than 3,000 people attending without the support of volunteers," Newendorp said. "We couldn't run all the information desks, the outreach activities, the judging, the referees — it would be impossible without volunteers."

But volunteers can also set an example for how engineering is impacting the world, Tourek said.

"Hopefully our volunteers can come out and show these kids what cool science and technology things are happening in Iowa and at Iowa State," Tourek said.

Tourek said the planning committee spends an entire year devising the day-long event, and talk about next year's tournament has already begun. It's the hours put in by the planning

How it works

- FIRST Lego League is a program designed to teach children about science, technology and engineering.
- Each year, participating teams of 9- to 14-year-olds must write computer software that programs a Lego robot to complete a series of tasks on its own. Teams also develop a research project that addresses a problem and invites them to create an innovative solution.
- Participants are judged on teamwork, their project presentation and research and their robot and its programs.

committee that allow for each tournament to feature new components for participants.

This year's event featured a boom crane for the first time at Saturday's competition, which allowed a constant video feed from the Howe Hall atrium to other buildings where participants and spectators were.

The FIRST Lego League also executed a webcast of the entire event so families and friends of participants could watch the teams

VOLUNTEERS.p3 >>

Safety

Center raises stalking awareness

Women's Center will host speakers to educate students

By Carmen.Leng @iowastatedaily.com

Many students tend to joke about or engage in "Facebook stalking." They believe it's not a big deal to "creep" and that it is just something to pass the time — but stalking an individual is a crime.

Stalking is unpredictable and dangerous and is considered unwanted pursuit, following or harassment that leaves victims living in constant fear of what may happen next, where to go or what to do.

Stalking is hard to classify and often goes unreported, said Elliott Florer, ISU Police officer. "A lot of the time people don't know where the line is drawn to be considered stalking," he said.

Florer and fellow ISU Police officer Pete Gagne, as well as Penny Rice, director of the Margaret Sloss Women Center, all agreed with this list of behaviors to look for when determining if you are a victim of stalking:

- Repeated phone calls, including hang ups.
- Following you and showing up wherever you are.
- Sending unwanted gifts, letters, cards or e-mails.
- Damaging your home, car or

other property.

- Monitoring your phone calls or computer use.
- Using Facebook and Twitter to follow where you're going.
- Drive by or hang out at your house, school or work, threatening you.
- Other actions that control track or frighten you.

Tips from Rice if you are a vic-

tim of stalking are: Document everything by saving texts, e-mails and phone calls. Develop a safety plan and change your routine. Learn your resources to contact for help. Inform your friends and don't travel alone.

If ISU students believe they are being stalked, ISU Police encourage students to trust their instincts and report the incident

immediately.

Stalkers are not easy to identify. They have no specific psychological profile and it's hard to predict their behavior. The majority of stalkers are obsessed with their victims and their intent is to keep the victim in their power.

Each year, 3.4 million people are stalked in the United States.

STALKING.p3 >>



The Margaret Sloss Women's Center is recognizing January as National Stalking Awareness Month. Stalking often goes unreported. ISU Police encourage students to trust their instincts and report immediately if they believe they're being stalked. Photo illustration: Karuna Ang/Iowa State Daily

Weather | Provided by Weather.gov

Tues
-5 | **12**

Wed
2 | **9**

Thurs
-11 | **10**

Today in Iowa weather:
1996: Unseasonably warm air surged into Iowa ahead of an approaching cold front, bringing temperatures into the 50s across Iowa.

Calendar

TUESDAY	WEDNESDAY
Open Mic Night When: 8 p.m. What: Sign up at 7 p.m. All talents and guests welcome. Where: Maintenance Shop, Memorial Union	Open house: Margaret Sloss Women's Center When: 10 a.m. to 2 p.m. What: Join staff members in celebrating the reopening after summer and fall renovations of the Sloss House. Where: Sloss House

WEDNESDAY
ClubFest
When: 5 p.m. to 9 p.m.
What: ClubFest is an opportunity for students to find involvement opportunities that meet their interests outside of class.
Where: Great Hall, Memorial Union

Daily Snapshot



WINTER FUN: Sledding down the Knoll

Daniel Swarbrick, sophomore in kinesiology, sleds down the Knoll by Richardson Court on Saturday afternoon. You are only in college once and should make the best of the little things, Swarbrick said. Photo: Phuong Thao Nguyen/Iowa State Daily

Police Blotter:

Ames, ISU Police Departments
The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

- Jan. 3**
Otis Taylor, 42, of St. Paul, Minn., was arrested on a warrant from Ramsey County, Minn. He was additionally cited for speed and no valid driver license. [reported at 6:01 a.m.]
Ronald Bayes, 52, of Boone, was arrested and charged with possession of burglary tools and second-degree burglary. [reported at 3:45 p.m.]
Amanda Lemus, 28, 313 Lynn Ave., was arrested and charged with violation of protective order. [reported at 11:30 p.m.]
- Jan. 4**
Kaleb Hoverstein, 18, 3824 Tripp St., unit 213, was arrested and charged with driving under suspension and underage possession of alcohol; he was subsequently released on citation. [reported at 1:22 a.m.]
Alicia Love, 18, of Kelley, was cited for underage possession of alcohol. [reported at 1:22 a.m.]
A 17-year-old male was referred to Juvenile Court Services for possession of a controlled substance; he was then released to the care of a responsible adult. [reported at 1:22 a.m.]
Marta Phipps, 50, 1021 Mesa Verde Place, was arrested and charged with third-degree burglary. [reported at 4:07 a.m.]
A vehicle owned by **Ashley Shivers** was struck by a vehicle that fled the scene causing property damage. The incident occurred on Jan. 3. [reported at 3 p.m.]
Ahmet Unsal, 1216 Walton Drive, unit 202, was arrested and charged with driving under suspension. He was subsequently released on citation. [reported at 6:20 p.m.]
Michael Parks, 41, 726 Carroll Ave. unit 1, was arrested and charged with three counts of possession of a controlled substance (third offense) and drug paraphernalia. [reported at 11:28 p.m.]
- Jan. 6**
Sarah Gonnerman, 41, 1231 North Dakota Ave. unit 9, was arrested and charged with operating while intoxicated (second offense). [reported at 2:22 a.m.]
- Bradley Losee**, 27, of Des Moines, was arrested and charged with public intoxication. [reported at 6:17 a.m.]
Two abandoned bikes were placed into secure storage. [reported at 9:14 a.m.]
Officers initiated a computer-related investigation for another agency. [reported at 2:21 p.m.]
Officers initiated a computer-related investigation for another agency. [reported at 2:23 p.m.]

Celebrity News
Notes and events.

