

Greek community raises concerns about city's rental code

By Katie.Grunewald
@iowastatedaily.com

The Ames City Council heard from Iowa State's greek community at Tuesday's meeting in response to fraternities and sororities undergoing rental inspection.

Shawn Bayouth, new Ames fire chief, noticed when he took over as fire chief that greek housing was supposed to be

inspected and had to abide by the same rental codes as other rental communities in Ames.

A special City Council meeting was organized for Tuesday to discuss the issue, and more 100 members of the greek community attended.

There is a fire code and a rental code that rental communities are supposed to abide by, and the issue that was discussed

was whether or not greek houses should have to abide by the same rules.

Forcing greek housing to comply to the restrictions made by Chapter 13 of the rental code would cost them an extensive amount of money and force a lot of them to close.

The rental code would prohibit many things found in greek housing, including the popular cold-air bedrooms found in

most greek houses, the requirement for there to be a parking space for every bed in the house and the limit of eight people per one bathroom.

There were four designated speakers for the greek community at the meeting who all agreed that there was no argument in abiding by the fire code, and

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Jen Hao Wong/Iowa State Daily

Life-long swimmer Adam Grimm, senior at Iowa State, is chasing his dreams of swimming the English Channel, a very challenging 21.7 mile swim, and is training with an Iowa State coaching team.

By Michelle.Schoening
@iowastatedaily.com

An ISU student is training to join the 1,099 individuals who have successfully swam across the English Channel.

Adam Grimm, senior in horticultural, said his love for swimming started as an infant. At 3 years old, Grimm was able to swim the full length of a pool. By 4, he began to swim competitively, which is something he continued to do for the next 13 years.

However, Grimm encountered difficulties with his swimming career as he entered his junior year of high school. He gave up his love of swimming due to the fear of what others would think of his

sexual orientation. He said he found himself straying from his practices and making poor choices, unable to take anything seriously.

"By my junior year I was a heavy smoker; I smoked for 10 years," Grimm said. "I had finally had enough of the swimming. I was just too worried about people finding out [I was gay], and I was more so on the verge of coming out and accepting my orientation."

At the age of 19, Grimm said he finally accepted who he was and began to regret his choice of cutting his high school swimming career short due to fear of what others would think. He said he spent most of his early adult life dwelling on the regret of what could have been.

"At 27... I was treated really poorly by an individual of high authority, and it made me ... think, 'What am I doing with myself and my life and why am I not chasing the dreams and goals that I have?'" Grimm said.

Grimm was faced with the realization that he altered his life for those around him, rather than doing something to better himself. He decided it was time to reinvent himself.

He began to work out and return to his German studies but quickly realized he needed an outlet for his goals of maintaining a high GPA and swimming the English Channel, which led to his involvement in triathlons and enrollment at Iowa State in 2011.

In July 2012, Grimm began to book and train for the swim.

"As soon as everything was booked and official, I was able to start setting up the team with managers and coaches ... [and] sponsors and places to swim," Grimm said.

Grimm's team is directly related to Iowa State. The team consists of two managers/coaches: Nick Howell, superintendent of ISU Horticultural Research Station, and Brandon Carpenter, graduate assistant at the research farms. The team is also assisted by Aaron Calhoun, an undergraduate student at Iowa State.

In order to prepare for the 21.7-mile

CHANNEL p3 >>



Riley Eveleth/Iowa State Daily

Nir Keren, left, and Warren Franke are heading the VRAC project to potentially save the lives of firefighters, soldiers and many others.

Professors use virtual reality to aid civil workers

By Mackensie.Moore
@iowastatedaily.com

Two ISU professors are using Iowa State's Virtual Reality Applications Center to expand the expertise — and maybe the lifespans — of firefighters, police, paramedics and military personnel.

Nir Keren, associate professor of agricultural and biosystems engineering whose expertise is in occupational safety, wanted to study fire fighters under stress in a realistic setting as possible.

He brought in Warren Franke, professor of kinesiology, for his expertise in stress levels, heart rates and cardiovascular issues.

With the help of Ames Fire Chief Shawn Bayouth, the professors constructed realistic and stressful scenari-

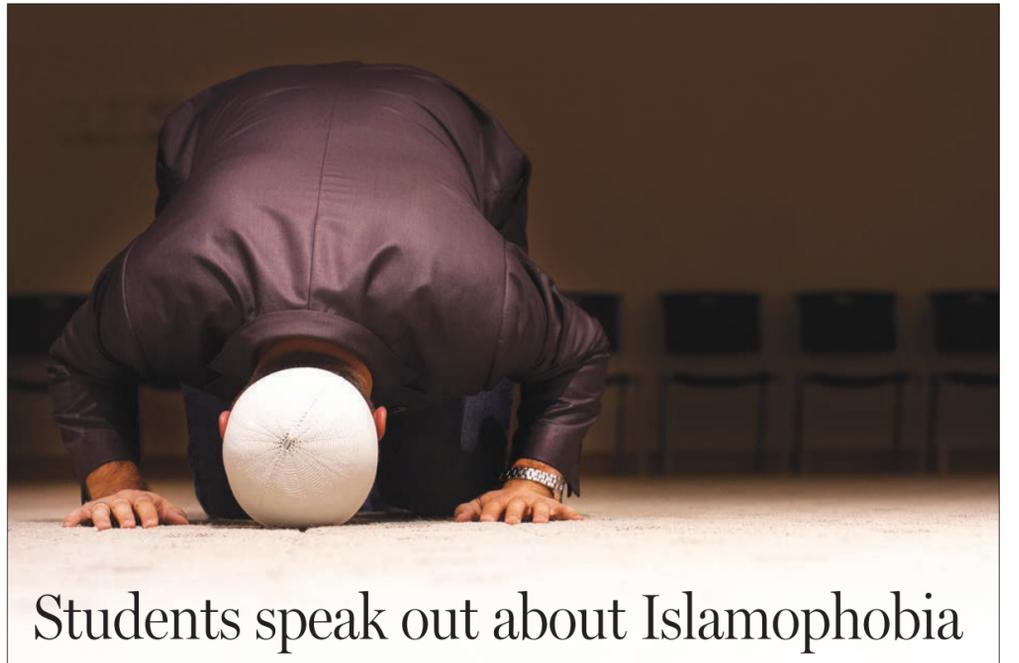
os for the virtual reality simulator in Howe Hall that would test the decision-making abilities of firefighters from across central Iowa.

"I like the fact that we have the Virtual Reality Applications Center because we can create a stressful environment without exposing people to risk, and we can also trace the decision making," Keren said.

By studying 62 firefighters, with a range of one to 30 years of experience, the professors looked at the stress levels of firefighters during a house fire scenario while also looking at the decisions they made and how long they took to make their decisions.

Keren and Franke assumed a firefighter with mul-

VIRTUAL p2 >>



Blake Lanser/Iowa State Daily

A member of the Darul Arqum Islamic Center in Ames prays during salat, the Islam pillar of prayer. Muslims pray toward Kaaba, a sacred building in Mecca. Islam is a peaceful religion, contradicting the prejudices formed after the 9/11 terrorist attacks.

By Bailey.Mcgrath
@iowastatedaily.com

Islamophobia — the hatred or fear of Islam or Muslims or of their politics or culture, stemming from the 9/11 attacks.

"After 9/11, people figured out how much we need to really talk about commonalities other than differences," said Ahmet Dursun, graduate assistant in English and treasurer of the Society of Peace and Dialog. "It also pointed out a big need for humanity ... the need for coming together and being together from whatever background you are ... and then being able to respect each other and love each other."

The attack on 9/11 also created a negative reaction against Muslims not only in the United States but around the world, Dursun said. This is known as Islamophobia.

"I think this whole word, jihad, is taken way out of context and the fact that those people that commit-

ted those horrible acts on 9/11 are using Islam to justify their means, I think, is one of the biggest causes for this Islamophobia that's going around," said Elvir Klempic, junior in political science. "Even though a few thousand of those people cannot represent the whole religion."

The Society of Peace and Dialog will bring in a speaker Wednesday to talk about the challenges of being a Muslim living in America and misconceptions of the religion as part of 11 Days of Global Unity, which has been celebrated since 2004.

