

Bright side

Colors like Yuma Peach, Durango Dust liven up house exteriors, **1E**

IOWA TODAY[®]

LOCAL ■ REGIONAL ■ STATE

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CORRIDOR

CEDAR RAPIDS

Murder evidence sent to state crime lab

Police said Friday that they have sent some evidence in the slaying of Dennis First to the state



Dennis First
Murder victim

crime lab in Ankeny for testing.

"We aren't sure when the results will be back," police Lt. Kenneth Washburn said.

No other new

information was released on Friday.

First, 64, was found dead May 11 at his apartment at 2249 C St. SW. He died of blood loss after being stabbed. Authorities said he was killed by somebody. No arrest has been reported.

Schools receive learning materials donation

Local schools received a gift due to an unpaid bill.

The GreatAmerica Leasing Corporation acquired a load of books, flashcards and other learning materials when a vendor occupying one of their warehouses abandoned the materials because of financial trouble, according to the Cedar Rapids Community School District.

GreatAmerica is an equipment finance company based in Cedar Rapids, and was assisted in transport by another Cedar Rapids company, CRST International, a trucking company. CRST transported the materials from Chicago to the district warehouse free of charge.

Volunteers will package the materials Monday morning at the district warehouse on the morning. The 45 pallets of stacked material will be distributed evenly among the district's 24 elementary buildings.

Public invited to tour student-built home

The public is invited to walk through the College Community school district's third student-built home from 4 to 7 p.m. Thursday at 1607 Hoover Trail Circle.

From Prairie High School, go east on 76th Avenue through Kirkwood Boulevard and C Street until you reach Ely Road. Turn left (north) for about three-fourths of a mile. The development is on the left. Turn into the development and look for the signs.

IOWA CITY

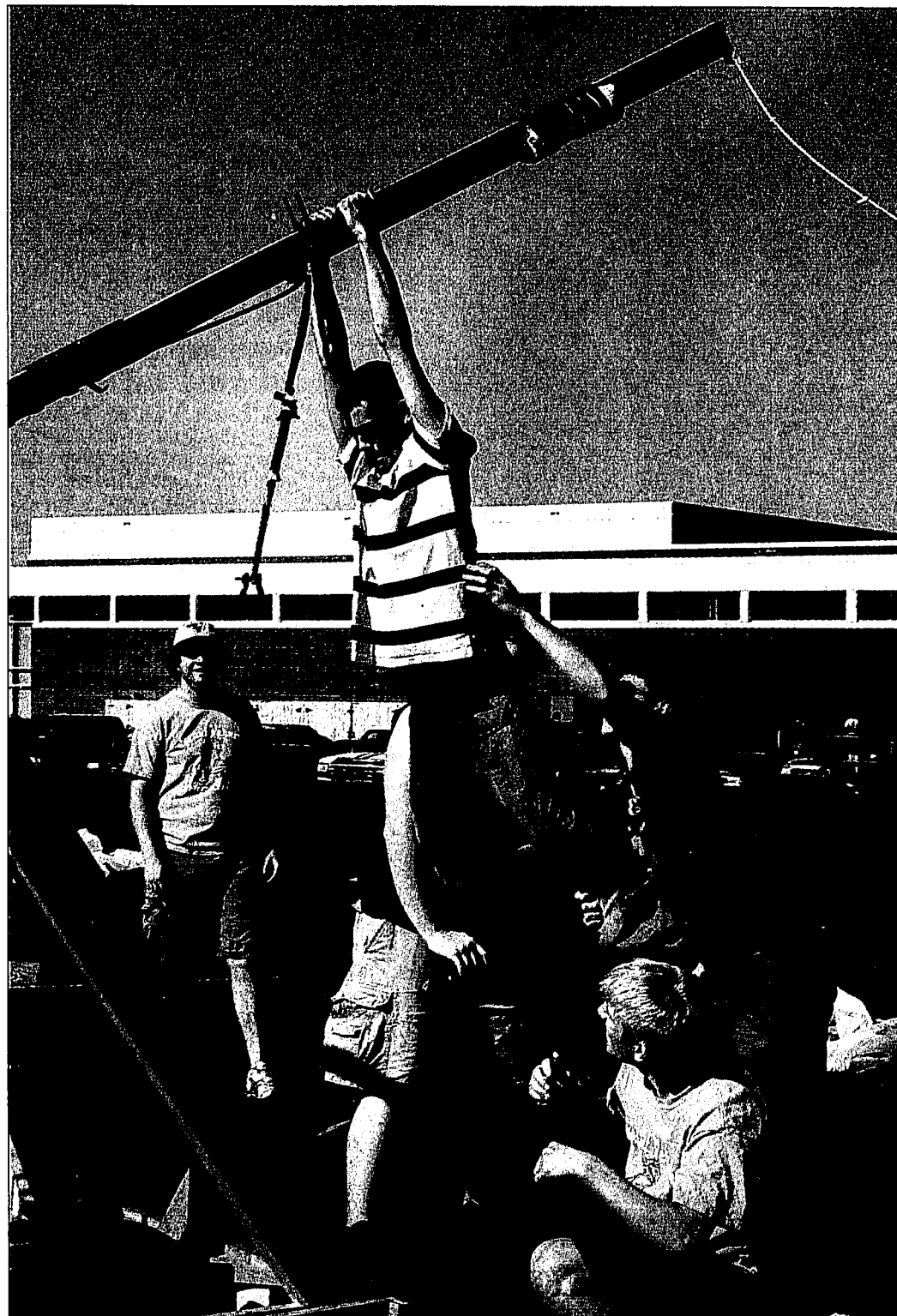
UI associate professor on herbal research team

