

# Ready to run

## Boston Marathon runners prepare, remember tragedy

By Katelynn McCollough  
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Melanie Holman began the Boston Marathon last year nervous that an old injury would slow her during the race. Instead, she ended with a time of three hours and 26 minutes, a faster time than her previous marathon.

Excited about her finish, Holman met up with other members of the Iowa State Running Club and took the subway back to the hotel, which was located near the 25 mile marker of the 26.2 mile race. This is when another club member ran into the room to tell everyone that something had gone horribly wrong.

"All of us were delirious at this point because we were dehydrated and needed food. We turned on the news and we didn't really understand what was going on," Holman recalled, who was in Boston with 11 other Iowa State students running in the race. "There had been two explosions at the finish line. I didn't hear them, a couple other guys that were in our club did. I didn't really realize how serious it was until I started getting phone calls from my parents, friends, and family."

Today marks the one year anniversary of the Boston Marathon bombing that claimed the lives of three people and wounded more than 260 more. Events will be held throughout the week in Boston to honor and

remember last year's tragedy. It was the first time Holman had run the internationally famous race, and she doesn't like to dwell on what could have happened if her injury had flared up and slowed her down.

"I think it's important not to focus on that, but I was definitely like oh man, I could have had a flare up, and I could have had a bad race and been a lot closer to the explosion. That freaks me out, but it didn't happen that way, so I try not to think about it."

All 12 members of the Iowa State Running Club that ran in the marathon last year walked away unharmed.

Holman, a senior in kinesiology and health, is returning to Boston at the end of this week to run the Boston Marathon for her second time. This time, she will be joined by Meredith Anderson, also a senior in kinesiology and health and the women's captain of the Iowa State Running Club.

"The idea of the bombing last year doesn't affect me at all," Anderson said. "I'm just very excited to go. When I qualified, that was just the best feeling ever. The Boston Marathon is something that every runner kind of dreams of doing."

The two girls are the only members of their club running the race this year, but they don't believe that is from newfound fear of the event.

For John Pleasants, an ISU professor of ecology, evolution and organismal biology, he's hoping that this will finally be the year he gets to finish the race.

"For me, doing Boston ... doing it once is important," Pleasants said, who was sup-

**MARATHON p3 >>**



Kelby Wingert/Iowa State Daily  
Meredith Anderson and Melanie Holman, both seniors in kinesiology and health, will be running the 2014 Boston Marathon on April 21. Holman ran in the 2013 Boston Marathon, but this year's will be Anderson's first time.

## Students showcase diversity at Culture Night

By Kat Gruenewald  
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The Asian Pacific American Awareness Coalition showcased the diversity of Asian cultures and traditions at their annual Cultural Night.

The event took place in the Great Hall of the Memorial Union on Monday.

The night's first half featured dancing and singing performances by Asian American student artists.

"We are displaying the large variety that students have on campus," said Lan Pham, president of the Asian Pacific American Awareness Coalition. "APAAC is advocating the awareness of Asian Americans on campus."

The show kicked off with Kimberly Woo, junior in journalism and mass communication, performing two original songs.

Woo, who is Malaysian, has been singing since she was a small child and has participated in several multicultural events at Iowa State.

A fashion show followed Woo's performance presenting traditional Asian clothing from Vietnam, China, Indonesia and Malaysia.

The event also included two dance



Richard Martinez/Iowa State Daily  
Beau Sia, Tony-award winning poet and New York University graduate, presented a slam poetry session on the issue of Asian-American culture.

performances. The first being a break dance performance by Dean Hoangvan, former ISU student, and Antwone Moua-Phonvilai, student at Ames High School.

"We are of Asian heritage therefore we want to support the ACAAP and participated with our performances," said Hoangvan.

He has performed for the APAAC Cultural Night before and has always enjoyed it. He said he has been break dancing for 14 years.

The second dance performance of the night was done by members of the Chinese Student and Scholars Association who performed a traditional fan dance of China.

Joseph Francis Mercado, senior in management information systems, wrapped

**SHOWCASE p3 >>**

## Panel discusses privacy threat, government spying

By Varad Diwate  
@iowastatedaily.com

Digital privacy is an important issue of our generation and mass surveillance is affecting different aspects of our lives, members in a panel discussion said on Monday.

The panel discussion titled "Government Spying, Threats to Privacy and Your Rights Online" was organized by the Greenlee School of Journalism and Communication as part of First Amendment Week in the Sun Room.

"Once you consider the centrality of technology to our daily lives to everything we do, I think it's easy to see how important it is for our rights to adapt to technologies," said April Glaser, an activist at the Electronic Frontier Foundation.

The organization is an international non-profit that works on digital rights and privacy through legal means.

"What we know so far has been the product of leaks from whistle-blowers who have taken actions to reveal human rights violations and often placing themselves at risk of persecution, including detention," Glaser said.

Other speakers included Jane Fritsch, assistant professor of journalism, Zayira Jordan from the Human Computer Interaction program at Iowa State and Nik Kinkel, senior in software engineering.

Kinkel is also the founder of the student organization, Digital Freedom

Group, at Iowa State that aims to educate people about using encryption technologies.

The Electronic Frontier Foundation has been in litigation against the National Security Agency since 2007 before the revelations last year by Edward Snowden. Leaked documents by Snowden revealed mass collection of phone records, internet communications and social media data among others.

"We are really at a critical juncture in journalism. It's very very difficult to get people to believe they can speak to you without there being a record of it," Fritsch said. "We are certainly back to 60s when Bob Woodward had to meet his source in a garage in Washington."

She said stories like the My Lai massacre and Watergate scandal were uncovered as sources talked to journalists they knew. However, this is difficult to do when sources are hesitant to talk using modern communication technologies.

Glaser said the argument is essentially about the relationship with the government as there are laws in place we don't know about. The Electronic Frontier Foundation has been lobbying the government to make changes to NSA. But, steps proposed so far do not go far enough to protect digital privacy, Glaser said.

"It's not weird to want privacy online. This is something we should all have,"

**PRIVACY p3 >>**

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# Weather

**TUES** 26|49 Sunny.

**WED** 45|60 Partly sunny and windy.

**THURS** 35|45 Cloudy with a chance of rain.

Provided by ISU Meteorology Club

# Police Blotter

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.

**April 9**  
The following were cited for criminal trespass: **Jacob Larson**, 21, 3910 Tripp St., Apt 133; **Christian Roth**, 19, 3910 Tripp St., Apt 133; **Justin Freyberger**, 20, 116 North Franklin Ave.; **Michelle Vanroekel**, 18, 245 North Hyland Ave., Unit 202; and **Gretchen Larson**, 18, 1012 Oak Hall at the Memorial Union (reported at 9:57 p.m.).

**Jonny Hewitt**, 19, 2255 Friley Hall, was cited for underage possession of alcohol at Friley Hall (reported at 11:48 p.m.).

**April 10**  
**Taylor Dawson**, 21, 316 Hayward Ave., was arrested and charged with public intoxication at the 100 block of Campus Avenue (reported at 1:00 a.m.).

**James Clow**, 20, 2104 Buchanan Hall, was arrested and charged with operating while intoxicated and interference with official acts at Lot 62 (reported at 1:53 a.m.).

**Davonte Alfaro**, 18, 521 East 11th St, Spencer, was arrested and charged with public intoxication at Hyland Avenue and Lincoln Way. A 16 year old male was taken into custody and charged with assault. A 17 year old male was taken into custody and charged with public intoxication and assault. Both minors were referred to Juvenile Court Services and then released to the care of their respective parents (reported at 3:39 a.m.).