Dursun and Akmal Mirsadikov, vice president of the society and graduate assistant in business administration, both hope the lecture speaks not only to non-Muslims, but Muslims on how to be more open-minded and appreciate other religions.

"I'm an optimist when it comes to Islamophobia," Klempic said. "I do believe it is going to end, and people will understand not to judge

all of Muslims ... by [the] actions of some."

Ebulimiti Aikebai, graduate assistant in architecture, along with Dursun, Mirsadikov and Klempic, said no part of their religion justifies the terrorist attacks on 9/11.

"I think terrorism cannot be explained in any religion or any culture ... it cannot be justified anywhere," Mirsadikov said.

Klempic moved to America from Bosnia about four months before 9/11. Personally, he said he has never felt any hatred toward him because of his religion and this may be because his skin color is white.

"I think the color of the skin plays a huge role in all of the Islamophobia," Klempic said. "Now if I looked Middle Eastern, I think my experiences might have been a little different."

Klempic said he has seen drivers shout mean things to Muslims

ISLAM p3 >>

Weather

WED 63|83 Warm with a chance of showers.

THURS 67|85 Chance of thunderstorms.

FRI 56|72 Sunny.

Provided by ISU Meteorology Club

CyBox gives campus cloud storage space

By Ryan Anderson
@iowastatedaily.com



Students, faculty and staff at Iowa State now have a new way to store and access files from any desired location. "CyBox is basically a file storage tool," said Michael Lohrbach, senior systems analyst for Information Technology Services. "It is a cloud storage solution, so it is having the ability to store files and access them from any location."

Lohrbach said he was involved in the group that helped contract Iowa State with Box systems. Much like Apple's iCloud, CyBox will synchronize data and allow users to share information with other CyBox users.

"There are a lot of tools you can use with CyBox," Lohrbach said.

CyBox comes from the storage website Box.com.

"CyBox is the Iowa State version of Box.com," said Stephen Gilbert, associate director of the Virtual Reality Applications Center.

Iowa State bought a set amount of storage and branded it CyBox.

Gilbert is a current user of CyBox and said that he now uses it for his official work files.

"It's a file service and collaboration tool where you can store your data and share that data with other individuals," Lohrbach said.

Iowa State has another file storage system, CyFiles, that does not give users the ability to access files from smart phones or tablets. CyFiles was only accessible on an individual's specific desktop or laptop computer.

"The nice thing about CyBox is that you are not tied to a location," Lohrbach said. "If something hap-

pened to campus, you can still access your material."

All of the work saved onto CyBox is secured under each specific user name and password.

Iowa State students and faculty can use their Net-ID and password to register to use CyBox.

"You are the only one who has rights to your CyBox," Lohrbach said. "If you share data that is in your account, anything you share is accessible to those you share it with."

Students will be given 25 GB of space on CyBox, while faculty and staff will be given 50 GB to start out with.

More storage space can be given out as long as it is being used.

"As long as somebody has a very viable reason to need more storage, we can extend their storage," Lohrbach said.

Some of those features on CyBox include apps that make it easy to transfer and work on files.

"I hope that students are responsible with who they share their files with and enjoy what features the CyBox gives out," Lohrbach said.

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.

Aug. 31
Brooke Lovelace Hundling, 43, of Newton, Iowa, was arrested and charged with public intoxication at Lot G3 (reported at 9:22 p.m.).

Ryan Shabino, 25, of Grimes, Iowa, was arrested and charged with operating while intoxicated at Lot G3 (reported at 11:04 p.m.).

Cole Barnabo, 18, of West Des Moines, was arrested and charged with public intoxication at Fisher Theater. He was transported to Mary Greeley Medical Center for treatment and subsequently released on citation (reported at 11:35 p.m.).

An individual reported the theft of property at Jack Trice Stadium (reported at 11:39 p.m.).

Austin Bickelhaupt, 21, of Story City, Iowa, was arrested and charged with public intoxication at South 16th St. and University Blvd (reported at 11:45 p.m.).

Sept. 1
Eric Golay, 22, 905 Dickinson Ave., Apt. 314, was arrested and charged with public intoxication at Hyland Avenue and Lincoln Way (reported at 1:28 a.m.).

A 19-year-old male was

referred to DOT officials for a .02 civil violation at Ash Avenue and Mortensen Parkway (reported at 1:11 a.m.).

Joshua Fristo, 19, of Cedar Falls, Iowa, was cited for underage possession of alcohol at Knapp Street and Lynn Avenue. (reported at 1:45 a.m.).

Spencer Hyde, 20, 444 Welch Ave., was cited for underage possession of alcohol at Knapp Street and Lynn Avenue. (reported at 1:50 a.m.).

Terry Kavanh, 18, 3406 Orion Drive, Apt. 103, and **Dalton Cooling**, 18, of Marengo, Iowa, were cited for underage possession of alcohol at the Ames Intermodal Facility (reported at 2:03 a.m.).

Travis McCarthy, 22, 246 N Hyland Ave., Apt. 310, was arrested and charged with public intoxication at Beyer Court and Union Drive (reported at 2:21 a.m.).

Officers assisted a 19-year-old male who had consumed too much alcohol at Helsler Hall (reported at 2:20 a.m.).

Mackenzie Demuth, 18, of Cedar Falls, Iowa, was arrested and charged with operating while intoxicated and underage possession of alcohol at Lincoln Way and University Boulevard (reported at 2:40 a.m.).

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Multiple years of experience would take less time in the decision-making process and ultimately have lower stress levels. However, their research showed the more experienced firefighters took longer to make decisions and had higher stress levels than novice firefighters.

The longer decision-making time was likely related to the firefighters' years of experience. The researchers speculated this was potentially due to their ability to see more dangers and consequences within the situation, whereas the newer firefighters did not see those implications because they had not yet encountered them.

Keren and Franke hope to establish training tools and methods that could help rookie firefighters —

and possibly police, paramedics and military — establish decision-making skills with more speed and safety than if they experienced it on the job.

The simulator is also making it possible to train firefighters in "what if" situations that even experienced firefighters might not have come across yet.

By continuing their research and looking at how stress affects decision-making skills, Keren and Franke also work to determine what facets of these occupations affect the early deaths of service people. They look at indicators such as fluctuations in sleep patterns and how the job's stress affects firefighters' cardiovascular health.

In three to five years, Keren and Franke hope to have a more affordable and portable version of a simulator to help train service



Riley Eveleth/Iowa State Daily
Nir Keren demonstrates the simulation using the special glasses with a tracker attached in a VRAC project at Howe Hall.

people across the country. "Keren and I both have that significant respect for those that help others," Franke said. "We want to help them do their job better."

Regardless of whether this version is in the form

of a training computer or a system driven across the country, the duo's goal is to help service individuals make good decisions under stress, without having to first make a life-costing mistake.

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Cy-Hawk weekend 'relatively smooth' for police

Influx of fans led to some arrests but fewer than expected

By Makayla Tendall
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Crime over the Cy-Hawk game weekend was surprisingly low according to Ames and ISU police.

"It was relatively smooth and not atypical from many other weekends," said Jerry Stewart, director of the Department of Public Safety for Iowa State.

ISU Police Department filed only 62 charges Stewart believes to be related to the football game. Comparatively, the Ames Police Department made only 47 arrests, meaning the number of charges would be even fewer.

A majority of charges and arrests were alcohol-related.

Both Ames and ISU police departments prepared for the influx of visitors. Geoff Huff, investigations commander for Ames Police, said the department prepared for a "mini-Weishea," having more patrol teams on foot and bicycles.

"Other than Weishea, this is probably our biggest weekend," Huff said. "I don't think this is anything out of what we expected. We expected it to be busy. We expected this many people in town. I don't think it surprised us at all."

Lt. Darin Van Ryswyk, of ISU Police, said the differences between crime during Weishea and crime during the football season come from the different atmospheres.

"Football [season is when] most people look at it as a game that they want to attend," Van Ryswyk said. "For Weishea, the improper view is that many people come in strictly for the purpose of going to parties and drinking."

Stewart also said that for instances like Weishea and the Cy-Hawk game when many students from other universities come to town, he has found that about

half of all people arrested were not ISU students.