Wendy Maury, associate professor of microbiology in the UI Carver College of Medicine, is part of an Iowa State University research team working to better understand the herbal supplements echinacea and St. John's Wort.

Maury is a researcher with ISU-based Iowa Center for Research on Botanical Dietary Supplements. The center received a three-year, \$4.4 million funding renewal from the National Institutes of Health.

Echinacea is commonly used for upper respiratory infections or as an immune system stimulant, while St. John's Wort has been regarded as a treatment for depression, insomnia, headache and rheumatism. The two are among the most popular dietary supplements.

Project payoff



Brian Ray photos/The Gazette

Mount Vernon High School junior Kenny Armstrong is pulled by classmates (from left) TJ Dowdell, Rob Penn and Mark O'Connor as they work to cock their trebuchet Friday at the school in Mount Vernon. Teams of students from the school's Industrial Technology Design class designed and built the trebuchets over the course of the semester to see how far and how accurately they could throw a softball.



Mount Vernon High School junior Mark O'Connor watches after pulling the pin to launch a softball from a trebuchet Friday at the school in Mount Vernon.

UNIVERSITY OF IOWA

On-campus interviews for UI search group

School's community enthusiastic about candidate visits

By Diane Heldt
The Gazette

IOWA CITY — Several candidates for the University of Iowa presidency will visit the campus before at least four

finalists are sent to the state Board of Regents, the UI presidential search committee unanimously decided Friday.

Members of the 13-member search committee said support for some form of campus visits has been overwhelming among the UI faculty, staff, students and public.

While the committee did not decide on a format for the visits, several members discussed having open forums with each candidate and also small-group meetings with UI faculty, staff, students, alumni and other constituencies.

"I think they are absolutely critical," English Professor



Ed Folsom
English professor



David Johnson
Committee chairman

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Ed Folsom said. "I could not imagine a president of this university coming to take over the executive office" without visiting first to meet with UI constituencies.

While the trend nationally is toward more secrecy in presidential searches, with some campuses not even announcing finalists' names, openness always has worked for the UI, law Professor Jonathan Carlson said. "It think it's expected, not just internally but externally around the state," he said.

Campus visits are a two-way street, several members said: Not only do UI faculty, staff and students get a feel for the candidates, but candidates get a feel for the campus.