Anthony Hopkins: Tequila nearly undid me
Anthony Hopkins battles the devil as a priest who specializes in exorcisms in "The Rite," but in real life, he's battled a different demon: alcohol.
"I drank anything I could back in the old days," Hopkins, 73, tells CNN.
The Oscar winner, who admits he was once quite the partygoer, says one drink in particular almost destroyed him. "Tequila was my hooch," he says. "That nearly undid me, drove me nuts, so I stopped."
In "The Rite," Hopkins confronts spirits of a different kind, but says that off-screen he fears no evil. "There's the old karma," he explains. "If you do bad things in this life, they'll reproduce themselves."
Wonder Woman TV series back on track
It takes a lot to defeat Wonder Woman! Though Marquee previously reported that plans for a TV reboot starring the "Amazing Amazon" had been scrapped, David E. Kelley now says the series is back on track.
"The bottom line is, I had a lot of fun writing it, and we're still optimistic that we're gonna do it," Kelley tells New York magazine's Vulture. "We have a script that Warners and DC are very excited about."

Kelley believes the networks took a pass because of bad timing. The show was pitched very late in the pilot-development season, so giving it a thumbs-up now would have required networks to divert a lot of resources at the last minute.
As for what fans can expect when Wonder Woman soars onto the small screen: "It's too complicated to categorize," says Kelley. "But that, for me, was the most fun thing: complicating the character and probing a lot of her human dimension — and not just the superhero."

Pac-Man coming to life in new reality series
Waka-waka or just wacky? Beloved '80s arcade game "Pac-Man" is coming to life in a new reality series.
According to Deadline.com, Merv Griffin Entertainment is developing an unscripted show about the pellet-eating yellow blob that was chased through a maze by Inky, Blinky, Pinky and Clyde. The series coincides with the 30th anniversary of the iconic video game.
Merv Griffin's president of TV, Roy Bank, describes the upcoming Pac-Man project as a "big, crazy, 'Wipeout'-type event with a lot of energy. The idea we have is to take what Pac-Man is and bring it to life, to bring what is essentially the world's biggest game of tag to television."

CNN Wire Service

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Environment

Professor discovers budget contributor

By **Elisse Lorenc**
[@iowastatedaily.com](#)

In his most recent research, John Downing, professor of ecology, evolution and organismal biology, has discovered a vital contributor to the global carbon budget.

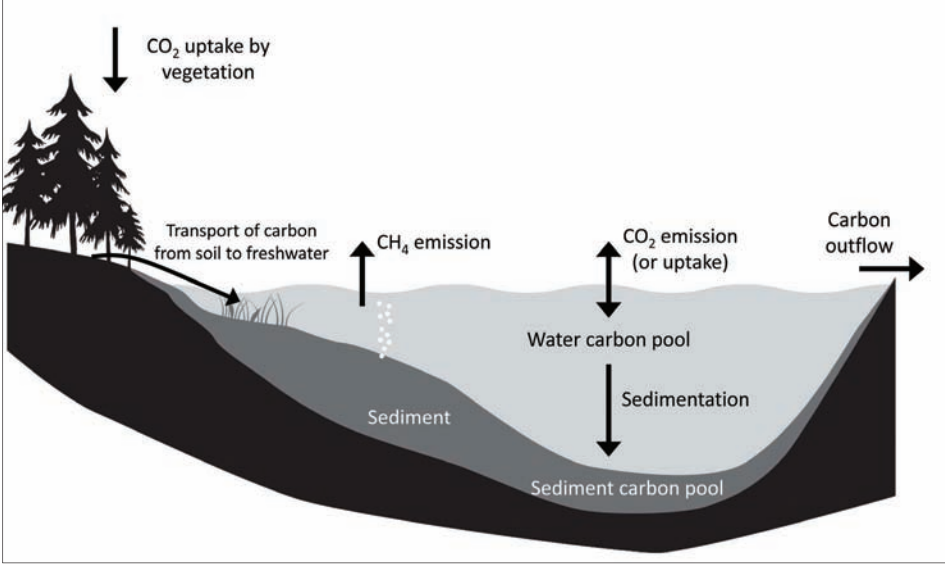
Inland waters, which entails grasslands, wetlands, marshes, lakes and rivers, sequester carbon as well as release methane into the atmosphere.

“How well we know the budget of carbon in the atmosphere dictates how good our predictions of climate change are going to be, and up until now fresh water systems have been completely ignored, so we really don’t know how they would contribute to the overall budget,” Downing said.

The release of methane is a natural process. Organic matter that is located at the bottom of a lake or river, is broken down by bacteria which is then released into the atmosphere as methane.

“Methane is a potent greenhouse gas in addition to carbon dioxide and nitrous oxide,” said Kirsten Hofmockel, professor of ecology, evolution and organismal biology.

“Typically that’s not con-



This graphic illustrates carbon travel in the natural environment. ISU professor John Downing recently discovered that inland waters are a contributor to the global carbon budget. Courtesy illustration: David Bastviken

sidered in budgets and so including methane in these budgets and realizing this is a new source of methane, this could have considerable impacts,” she said.

The release of methane occurs in two different ways. If there gets to be too much methane in the water with respect to how much is in the air, the gas will naturally seek equilibrium between the air and water. The other is ebul-

lition, or forming bubbles, Downing said.

Negating inland waters from the carbon budget isn’t Downing’s only concern, but the increase in methane emissions from these watery environments as well.

“Everybody is aware of how CO2 is increasing in the atmosphere and arising changes in temperature,” said James Raich, professor of ecology, evolution and organismal bi-

ology. “Methane is doing the same thing, but it’s not obvious why. It’s 20 times more powerful than CO2 in terms of its warming potential.”

Downing is part of an international team of scientists researching the effects between carbon sequestration and methane releases in inland waters.

The team of scientists hopes to find a balance between the two.

“The overall picture is people just haven’t looked at freshwaters at all as part of the carbon picture and the greatest rate of everything, emissions, uptake, sequestration, are all found in watery environments,” Downing said.

Hofmockel stresses the urgency in finding the balance.

“Methane release is the opposite of carbon sequestration so it would counteract any source of sequestration, which would then have negative impacts and in determining that balance is really important, methane has a different global warming potential than CO2,” she said.

Downing’s research entails a global caution. Collaborating with scientists from Sweden to Brazil, the team hopes to calculate the amount of methane emitted from inland waters on a global scale.

“We’re all counting on having a good, solid, accurate, carbon budget and yet we’ve completely ignored a very important component and we might ask ourselves what other components have we ignored,” Downing said. “Inland waters are really important, we need to add them to the budget if we want an accurate budget.”

>>VOLUNTEERS.p1

from home, Tourek said.

But the innovative developments of the planning team aren’t the focus of FIRST Lego League, Newendorp said.

“I think it’s cool to see what the

kids have accomplished every year,” Newendorp said. “It always amazes me what these 9- to 14-year-olds are able to do. It’s absolutely amazing.”