Officers checked the welfare of a resident who was experiencing emotional difficulties at Buchanan Hall (reported at 10:23 a.m.).

An officer initiated drug related investigation at the Armory (reported at 12:25 p.m.).

An officer initiated a drug related investigation at the Armory (reported at 1:38 p.m.).

**Ahmad Humza**, 19, 4536 Friley Hall, was arrested and charged with possession of drug paraphernalia, possession of a controlled substance, and unlawful possession of a prescription drug at Friley Hall (reported at 4:11 p.m.).

**Gage Towne**, 19, 7225 Willow Hall, was arrested and charged with public intoxication and underage possession of alcohol at Hayward Avenue and Lincoln Way (reported at 10:33 p.m.).

**Jacob Arment**, 20, 702 North 5th St., Eddyville, was arrested and charged with public intoxication at Arbor Street and South Sheldon Avenue (reported at 10:37 p.m.).

**April 11**  
**Diamond Anderson**, 26, 3807 Tripp St., Apt 11, was arrested and charged with operating while intoxicated and failure to prove security against liability at South Franklin (reported at 12:27 a.m.).

# Western corn rootworm pest becomes resistant to protectors

By Kelly.Schiro @iowastatedaily.com

Cornfield pests are becoming resistant to transgenic corn. The deliberately modified genes that were once able to protect corn from being consumed by insects are no longer effective in protecting corn.

Aaron Gassmann, an ISU assistant professor of entomology, has been researching the western corn rootworm that has been found to be resistant to current Bt toxins.

A Bt toxin is a protein that is toxic to chewing insects in the soil.

"The western corn rootworm is the number one pest of corn in Iowa and much of the Midwest," Gassmann said.

Over 75 percent of the corn in Iowa contains at least one Bt toxin, Gassmann said.

The western corn rootworm feeds on the roots of corn, killing the corn and ultimately reducing the yield of corn. Gassmann said it makes corn plants more prone to falling over.

Erin Hodgson, an associate-professor in entomology, said that Gassmann has confirmed resistance to two kinds of Bt toxins, mCryBb1 and mCry3A.

Hodgson said that the rootworm has developed cross-resistance to these toxins, meaning if they have resistance to one, it is likely they are resistant to the other.

Hodgson said that the difference between the two Bt toxins is a small difference between the proteins produced by the toxins. Both kinds have proteins that bind to the mid-gut of the rootworm, causing it to explode. The bacteria that were naturally found in the mid-gut would end up in the body cavity causing a fatal infection.

Hodgson said that the western corn rootworm could reduce the yield of a cornfield by up to 40 percent. This would be the case where there are large populations of western corn rootworm.

"The field will be flattened," Gassmann said.

The mCryBb1 was introduced to the market in 2003, and by 2009, the



Logan Kahler/Iowa State Daily

**Assistant Professor Aaron Gassmann is urging Iowa farmers to incorporate a diverse range of pest management tactics to suppress the resistance of rootworm to certain types of corn.**

western corn rootworm had developed resistance.

Gassmann said that every year there is one generation of rootworm. He discovered a population of western corn rootworm had developed resistance within three generations. This means that in three years, the rootworm population had developed resistance to a Bt toxin meant to kill it.

Gassmann said, "I think in some ways this is not surprising."

There had been previous predictions and computer simulations that predicted resistance within six years, Gassmann said.

Through his research, Gassmann determined the resistance to Bt toxins was non-recessive, meaning that there only needs to be one resistance gene present in order for the rootworm to be resistant to the toxin.

Gassmann said that there were a couple of ways that farmers could prevent the western corn rootworm

from acquiring resistance.

The number one way to prevent western corn rootworm from taking over corn crops is to rotate out of corn production, Gassman said.

Corn roots are the western corn rootworms' main source of food, so without the corn, they will die.

Hodgson said if resistant populations are unchecked, they will impact the future of the crop. If a solution is made, the problem will only intensify.

If farmers only farm corn, Gassmann said that they could use Bt corn in conjunction with rotation or use insecticides with non-Bt corn.

While Gassmann found resistance in primarily northeast and northwest Iowa, the resistant western corn rootworm populations seem to be scattered across neighboring states.

Hodgson said it would be interesting to see how the cold winter affected the eggs of the western corn rootworm to see this year's impact.

# City Council to discuss sewage block

By Kelsey.Batschelet @iowastatedaily.com

A workshop on the fats, oils and grease [FOG] program will be held during a special City Council meeting April 15.

The presence of fats, oils and greases in the city's sewer lines can lead to blockages when the materials solidify. When these blockages occur, it often results in a backup of sewage into businesses or the homes of Ames residents.

These blockages of-

ten originate from restaurants that deal with a large amount of waste in the forms of dairy, leftover food particles and oils and sugars. The council will discuss issuing fines for creating blockages and how to best use grease-interceptors to help prevent these blockages.

Car wash facilities are also an area of concern because they can produce large amounts of grit and oil, which are also thought to be detrimental to city sewers.

The council is proposing an amendment to the current penalty for creating a sewer blockage.

Along with a \$1,000 fine, which is the current penalty, the responsible party would be responsible for the cost of city clean-up.

The city staff also proposed the creation of a new sewer class that would apply only to food service establishments called "Restaurant Rate."

The council will also hear a presentation on

water and sewer rates that will detail the expenses involved with catering to the growing Ames community. The presentation also includes a proposed reinvestment in the infrastructures that support water and sewer utilities. The presentation will be conducted by city staff, and they will discuss using emulsifiers in the water to break up blockages.

The City Council meeting begins at 7 p.m. at City Hall and is open to the public.

# Addressing the Challenges of Today's Labor Market

Katharine G. Abraham is a member of the Council of Economic Advisers from 2011 to 2013. She has returned to the University of Maryland, where she is Professor of Economics and Survey Methodology and has been appointed as the first director of the Maryland Center for Economic and Policy Research's research has included work on employment and unemployment, labor market policy and the measurement of economic activity. She also served as Commissioner of the Bureau of Labor Statistics from 1993 to 2001. Abraham earned her BS in economics from Iowa State in 1976 and later a PhD in economics from Harvard University.

**Tuesday, April 15, 2014 - 8 pm**  
**Great Hall, Memorial Union**

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## Katharine G. Abraham

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**THE INVISIBLE WAR**

Documentary & Panel Discussion

The Invisible War is an investigative documentary about the epidemic of rape within the U.S. military. It paints a startling picture of the extent of the problem: a female soldier in combat zones is more likely to be raped by a fellow soldier than killed by enemy fire, and 20% of all active-duty female soldiers are sexually assaulted. A nominee for the 2013 Academy Awards, the film features interviews with rape survivors, mental health professionals, members of Congress and high-ranking military officials.

A panel discussion will immediately follow the 90-minute film. Participants include **Cynthia Conte**, Military Sexual Trauma (MST) Coordinator for the Department of Veterans Affairs; **Katrina Mach**, director of the Des Moines Vet Center; and LTC **Mike Kuehn**, Staff Judge Advocate, Iowa National Guard; Lt. Col. **Mary Beveridge**, Director of Health Services, Iowa Army National Guard; 1st Lt. **Joel Sage**, Sexual Assault Response Coordinator, Iowa Army National Guard; and **Christian Wimmer**, Staff Psychologist at the Student Counseling Center will facilitate.

Sponsored by: Margaret Shaw Women's Center, Veterans Center, and Committee on Lectures (funded by CSR)

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PERIODICALS POSTAGE

# First Amendment talk focuses on Iowa civil rights

By William Dyke  
@iowastatedaily.com

Celebrations for First Amendment Day began Monday with the Iowa Civil Rights Commission discussing Iowa's advancements of civil rights at Iowa State.