"They can only learn so

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FAITH & VALUES

Professional ministry attracts young people again

By Molly Rossiter
The Gazette

When Rae Kinkead left her Central City, home last year and headed for college in Texas, she knew what she wanted to do.

She planned to become active in a small church while working toward a law degree. She thought she'd carry a double major, pre-law and religion, mostly so she could "debunk negative stereotypes" associated with careers in law.

Now, thanks to a restorative justice class and her continuing work building a youth program from two to 15 teens, she is considering placing more emphasis on religion. Watching kids swarm to the church in need of a place to be and talking with other students on campus about

war, poverty and other issues is altering the way she views her future.

"Social issues will play a big role in what I do," said Kinkead, 19, who just finished her freshman year at Shriners University in Kerrville, Texas.

Kinkead is among a growing number of young clergy and would-be pastors seeing social issues as an increasing part of ministry, whether identifying a need for spiritual comfort from congregants affected by such issues, or hoping to use the ministry to tackle those issues.

The Barna Group, a California-based religious marketing and research company, found in 2001 that just 22,000 of the United States' 300,000 full-time Protestant pastors were age 38 or younger. By 2004, the number of young people entering the pastorate as a full-time career had grown to 45,000 of the nation's 324,000 full-time pastors.

► **YOUNG CLERGY, PAGE 12B**



Rae Kinkead
Central City

You can bank on these ideas for weight loss

On the Pedestrian Mall in Iowa City this week, I've seen little knots of people wearing T-shirts imprinted with the slogan "Lose the pig." Underneath this phrase is a drawing of a little pink porker.



Linda Detroy Alexander
The Gazette

I wondered if this was a sassy new effort to motivate people to lose a little of their own pig, you know, one of those community-wide diet-and-exercise campaigns where people sign up to lose weight together. Supposedly there's strength — and will power — in numbers.

Turns out these folks were simply walking to their jobs at Iowa State Bank & Trust Company. "Lose the pig" is the porker-powered slogan of

the Bank Your Change program. The gimmick is that bank customers don't need piggy banks anymore because when they make purchases with a bank credit card, the amount gets rounded up to the next dollar, and the change automatically gets deposited in a savings account. Hence, "Lose the pig."

Anyway, all this, along with the sight of so much jiggly, dimply flesh on display now that the weather is warmer, got me to thinking about the fact that Iowans are fat. In doing some research through the Centers for Disease Control and Prevention, I discovered that as of 2006, Iowa was the 20th-fattest state in the country. This is not something to brag about.

The data show that 37.2 percent of Iowans are overweight, based on their body mass index (BMI), and 25.7 percent are obese. And those numbers have been moving steadily upward since at least 1990. Yowzah.

One solution to the problem of eating too much would be for Iowans — and Americans (nationally, one of every four people is obese) — to eat the same Meals, Ready to Eat (MRE) that the military produces for troops. A move to market MRE to the masses could help the military meet its budget. A study done last year of these meals, which are low on taste and long on indestructibility, found many soldiers lost 20 to 40 pounds during their deployment. Of course, the fact that these soldiers were deployed in the rugged mountains of Afghanistan, where they burn more calories in a day than most of us burn in a month, may have something to do with that.

And that leaves Iowans with the tried-and-true method to shed excess weight, which does not involve shelling out big bucks for a magic-bullet diet or exercise gimmick. What works is to eat less and do more. Instead of Meals, Ready to Eat, we need More

Regular Exercise; fewer than half of Iowans get enough physical activity.

And we should consider those group commitments to losing weight. The state's Lighten Up Iowa program, now in its fifth year, has helped 74,000 Iowans lose a total of more than 150 tons. One man wrote about his success in the Lighten Up Iowa program, recounting an anecdote from his doctor, who said, "Eating is like placing a bucket under a water faucet, but the bucket has a hole in the bottom. You need to keep the water from the faucet flowing into the bucket at a rate where it can still leak from the bucket but not overflow."

Now, that sort of puts a new perspective on making one more trip to the buffet, doesn't it.

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