“It’s great to get them excited about science and technology because it’s kind of a very big deal in today’s soci-

ety,” Tourek said. “It gets them to realize it’s not that hard. They can break down the barriers that say the math and science of engineering is hard and see it’s not hard. They can see how fun it is and continue on and learn.”

And fun is what FIRST Lego League

is all about, Newendorp said.

“It’s not a competitive activity,” he said. “It’s really meant to be a chance for kids to show what they’ve learned and accomplished and to share that with others. It’s about learning opportunities — and that makes it fun.”

>>CORRECTION.p1

This was nothing more than a mistake on our part — not, as some online commenters have suggested, the product of someone with a sick sense of humor.

Sexual misconduct is not a laughing matter, and, too often, careless jokes are made that can numb us and make us forget the seriousness of the matter. The Iowa State Daily does not condone sexual misconduct, and we do not take this issue lightly. We deeply regret any offense we may have caused.

Some have questioned why this error made it to print, since we discovered it before

the papers were distributed. We caught the error after the papers had gone to press, and we immediately called our printer to find out what we could do.

Unfortunately, we were unable to reach anyone. To not provide the ISU campus with an entire day’s newspaper because of an error would be doing our community a disservice — and, of course it would be a disservice to our advertisers, our printer and the countless others who are, in some way, invested in the work we do.

To communicate the error, we posted a notification to our Facebook page and through our Twitter account. A correc-

tion was immediately posted online, and another was published in the following day’s print edition.

Because of a graphic circulating the Internet that juxtaposes the sidebar with the front page where the story started, someone who didn’t see a print copy of the paper might think this mistake ran on the front page. To clarify, the story was the centerpiece on the front page, and it jumped to page 3. The error was on page 3. Of course, the fact that the sidebar wasn’t on the front page doesn’t mean

we shouldn’t have caught it — and I can assure you that this mistake will remind us how important it is to thoroughly proofread our copy before it goes to print. I can’t promise that we won’t make more mistakes in the future — but this is a student newspaper, and we’re here to learn. We have learned from this mistake, and I think it will make us better journalists.

We never expected this error to garner the kind of nationwide attention that it has — we’ve shown up on numerous blogs, the Associated

Collegiate Press website and even the front page of the Huffington Post. It’s been incredibly embarrassing for us, but something good has come of it. Because of our mistake, a well-done story about a very important issue has received more publicity than it ever could have within the confines of the ISU community.

Thank you for understanding that, as college journalists, we make mistakes. We’re committed to serving Iowa State as an independent, student news organization, and we will continue to do so.

>>STALKING.p1

The ISU Police provided ISU harassment reports, including public official records, for the past four years.

- 2007 — 76 reports
- 2008 — 69 reports
- 2009 — 77 reports
- 2010 — 61 reports

“The number of reports on the ISU campus is similar to the number of reports on any other campus in the United States,” Florer said.

The Margaret Sloss Women’s Center is recognizing January as National Stalking Awareness Month, and at noon on Jan. 25, Carrie Jacobs, Kipp VanDyke and Michelle Borttcher will speak about stalking at the Women’s Center.



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>>RECREATION.p1

that invites alumni of the rugby club to play.

They have 40 members who regularly attend practices and pay \$100 dues to be registered with USA Rugby.

Wilcox said he doesn’t think the Southwest Athletic Complex would work very well; the soccer field would probably be a better solution.

Michael Giles, director of Recreation Services, said he doesn’t think the rugby team has anything to worry about.

“I’m kind of surprised the rugby club is concerned,” Giles said.

Giles said the club attended a meeting with himself and athletic director Jamie Pollard to discuss what is going to happen.

“Details aren’t available yet ... We have an opportunity for what I truly believe could be an improvement for everyone,” Giles said.

“It is our intention to disrupt the programs as minimally as possible.”

The sports complex has also raised concerns among community members.

“This university has not been transparent with this neighborhood,” said Al Jergens at a meeting in November. “As an ISU alumnus, I expect more than that from a world-class, land grant facility.”

Some concerns raised included a fence to be built around the property and light and noise pollution the facility might cause.

“I will be immediately across from this proposed complex, and I do feel this is an unnecessary and redundant site proposal,” Jergens said. “It’s going to devalue my property.”

westtownepub.com



Jan. 28
Out of the Blue
Daily Specials
Matamoros Monday

\$4 Margaritas
(2pm-1am)
\$11 Buckets of Corona or DosEquis
(2pm-1am)
\$5 Pork Fajitas*
(All Day) *Dine-in-only

Karaoke Tuesday
\$5 for 8 Boneless Wings* (All Day)
(*No sides, Dine in Only)
\$1 Tube Shots
(9pm-1am)
\$2.25 Spiced Rum and Pepsi
(9pm-1am)
Karaoke (9pm-1am)

White Trash Wednesday
\$2 Spam Sandwiches* and
\$2 Tator Tot Casserole*
(7pm-10pm)
*Dine in Only
\$2 16oz Tall Boys of Keystone Light and PBR
(7pm-1am)

2fer Thursday
2fer Wells (9pm-1am)
2fer Pork Tenderloins*
(All Day, Dine in Only)
Late Night Happy Hour
\$2.50 Domestic Pints
(11pm-1am)

Unfiltered Friday
\$3.50 Pints Boulevard Wheat
(All Day)
\$5 Regular Nachos* (2pm-7pm)
*Dine in Only
\$1.50 Keystone Light Draws
(2pm-7pm)
\$3.50 All Craft/Import Beer

Wing It Saturday
59¢ Wings & Gizzards*
*(All Day, Dine in Only. Choose from Boneless or Traditional)
\$10 Domestic Buckets
(All Day)



11am-2am
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Editorial

Excerise caution, strength in numbers when going out

Some things go without saying, at least you would think. Unfortunately some things aren't readily understood until the fifth or sixth time they are told to a person. Telling someone that they are responsible for themselves — socialists being the exception, or at least they think — seems to be hackneyed. Many of us have had our parents telling us this since our childhood.

We've said it before, we'll say it now, and many points in the future we will say it again.

If you lose sight of your drink, don't finish it. There are individuals out there who are sexual predators, and they cruise bars with malicious intentions.

One more time, just so everyone is clear with what we are putting forward.

If you lose sight of your drink, don't finish it. Get a new drink.

Editorial Board
Jessie Opoien, editor in chief
Zach Thompson, managing editor of production
Jason Arment & RJ Green, opinion editors
Teresa Tompkins, community member

Don't leave it with your friends who may or may not be completely inebriated. Don't leave it with your best friend, who may or may not get distracted by a beautiful someone walking past. Don't put a napkin on the top of it, no matter what magical ruins you picked up from the latest fantasy romance or wizardry adventure novel.