Brooke Miller of the Iowa Civil Rights Commission covered Iowa's history, from territory to modern statehood and the struggles of African Americans.

"Iowa has a great history of civil rights," Miller said. "But the start was a bit rocky."

Miller spoke about the "Organic Act," where "only free, white, male citizens were entitled to vote or hold office within the territory."

Other topics covered on how Iowa's civil rights improved included the "Act to Regulate Blacks and Mulattoes," *Clark v. Board of Directors, Arabella Mansfield, Coger v. North West Union Packet Co.*, and the 1875 Federal Civil Rights Act.

Miller also focused on Edna Griffin being heralded as the "Rosa Parks of Iowa" due to her actions in Des Moines regarding Katz Drug Store's discrimination in 1948, seven years before Rosa Parks' famous actions.

"I think Iowa was more progressive

than other states," Miller said in a later interview. "But after today, I think education [of these events] would be awesome. The people of Iowa should be proud and should be telling these stories. It's a little bit shocking that people don't know this state's history."

The second speaker, Liz Johnson, also a civil rights specialist of the Iowa Civil Rights Commission, spoke about the topic of gender identification and the legal repercussions in education and employment.

In her presentation, "Let's Talk about More than Sex - Gender Identity and Civil Rights in Iowa," Johnson discussed the issues facing the Lesbian, Gay, Bisexual, Transgender and Queer community in Iowa and the United States.

"What is education discrimination?" Johnson asked the crowd as she displayed the legal definitions and those protected under the statutory laws.

A national school climate survey in 2011 displayed disturbing statistics for LGBTQ harassment within the states and in Iowa. Comparatively, Iowa was higher than the national average in all manners of harassment, including physical assault, verbal abuse and a lack of faculty intervention.

Johnson also explained the legal steps

that parties affected by employment discrimination must go through to receive compensation.

In a later interview, Johnson explained that the Iowa Civil Rights Commission exists to enforce the laws and educate people on their rights, not to advocate for any one particular group of people.

"We're getting the word out that the ICRC processes these complaints," Johnson explained. "We're working to make sure that everybody knows about the laws we have."

The third presentation, "Fair Housing for Everyone," was given by the Iowa Civil Rights Commission Housing Investigations Supervisor, Don Grove.

In his presentation, Grove explained the rights that every group of people has under state and federal statute, and how the ICRC protects those rights and investigates such claims.

When asked what students can do to get involved in civil rights claims, Grove mentioned the Ames Human Relations Commission that utilizes volunteers to help with casework.

Grove also encouraged students to take civil rights and law courses to better understand the work of the Iowa Civil Rights Commission and their mission.



Richard Martinez/Iowa State Daily  
**Brooke Miller, member of the Iowa Civil Rights Commission, lectures on the fundamental legal definitions of discrimination, equality and other civil rights issues.**



Richard Martinez/Iowa State Daily  
**A member of the Chinese Student Scholars Association at Iowa State perform a traditional fan dance routine as part of the Asian Pacific Heritage Week Cultural Night.**

## >>SHOWCASE p1

the first half of the event up with a singing performance of "I want it that way" by the Backstreet Boys.

Slam poetry artist Beau Sia, a member of the Tony Award-Winning Def Poetry Jam on Broadway, performed his work on the topic, "We're so American."

"I am going to share with you who I am, not to be loved, not to be embraced, but to allow you another morsel of inspiration that whatever it is you are driven [to], whatever passion moves you in your life, [do] it before you die," Sia said.

Pham said she was happy with the outcome

and "everything went smoothly."

The Cultural Night is one of three events of the Asian American Heritage Awareness Week.

Today, there will be a workshop seminar in the Multicultural Room in the Memorial Union from 7 to 9 p.m. providing opportunities to network and access resources to promote advocations of issues experienced by multicultural students.

On Wednesday, the APAAC will hold the Taste of Asia food fair in Linden Hall. At the food fair cuisines from different Asian countries will be provided as free appetizers, entrees and deserts from 6 to 9 p.m.

## >>MARATHON p1

posed to run the marathon in 2012, but was allowed to defer to the next year due to the extreme heat that year. This meant that Pleasants automatically qualified for the race in 2013. However, once again, he didn't find himself at the finish.

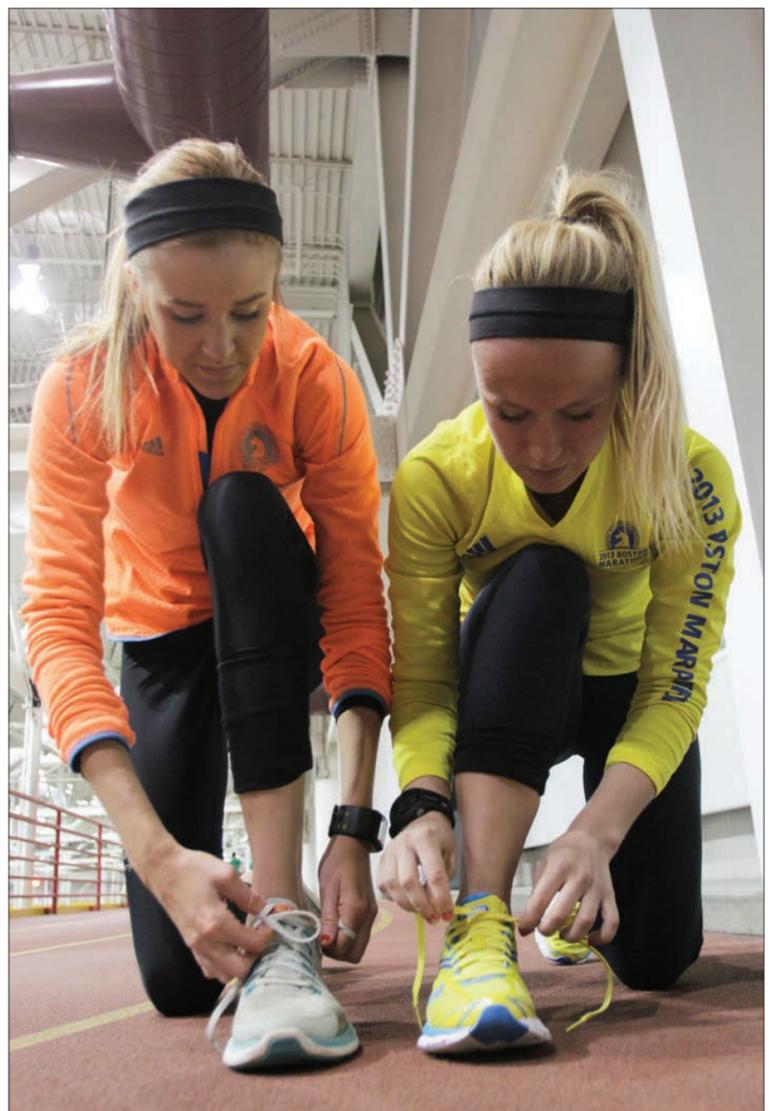
"I was probably around mile 20. I knew almost immediately something had happened because I just happened to be running by some EMTs," Pleasants remembers of last year's race, which also fell on his birthday. "I just kept running because I didn't really know anything else to do, but I was calling my wife who was following me and had seen me around mile 20 and was headed to the finish then. The first thing was to call her and say don't go to the finish, something has happened."

Pleasants kept running until he was stopped by barricades that were put up by police. Since he wasn't able to finish, he once again automatically qualified for this year's race.