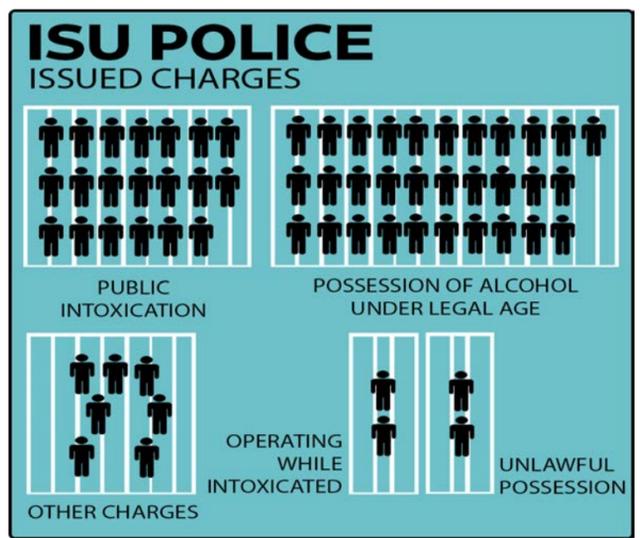
Many of the students here this weekend were from the University of Iowa, which is known for its reputation as a top party school. However, this did not necessarily affect the number of arrests and charges issued over the weekend.

"I don't know that it has anything to do with the labeling of a 'party school,'" Van Ryswyk said.

Huff and Van Ryswyk said crime in Ames during the weekend might have been predicted to be higher simply because of the fact there were so many visitors to the area.

"I think the biggest difference is the sheer number of people here for the Iowa game. When you play an opponent like Texas, they don't travel like Iowa and UNI," Huff said. "When there are more people, there are more arrests."

Huff and Stewart stressed that crime during the weekend was low compared to years past and even compared to other foot-



Azwan Azhar/Iowa State Daily

ball games in the season.

"Most fans were very respectful. Considering we had 70,000 or 80,000 fans around the

stadium, things went pretty well," Huff said. "If we didn't arrest anybody we'd be happy with that too, but that's just not the reality."

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in prayer and people give covered women strange looks.

Aikebai moved to the United States last year from China and said he has not experienced hate toward him, but once people find out he is Muslim, they might shy away.

"You feel a little bit uncomfortable," Aikebai said.

Aikebai, who is involved in the community and does volunteer work, said that usually when people get to know him, uncomfortable feelings go away.

Dursun moved to the United States from Turkey in 2007 and has had only one negative experience when students on his dorm floor cursed the Muslim prophet on a bathroom door. Dursun later became friends with those on his floor after a discussion with them.

"Engaging in dialogues with people of different backgrounds and being able to express yourself freely and know others helps building the sense of appreciation," Dursun said. "So that's why I didn't have any misinterpretation or misconception from Americans on my side."

After moving to the United States from Uzbekistan in 2010, Mirsadikov has not felt negative effects of Islamophobia, he said.

"America, in my mind, is almost like a heaven for any people practicing almost any religion, because it's a safe environment here," Mirsadikov said.

Mirsadikov and Dursun said they hope that from the lecture, people can move one step closer to appreciating each other, but this will never happen at the country or community level unless it happens at the personal level.

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that only the rental inspection restrictions would cause the majority the problems.

"Providing a parking space for every bed is not common sense to me," said Janelle Jacobsen, one of the designated speakers on behalf of the Sigma Kappa sorority.

Arguments presented revolved around the fact that greek housing is different than any other rental community.

"When we live in a chapter facility, there's a sense of family, community and pride," said Hillary Kletscher, vice president of the Government of Student Body and member of the Alpha Gamma Delta sorority. "We're families. All of us that are living together are families."

Holden Asmus, vice president of philanthropy and community service for the Interfraternity Council and a member of Alpha Gamma Rho, also spoke on the issue of parking and cold-air rooms.

"We do work with a lot of churches, and the Memorial Union — when it comes to parking — they sell their spots to us," Asmus said. "I know for a fact that if this code was implemented, it would

be impossible to fit 87 vehicles in our parking lot." All of the greek houses have a corporation board, and through them and their insurance are required to follow strict safety precautions.

"Corporation boards are very, very extensively involved," said John Fleming, speaking on behalf of the Theta Chi corporation board member. "They're very, very sensitive to the safety of their members."

This special meeting was a time for the council to hear feedback from the community after realizing this code existed, and nothing had been done about it.

After the meeting, the council referred the issue back to council staff for the issue to be looked at further before any decision was made.

"To enforce this code on greek houses, to make it restrictively expensive is almost denying 3,600 students who have found their home at Iowa State," said Ben Freese, interfraternal council president and member of Delta Tau Delta. "The importance of this topic cannot be understated, and the number of students who have found greek housing a home cannot be underestimated."

>>CHANNEL p1

swim, Grimm must find open water areas that are deep and cold enough to train in, which he said has been challenging.

"One solution I have come up with for my outdoor swimming is going to Big Creek in Polk County," Grimm said. "Luckyly Polk County has been very friendly and very willing to help me and work with me on my distance swimming out there."

Grimm has to drive a half an hour to the designated swimming location on Big Creek. One of his trainers must accompany him during the swim.

"The English Channel is very cold and very deep, and he needs a wide open body of water that has wave action, is cold and convenient," Howell said.

During the winter months when the water drops below 45 degrees, Grimm turns to Beyer Hall for his training. Because he is taking 17 credit hours, Grimm's ability to train this semester is limited to an hour and a half.

As he is pressed for time, Grimm decided to focus on his technique as well as doing more sprint action than he normally does. Next semester, with only 14 credits, he said he will be able to have three- to five-hour swims.

Nutrition is another training factor that comes with the swim. During the 21.7 miles, which Grimm predicts will take him 12 to 15 hours to complete, he cannot have any contact with anything or anyone.

If he chooses to stop he must tread water, and if he touches the boat he will be disqualified. When Grimm decides to eat, the food will either have to be thrown to him or those on the vessel can use a pole to give Grimm his

The Channel Swimming Association

Founded to authorize and verify those who have swum the Channel

- those who swim must go through the association to receive validated credit of completing the swim
- Swimmers cover themselves in grease to keep out the cold as long as possible
- During the swim, swimmers will have a pilot in a vessel to follow throughout the swim

nutrients.

"I will take short stops usually every half an hour to take any kind of food ... generally [it will be] liquid food," Grimm said. "Aaron has to work on trying to find the right foods ... and a way I can drink it very quickly."

Swimming 21.7 miles comes with a list of risk factors, Grimm said. The biggest risk is hypothermia. The temperature of the water at the time of the swim will only be 60 F, which can feel quite different than the air temperature of 60 degrees.

Other factors include boat traffic, sea creatures and the mental challenge.

"That is why I am looking for a big open area to swim in around Ames because ... I need to get to that psychological state where it becomes harder and harder and get tempted to call it because you are exhausted," Grimm said.

Grimm said his motivation for doing the swim came

from the frustration of not continuing to swim because of the fear of students, teachers and the community finding out about his sexual orientation

The regret of his choices in life fueled the morale to do the swim, Grimm said. He wants to be able to show students of all ages that they can have dreams and ideas no matter who they are.

"I just hope to be another person to show these LGBT athletes that you don't need to give up what you want to do," Grimm said. "If [you] want to be a football player, tennis player, go it. Don't let the teammates discourage you from doing it."

The cost of such an event is \$10,000 to \$12,000, so Grimm and his team are currently seeking out sponsorships so he can make the cost more manageable and find a wide variety of places to train.

Grimm will have a 10-day window to do the swim and is scheduled to swim the channel between July 20 and 30, 2015.

The 2013 Chamberlin Lecture
Who's Up, Who's Down & What's Really Going On
 Washington Post Columnist
Eugene Robinson
 Wednesday, September 18
 8 pm - Great Hall, Memorial Union



Eugene Robinson is a Pulitzer Prize-winning columnist, MSNBC political analyst and author of *Disintegration: The Splintering of Black America*. He writes a twice-weekly op-ed column on politics and culture for the *Washington Post* and contributes to the paper's PostPartisan blog.