Either you are physically in control of your drink, or you are not. If at any point you lose control of your drink, take it to the bartender, and ask him to pour you another. Who knows, maybe he'll be sympathetic to your plight and give you one on the house — we really doubt it though. It's better to pay a couple of dollars for a new re-

freshment than to get roofied. That's not to say that even if you clutch your drink with an iron kung-fu grip all night that it still couldn't happen.

Maybe you have seen a sitcom episode that covered how it's possible for someone you are around to very casually put something in your drink.

I don't think that anyone expects you to go through some sort of counter-intelligence training so that you can go to the bar and have fun, but just be aware of who is in close proximity to you. So far what we want you to do requires that you, to put it bluntly, not be completely hammered. It's pretty well known that a lot of college kids drink too much. This isn't

something that is new, by any means. So please don't act like your particular graduating class discovered alcohol when they started attending college.

Take it easy on binge drinking. When you start to feel like you are going to black out, stop drinking. If you aren't an experienced drinker, don't feel like you have anything to prove. Just take it easy and enjoy yourself.

There are other easy ways to stay on the safe side of partying.

Know the bar you are going to. We're not saying don't go new places or try new things, but when you are drinking you let your guard down. Being in a place you are familiar with, around a staff that is familiar with you, will not only make you more comfortable, but will also allow you to know when something is wrong much earlier.

Don't go out by yourself, unless it's to the movies. Go to the

bar with someone, or a group of friends. Staggering home by your lonesome is when you are most vulnerable. Remember that old idiom, "strength in numbers?" It became a saying for a reason. People are much safer in small groups than by themselves.

We'd suggest that the majority of you stop drinking all together, but something tells us we'd have better luck squeezing water from a stone than getting people to frequent the bars less.

We aren't trying to scare you. We just want you to be more aware of what is going on around you. It is your responsibility to take care of yourself. Taking responsibility starts by taking simple and small measures against the possibility that someone out there might try to do you harm.

The possibility of predators being out there isn't a possibility at all, it's a fact.

Lifestyles

Straight and narrow of straight edge

By Jason.Arment@iowastatedaily.com

Look past stereotypes of stringent lifestyle

Sometimes I hear crazy things on campus. I'm pretty jaded to people saying outrageous things, especially young college goers trying to grab attention.

Every once in a while, though, I hear something that really stands out from the "guns kill people," that will be heard from new liberals on every college campus for the foreseeable future, or "design majors have it easy, they don't have to study for tests," that can be heard from people who obviously don't know any designers.

One I heard recently that really struck me was, "Straight edge people are crazy and will shoot you for drinking."

Obviously, it was time to talk to some people who knew a thing or two about straight edge. Those people were Paul Nycz, a tattooer at Iron Heart in Des Moines who has been straight edge for over ten years, and his wife Sarah Nycz, who has been straight edge for a little over 12 years.

I asked Paul to bring me up to speed with a brief history of straight edge.

"Straight edge started in the early 80s with a band by the name of Minor Threat. They were a punk rock hardcore band that was sick of the societal norms of the punk rock scene of the time, of being wasted constantly, whether it be drugs or alcohol, or just living a lifestyle like that. They decided they didn't want to do that kind of thing and they ended up voicing their opinion in a song and titling it 'Straight Edge.' The lyrics you can look up online," Paul went on, "Basically they started it accidentally with one of their songs and a bunch of other people around the country that felt the same way started labeling themselves as straight edge."

There it is; how a counter culture was born. People didn't like how the norm in their peer group consisted of getting inebriated, so they went the opposite direction.

But what exactly are the rules of straight edge? Are there even rules, and how does it all work? I asked these questions to Paul and Sarah over dinner, and listened intently as wasabi singed my nostrils.

"Straight edge has no organization other than the fact that it's no drugs, no alcohol, and in my opinion the majority consider it to be no promiscuous sex, but there are certain people that claim that the promiscuity has nothing to do with straight edge and it's only drugs and alcohol," was Pauls reply to my questions about the rules of straight edge.

I prodded Paul a little bit about the idea that if straight edge doesn't reject the societal norm of promiscuity, then it is a dietary choice. Maybe it is like being a vegetarian, except instead of not consuming animals and their by-products you abstain from chemicals.

"It is not at all a dietary choice, veganism and vegetarianism are all completely separate from straight edge," Paul replied, "It's a lot more than that, it's a mentality."

It would be hard for anyone to maintain, in any seriousness, that straight edge is simply a dietary choice and not a rejection of societal norms, but it's important to ask the hard questions of people while you have them on the hook.



Paul Nycz, a tattooer at Iron Heart in Des Moines, has been following the straight edge lifestyle for more than ten years. His wife, Sarah Nycz, has been 'straight edge' for more than 12 years. Photo: Jason Arment/Iowa

Sarah's feelings on promiscuity in straight edge were clear, "A lot of people claim straight edge but they are very promiscuous, and that really bothers me just because it's just like drinking, maybe? Maybe not that severe, but that's part of straight edge."

Paul's thoughts on promiscuity's place in straight edge are ambivalent. He doesn't necessarily agree with people who are straight edge being promiscuous, but he realizes due to straight edge's lack of organization it might not be the same for everyone.

"It depends on where you came up. If you came up in this scene, it might be no drugs, no alcohol, no promiscuity, but if you came up in a different scene, somewhere else across the country, it might just be no drugs no alcohol."

Paul isn't naive about why some straight edge people might consider sleeping around to be acceptable.

"I know a lot of guys that probably would have said it was no drugs, no alcohol, no promiscuity and then they started sleeping around. Then it became no drugs, no alcohol."

No drugs, no booze, no promiscuity: Straight edge doesn't sound like a rose garden, unless you're a monk. I asked how long the commitment of abstaining from these things lasts.

Paul replied with, "Straight edge is a 'true till death' commitment, that is the entire point of straight edge."

A lot of the people reading this just had their minds blown, and can't imagine ever living a strict lifestyle. The rules are stringent, and I was interested to know what he thought about people that couldn't toe the line long term. Paul articulated his thoughts to me about people that decide to claim edge, and then can't stand the the hard test that time offers.

"As far as the breaking edge thing goes, that is something that has defi-



Paul Nycz stands outside of his workplace. The "X"s on his hands are a symbol of straight edge. Those who follow the straight edge lifestyle abstain from drinking, drugs, and often promiscuous activity. Photo: Jason Arment/Iowa State Daily

nately laxed over the years, at least around here. Maybe there are still scenes across the country where you if did break edge your friends would actually hold you accountable or kick your ass. A lot of places, I see kids just sweeping it under the rug like it was no big deal anyway."

Paul went on to say that, "In the 90's things seemed to be a little more serious with it, where if you 'broke edge' you could get shunned, your friends might be angry at you or you might even get your ass kicked."

"I think if you break edge, and if you want to go back to that style of life, go back to that style of life. That's a great idea, but maybe just not claim it. Maybe you aren't doing it full justice by trying to take on the name that you kind of lost the rights to."