"This particular Boston takes it up another notch," Pleasants said. "You want to be part of this thing. You want to be part of something that says, 'we're here, we're going to keep going. This is what we do, we're not going to let this stop us.'"

Even with the jarring events that cut last year's event short, Holman and Pleasants both remember the race as an amazing event to be apart of, most notably for the large crowds that come to cheer on the participants and the historical route that the race follows. However this year, there will be some changes.

"We can't bring our own bags in, we have to use the clear bags that they give us," Anderson explained of information runners have received in emails. "You're not allowed to bring in your own water bottles or anything like that."



Kelby Wingert/Iowa State Daily  
**Holman and Anderson will leave at the end of this week to run the Boston Marathon on April 21. Holman said she hopes to make running the marathon a tradition.**

Security has been heightened for the event, along with stricter rules for what participants can bring. This differs from past years when runners would leave their items on buses when they started a race and then pick them back up once they had finished.

However, none of this has lessened the number of individuals who want to be apart of the marathon with just over 36,000 participants running this year.

"There are so many more people running it

this year because of what happened last year," Holman said, who hopes to make running the marathon a tradition. "I think that just shows that Boston is such a strong community and is so focused around this race every year. That's a special thing to be apart of."

Anderson explained that participants must qualify in order to run in the race or be apart of a charity team. The event is not just open for anyone to join the day of, making it truly an honor to compete.

Holman, Anderson and Pleasants don't believe last year's events have tarnished the excitement of the event, and none hesitated in the decision to head for the Boston Marathon on April 21 when the race will take place. All three will be leaving at the end of this week for the event. For Pleasants, he's preparing for the moment after crossing the finish line.

"It's an emotional thing," Pleasants said of the upcoming finish of the race. "There might be some crying involved."



Jake Miller/Iowa State Daily  
**April Glaser, staff activist for the Electronic Frontier Foundation, speaks about the NSA. The students gathered in the Sun Room in the Memorial Union on Monday.**

## >>PRIVACY p1

Kinkel said.

Kinkel said there had been some apprehensions when he was starting the student group, Digital Freedom Group, as they planned to discuss encryption methods and other ways to protect online privacy. The group eventually convinced the Information Technology Services that their group was not going to harm the university network.

Students also interested in protecting themselves online attended the conference.

"I was just interested to see the EFF in person and the nature of their organiza-

tion," said Matthew Bullard, sophomore in elementary education.

He said it was necessary to become aware of the complacency that comes with using technology.

"I didn't know a whole lot about any of it coming in. But, it was just presented in a manner that it seemed to be a conspiracy," said Allee Wengert, senior in journalism and mass communication.

In a following event called the CryptoParty, audience members were shown different ways to encrypt internet chats, email and web browsing. They also had a chance to install some of these tools on their own devices.

## National Student Employment Week

Open house for ISU students employed on/off campus:

Join us for 'breakfast on the go' and door prizes\*!

Wednesday, April 16  
7:30 a.m. - 11:30 a.m.  
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## Editorial



Kelby Wingert/Iowa State Daily  
**Gov. Terry Branstad signed a proclamation inviting Iowans to pray on July 14, 2014. The wall separating church and state was not crossed because Branstad did not endorse a religion.**

# Proclamation doesn't violate church, state

Last week Gov. Terry Branstad signed a proclamation "inviting all Iowans who choose to join in the thoughtful prayer and humble repentance according to II Chronicles 7:14 in favor of our state and nation to come together on July 14, 2014." The Capitol grounds will host a gathering that day, with continual prayer from 7:14 a.m. until 7:14 p.m.

The biblical reference to which the proclamation referred reads, according to the New International Version of the Bible, as follows: "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

Obviously there is absolutely nothing wrong with the message of the group Prayer 7-14-14, which encourages all Americans to pray, fast and repent this coming July 14, just as there is nothing wrong with Terry Branstad acting as an advocate for this group. However, it is of questionable judgment for the Governor of Iowa to invite Iowans to prayer in his official capacity.

To be fair, the proclamations of Branstad are not equivalent to his endorsing whatever cause may be involved. This is stated as clearly as possible on his official website, where it says, "Issuance of a proclamation does not constitute an endorsement by the Governor."

It may be a bit confusing to those unfamiliar with the governor's proclamations, but they are actually a constituent service offered by the office that any group can request.

In fact, one day before signing a proclamation inviting Iowans to pray in accordance with a biblical verse, Branstad signed a proclamation announcing Muslim Recognition Day, a version of which he originally signed back in 1992 during his first tenure in the executive office. The proclamation was paired with a celebration at the Capitol Building showcasing Muslim food and information about Islam.

Receiving condemnations for each of the proclamations, Branstad has been accused of both being used as the plaything of Islamic extremists and of breaking down the "wall of separation" between church and state by sponsoring Christianity. In reality, he has done neither.

On top of the obvious rebuttal that recognizing the positive contributions and culture of Islam and Muslims in Iowa is not associated with extremism of any kind, the idea behind the separation of church and state is not that they can never touch lest they both crumble. Rather, the notion is that our government should tolerate any and all religious ideals, including those that would abstain from religion altogether.

By enacting a proclamation inviting "all Iowans" to pray, many of us might be quick to form strong opinions about Branstad's action. We certainly did.

Upon seeing it in the proper context, however, it has become apparent that Branstad is not bestowing an unfair advantage or endorsement upon a particular religion or religious ideal. If, for example, a secular group wished to request a proclamation recognizing the good works of the atheists and agnostics of Iowa, there would be nothing to stop them.

Sometimes, especially when it comes to matters such as religion, we can all be hasty in judgment. Taking a step back and truly thinking about what is in front of us can help, as can realizing that while no one can force our views to change, neither can we abridge another's ability to practice theirs.