Sponsored by: Chamberlin Lecture Fund, Greenlee School of Journalism and Communication, and Committee on Lectures (funded by GSB)

Islamophobia
 The Challenges of Being Muslim in America

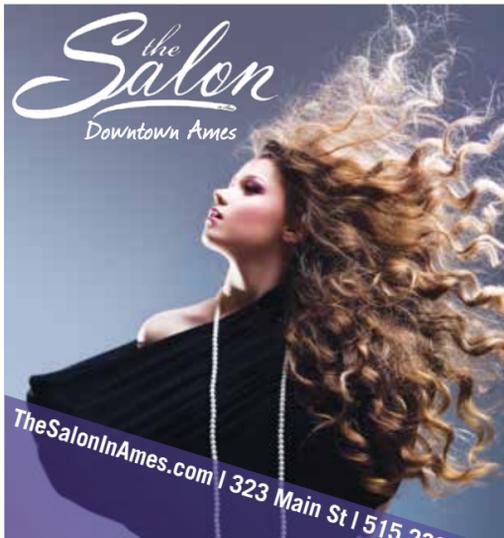


Moustafa Bayoumi is the author of *How Does It Feel to Be a Problem? Being Young and Arab in America*, which won an American Book Award for Nonfiction. The book introduces us to seven twenty-something men and women living in Brooklyn, home to the largest number of Arab Americans in the United States, and uses their stories to break down stereotypes and clichés about Arabs and Muslims. A professor of English at Brooklyn College, City University of New York, Moustafa Bayoumi is also coeditor of the *Edward Said Reader*. He was born in Zürich, Switzerland, grew up in Kingston, Canada, and moved to the United States in 1990 to attend Columbia University, where he received his PhD in English literature.

Wednesday, September 18, 2013
 6 pm - Sun Room, Memorial Union

Sponsored by: Nagra Foundation, Society of Peace and Dialog, Committee on Lectures (funded by GSB)

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BEST of IOWA 2013

Editorial

Regulations of gun permits need tightened

One recent issue here in Iowa that has garnered national attention is our state's controversial laws regarding firearm carry permits — which allow them to be issued to legally blind individuals.

This issue stems from a 2010 “shall issue” law, which altered the long-standing regulations of Iowa that allowed individual sheriffs to utilize discretion in issuing or denying permits to carry firearms in public.

Under the current Iowa law, sheriffs can only deny a permit due to specific restrictions, such as a documented history of alcohol addiction or having been convicted of a misdemeanor assault within three years.

The specific restrictions do not refer to any form of visual impairment. In addition, Iowa does not require persons who apply for public carry permits to have ever been trained in person.

While firearm training is required, it can be completed online from a private computer.

On its face, this seems like an inherent public safety issue, as people who have been officially designated as unable to see or who have not actually demonstrated a knowledge of firearm safety cannot be legally denied permits to carry and seemingly use guns in public situations.

The subject at hand is complicated, however, by the high visual functionality of some legally blind individuals.

Certainly those who have partial vision can still perform a wide variety of tasks we do not associate with “blind” individuals and even totally blind individuals can often perform tasks the average person might find surprising.

Letting individuals who cannot see at all or who have potentially never fired a weapon before carry firearms in public — with the understanding that they are intended to be used in self-defense — is at the very least a topic that should be open for debate.

After all, the rights in the Constitution, retained by the people, are not absolute, even with regard to the Second Amendment.

In Iowa, we regulate those who can obtain public carry permits based upon a variety of factors, including age.

Although not a physical disability and only temporary, age is a condition, like blindness, that cannot be controlled by an individual.

There are undoubtedly young adults in Iowa who are capable of utilizing a public carry permit before they are legally allowed to, just as there are legally blind Iowans who could safely and effectively protect themselves with a firearm. There are even people who can pass an online training session without effectively learning firearm safety.

The discretion to acknowledge these individuals is now removed from the hands of those directly responsible for public safety and those who have to issue the permits in question: the sheriffs of Iowa.

If the Legislature of Iowa wishes to decide exactly who can carry a firearm, they should not force someone else to sign off on such permits.

If our sheriffs are the people who will regulate permits, that regulation needs to be strict.

Status as a “legally blind” person shouldn't keep an individual from owning and using protective firearms, but their ability to use those guns safely should be regulated.

By putting sheriffs in charge of issuing permits, legislators show that they wish to allow those who are closest to and most experienced with the safety concerns of Iowans to exercise discretion regarding who can bring firearms into the public's midst.

However, legislators need to also ensure that those permit regulations, without excluding any groups, are keeping the public safe.

Instead, it seems our Legislature places the power in the sheriffs' hands, letting them issue permits blindly.

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GIVE US A CHANCE

Christian radicals give entire faith unjust reputations

“What about you, Sam? Any juju you buy into?”
“Me? Yeah, I'm old-school Christian. You know, hymnals and aca-”

Chaos breaks loose in the dining hall; my friends explode backward out of their chairs, hissing and spitting like frenzied felines as they overturn tables and take cover. I blink, only mildly perturbed; this is not the most volatile reaction I've witnessed after revealing my faith.

I have always been a very privately spiritual individual, so I am accustomed to people's discomfort, even incredulity and ridicule, when I confirm my Christianity. They expect me to (in no particular order) harshly judge them, shove scripture down their throats, threaten them with damnation, water-board them with holy water and perform an exorcism, just to be thorough.

I am perceived through a lens of scrutiny and distrust that can never be wiped clean; I am instantly labelled a fanatic and a freak.

Things weren't always this way; there was a time in history when Catholic Europe, under the pretense of religious duty, waged war against any other faith they encountered.

The lens of scrutiny was reversed, and the freaks and fanatics were those who did not submit to the tyranny of the church.

These days, religion has become a nostalgic notion, something our parents dragged us into during the early years of our lives.

To most, religion is becoming a thing of the past, and the norm is declaring ourselves the higher power.

But when something becomes the societal norm, it doesn't mean that those who disagree should be cast out. The church was once con-



Iowa State Daily
Jackie Schmidt, member of Salt Company Student Fellowship, helps second-grader Zaria Seward try to solve a math question and gives some tips on spelling words during a study time on Dec. 5, 2012, at Kate Mitchell Elementary.

By Sam.Greer
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sidered a structure of persecution and ostracism, making outcasts of anyone who didn't abide by their law.

Now Christians are the outcasts, socially alienated because of a personal decision, as though each and every one of us is identical in belief and practice.

A question arises that has troubled me since high school, when I was first scorned for my faith: Why are all Christians considered the same?

Is it because of the radicals that stand on sidewalks, screaming about eternal hellfire? Or is it because your “Christian” roommate brings home a different guy or girl each Saturday night?

What is it about all of us that makes us coalesce in people's minds? We are as diverse a faction of society as any other; I cannot speak for anyone else, but I will try to clear away the shrouds of mystery adorning my personal faith. Allow me to explain what I truly believe.

My religion is love. Above all else, we are meant to love and support one another.

Some who claim to be followers of God have so completely forgotten this basic command that they are reverting to the condemnation of anyone who doesn't constitute their idea of “normal.”

Frankly, Mr. Stand-on-the-sidewalk-and-tell-people-they're-going-to-hell, your hatred is stunting

everyone's spiritual and emotional evolution. Your hatred is driving people away from Christ.

Additionally, your volume alone motivates us to take tedious detours across the street, through bushes, under fences, etc. Tone it down a notch. Mr. Sidewalk-hellfire-and-damnation, when you claim to practice the same faith I practice, I get positively nettled. You are as narrow-minded and discriminatory as the crusaders of centuries past, and your antics express an inaccurate image of Christianity.

Open the good book and consider the way Jesus actually lived his life. He didn't associate with men whom society deemed “holy.” Instead, he supported and befriended the morally and spiritually destitute. When he was chastised or questioned, he responded: “Healthy men have no need of a physician,” and kept on healing the sick and loving the wicked.

So many people have been turned away from Christianity by the “hellfire and damnation” message, and I apologize on behalf of the people that spread that message; they are wolves in sheep's clothing.

I follow in the footsteps of a man who taught love, sacrifice and acceptance; that is my religion. So don't be afraid when people claim Christianity. It's highly unlikely that you will be judged, forcefully baptized or exorcised.

Give us a chance, because we may just be some of the most loving and accepting individuals you will ever meet.

Voyager 1 achievement shows first step toward advancement

In 40,000 years, NASA's Voyager 1 spacecraft will be closer to another star than it will be to our sun — and that's just halfway. Gliese 445 is the lucky star system Voyager 1 is heading toward, albeit the system is actually traveling toward Voyager 1 faster than the spacecraft is moving toward it.