I wondered if Paul and Sarah were ever deterred from being friends with people who are not straight edge.

"We don't just congregate with straight edge people, we have a lot

of friends that are not straight edge as well, 95% of our friends are not straight edge," Sarah informed me.

So what's the deal with stories people have heard — through whatever grapevine — of straight edge people beating up others for being drunk?

Paul was ready with an answer that makes a lot of sense.

"You have a certain amount of the population where you get a fear-based, aggressive reaction. Where you tell them that you don't drink and they're like, 'What is wrong with you?' They don't understand where you're coming from, then they just consider it a threat, almost. They get all defensive and weird, and aggressive."

"They'll start talking trash to you, and start pushing you. They will start fights with you because you don't drink. It's absolutely ridiculous."

Paul went on to express frustration that, "all the sudden it's a straight edge thing, where 'a straight edge kid beat up a guy for drinking,' and that's

not at all how it started."

If you are someone who lives in a college town, you can probably relate to drunk people getting aggressive for no reason.

I don't expect this to completely illuminate what straight edge is to people who are unfamiliar. I just want to give people some exposure to what straight edge is other than the sensationalism can be found elsewhere.

I'm sure some people will still be very intimidated by others different than themselves, and that isn't necessarily a bad thing. Just don't let the initial fear of the unknown shut off any thought process that accepts others.

If you run into someone who is out and about enjoying their weekend, but minus the drinking, and upon inquiry as to why, they tell you that they are straight edge, you can sound like a well learned person by saying, "Oh, yea, I've heard of that."

Most importantly, you'll be able to say it with understanding.

Environment

Seeing red about ‘going green’ color craze

By Thomas.Hummer@iowastatedaily.com

Green is no longer a color, it’s a lifestyle’

I love hearing stories about “the old days” from my grandpa. No matter how old I get, hearing him talk about “back when a loaf of bread cost a nickel” or when “a household was lucky to have one television set,” always intrigues me.

What’s even more thought provoking than these blasts from the past is wondering what I’ll be telling my grandchildren about the present day forty years from now.

Sadly, the first thing that comes to mind is “I remember when the word ‘green’ was just a color.”

Over the last couple years, green has been ruined for me. It isn’t a color anymore, it’s a lifestyle.

Everybody is “going green” by trying to save energy and paper waste — despite the fact that trees are a renewable resource.

I’m not saying this is a bad thing. I fully support treating the environment with respect and not being overly wasteful.

However, using a color to express this idea is obnoxious and confusing. Is it really that hard to just say “eco-friendly?”

Using “green” as a synonym for being environmentally friendly causes a lot of little lingual headaches. After

all, the word already has enough definitions as it is.

For example, if someone says to me “Bill is green,” it could mean a number of things. Is Bill looking sick? Is he from Mars? Is he an inexperienced rookie? Or is he eco-friendly? This exact situation is unlikely, but it’s just an example of a few of the many ways the word “green” can now be used.

Our language already has enough words with several meanings and interpretations.

I would rather see a new word invented than taking an additional meaning on a pre-existing word. Unfortunately, this is just the beginning.

The worst of this confusion comes in the car world. “Green cars” are all the rage, and nearly no effort is made to distinguish this from cars that are actually painted green.

Headlines such as “First Green Car Dealer opens” and “First Green Car Expo Set for Oct. 9” sound more like automobile manufacturers attempting to appeal to the Irish demographic than environmental progress.

I’m also not looking forward to the day when portable, eco-friendly light sources become popular. The Green Lantern will lose his superhero coolness in a serious way.

I think the thing that really gets me is how random and inaccurate the word “green” is as environmental

jargon. True, a lot of foliage and plants are green.

However, the ozone layer that surrounds the Earth certainly isn’t, and neither is the water that covers over half our planet, both of which are equal concerns in the environment. Hopefully as we continue to make eco-friendly advancements, it will simply become the norm and there will be no need for “green” as a fad or statement of any kind.

Keep an eye out for me this St. Patrick’s Day; I’ll be the guy wearing a black T-shirt and jeans, punching out anyone who pinches me, screaming that my shirt is made from recycled fabric and am therefore wearing green.

Equality

Men and women stand to gain from feminism

By Liz.Steinborn,Ahna.Kruzic@iowastatedaily.com

Progress has been made, but many rights still needed

Feminism. Are you still reading? Sadly, many people, including women, distance themselves from this topic.

We are often asked why feminism is important today considering women now have the right to vote, to attend college and can run for president.

But when a woman runs for president, the news media worries more about her clothing than her politics.

Women have to have money and a quality preparatory education to get into college, and many women do not have access to these things.

The following examples are reasons why we believe feminism is something every person should fight for.

There are a myriad of other reasons, and we acknowledge that we are coming from a privileged race and class being white women in higher education.

Women of color, low income women and women with different physical abilities have different experiences. But we all benefit from feminism.

Contrary to popular belief, women do not have equal rights.

The Equal Rights Amendment, or ERA, was never added to our country’s constitution.

Women want and need equal opportunity in the workplace, in education and in government.

The lack of equity is evident when one looks at the pay gap; once we’re earning a salary — not our minimum wage on-campus pay rate — we still earn only 80 cents to every dollar a man earns for the same job when we have the same qualifications.

Feminism is necessary because we are still objectified by our body parts.

Our breasts are ogled; we are told we need surgery if they aren’t big or set high enough. Our uterus are blamed for making us too

emotional — “you must be raging, you’re so moody!”

There is an abundance of misogynistic men at Iowa State; women encounter them every weekend.

It is not uncommon to be approached, ogled, then told something along the lines of “nice legs, keep up the good work.” Women and men alike need to recognize this behavior as unacceptable.

We are not flattered by inappropriate compliments based on our physical characteristics coming from strangers; it is not a compliment to know you are unable to see my worth as a human being, but rather a sexual object.

Violence is still perpetrated against women. They are often blamed for wearing skirts too short or clothing that is too revealing.

Sexual assault between acquaintances “doesn’t happen” because a woman owes her partner sex after a big date. Feminism is absolutely necessary until violence is no longer perpetrated against women.

Women often put down other women. We call each other sluts, whores, bitches and bimbos. We judge our fellow women’s sex lives and intelligence level.

We are taught to degrade a sexually liberated woman, belittle a woman’s clothing choices when we like it better than our own, consider a successful career-oriented woman cold and ruthless, and criticize every body type for one reason or another.

It is not uncommon for people to look at my breasts instead of my face.

Women are not being taken seriously when we can’t talk to a professor or fellow student without that glance down — yeah, we actually do notice it.

Women are continually asked to choose between their careers and raising a family. When women do have jobs outside of the home, they are criticized for not playing a bigger role in raising their

children. Succeeding inside and outside of the home are considered mutually exclusive ideas. In a sexist society, men are not allowed the opportunity to stay at home with their children — sexism hurts men too.