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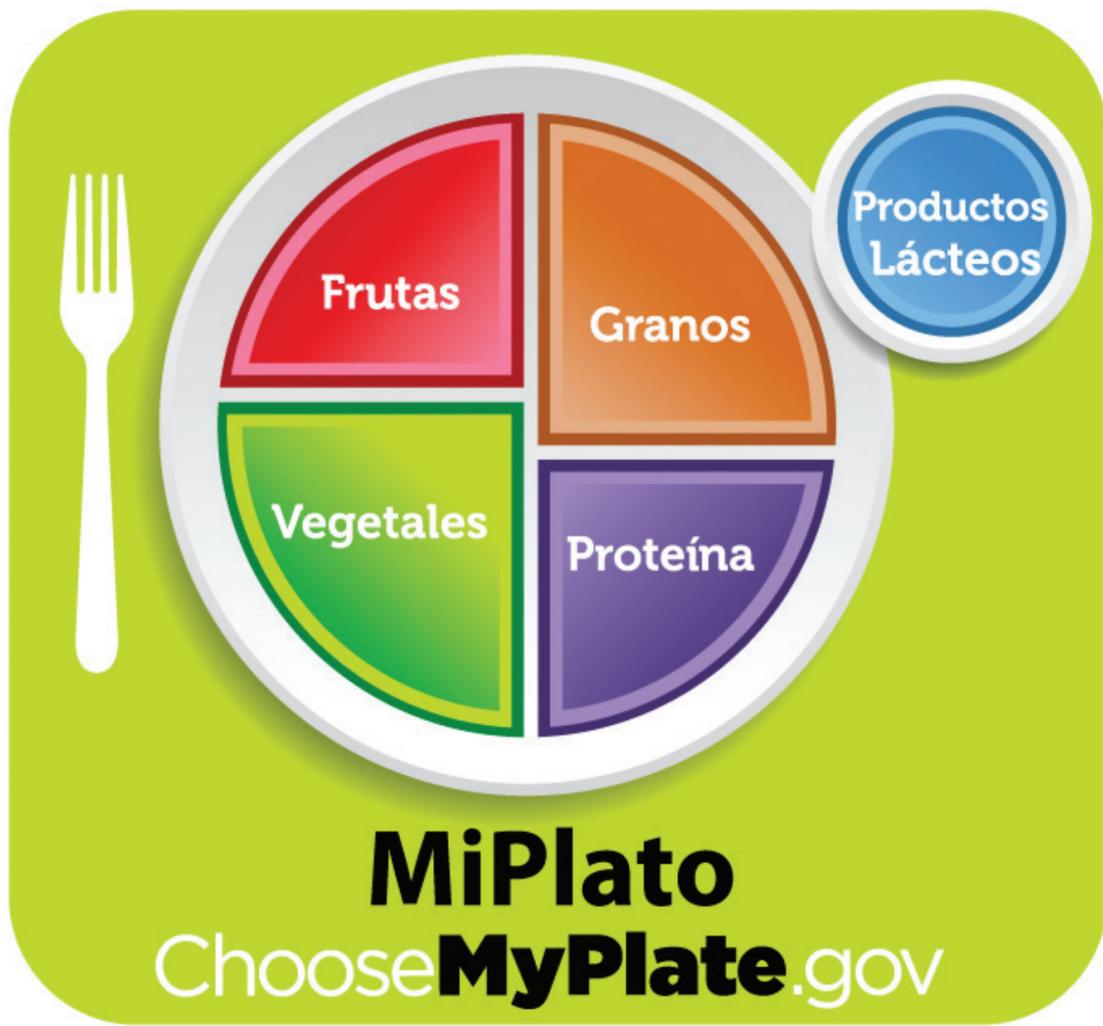
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Courtesy of Wikimedia  
**The USDA released the MiPlato, the Spanish version of MyPlate, to help Spanish-speakers make healthier decisions concerning what they eat. The Hispanic obesity rate, the second highest in the country, is tied to both poor nutrition and low-income households.**

# MiPlato aids Spanish speakers

By Morgan Bahl  
 @iowastatedaily.com

By now, most college students have heard of MyPlate, the most recent governmental icon encouraging proper nutrition, and probably grew up being educated on nutrition with the food pyramid as the guiding nutritional recommendation. Both of these recommendations are advertised in English, which is great, but what are the growing number of Spanish-speaking US residents supposed to follow?

The USDA released the Spanish complement of MyPlate, namely MiPlato, to reach Spanish-speaking consumers and serve as their reminder to make healthier choices at the table. And personally, I think this was a great move by the USDA, because our population of Spanish-speakers is growing and their needs have to be considered. With their language needs being addressed, this may subsequently target the issue of the obesity epidemic.

A large proportion of low-income families in the U.S. are of Hispanic descent and there is a strong correlation between low-income and the prevalence of obesity. So, along with the clear

benefits of educating the Spanish-speaking population on proper eating habits, the introduction of MiPlato could be instrumental in battling obesity.

As the Spanish-language partner to MyPlate, MiPlato offers all of the same information and advice on nutritional topics through informational printouts, childhood learning activities, nutrition suggestions and healthy recipes. Topics range from how to keep active, clarifying caloric confusion, reducing dessert intake and food safety. The government has made these tip sheets and general weight management information easily accessible on the Choose My Plate website and even caters to the growing use of social media with the Twitter handle @USDANutrición.

This accessibility and availability of information is crucial to fighting the low-income/obesity correlation. The U.S. Census shows that there is a clear trend of low-incomes in Hispanic homes. Hispanic households are second to African-American households for lowest income but are, on average, nearly \$18,000 less than Caucasian households and a shocking \$29,000 less than Asian households. This income data can be paired

with statistics from the CDC, Center for Disease Control, on obesity which show that Hispanics hold the second highest rate of obesity at 42.5%. Interestingly enough, the level of incomes inversely associate with the rates of obesity, as Asians have the highest median income and the lowest rate of obesity at 10.8%. The question that comes with this data is "Why?"... why do low-income households have a higher prevalence of obesity than higher incomes and how can it be addressed?

FRAC, the Food Research and Action Center, explains why low-income households and food insecure people have a higher risk of obesity. There are many factors working within this relationship. First of all, low-income neighborhoods often have fewer farmer's markets and grocery stores and more fast food restaurants. When grocery stores are present, the fresh, healthy food is often more expensive than refined and processed products or the fresh produce available is rather poor quality, which turns customers away. The fast food options are cheap and fast but offer more fat and empty carbohydrates than essential vitamins and minerals. This low nutrient density is a key factor in

developing obesity. Beyond the directly related food issues, there are more complex components including lower physical activity and higher levels of stress. Schools in low-income areas may spend less time and money on physical activities and transportation may be an issue to get children to sports practices. Stress may cause problems due to financial and emotional strain, which may cause metabolic and hormonal changes that lead to weight gain.

As can be deduced from all the data, the relationship between low-income and obesity is a highly complex problem that needs to be addressed from many different standpoints. However, from the nutrition angle, the MiPlato icon with informational resources is a promising solution to the language barrier keeping many citizens from being properly educated. By educating children and parents on proper nutrition, portions and food groups in a fun, interesting and memorable way, the rates of obesity can be reduced. As the saying goes — "knowledge is power" — so by simply equipping the Spanish-speaking population with the information they need to make healthy decisions, I think a noticeable change can be made.

# Standardization restricts teachers

By Jamie Wandshneider  
 @iowastatedaily.com

From a young age, we have had it hammered into our heads that a quality education will be a valuable key in being successful. A great education starts with a very special individual that we know as our teacher. A teacher is responsible for teaching his or her students all that they need to know to move on to the next grade.

To make sure that teachers are doing their job correctly the government came out with a written document called the Common Core. In this document, there is a list of standards that need to be accomplished in order for their teaching to be considered successful. Also, the standards are geared toward preparing students for a higher level of education. It is supposed to help our education program on a global competitive level.

The basis of the Common Core is a good idea; it gives teachers a list of benchmarks that need to be met to fully prepare their students for the grade ahead. Also, it serves as a reference when it comes to questions about what or how to teach a subject. The Common Core gives clear-cut expectations regarding classroom outcomes.

If the Common Core stopped at that there would be no problem, but it has come to the point where the

Common Core is overstepping individual and local decision-making and taking away teacher autonomy and classroom management.

The Common Core is meant to have the same academic standards taught in every school across the country. Standardization in teaching is the government's attempt to advance classroom learning. Unfortunately, society is too rich in diversity for a centralized government to dictate teaching methods and techniques. America is a melting pot of many different people with many different talents and abilities. Setting a national standard is one thing, but to impose methods of teaching those standards is another thing and places all students in the same box as to how they learn it.

Some students may take more time on certain standards than others. If there is a deadline for when the standard needs to be completed, students may not have a firm grasp on the concept and are being set up to fail. If teachers are allowed to move at whatever pace is correct for his or her class, the students may not be able to get through all of the standards required to move on to the next grade level. This can leave students confused the next year.

It should be up to the teacher what to teach, how to teach it and when to teach it. After all those teachers all went to college and have to do continuing education classes to keep their license.

By setting up a national Common Core, it is taking away teachers' freedoms to do the job that they went to school for. Are they not professionals in their field that should be trusted to make the right decisions?