This system is about 17.5 light-years from Earth. That means it takes 17.5 years for a beam of light from Gliese 445 to get to Earth traveling at 186,000 miles per second. In space terms, this is just a stone's throw of a distance. Alpha Centauri is the closest star system to ours at 4.37 light-years away. Traveling at 38,000 miles per hour, it would take Voyager 1 about 77,000 years to reach Alpha Centauri.

NASA has officially announced that Voyager 1 has left our solar system and entered interstellar space. This is a landmark in human achievement, for now we have walked out of our front door and ventured into the unknown.

As the fastest human-made vehicle ever created, it took Voyager 1 nearly 40 years to leave our solar system after being launched in 1977 with computers that can hold only 69.63 kilobytes of data.

Its systems are dying from dwindling power and will be operable only until about 2025. In an effort to save power, Voyager 1's camera was shut down in 1990 after capturing the famous “Pale Blue Dot” photograph.

It now takes just more than 17 hours for a transmission from

By Ian.Timberlake
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Voyager 1 to reach Earth. In other words, leaving Earth at the speed of light would mean we would just be leaving our solar system 17 hours later. Alpha Centauri would be 4.37 years away if we were traveling at the speed of light.

I don't suspect we will be taking manned spacecraft too far from home any time soon. But, and this is a big but, we must try.

With current technology, it would take us nine months to get to Mars from Earth and another around nine months to get back. However, because of the way we must rely on planetary motion to get to and from other orbiting bodies, we could either stay on Mars for only a couple days or be stuck there for 27 months.

Is a year and half round trip in a cramped ship not much bigger than an apartment worth the few days spent on Mars? It's either that or spend more than two years on Mars on a base that in all likelihood would be the size of a small house. It would have to be stocked with more than two years worth of food, water, air and enough entertainment to keep a crew from going crazy.

Try looking yourself in your apartment without Internet or cable for a grand total of three years and eight months.

Space is very lonely. The planets in our neighborhood that have been discovered to sustain life potentially are anywhere from 20 to 600 light-

years away.

Venturing in space gives us commercial profitability, it gives us scientific advances, and it quenches the human craving of curiosity. But that isn't what is important about pushing our bounds as a space-faring species.

Astronaut John Young sums it up well:

“Knowing what we know now, we are being irresponsible in our failure to make the scientific and technical progress we will need for protecting our newly discovered, severely threatened and probably endangered species — us. NASA is not about the ‘Adventure of Human Space Exploration’; we are in the deadly serious business of saving the species. All Human Exploration's bottom line is about preserving our species over the long haul.”

Even though it may take many generations over to reach other planets, it very well is in our best interest.

I'll leave you with one more quote, from Stephen Hawking:

“Our population and our use of the finite resources of planet Earth are growing exponentially, along with our technical ability to change the environment for good or ill. But our genetic code still carries the selfish and aggressive instincts that were of survival advantage in the past. It will be difficult enough to avoid disaster in the next hundred years, let alone the next thousand or million. Our only chance of long-term survival is not to remain inward looking on planet Earth but to spread out into space.”

Conversations on Campus Diversity

Diversity not defined by color of skin

Editor's note:

This column is the first in a series called Conversations on Campus Diversity. It will appear each Wednesday in the Opinion section.

Presha Kardile is the director of student diversity for the Government of the Student Body

Diversity is a controversial topic. Period. But take a moment to stop and think what diversity actually means to you. What makes you diverse? It certainly isn't only the color of your skin or your sexual orientation. Nor is it limited to the language that you speak or the religion that you follow. Let me put it this way. If I stop you in the middle of the

street and ask you what makes you diverse, chances are you'll probably fumble for an answer because you'll be too busy trying to pick out a definition that supports your answer.

Now, instead of asking what makes you divers, I ask you what makes you different. Chances are that you will tell me the first thing that pops into your mind without any reservations.

It is time that we abandon the image of campus diversity portrayed only as a colorful student body.

Diversity ultimately is the commonality that we are all different. Race, religion, sexual orientation, nationality, language and gender are some of the physical representations of the diversity on our campus.

On the other hand, we all think and

act differently. There are not two people on this campus who think the same no matter how similar they may appear in person, a phenomena known as "cognitive diversity."

At this very moment we have 33,241 Cyclones who are spread out across the ISU campus.

This figure is comprised of students who are ambitious and talented and have ideas that can change the world. This is a remarkable achievement for Iowa State, but the real challenge begins now.

As director of student diversity for the Government of the Student Body, a question that I often ponder is how do we make our campus more aware of this diversity that surrounds us?

The first step to this process is awareness. In order to be aware, one must read.

One must write so that one can read and learn about the stories, anecdotes, and experiences that make this world an interesting place to live in.

This year, GSB has collaborated with the Daily to invite various student leaders to have "Conversations on Campus Diversity."

Every Wednesday, we will feature a student leader on campus who will share their thoughts about the current climate at Iowa State in terms of diversity through their own experiences or the stories of other people.

I believe that this column would act as a communication platform between students which would certainly help us embrace our individual differences and make this campus more welcoming and "diversity" friendly.

Atheists, theists both believe in something

People need not focus on finding 'evidence' to claim who's right

By Phil Brown
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Does God exist? Theists believe yes. Atheists believe no. Neither side, no matter how much they may pretend otherwise, has an answer based in objective facts.

The only objectively defensible position in this line of divine questions is that of an agnostic, who thinks that we cannot actually know for sure one way or the other.

That is not to say that no one should hold atheist or theist beliefs. Agnostics can be atheist or theist. The only defining characteristic is that they think neither belief system has an objective superiority.

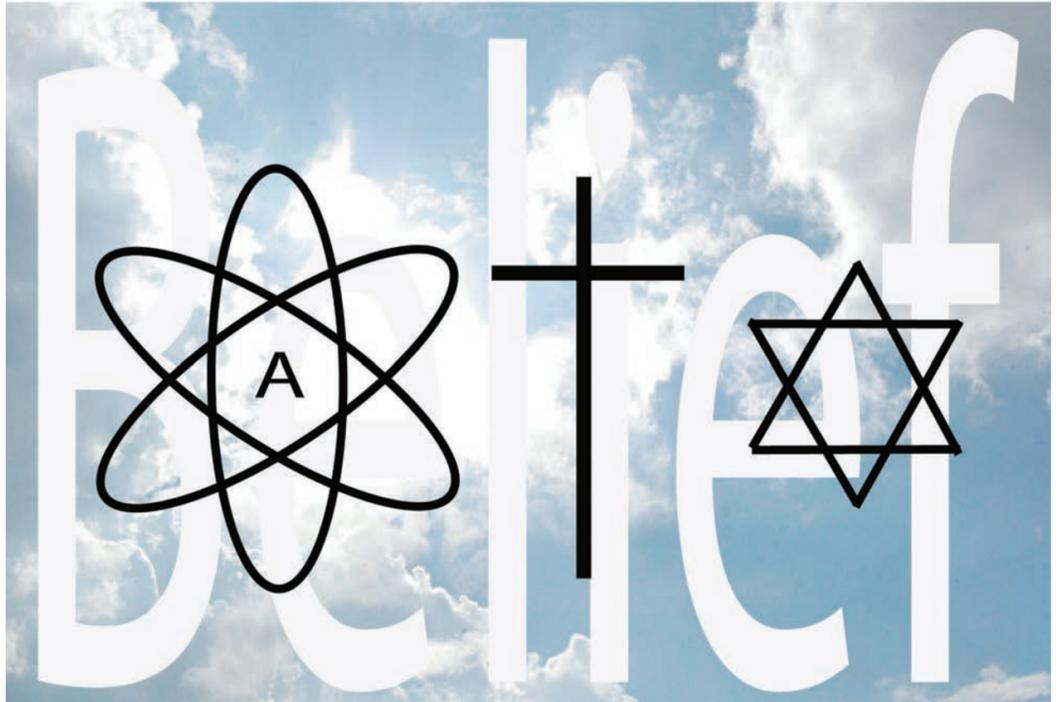
Furthermore, there is absolutely nothing wrong with having beliefs that cannot be proven, so long as they do not harm others. Likewise, there is nothing wrong with devoting the entirety of one's life to a belief.