We see that not all women have benefitted equally from the work of our feminist foremothers.

Feminist movements thus far have focused on the benefit of the white, middle class, heterosexual woman to the greatest extent. Progress is needed for all women; especially those oppressed by other factors in addition to sexism.

Language is still male-centric. For example, when we write our papers, all word processors recognize the word congressman; however, the word congresspeople is only recognized by Google.

It is obvious that feminism is necessary when one looks at the pharmaceutical and healthcare industry. There is a pill to help elderly men have

sex, but not a pill to enhance the pleasure of women.

Hysterectomies, the removal of female reproductive organs, are advised way more than orchiectomies, the removal of the testicles. Word recognizes the word hysterectomy but not orchiectomy.

Feminism is for everyone. As women, we have made progress. As mentioned, we can vote, we can go to college and we can run for president — all rights we were once denied.

However, we have a long way to go. We don’t have equal rights under the constitution, we earn less for the same work, we are objectified for our bodies, and it is not considered socially acceptable for a man to stay home with his children.

All men and women stand to gain from an encompassing feminist movement; there is still a definite need for feminism as well as rights to still be gained, even in 2011.

“Good things come in threes!”



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Commentary



ISU guard Dante Garrett stands at shoot-around with his brother Damon, middle, and his cousin Greg Brown, left, Wednesday before the Cyclones' game with No. 3 Kansas. Garrett and his family were together for much of the day leading up to the game, helping Garrett to remain relaxed and calm going into the game with the Jayhawks. Photo: Jeremiah Davis/Iowa State Daily

A few hours with Dante Garrett

By Jeremiah Davis
[@iowastatedaily.com](mailto:jedavis@iowastatedaily.com)

Experience reveals loose, relaxed determination

Ever wonder what your favorite athlete does during the hours leading up to the biggest game on their schedule?

What do they do? Who do they see? Where do they spend their time?

Well, before the game against Kansas on Wednesday, I got to see what Dante Garrett does before a big game. It was just a few hours and didn't take me deep into the mind of the senior guard. But it was definitely revealing.

I met up with Garrett at the Sukup Basketball Complex, where he was waiting to go to Hilton Coliseum to get extra shots up before the game.

"Any chance I can, I gotta get up extra shots," Garrett said.

We rode to Hilton with his cousin, Greg Brown, and his older brother, Damon Garrett, who, along with several other family members, were in town to take in the game.

"Since it's his last year, we figure we got to come watch as many as we can," Damon Garrett said. "We love watching him play."

Throughout the car ride, the brothers and their cousin cracked jokes. Because there was someone new in the car, many of the jokes were aimed at the younger Garrett. The atmosphere was jovial and good-natured. If Garrett was worried or nervous about the game that night, there was no way of knowing.

Once we arrived at Hilton, we spent some time in the locker room with all the players currently on the scout team, who were there for a special workout before shoot-around. Even when he wasn't joking with his teammates, Dante seemed at ease.

Part of putting him at ease is the music he listens to leading up to games. It's not the kind of music many would expect.

"I don't know why, [but] I just like listening to slow music before the game," he said. "It puts me at ease for some odd reason."

While the scout team was doing their workout, Garrett got to work at the opposite hoop putting up those extra shots to "get loose and focused for the game." Brown and Damon Garrett served as his rebounders and didn't let up on the joking that carried over from the car ride.

Brown also taught yours truly a new sports term while the team got started with shoot-around.

"He's ofa-ofa," Brown said laughing, as he watched a Cyclone player miss two



Dante Garrett goes up for a layup during the game against Kansas on Wednesday. Garrett had 27 points in the Cyclones' 84-79 loss to the Jayhawks. Photo: Zhenru Zhang/Iowa State Daily

straight free throws. "If a guy misses a few shots right in a row, we say he's 'ofa-ofa,' like 0-for-whatever."

After the Cyclones were done going through their shoot-around practice, Garrett, Chris Babb and Brown had a three-point shooting contest. While Brown was "ofa-ofa" to start out the contest — a fact I had to point out to him, which made him laugh and regret teaching me — he tried his best to get in his cousin's head. The three played three rounds, and Garrett ended up victorious, foreshadowing the offensive production he was to have against the Jayhawks that night.

We parted ways shortly after. Back at the Sukup Complex, Garrett, his brother and his cousin were still giving each other a hard time — something that has obviously been commonplace for a long time.

What I took away from the few hours I got to spend with them was just how loose and relaxed Garrett seemed. There wasn't a major sense of urgency or nervousness. He was happy, ready and determined to make the most of his last game against Kansas at Hilton Coliseum.

Having his family there didn't hurt either. "I always gotta show them what I've been working on when they come to visit," Garrett said. "Them coming to support me always gives me more motivation to come out and play as hard as I can."

And play hard he did, tallying 27 points and five assists to lead the Cyclones in the 84-79 loss to the then-No. 3 team in the nation.

He might not be like many other high-profile athletes, but with Dante Garrett, what you see is what you get. His energy and laughter is ever-present, and if anything, it will lead this Cyclone team throughout the rest of the season.

>>MISTAKES.p6

matches.

Cole Shafer exuded all his energy in an exhilarating first period before being humiliated in the final period. Kyle Simonson was exhausted and unable to finish takedowns at heavyweight. Ben Cash and Max Mayfield were unable to fight out from underneath and create any offense.

One issue Shafer ran into was the use of the "gut wrench" move by Minnesota's Kevin Steinhaus. With the "gut wrench tilt," Steinhaus was able to control Shafer's wrist and earn near-fall points. The gut wrench and tilt became a tool of destruction for many of the Gopher grapplers. Fifth-ranked Zach Sanders turned Cyclone Brandon Jones multiple times on his way to a technical fall victory.

"It's unacceptable to be turned in the way we're being turned and the wrist tilt stuff is the basic, simple tilt we should be able to defend,"

Jackson said.

Jackson was displeased not with the conditioning or mental strength shortcomings of the team, but rather their inability to fight in elementary positions. Wrist control, which was key to Minnesota's ability to gain nearfall points, is one of the simplest, yet most crucial elements in wrestling.

"All in all we've got some young guys who have not figured out how to get guys off their wrists when they're on bottom," said Jackson, who claims the wrestlers will work for "100 hours" until they are able to work in that position.

While many of the technical errors were committed by some inexperienced wrestlers, Jackson does not use that as an excuse for underperforming. The Cyclone head man said they are training one team, and if some of the guys are capable of putting together all the pieces of the puzzle, the whole team has that potential.