Yes, the Common Core was written with the help of teachers, but that is too narrow of a group to decide the national standards for our schools. Each person involved in the writing of the core did not visit every single school in the nation to study how each school operated. Every school is different from the students to the faculty and they cannot be lumped into a pile with every other school in America.

States are already beginning to reject the Common Core because it is so generalized. Indiana is the first state to do so. Indiana Governor Mike Pence believes that, "Our students are best served when decisions about education are made at the state and local level." This is completely true. Only a state knows how to best handle their education system, not the national government.

Just because all students will be on the same page of learning the skills need to be successful in life does not mean that the program will be successful. The Common Core is taking away the freedom that should come with being a teacher. Having standards are not bad, but they need to be left up to the state not the national government.

# Ken Miller shows how science, religion coexist

By Matt Johnson  
@iowastatedaily.com

In a recent article, I firmly stated that policy makers should not be applying religious beliefs to science policy. I remain steadfast in my position because whereas science is a rigorous process of observation, experimentation and an analysis of acquired data from experimentation religious belief is dependent on one's own personal faith. Hence faith does not depend on the five senses of smell, touch, taste, hear or sight. Faith does not require any substantive evidence by way of a verifiable process for it to be legitimized by the person who believes it. But this does not mean a person of faith cannot be a practitioner of policy or a practicing scientist. In fact, there are people of deep faith that implement important policy and perpetuate the scientific endeavor every day.

One such person is Kenneth Miller who is a cell biologist, molecular biologist and a professor of biology, and a Royce Family professor for teaching excellence at Brown University. Along with being a staunch advocate for science, Miller is Notre Dame's 2014 Laetare Medal award recipient. As the university president, Rev. John I. Jenkins, C.S.C., expresses, "Kenneth Miller has given eloquent and incisive witness both to scientific acumen and religious belief ... As an accomplished biologist and an articulate believer, he pursues two distinct but harmonious vocations and illustrates how science and faith can mutually flourish."

Ken Miller is a charismatic, witty and engaging speaker. He is also easy to understand and has the ability to take complex,

scientific ideas and make them accessible and comprehensible to the everyday person that does not have a degree in evolutionary biology or biological anthropology. In a 1997 intelligent design versus biological evolution debate between intelligent design proponents William F. Buckley Jr., Phillip E. Johnson, Michael Behe and David Berlinski and evolutionary biology proponents Ken Miller, Eugenie C. Scott, Michael Ruse, and Barry Lynn, Professor Miller made the point clear — that point is that intelligent design and its predecessor creationism has "no explanation for natural history."

He further contrasted intelligent design's lack of basic scientific rigor with the fossil record. "Fossils show a succession of types over time," Professor Miller stated. "Intelligent design has no explanation for the succession of the fossil record ... Evolution has a perfect explanation and that is the appearance of new forms and the extinction of others."

This means that evolution has an explanation for the processes and mechanisms of natural, biological history of all species that ever existed on this planet whereas intelligent design does not even deserve the title of pseudoscience.

For instance, if one were to accept and analyze intelligent design as a scientific theory, then one would see a designer who seems to have no explanation for why species appear or disappear. Matter of fact, if one were to view natural, biological history through the eyes of an intelligent designer, one would see a confused entity that could not ever seem to make up one's mind. One example of this would be the fact that 99 percent of all species have gone extinct throughout the history of the earth. Is this because the designer was

negligent in his engineering ability?

In addition, intelligent design does not seem to have an explanation for speciation, which is the transition of one species to another, although it should be noted that species are in constant transition. Thus, contrary to some intellectually challenged thought, species do not just occur. They are formed by environmental pressures over the succession of hundreds to thousands of generations, depending on the rate of transition. Hence, this oversimplification does not do the evolutionary process any justice.

Make no mistake, Ken Miller is a man of faith and he often espouses Catholicism as an appreciation of the divine being for which he believes and, as a nod to evolutionary biology, as a understanding of God's finest work, thus there is no contradiction between science and faith for Professor Miller. But for this he is very much hated by creationists as Karl W. Giberson argues in his piece in the Daily Beast, "When creationists try to remove evolution from public schools, Miller's text is often the target."

Ken Miller illustrates a very interesting point that is often lost in the faith vs. science debates and that is faith and science are not incompatible. One explores and attempts to explain the processes of the natural world while the other attempts to explain the processes of the spiritual being no matter if it is Christianity, Islam, Judaism, Buddhism, Jainism, Wicca or any of the other approximately 10,000 religions and spiritualities that have existed in human history. Each belief system is valuable to one's self for the sake of exploration of the spiritual being whereas the scientific endeavor is important to the understanding of nature and to the benefit of humanity.



Courtesy of Wikimedia Commons  
**Kenneth Miller, professor at Brown University, is known for his advocacy of scientific study and his personal belief in Catholicism. Miller clearly articulates how science and religion are compatible.**

# No classes during Dead Week will cutback on stress

By Kelsey Cummings  
@iowastatedaily.com

Well, Spring Break is over. As ISU students return to campus after their week of "fun in the sun" — or at least mildly chilly Midwestern weather — they congratulate themselves on their successful midterms and turn to face a new foe: finals. After a week off, students must now make the just-over-a-month-long dash to the finish line.

But April is Iowa State's most exciting month for the majority of ISU students, and with professors scheduling large projects all due around the same time, students can barely find the time to keep up with their busy schedules, let alone think about studying for finals.

The week before finals is lovingly known by students as Dead Week. This is the week in which students must not only cram in all the work they normally do

during a regular school week, but must also study for finals.

Iowa State's policies on Dead Week are pretty well-known by Ames' student community: no clubs or other organizations are allowed to host official meetings and professors may not require mandatory finals or have any surprise assignments due. There's also the "23/7 quiet hours" that affects the dorms.

But are these efforts enough? The quiet hours were implemented with good intentions; the quieter the study spaces the more students will be able to concentrate.

Making these hours into a school-wide policy also helps to ensure that every student is on the same page when it comes to studying. But poorly enforced quiet hours are just as bad as no quiet hours at all so campus authority figures in charge of enforcement need to step up to really make this policy effective.

On the same note, some student organizations and

professors find loopholes in the system, making it possible to schedule "unofficial" meetings, exams or large assignments that aren't quite worth as many points as previous assignments.

Not to mention many students still have jobs and other duties to attend to during Dead Week. All these factors added together make for one stressed college student and a load of procrastinated material.

And stress is exactly what university officials should be trying to limit in their students. Counseling experts report that high levels of stress and anxiety can have negative effects on the body, ranging anywhere from the "butterflies" to increases in destructive tendencies like smoking and drinking too much alcohol.

Many students also experience an increase in their intake of certain stimulants, like caffeine and Adderall, when attempting to stay awake longer to expand their study time.

But what if students didn't have to turn to other means of expanding their time? What if the university declared Dead Week as the "week of no classes?" Because students are often bombarded with too much homework during Dead Week, they are forced to squeeze in study time late at night/early in the morning and during the weekend before finals.

This time is simply not adequate for the amount of studying necessary for most students to do well on their final exams.

While taking a week off from classes may not be ideal for the university, students and their test scores will see the immediate benefits of having time off from school to focus on studying.

And while making Dead Week a class-free week might encourage further procrastination in students, being in a relaxed state of mind when finals roll around is perhaps one of the best things students can do to help prepare themselves

mentally and so it seems the pros of no classes outweighs the possible cons.

With the way midterms work, Spring Break seems to be more of a reward for having taken the tests, as it comes after most students have completed their exams. But finals are generally worth more points than midterm exams and are arguably more important.

Extra study time is needed to take on these daunting, end-of-the-year exams in order for students to truly do well and showcase what they've retained all semester.