Billions of individuals have found peace in their relationship with a god or gods they believe in, while many others have been equally happy to go through life with a belief that there exist no divine or spiritual realms whatsoever. What these two totally different views have in common is that they are, in fact, beliefs.

Beliefs are ideas we think to be true, even without factual evidence. "Factual evidence" refers to objective realities that can be observed as identical by distinct individuals.

For instance, if there are three red balls sitting in the middle of a room, anyone who looks into the room, provided they have the ability to see color, will be able to tell you that there are three balls in the room and that they are red.

Things that are not factual evidence are often invoked as if they are anyway. One example of this that atheists are commonly guilty of is saying something along the lines of: "If God is real, may he strike me down



Leah Stasieluk/Iowa State Daily
Billions of individuals have found peace in their relationship with a god or gods in which they believe in. On the other hand, there are many others who have been equally happy to go through life with a belief that no divine or spiritual realms exist.

with lightning right now!" and then acting as if God is fictitious when they aren't smitten where they stand.

That is not evidence; it is a useless gesture that self-righteous morons exclaim to make themselves feel intellectually superior. If a divine presence or presences existed, it or they would not be beholden to the suggestions or commands of some random person.

A second bit of common "evidence" is a reference to all of the world religions now seen as pure mythology. An ancient Greek would likely defend their pantheon of gods with the same tenacity that a Christian would defend the stories of the Bible, but this does not mean both must be wrong.

Unfortunately for an atheist using this tactic, pointing out dead religions only weakens the claim that the exact tenants of a faith should be believed as fact, not the underlying belief in something supernatural.

On the theist side, an often seen piece of "evidence" is an allusion to the notion that "science doesn't have all the answers," (such as what existed before the Big Bang) and therefore God exists in all of His (or Her or Its or Their) splendor.

This nonargument is also distinctly lacking evidence, since the observation that some questions are not yet scientifically answered does not support any single unscientific explanation.

It should also be noted that this "evidence" for the existence of something divine confuses science with

atheism, two completely different concepts.

More so-called evidence for the existence of mystical forces is a "feeling" religiously inclined individuals have.

They claim to literally feel the presence of their god or gods, or that they "just know" God exists, thereby providing proof of whatever supernatural ideas they believe in.

Such assertions are not a claim of evidence so much as they are simply a very stern claim. Someone's alleged extrasensory perception is not in itself proof. If it were, psychics and magicians the world over would be making a lot more money.

Rather than try to even provide evidence of their own, some atheists and theists may claim that the burden of proof rests with their opponents.

As it turns out, the burden of proof lies with anyone who is asserting that their claim should be believed by others, whether they see themselves as spreading the Word of God or spreading logic and reason.

Neither atheism nor theism is the default settings for humans. The dispositions and opinions of those who raise a child will always seep into that child's belief structure.

Both atheists and theists can believe whatever they want. That is the nature of belief. However, if they want to go around saying that "the evidence" supports their view, they need to actually provide some evidence.

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Betsy Saina

races on to Nike, Olympics

Iowa State Daily

By Ryan Young
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Action shots, awards, plaques and a giant Kenyan flag hang on the wall of Betsy Saina's West Ames apartment.

And while they all mean something different to her, Saina has switched her focus to something she feels is more important — competing at the next level.

"When I first came here, I had no idea that I would be pursuing running as a career someday," Saina said. "I look back sometimes, and I just think, 'Wow, that's great.'"

Saina came to the United States from Eldoret, Kenya.

After high school, she found a program that allowed students-athletes to go to college in the United States as long as they met certain qualifications. Saina knew that coming to the states was something she wanted to do, but she had no idea where to go.

Several different schools had approached Saina about running for them. But there was one man, she said, who made all the difference: former Cyclone runner Barnabas Korir.

"He came up to me and said: 'I'm going to help you go to Iowa State. They have great coaches, great programs and the people are really friendly,'" Saina said. "He knew more about it than I did and was really convincing. So I made my decision and came."

Former ISU coach Corey Ihmels knew he had something special in Saina.

When she first arrived, he knew she could make a huge impact on the team. Saina, however, wasn't so sure.

"He wrote me a letter early on, saying he thought I could be in the top 10 at nationals. I remember thinking: 'I don't think this makes sense,'" Saina said. "But then I finished ninth, and I realized that he was right. I was really able to trust him after that."

That was about the halfway point in Saina's career at Iowa State and about

Accolades

- Three-time national champion: cross-country, 10,000 and 5,000-meter runs
- 11-time All-American
- 9-time Big 12 Champion
- 2012 Cross-Country National Champion
- 2012 USTFCCCA Athlete of the Year
- 2012 NCAA Midwest Regional Champion
- 2012 Griak Invite Champion
- Finished 12th at the 2012 U.S. Olympic Trials in the 10,000-meter run

the same time Ihmels said he saw a big change in her. She started going on extra runs and doing extra workouts.

"She reached a point where she decided that she wanted to be great," Ihmels said of Saina. "After that, she really picked it up and did the little things. She went on those extra runs and did those extra workouts. She gave everything she had and was really second to none."

And Saina was a powerhouse while at Iowa State. She was a three-time national champion during her career, winning the 5,000-meter run her junior season, and then the 10,000-meter run and the cross-country national championships her senior season.

Saina was also a nine-time Big 12 Champion and an 11-time All-American runner. She was also named Athlete of the Year by the Track and Field/Cross-Country Coaches Association her senior season.

But Saina's personality and determination are what her teammates think was the biggest difference.

"With her being one of the fastest runners in the country, you would think that she was all business, all the time," said ISU junior Maggie Gannon. "But Saina was truly what kept the team light. She was so up-beat and was just a joy to be around"

Teammates also noted how much she really cared about every runner on



Hayley Hochstetler/Iowa State Daily

Betsy Saina is a three-time national champion in cross-country, the 10,000 meter and the 5,000 meter runs and has nine Big 12 titles. She plans to run in the Olympics.

the team, no matter their skill level. Senior Sam Bluske said Saina is one of the main reasons running was so enjoyable for her.

"Betsy would take the younger girls under her wing and help them with homework or cook them dinner. She truly cared about you, no matter how good of a runner you were," Bluske said. "There is no doubt in my mind that she will be running in the Olympics some day. She is going to accomplish so much, whether in running or in coaching."

But all good things come to an end eventually. Saina graduated from Iowa State last spring with a degree in agriculture and life sciences. Instead of pursuing something in that field, Saina is still running and trying to make a career out of it.

Saina has several career goals she wants to accomplish. But in her mind, two stand out above the rest.

"If everything works out, I want to run in the World Championships and the Olympics," Saina said. "I really want to represent Kenya and be able compete

with some of the best in the world."

Saina, a new member of the Nike running team, started training again last Monday. She is also preparing to move from Ames in the coming months to train either with Ihmels in Boise, Idaho, or with a team in Eugene, Ore.

"She is going to do crazy awesome things wherever she goes," Gannon said. "She improved so much throughout her time here and really made a tremendous impact on all of us. I know that she can do that again and really succeed at a professional level."

But Saina is still unsure of where her career will take her. Ihmels is confident, though, that she has what it takes to succeed at the next level.

"At the end of the day, she is already almost at that world-class level. Some would argue that she's even at that level now," Ihmels said. "But there is a difference between being at that level, and winning at that level. She is very close to being where she needs to be; she just needs to take that next step."

"I think that she can definitely do it."

Men's golf has slight miss in Missouri

By Mike Randleman
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The ISU men's golf team had the best individual and team score of Tuesday's final round, but it was not quite enough to lead to a title at the Columbia Regional Preview.

In his second collegiate tournament, freshman Ruben Sondjaja paced the team with a six-under-par total of 66 en route to the Cyclones' second place finish at seven-under-par, five strokes behind the host, Missouri.

"I feel like I've gotten my game up the last two rounds, even though the score wasn't very good," Sondjaja said, "As a freshman, I guess I've had a weight on my shoulders to try to prove myself. [The final round] sort of got the monkey off my back."

Improved putting was credited to be the factor in Sondjaja carding his first

under-par round of the season and finishing tied for sixth place.

"He just wasn't holding many putts in the first tournament, but he definitely got on the right track this week. To make as many birdies as he did today was really impressive," said ISU coach Andrew Tank.