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ACROSS

1 Finalize, as a deal
6 "Let ___": "Start the ball rolling!"
11 Sleep attire, briefly
14 Honolulu hello
15 NFL's winningest coach Don
16 Below-the-belt
17 Does some Web browsing
19 "The Kids ___ All Right": 2010 film
20 Building wing
21 Photographed
22 Brownish-green eye color
24 Coming-out gala
28 Forever and ever
30 Rolled grain
31 Clark's love
32 "Me, too!"
34 NFL six-pointers
37 Demand accompanied by a banging gavel
41 Casual shirt
42 La Virginie et la Caroline du Sud
43 La ___ Tar Pits
44 Karate blow
45 Restrain
47 Illegal lottery
52 Tibetan capital
53 Bedouin, ethnically
54 Eyjafjallajökull residue
57 Get stuck for, as a cost
58 Lateral epicondylitis (and a possible injury hinted at by the ends of 17-, 24-, 37- and 47-Across)
62 Regret
63 Furry "Star Wars" creatures
64 Track event

65 Family Stone frontman
66 Thick
67 Nerdy types

DOWN

1 Submission end.
2 12th Hebrew month
3 Global
4 300 to 3,000 MHz
5 Elapse
6 Enjoys faddish popularity
7 It precedes iota
8 Pantyhose woe
9 Sight in the Seine
10 Pitiful
11 Boise's hotel, with "the"
12 Superman's birth father
13 Peachy
18 Ergo
23 Crunch targets
25 Relax, as restrictions
26 ___ Ark
27 Like most pets
28 Scads
29 Wisdom of the elders
32 Clothes fasteners
33 Baseball great Mel
34 Phonograph component
35 Eins und zwei
36 Ollie's partner
38 Readied the leftovers, say

what?

Just , sayin'

Just the fact that my professor wears yummy cologne is the reason I go to class

SUBMIT YOUR just sayin' to iowastatedaily.com/fun_games

Jokes For the Day

Yesterday, scientists in the United States revealed that beer contains small traces of female hormones.

To prove their theory, they fed one hundred men twelve pints of beer and observed that 100% of them started talking nonsense and couldn't drive.

.....

A man walks into a bar and orders one shot. Then he looks into his shirt pocket and orders another shot. After he finishes, he looks into his shirt pocket again and orders another shot. The bartender is curious and asks him "every time you order a shot, you look in your shirt pocket. Why?" The man replies, "I have a picture of my wife in my pocket and when she starts to look good, I go home."

what? just sayin

Cy, will you marry me?
...
People who honk at Cyride in anger make me laugh, relax people. Just Sayin'
...
you're a terrible drunk. and it drives me crazy
...
is the thought of marrying me really THAT scary?
...
sometimes i fake family emergencies when i miss class so I don't lose participation points.. oops!
...
To my lazy, messy, and immature roommate, maybe the fact that you don't have a job and lay around all day is part of your unhappiness. Get a life! Just Sayin'

Hates how I always try, really hard, to not say "Just Sayin'", but catch myself doing it 100+ times a day! Just sayin'!! AHHH
...
Daily Decision: Hold the door for someone cute today.
...
OMG saved by the Bell how you have failed us all.
...
All my friends are breaking up , perfect time time to get a boyfriend.
...
To the girls that live above us who like to blast their music at 1:30AM on week nights, yes we do purposely wake up extra early to blast our music back at you. Also, buy a rug. We can hear EVERYTHING you do up there.
...
dear senior year, i have a feeling you're going to ruin my gpa.
...
Having an 8am class is no excuse for havin disgusting morning breath....GROSS
...
Submit your LMAO(txt) and just sayin' to iowastatedaily.com/fun_games



She said *yes.*

Publishes, Jan. 26 ■ Deadline, Jan. 21, at noon

So tell everyone about it!

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 IOWA STATE DAILY

submit your announcement online at iowastatedaily.com/unions or stop into 108 hamilton hall for a submission application.

Daily Sudoku

					8			
8			6	5	2			
4				9	6	3	7	
2	5							
		8			5			
						7	2	
5		7	2		9		4	
		6	9	8			1	
		4						

Level: medium

INSTRUCTIONS: Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every number 1 to 9. For strategies on solving Sudoku, visit www.sudoku.org.uk.

Today's solution:

9	6	2	4	7	3	8	1	5
8	7	3	6	1	5	2	4	9
4	1	5	8	2	9	6	3	7
2	5	1	3	9	7	4	8	6
7	4	8	1	6	2	5	9	3
6	3	9	5	8	4	1	7	2
5	8	7	2	3	1	9	6	4
3	2	6	9	4	8	7	5	1
1	9	4	7	5	6	3	2	8

Daily Horoscope : by Nancy Black and Stephanie Clements

Capricorn: Dance With The Circumstances

Today's birthday (01/18/11). The Dalai Lama said, "Love and compassion open our own inner life, reducing stress, distrust and loneliness." Let these words guide you this year. It's a time for partnership, both for the heart and for the brain. Be compassionate to others and to yourself. Love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is a 5 -- The day is filled with emotions. Use your words. When you have a chance, snuggle in bed with your journal and a cup of tea. Write it all down.

Taurus (April 20-May 20) -- Today is a 7 -- Don't believe everything you hear. Stay quiet while others argue, and wait until asked for your opinion. Don't gossip, either. You'll be glad.

Gemini (May 21-June 21) -- Today is an 8 -- Don't stay stuck in what you already know. Move ahead. Finish up all that stuff you said you'd have done by now, or change the deadlines. Go play.

Cancer (June 22-July 22) -- Today is a 7 -- Figure out how much you can afford to put away for a rainy day. There may be conflict at home. Resolve it with communication, and put it in writing.

Leo (July 23-Aug. 22) -- Today is a 6 -- Emotions run a bit rampant today. Journal them for understanding. In the end, as the Beatles said, "the love you take is equal to the love you make."

Virgo (Aug. 23-Sept. 22) -- Today is a 5 -- Shatter your assumptions. They may no longer fit. It may be tricky to get your message across, but it's worth the intention. Think outside the box.

Libra (Sept. 23-Oct. 22) -- Today is a 5 -- The answers you seek today are elusive, but the limitation is an illusion. You're more talented than you think. Find what you need far away.

Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- Don't be held back by old sorrows. The answer is closer than you think. Just ask for what you want. It's not a good time to shop, so hold off on spending.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6 -- Do you really need extra stuff? You might have something already that does the job just fine. Save money easily this way. Consider the impacts of your choices.

Capricorn (Dec. 22-Jan. 19) -- Today is a 5 -- A private conference spells out the facts. Think it out before speaking. When you do, let your words come from the heart. Dance with the circumstances.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- Tell them what's up without stirring up jealousies or animosity. Keep your wits about you, and use your imagination. Reenergize at home with family.

Pisces (Feb. 19-March 20) -- Today is a 7 -- Listen to your messages. The answer is right in front of you (probably yes). Money's looking better. Don't offer your opinion unless asked.