Higher scores and happier students would be just as beneficial to the students as it would be to the university.

So before finals turn Iowa State into a breeding ground for mentally-drained student zombies, university officials should consider the benefits of taking the "dead" out of Dead Week and authorizing a "no-class" schedule. Prevent this apocalypse.

## Letter to the editor

# Immature rioters did not care about other's hard work

Robert Dunn, senior in pre-business

As a new student this semester, I was looking forward to celebrating Veishea in a responsible, adult-like way. Wednesday morning, I woke up to a Facebook post announcing that riots had taken place the previous night in Campustown.

It is time to behave like mature adults. I understand that finally being

outside of the parents' house and under their rules and control is freedom, but with freedom comes responsibility. I am one of those who is a bit older than most undergrads. I will be 32 in a month. To those children who behaved this way, I do condemn you. You obviously do not care about others' hard work and efforts to bring about Veishea this year. By your actions, it feels like you have spat in our faces collectively. I am so proud of the

men and women who are involved as leaders and volunteers and behave responsibly. They have the right to be called adults. Please do us a big favor. Since you think that Veishea and the rest of college life is nothing but irresponsible partying, I invite to you withdraw from the university and not call yourself a Cyclone.

Iowa State deserves recognition for its academics, excellent sports programs and wonderful community. We don't de-

serve to be known as "just another party school." Iowa State is not here to babysit children that feel the need misbehave so they can get their fifteen minutes of fame. Please have some respect for those of us who work hard in class, participate in clubs, the Government of the Student Body and even work outside of school. We are the ones being punished for your immaturity and childishness. It's not fair to us.



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Alex Halsted/Iowa State Daily  
The ISU men's basketball team poses for a selfie taken by Fred Hoiberg at the Iowa State Capitol Monday in Des Moines.



**“Is politics less stressful than coaching? I've got this nickname 'The Mayor' and I'm thinking about what to do with it.”**

*Coach Fred Hoiberg*

Dylan Montz/Iowa State Daily  
The ISU men's basketball team is honored at the Iowa State Capitol Monday in Des Moines. ISU coach Fred Hoiberg spoke in the House of Representatives and Senate.



## SHARING THE MOMENTS

### Cyclones take one final road trip to cap season

By Alex Halsted  
@iowastatedaily.com

DES MOINES — Fred Hoiberg and his team climbed, all 298 steps, to the top of the Capitol and walked outside to the golden dome where the fourth-year coach stood in the middle of his team and snapped a selfie.

Mark down one final memory for the 2013-14 season.

“To experience something like this, I thought was really cool,” Hoiberg said after his team was honored by the House and Senate. “To get on top to the dome and go outside, even though it was 300 steps up there and the old coach almost passed out on the way up, it was pretty cool to see up there from the top.”

Iowa State was the center of attention at the Capitol on Monday, honored by both the House and Senate for its season, which included a Big 12 Championship and its

fourth-ever Sweet 16 appearance.

“The Mayor” spoke to lawmakers from both the House and Senate after both resolutions were approved with resounding ‘ayes’ from those in attendance.

“Is politics less stressful than coaching?” Hoiberg asked the Senate jokingly. “I’ve got this nickname ‘The Mayor’ and I’m thinking about what to do with it.”

Hoiberg praised the support from across the state throughout his team’s season, including a visit to the locker room from Gov. Terry Branstad and U.S. Rep. Steve King along with a phone call from U.S. Sen. Tom Harkin before the team’s NCAA tournament trip to New York.

He talked about his team’s successes and wondered to the gathered lawmakers what might have been had Iowa State not lost Georges Niang in the postseason to a broken right foot.

“If fully healthy I fully expect we would have won that game,” Hoiberg said of his team’s loss to UConn in the Sweet 16. “That would have been us cutting down the nets in Dallas. But hey, it happens.”

Hoiberg said he opted not to attend the Final Four, changing his plans to in-

stead go to his cabin with his wife.

“[It was nice] just to be able to sit up there and decompress and think about the season and everything we accomplished,” Hoiberg said.

Those accomplishments included a 14-0 start to the season, the best mark in school history and nine victories against top-25 opponents to go along with cutting down the nets in Kansas City, the Cyclones Big 12 champions for the second time ever and first time since 2000. There was also the third-straight NCAA tournament appearance that had Iowa State in the Sweet 16.

After years of walking to games in Ames growing up, Hoiberg said he lived out his childhood dreams with his team’s postseason run in 2013-14.

“To be able to share all the special moments we had this year was really a dream come true for me because of the passion I’ve had for Iowa State University since I was just a little kid,” Hoiberg said.

Hoiberg and his players were the primary attractions, being mobbed for photos and autographs on the floor of both the House and Senate after the resolutions

were read to applause.

The day’s big moment, though, was its final adventure.

“I think it was climbing those 300-some odd stairs all the way up to get a nice view of Iowa, all of Iowa,” said Niang, who made the trek with a walking boot still on his right foot.

Players and coaches cringed at the sight of the narrow, winding stairs. Dustin Hogue ducked to fit in the door and Matt Thomas said it was no big deal compared to his high-rope days in fifth grade.

The selfie at the top acted as one final snapshot and a stamp on the on an already memorable season for the Cyclones.

Hoiberg stood back down on the floor of the Capitol afterward.

“I really am shaky,” he said, this time not joking.

While Hoiberg was the center of attention Monday, ISU fans need not worry about him leaving Hilton Coliseum behind for the political arena any time soon.

“I have the nickname ‘The Mayor,’ but I want nothing to do with your world,” Hoiberg told lawmakers. “I want nothing to do with politics.”

## Positive offensive changes show early improvement

By Alex Gookin  
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ISU quarterback Grant Rohach stood in the pocket looking for an open receiver on Saturday during the Iowa State football team’s spring game. One, two, three, four seconds went by with a stable pocket.

Rohach shuffled his feet looking for an open receiver, but still stood behind the wall of linemen in the pocket for another four seconds before deciding to scramble.

The play resulted in a small gain, but it told a bigger story. The same offensive line that finished last in the Big 12 in sacks allowed last season gave Rohach more time than he knew what to do with.

There is no question the offensive line is better now because it is healthier and more experienced, but some offseason coaching changes have also left their

mark. With a new offensive coordinator in Mark Mangino and his heavily-recommended offensive line coach Brandon Blaney, players have seen a difference.

“With Mangino and them, there is a lot more unity than I’ve felt around here since [former offensive coordinator, Tom] Herman,” said center Tom Farniok. “It felt like it was an ‘Us versus him’ thing in the past whereas his [Blaney’s] biggest thing is stressing that we’re in this thing together.”

The improved play of the offensive line in the spring game was not limited to the passing game, but the running the ball as well. After averaging less than 4.0 yards per rush last season, first-team running backs Aaron Wimberly and DeVondrick Nealy averaged 5.5 yards per carry and added touchdowns.

Strategy and blocking schemes will not change completely from last season, but the way the line has been coached has made a difference, Farniok said.

“It’s going to look the same but it’s a lot simpler,” Farniok said. “It’s a lot less calls and it makes more sense to me, personally.”

With 79 rushes and 74 passes, it was a balanced playbook. Only a handful of plays exceeded 15 yards and most passes were short passes out in the flat or screens.

For the most part, the offense looked unchanged from last season, but coach Paul Rhoads said that much of the spring game was used to get the ball in people’s hands. He said the offense used a “limited playbook” but wouldn’t say what he and Mangino have planned for the season ahead.

“We’ll leave you guessing on that,” Rhoads said.