A desire to improve on the greens has also been admitted by junior Scott Fernandez, although that weakness did not loom large in the final round, where he managed to shoot 68.

"I was hitting the ball really good [Tuesday] morning. I hit it really close to the pins," Fernandez said. "I birdied the toughest hole on the course. That gave me



Fernandez



Sondjaja

a lot of confidence to keep going."

That confidence propelled Fernandez to a five-under-par stretch on holes seven through 12 that included an eagle on hole 10, which is a par-five. Fernandez's three-round total of five-under-par led to a team-best fourth-place individual finish for the tournament.

Freshman Nick Voke and junior Sam Daley rounded out team scoring with dual scores of 73 to finish tied for sixth and tied for 15th-place, respectively.

Voke had an inconsistent final round that featured a double-bogey, four bogies, an eagle and three birdies.

Daley, after shooting a five-over-par total of 77 in round one, regrouped in the following rounds by shooting a four-under-par total of 68 in round two.

In round three, he followed up with a one-over-par total of 73 that featured a relatively clean scorecard, making four bogies and three birdies.

Blake Waller and Collin Foster also competed for the Cyclones, though Waller's score of 24-over-par and a total of 240 strokes was not counted towards team scoring.

Foster competed as an individual, where he finished in a tie for 48th place at 13-over-par.

The team now prepares for next week's VCU Shootout, its third tournament in a three-week stretch.

Confidence stemming from Iowa State's close call with Missouri, who won their second tournament in a row, could pay dividends next week.

"It's [Missouri's] home golf course, so they're really comfortable there," Tank said. "We put some pressure on them today, they were just a little too far ahead of us. But to have the lowest round of the day by 10 shots certainly feels good, and it's something we can build on going into next week."

Learning precedes winning for ISU volleyball

By Dan Cole
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With a roster that includes only four upperclassmen and 11 returners, it was inevitable that a great deal of learning would take place for the ISU volleyball team this season.

It was hoped the learning would be able to coincide with wins, but that has not been the case for the majority of the season thus far.

The Cyclones (5-4) dropped two of three matches in Lincoln, Neb., this past weekend and are 1-4 in their last five matches.

The ISU women are hoping that what they have been taking away from these losses will build toward success later in the season.

"I think it was a learning experience," said ISU senior libero Kristen Hahn of the weekend in Nebraska. "It was a great experience to play in front of such a huge crowd on Saturday, and I think we progressively got better and had our best game on Saturday night. Although the results don't show it, I felt we played really well."

Saturday night's game saw the Cyclones fall in straight sets to No. 12 Nebraska (7-1), increasing the Cornhuskers' all-time series lead to 81-2.

The final two sets of the match were won 25-22 and 27-25 by Nebraska but still are being referred to by both players and coaches as the best Iowa State has played all year.

The Cyclones were also 5-4 after nine matches last season and ended up making it to the Sweet Sixteen of the NCAA Tournament, which is providing encouragement that this year's team could achieve a similar if not greater outcome.

"We're learning a lot and we're taking some lumps, but that's the price you've got to



Senior libero Kristen Hahn had a team leading 34 digs during the game against Northern Iowa on Sept. 4, in Cedar Falls, Iowa. The Cyclones beat the Panthers 3-2. Iowa State recently has dropped to 1-4 for their last five matches. They hope to learn from their mistakes to improve for conference play.

pay sometimes," said ISU coach Christy Johnson-Lynch. "I'm just as excited and encouraged about the team; I'm honestly not that concerned about the record. To me, it's 'How can we get the best people on the court at the end of the year?' and we're figuring that out."

Johnson-Lynch said the Cyclones have the fourth-toughest preseason schedule in the country this season, which when

compared to last season has helped contribute to her optimism toward the upcoming conference schedule.

These strong opponents have done a good job of exploiting Iowa State's weaknesses early on and helped show the team what needs to be honed if a tournament run is to become a possibility.

"It does get pretty frustrating, but at the same time it's

still early in the season," said ISU sophomore right side hitter Mackenzie Bigbee. "We still have a lot to learn. I think we are strides ahead of where we were last year at this time, so as frustrating as it is, it'll help us in the long run."

The long run begins with the Cy-Hawk match Saturday in Iowa City against an 8-2 Hawkeye team that the Cyclones have defeated each of the past seven seasons.

Beyond that lies the ominous Big 12 schedule, which begins against Baylor on Sept. 28. In the meantime, Iowa State will do its best to solidify a lineup.

"We're still tweaking our lineup," Johnson-Lynch said. "We've played a couple different people in a couple different spots. We're still trying to figure that out, that's what preseason's for. I think by Baylor, we'll be pretty close to knowing who is best where."

Irving finds his way after making move to defensive tackle

By Dylan Montz
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David Irving didn't surprise just the Iowa offense Saturday; he surprised himself.

The ISU junior defensive linemen blew through the Hawkeyes' offensive line in the Cyclones' loss on the first offensive play by the Hawkeyes. Iowa quarterback Jake Rudock had time for a two-step drop, but that was about it as his pass went to the ground.

"I honestly wasn't expecting that myself," Irving said of his hit against Rudock. "It was a confidence booster with the crowd and everything. It was a pretty good feeling."

Irving moved from defensive end to defensive tackle less than one month ago and has been making as smooth of a transition as he can. Against Iowa, Irving finished with five tackles, one sack, a pass break-up and a forced fumble.

ISU coach Paul Rhoads saw Irving's game against the Hawkeyes as a moment when the light came on for him. Rhoads said he saw flashes of the ability to make plays last year, but the focus has always been to do it consistently.

"He started out [Tuesday's] practice, [defensive end] Cory

Morrissey made a play on a ball and batted it, and David intercepted it and ended up in the end zone. Sometimes those things snowball like that," Rhoads said of Irving. "He had sacks as a freshman, he had the touchdown last year against [Texas Christian University], but he's never done it consistently like he did Saturday night against Iowa."

ISU defensive coordinator Wally Burnham doesn't believe the switch Irving made from defensive end to defensive tackle was a very uncommon one; not for someone with the athleticism Irving possesses at least.

Irving stands at 6 feet 7 inches and weighs roughly 272 pounds, which is 15 pounds lighter than he was last season at defensive end, a weight he would like to get back to, he said.

But Burnham has seen a light of sorts come on after Irving's switch as well, with more effort being put forth as well as a desire to get better.

"That's all it comes down to. You've got to want to be good," Burnham said of Irving's progress. "You've got to want to practice good, you've got to want to play good, you've got to go out and get your technique down. And if



The ISU defensive line sets to block the Iowa offense this past Saturday. No. 87 David Irving made the switch from defensive tackle to defensive end one month ago. "I feel like instead of playing faster, I played with better technique," Irving said.

you don't want to do those things, it's not going to happen. He's been coached hard, and he's responded."

After almost a month of playing solely at defensive tackle, Irving feels he is finally getting more comfortable. Of course he

still wants to get better at his technique, shooting his hands and lowering his pads, but he is seeing the fruits of his labor.

Irving feels like he might even be happier at defensive tackle because as opposed to at defensive

end, most plays by the opposing offense will be within his reach. With that will come the chance for him to be the guy to make stops for Iowa State.

"I feel like instead of playing faster, I played with better technique. I actually

lowered my pads," Irving said of his improvement since the move. "It just takes awhile to actually get used to playing that low."

"When I played that low and take the coaching, I feel like I get more opportunities."



Guidelines to steering clear of food allergies

Steph Ferguson/Iowa State Daily

Food allergies have become more common, and it can be difficult but not impossible to eat safely. There are many types of food allergies in everyday foods, ranging from wheat to soy to celery.

By Jessica Hale
AmesEats Flavors writer

Food allergens have become very popular in recent years. Being knowledgeable about these allergens is important even if you don't have food allergies. Here are the top 10 food allergens and how to avoid them:

Wheat and Gluten: The best way to avoid gluten is to have a 100 percent gluten-free diet. This means one cannot eat food with wheat, rye or barley in it. Examples of these are bread, pizza, pasta and baked goods.

Soy: Mainly found in legumes, which are a type of bean. Many processed foods also have soy in them. The best way to avoid soy is to eat a natural diet, staying away from legumes such as chickpeas, lima beans and lentils.