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Pet-Friendly Edition Plump Pets

By **Kelsey Schirm**
AmesEats Flavors Writer

Is your favorite furry friend starting to slow down its movement but speed up its food intake? Do they waddle when they walk or is its stomach getting too close to the floor? Your pet could be in danger of being obese. Overweight pets can dock up to two years of their life, and as we all know, those two extra years with our pets are valuable. To gain back those extra years, a good diet for your pet is essential.

According to a 2009 study conducted by the Association for Pet Obesity Prevention, an estimated 89 million dogs and cats in the United States are overweight or obese.

That's about 51 percent of all dogs and cats in America. With numbers being that high, its time owners start taking responsibility for their pets' health.

Obesity in pets doesn't just make them slow to move, it also puts them in danger of developing many other health problems.

The primary risks of obesity in pets are osteoarthritis, diabetes, high blood pressure, heart and respiratory disease, kidney disease and many kinds of cancer.

There are many signs you can look for when determining if your pet is overweight.

Common signs include: difficult to feel ribs under fat, sagging stomach, broad or flat back and no waist. Obesity can be caused by a number of factors, so it is important to determine why they are overweight so you can begin implementing a plan.

Diet and exercise, metabolism

problems, hormone problems and spaying or neutering can affect the weight of a dog. Hormone problems should be directed to a veterinarian so they can help your pet.

No matter what the underlying cause is, it's important to come up with a plan on how your pet will lower its weight.

The 3 Legs of an Effective Weight Loss Program is a program presented by Organic Pet Digest.

The steps include increasing exercise to improve metabolism, ceasing to feed them snacks in between meals and feeding them two meals per day that consist of about two-thirds of the calories needed to maintain an ideal weight.

The third step is an important part of the program because you must be feeding your pet the right food to promote weight loss.

Cats and dogs differ in their food intake needs. You can buy the food or make it yourself. Here are some recipes specialized for both cats and dogs that you can try at home:

Cat weight-loss diet

Choose one food from each category to make a complete meal:

Protein:

- Chicken
- Tuna
- Salmon

Steamed vegetables:

- Green beans
- Carrots
- Broccoli
- Spinach



Photo:Thinkstock.com

- Chop veggies very small and mix well with meats as cats will usually not eat veggies.
- Oils for Omega 3 fatty acids:
 - Fish oils (sardine oil is great: increases metabolism and helps arthritis, skin and coats)
- Vitamins:
 - 1 teaspoon of bone meal (calcium & phosphorus)
 - Multi-vitamin & mineral

Dog weight-loss diet

(recommended by Dr. Pitcairn's Natural Health for Dogs and Cats)

- 2 cups (1 pound) ground or chunked turkey, chicken, lean beef heart, liver or lean hamburger

- 5 cups boiled or baked potatoes (or 3 ½ cups cooked bulgur or rice)
- 2 cups oats or wheat bran (or vegetables, such as peas, green beans, carrots or corn)
- 1 teaspoon vegetable oil
- 2 ½ teaspoons Animal Essentials calcium (or a scant 1 ½ teaspoons of eggshell powder)
- Balanced dog vitamins

Combine all ingredients except the vitamins. When serving, add a balanced dog vitamin, supplying the minimum daily standards. Decide what your dog's ideal weight should be and feed two meals per day (approximately 1.5 cups per 10 lbs weight of dog) Immediately refrigerate extras.

Go gourmet

By **Elsey Hartman**
AmesEats Flavors Writer

Brown Dog Bakery is your perfect go-to for all of your gourmet doggie needs. After celebrating the holidays, what better way to treat your pet than with a special treat? Brown Dog Bakery is located in Ankeny, about 20 minutes south of Ames, and is owned and operated by Anna Woodcock, an Ankeny resident and dog lover.

When asking Anna what brought her to opening her own dog bakery she said, "Actually I couldn't find a pink collar that I liked at Petsmart for Sophie, so I got to thinking about it."

She said she used to have to drive to Des Moines to get good dog food and that Petsmart just didn't have much of a selection, so she figured why not?

Three years later the dog bakery has gained business, and Anna can finally have all the selection she wants for dog collars.

This dog bakery offers special treats, toys, collars and leashes as well as holistic dog food to keep your dog as healthy as possible. Brown Dog Bakery aims at feeding your dog the right way with the right foods.

Anna said that similar to humans, dogs need their fruits, vegetables and lean meats, so when searching for the best food for your dog, we have found the perfect place.



Photo: Brown Dog Bakery

Anna claims that the favorite dog treat overall is their peanut butter bon bon, tasting a lot like a Reese's peanut butter cup. Although it contains a little bit of honey, the bakery aims at using as minimal sugar as possible. All of their products can be consumed by humans, but they aren't the tastiest to our pallets. There are tons of treats to choose from so check it out for yourself.

Brown Dog Bakery

515-964-7177
2310 SE Delaware Ave.
Ankeny, Iowa 50021

Hours:

Mon - Friday 11 a.m. - 7 p.m.
Saturday 9 a.m. - 6 p.m.
Sunday noon - 5 p.m.

Why pamper your pet?

By **Lauren Ingebrand**
AmesEats Flavors Writer

If you've ever seen the Cesar Canine Cuisine commercials on television you know how some choose to pamper their pooches. The Cesar Bistro variety includes gourmet flavors such as steak florentine and grilled chicken primavera. Other pet owners spend extra time and money preparing a home-cooked meal for their furry friend. Why do some people choose to eat a 79-cent doughnut for breakfast while their dog eats high quality steak? Here are several reasons why someone may choose to pamper their pet.

It's more natural

Some people believe that feeding commercial pet food is just wrong. Dogs and cats were once wild animals that ate raw meat and bones. Some believe a natural diet such as this will keep their pet happier and healthier.

It's healthier

Chef K9's Doggie Bistro and Bakery says that most commercial dog food is filled with "chemical preservatives, artificial flavors/colors, cheap (often rancid) fats and grains and various fillers." They believe that feeding this food to pets



Photo:Thinkstock.com

can lead to obesity, food allergies, skin troubles, digestive issues, chronic eye and ear infections and degenerative diseases.

It's safer

Others have heard stories of pet food recalls in the past and have lost faith in suppliers to provide safe and healthy food for their pets. Many owners cook for their pet due to specific nutritional needs such as food allergies, renal failure or diabetes.

Pets are family

The most common reason people cook for their dog or cat is simply because they want to. Pets are considered treated as "little people" in most homes, and owners want to serve the family nothing but the best. It can be rewarding for owners to watch pets wolf down a plate of something they prepared.

If you decide to pamper your pet make sure you feed them everything they need for a complete diet. Before switching your pet's food, talk to veterinarian or professional animal nutritionist. They can help you personalize your pet's diet and make sure they are getting everything they need to stay healthy.

foodies – soups – salads – dining – desserts – style – recipes – cocktails – nutrition – organic

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