Tiffany Herringe/Iowa State Daily  
Redshirt senior Tom Farniok hiked the ball to redshirt sophomore Grant Rohach during the spring game Saturday. The Cyclones have made many offensive changes in the offseason.

## Iowa State looks to bounce back against North Dakota

By Rachel Anderson  
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Last year when Iowa State took on Texas, the Cyclones couldn’t catch up. Throughout the three-game series, the Cyclones scored just six runs compared to the Longhorns’ 27.

The Cyclones took on the Longhorns this weekend at home with a devastating three-game loss, repeating history once again. Iowa State scored only seven runs compared to

Texas’ 38 runs.

After a hard weekend, the ISU softball team is set to play against North Dakota at home Tuesday. They said they hope to move on from the games last weekend and just focus on the games against North Dakota.

“The big thing is we just have to let it go. It is what it is. It was a bad game and we need to come right back. We need to come back and have great offensive bats and work ahead of the batters,” said ISU coach Stacy

Gemeinhardt-Cesler.

This will not be the first time that Iowa State has faced North Dakota. They have played each other earlier in the season at the Shocker Softball Classic in Kansas in early March.

Iowa State came out victorious over North Dakota winning 13-2 in only five innings. The Cyclones are optimistic they can come back and win once again. Gemeinhardt-Cesler believes her team can have just as much success Tuesday as they did in

early March.

Junior infielder Lexi Slater said what really hurt Iowa State last week was its pitching. Starting pitcher freshman Katie Johnson is out due to medical reasons.

“We didn’t have KJ [Katie Johnson]. We just didn’t have a pitcher. I think that hurt us but we just have to get past it,” Slater said.

Gemeinhardt-Cesler said they have no idea when Johnson will be able to return to the field

but the Cyclones have already looked ahead to what they need to work on to beat North Dakota.

“I think we need to pull our hitting together. I think when we have our bats we’re unbeatable,” Slater said. “We need to execute, one by one.”

Iowa State will take on North Dakota in a double header at 2 p.m. Tuesday at home.

“We need these wins. We’re looking for 10 games to get to regionals and I think these wins will help us out,” Slater said.

## Fair trade helps those in poverty

By Bethany Benes  
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Iowa State students and alumni are exploring a growing alternative to sourcing items from other countries and turning to fair-trade methods as a way to purchase high quality products while giving back to the community they are purchasing from.

Amrut Sadachar, graduate student in apparel, events and hospitality management, explained that there are three main issues fair trade addresses when importing goods from other countries. These issues are economical, social and environmental issues.

The concept of fair trade is trying to eliminate these issues.

"There are different agencies which are involved. In the U.S., there are mainly two agencies," Sadachar said.

He explained that agencies such as the Fair Trade Federation and the World Fair Trade Organization approve and certify fair-trade organizations and products.

One of these certified organizations is a mission based company called Trades of Hope.

Trades of Hope purchases and sells handmade merchandise, such as jewelry, journals, accessories and home decor created by women who live in poverty.

Colleen Biegger, compassion entrepreneur at Trades of Hope and Iowa State alumna, said she loves the idea that Trades of Hope empowers women and gives them jobs.

Biegger said women in many countries are not protected by a minimum wage requirement like U.S. citizens are and are often forced into labor work because



Courtesy of Colleen Biegger  
Colleen Biegger, left, compassion entrepreneur at Trades of Hope, worked with women in Haiti to make beads for jewelry from cereal boxes and other recycled products. One recycled cereal box makes \$40 worth of jewelry.

they have no other choice.

She explained many women in poverty carry the burden of deciding whether they should give their children up for adoption or let them starve due to their lack of money and resources.

"It's either make a dollar a day or make nothing at all," Biegger said.

Biegger adopted her daughter from China, so this issue is very close to her heart.

Sadachar has recognized this issue as well.

"Let's say the U.S is importing something — they don't care whether their prices are fair to the suppliers," Sadachar said. He then added that unfair wages are

### Find Out More:

You can purchase Trades of Hope merchandise and learn more about the company online at [tradesofhope.com](http://tradesofhope.com). You can also find other fair trade companies on [wfto.com](http://wfto.com) and [fairtradefederation.org](http://fairtradefederation.org).

forcing economic issue in many countries, something fair-trade is trying to eliminate.

During a visit to Haiti last February, Biegger got to see the progression of fair-trade in action. Biegger discovered that Trades of Hope has enabled Haitians to earn up to six times as much money as they would have normally made in Haiti.

"The normal income for a Haitian is a dollar a day," Biegger said. "They're [now] making up to 14 dollars a day."

Biegger said the products these women are making are very environmentally friendly. Some of the jewelry is even made out of recycled cereal boxes.

"They take recycled cereal boxes and they wind them into little beads," Biegger explained.

Claire Kean, junior in apparel, merchandising and design, has also gained experience with the fair-trade industry when she interned at Worldly Goods — a fair-trade store in Ames — last summer.

"I've been so blessed to be

so well off. I think that we should help the people that aren't as well off in other countries that really struggle to survive," Kean said.

Kean will intern in Ghana, Africa at Global Mamas this summer where she will get more hands on experience with the fair-trade industry.

Kean said she hopes to open her own business someday where she can incorporate the practices of fair trade.

"I just want to help them be able to create their lives," Kean said.

Kean pointed out that while the industry is growing, it is still pretty small and it is important to raise awareness to the issue.

"So many people, they'll buy things, they'll buy clothes and not the story behind it at all or care about it because they care about what's in their wallet and getting the best value for it," Kean said.

Kean, Biegger and Sadachar all emphasized the importance of bringing awareness to the fair-trade issue.

"Just as we become more aware of being green and doing things for our environment we also need to become more aware of where a product comes from," Biegger said.

Biegger said she hopes that other U.S. businesses can step away from sourcing products from other countries and look into the benefits of fair-trade.

"Every product will be manufactured in a way that economical, social and environmental aspects are taken care of," Sadachar said about his hope that one day it will not be necessary to certify fair-trade products.

"It's going to take a long time," Sadachar admitted. "It's just a start."

## 5 ways to wear a bodycon dress

By Rachel Geronimo  
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A bodycon dress, or one that is formfitting, is a great staple piece to have in a wardrobe. Ashlin Riley, junior in apparel, merchandising and design, paired a Forever 21 bodycon dress with different clothing items and accessories to create five looks. Here are five ways to wear a bodycon dress this season.

Miranda Cantrell/Iowa State State Daily



### LAYER IT WITH PANTS

Tuck the bodycon dress into a pair of shorts or distressed jeans. Doing this creates the illusion you are wearing a shirt and pair of shorts. Accessorize this outfit by mixing metals and finish the your outfit off with flats or tennis shoes.



### TURN IT INTO A SKIRT

Layering an over-sized sweater or lightweight blouse over a bodycon dress transforms the dress into a skirt. Embrace a spring-ready style by balancing this outfit with minimal makeup and styling hair into loose beach curls.



### WEAR A SKIRT ATOP

Throw a high-waisted skirt over the bodycon dress for a shirt and skirt combination. For a classy look, style hair in a neat bun or a side fish-tail braid. Complete the look by wrapping a pastel belt around your waist.



### FOLD IT INTO A SHIRT

Half dress, half shirt — fold the bottom of the bodycon dress up toward the waistline to create a shorter shirt-like version. Combine this transformed piece with your choice of leggings. Add a belt and statement jewelry.



### LEAVE IT AS IS

Create dimension with your bodycon dress by wearing a lightweight vest, cardigan or blazer to create a sophisticated style. Accessorize with bangles or necklaces, and finish the look with a spritz of your favorite fragrance.