Shellfish: Avoid eating seafood all together but mainly, crab, shrimp, lobster, oysters, squid and mussels. Be

extremely wary of cross-contamination.

Fish: The best way to avoid a fish allergy is to not eat at seafood restaurants because if you are allergic to one type of fish, you are more than likely allergic to another type of fish.

Tree nuts: This allergy consists of brazil nuts, hazelnuts, cashews, almonds, chestnuts, macadamia nuts, pecans, pine nuts, walnuts and pistachios. Experts advise that if you have a known allergy to tree nuts, to stay away from all types of nuts.

Peanuts: If you are allergic to peanuts, it is critical to stay away from peanuts at all costs. This type of allergy, if ingested, can easily lead to death.

Eggs: Mayonnaise and most baked goods are to be avoided with an egg allergy. It is advised to carefully check the labels of dried pasta, processed meats and some bev-

erages such as root beer.

Milk: A milk allergy is different than lactose intolerance. People allergic should avoid cow's milk and things made with cow's milk. This mostly occurs in young children who then grow out of the allergy.

Sesame: It is vital to avoid Asian foods because sesame is an essential ingredient in that cuisine. It is also important to make sure to not eat burger buns that have sesame seeds on them.

Celery: Located in various spices and also found in many processed foods like casseroles and soups. Be sure to check the label of soups and other canned products.

Wheat and gluten, milk, soy, egg, peanut, tree nut and fish and shellfish are always labeled by the ingredients list of all products. These allergies cover 90 percent of all allergies in the United States.

Importance of having food at safe cooking temperatures

Consumers protected by following USDA cooking temperature rules

By Jessica Hale
AmesEats Flavors writer

Cooking temperatures are put into place by the United States Department of Agriculture for both restaurants and cooks at home to ensure safety when cooking meat. You want to kill any and all bacteria to avoid food-borne illness. To ensure you are cooking your meat to the right internal temperature, it is essential to have and use a food thermometer, which you can purchase at your local grocery store for less than \$10.

How to use a food thermometer, according to the USDA:

Place the thermometer in the thickest part of the meat. The thermometer should not be touching fat, gristle or bone. It is most important to check the temperature toward the

end of the cooking process to ensure optimum safety. Be sure to clean your food thermometer after every use to avoid potential cross-contamination.

What is rest time?

As stated by the USDA, "rest time" is the amount of time the product remains at the final temperature after it has been removed from the heat source. During the three minutes after meat is removed from the heat source, its temperature remains constant or continues to rise, which destroys harmful bacteria. This ensures optimum safety for consumption.

When reheating foods, it is recommended that you reheat them for at least 15 seconds to a temperature of 165 degrees Fahrenheit.



Steph Ferguson/Iowa State Daily

To ensure that you are cooking foods, especially meats, to safe temperatures you can use a food thermometer to determine the temperature. Most meats should be cooked to between 145 and 160 degrees Fahrenheit to avoid any food borne illnesses.

Recommended cooking temperatures:

- Whole cuts of pork: 145-160°F with a three minute rest time.
- Pork roasts and chops: 145°F with a three minute rest time.
- Ground meats: 160°F with no rest time. This includes veal, beef, lamb and pork.
- Poultry: 165°F. Rest time is not necessary. This includes all cuts of chicken, ground chicken, goose, duck, turkey and ground turkey.
- Fin fish: 145°F or until flesh is opaque and separates easily with a fork.
- Shellfish: Cook until flesh is pearly and opaque. No rest time is recommended.
- Clams, mussels and oysters: Cook until shells open during cooking.

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Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
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Across

- Nation between Togo and Nigeria
- "Look over here!"
- CSNY member
- Private line?
- Elevator man
- "It's clear now"
- *Edward Cullen's rival for Bella
- Genghis ___
- "The Plains of Passage" author
- Former SSR
- Pharmaceutical rep's samples
- *She played Michelle on "Full House"
- Dogpatch creator
- Alley cats, e.g.
- Some crowns
- Desert tableland
- Blue bird
- Looking for a fight
- Suffix with infer
- Cook, in a way
- Bar bowl item
- "Don't tell me!"
- 2007 "American Idol" winner Sparks
- *Brother of Helen of Troy, some say
- Fails to pronounce
- Image to identify on a driver's license exam
- Drifters

Down

- California
- *Biblical birthright seller
- "Great shot!"
- Teen Vogue subject
- Lincoln's st.
- Beer garden music
- Super Bowl I and II MVP
- [Not my error]
- "That wasn't nice"
- Former Soviet leader Khrushchev
- *"High Crimes" actress
- Corporate emblem
- Egg sources
- Bruises partner
- Shade provider

Across

- North Sea feeder
- Naut. speed units
- Env. router
- Stay awake in bed
- *Source of an age-old medicinal oil
- Part of MOMA
- Promotional bribes
- Composer Erik
- Cattle call
- Hankering
- "Need You Tonight" band
- First name in shipping
- 1963 Newman/Neal film
- *"Today" correspondent ___
- Bush Hager
- Start of a show-off kid's cry
- How traditional Chinese brides dress
- Taunts
- Garden waterer
- Burned
- "I taw ..."
- It may have highlights
- Years, to Caesar
- Clouseau's rank: Abbr.
- Place to sleep
- Bart's Squishee provider
- ACLU concerns

Horoscope by Linda Black

Today's Birthday (09/18/13)

Your next solar year begins auspiciously; discipline and authority amplify power and regeneration. Perseverance can lead to a revolutionary shift. Group efforts bear greatest fruit this year, so increase community participation and leadership. Careful financial management allows growth. Love blooms.

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 7 - Infuse love into your efforts and activities today. Put more into the household account. No need to rush. Build your partner's self-esteem. Compassion and passion go together. Apply creativity at home for impressive results.

Taurus (April 20-May 20)

Today is a 7 - Use what you've learned for success. A discovery supports what you know by experience. Plan your verbal campaign. Foreign contacts love your ideas. The money looks better. Add to your hidden treasures. Beautify your surroundings.

Gemini (May 21-June 20)

Today is a 7 - Be frugal with a windfall profit. A surprising development allows for a shrewd new plan. Get more for less. You're testing the limits. Make a beneficial addition at home. Enjoy it with good company.

Cancer (June 21-July 22)

Today is an 8 - You have what you need. Back up your ideas with practical data. Allow your decision to carry you forward. Good news comes from far away. Get something you've been saving appraised. Make plans. Include your love.

Leo (July 23-Aug. 22)

Today is a 7 - Balance all the factors. An older individual offers an interesting opinion. Advance to a whole new level. Let friends advise you. Make a tantalizing promise. Don't insist on making your own mistakes. Learn from others.

Virgo (Aug. 23-Sept. 22)

Today is an 8 - Make a positive commitment. Use what you've been saving. Working at home increases your benefits. Abundance can be yours. Lose yourself in an art project. You don't need to reveal your agenda, yet.

Libra (Sept. 23-Oct. 22)

Today is a 9 - Take care of family. You hear from a distant relative. Decide what to learn next. Consider comfort and profit. Okay, you can go now. Never give up.

Scorpio (Oct. 23-Nov. 21)

Today is a 7 - Fix up your place. Find the perfect solution. You have what you need. It's also a good time to travel. Enlist support. Associates nail down

practicalities. You're making a good impression. All ends well.

Sagittarius (Nov. 22-Dec. 21)

Today is a 6 - Work faster and earn more. You gain career stature with a lucky break. Don't try a new idea just yet. Take a moment. Dig in your claws and maintain decorum. Prepare to venture farther out.

Capricorn (Dec. 22-Jan. 19)

Today is a 7 - Collect a debt. It's all for the family. Be loose with your imagination. Help arrives. Shop carefully, and store away extra provisions. There's another profitable development. Roast a feast and toast your client.

Aquarius (Jan. 20-Feb. 18)

Today is a 9 - Streamline your work routine and make more. Monitor results. Friends help you make an important connection. Share information. Get your message out. Friends act as mediators. Party big or party small, but celebrate.

Pisces (Feb. 19-March 20)

Today is a 9 - Finishing old tasks satisfies. Provide excellent service. Collect a nice paycheck. Invest in your business. Keep practicing. Strengthen your infrastructure. Allow for household improvements. Go for romance and other personal aims.

Sudoku by the Mephram Group

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

LEVEL: **1** 2 3 4

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



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