Approximately 3 million Americans suffer self-inflicted pain because of a "rebound effect" from taking too much headache medication.

By Zhi Xiong

Diagnosed with migraines at age 8, US diplomat Eunice Edler knew to down an Excedrin when she felt the first buzz of a headache coming on.

"It felt like 'constant hammering or someone's squeezing my head all over,' she said. "It doesn't just go for hours." Edler said her headaches were severe enough to keep her home from school. An MRI confirmed a diagnosis for migraines.

Approximately 28 million Americans suffer similar migraines, according to WebMD Inc.

"Found to be hereditary, even allergy medicine, decongestants, and certain foods can trigger migraines. More than 80 percent of women experience tension-type headaches, another reoccurring and chronic class. Approximately 1 million actually suffer self-inflicted pain because of a "rebound effect" from taking too much headache medication, the New York Times reported in August." (Source: Mayo Clinic.)

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Alcohol in Iowa and the Nation

A recent study, in many areas, alcohol use in Iowa was lower than that of the nation as a whole.

- Around 54 percent of Iowa residents 12 years of age or older are current drinkers.
- Alcohol is the most widely used substance of choice by individuals entering treatment for substance abuse.
- Binge alcohol use (five or more drinks once or twice a week) is lower in Iowa (14 percent) than in the nation (21 percent). 
- The rate of alcohol use by adults is similar to the national rate.
- The binge-drinking rates in Iowa are lower.
- More than 15 percent of all students surveyed in 2005 reported using alcohol.
- For every 11th-grader in Iowa, two had drank alcohol within the past month.
- OWI arrests per 100,000 Iowa arrests was 500 in 2004, the highest rate in at least five years.

Source: Iowa Department of Public Health

“Just shows what is the way of the world, and is that the way of the world,” said a representative of the University of Minnesota’s Center for Substance Abuse Prevention and Treatment. “It has been a problem that has been here for a long time.”

Iowa College students were granted the chance to purchase a year-long block of drinking privileges at a rate of $40 per semester, $20 for summer sessions, $50 for two semesters, $15 for one semester.

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UI reaches out to Latinos

by Chris Verderveldt

Photo Illustrations by Chris Verderveldt

By the year 2010, a new corn hybrid containing eight-stacked genes instead of the current three will be available on the market. The hybrid is being created through a partnership between Monsanto and Dow AgroSciences.

"I will use the eight-stacked gene if it has full Japanese approval, so I know if it’s a market," said John Hamlin, the No. 1 buyer of Iowa corn.

The companies will have to receive international approval before they are able to market the corn, Hamlin stressed. Still, he feels that this is a step in the right direction and will make growing businesses.

There is a lot of opportunity to increase crops and benefit the farmer somewhere down the road," he said.

UI has reached out to Latinos in recent news.

Spanish-continuing from 1a

embracing of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importance of the Latino population for the institution’s own future, and the importance of the Latino population for the institution’s own future," he said. "I think some institutions are slowly recognizing the greater importanc
Medical school eyes expanding DM training

The UI medical school wants more students to train in Des Moines hospitals.

By Amanda McClure

UI Currier College of Medicine officials are looking to boost student training in medical facilities by creating a training program by sending more students to Des Moines hospitals, says a new U.S. government initiative.

The medical school has partnered with Des Moines area facilities since 1995, training third- and fourth-year medical students sequentially through a series of clinical rotations. Under the new proposal, the college will be able to nearly double the number of students it sends to the training program.

"We're looking to do is to create a regional medical education campus that will enable student to take on larger challenges in their fields," said Todd Rohillard, the dean of the medical school.

Of the 148 students that the college accepts each year, only 25 to 35 participate in the Des Moines clinical training program. The university later this year will seek to increase that number to 50 to 60 students.

The program, which collaborates with the American College of Physicians Area Medical Education Commission Inc., is modeled after similar programs that allow students to gain a broader range of experiences.

Officials say they believe the initiative, by teaching in a community setting, will give students a broader perspective and help them gain exposure in more diverse medical cases.

"Every one of the students coming into the Des Moines consortium, and I believe there are several advantages to expanding the current program," said Todd Rohillard, the dean of the medical school. "Students are given the opportunity to learn more about the health care system and different parts of the state," he said. "It provides a real-world experience for residents."
We do what we have to do. We've given, and we need something back. We want to build cars, but we don't want to be taken advantage of, either.'

— Marilyn Coulter, union member

**Horizon beckons**

**THURSDAY, OCTOBER 4, 7:30 PM**

Renowned theater artist and Ulani Fimrite returns to the Live Arts Stage to impress nonunion workers who are on the fence. 

"I think the UAW doesn’t really fully understand the impact of a strike beyond collective bargaining," Chaison said.

In the middle of all us workers as Ana Albero, seven-year veteran at the Jaws, was a strike line, Mo took a walk and he enters the area, seen working nights installing speakers in spot utility vehicles. Albero, a 39-year-old aunt of a 1-year-old baby and a 3-year-old who works in a warehouse, said she’s "just trying to do what’s right for my kids, they have a good life."
It may surprise some to know that there are irreconcilable differences that journalists love. One person’s bias is not, by the stretch of imagination, the same as another. It is completely allowable to dislike honesty and integrity in the minds of most of the public. Ethical failures such as those of Jayson Blair, Janet Cooke, and Dan Rather have been quite public. This newswoman, but they are exceptions to a rule. It is with great regret, then, that this Editorial Board feels compelled to voice one of the Mourn- mardooms of journalism: Thou shalt not rubbishes thee finest professionals. We, in so far as the editorial, notable more for its title than its six vital, that appeared in the Sept. 21 Rocky Mountain Collegian: “Taser this… Expletive BUS!” The last two words were printed in what we estimated was 200-point type.

It is not difficult to understand how the editorial of the Collegian — Colorado State University’s student newspaper — arrived at its general conclusions. The Editorial Board has been and will continue to criti- cize the Bush administration. But the childish way in which the Collegian wordsmiths express their self-righteousness reflects badly on both them specifically and college papers in general. In reducing their message to a fit for the front page, they have ignored the other media outlets with the same brush, and their after-the-fact attempts to wrap themselves in First Amendment glory only enhanced their naked self-righteousness. Trying to relate the case of Andrew Meyer, the University of Florida student who was publicly Tasered at a political rally, the now more famous student at the University of Florida has been interviewed for the public good. Simply flexing our freedom-of- speech muscles does not do that.

Letters

To the Editor:

As a student at Colorado State University, I have been a part of the community for three years. I have seen the university’s growth and change over this time. I have witnessed the tremendous amount of progress that has been made in the past few years. I have also seen the challenges that come with being a student at a university.

In the past, I have been involved with many organizations and activities. I have been a part of the student government, the National Honor Society, and the Student Life Committee. I have also been a part of the Colorado State University marching band.

I have always been proud to be a part of this university. I believe that Colorado State University is one of the best universities in the nation. I am proud to be a part of this university and I am proud to be a part of the Colorado State University community.

Sincerely,

[Signature]

Colorado State University Student
Symphony to take a Russian journey

The UI Symphony Orchestra will explore the emotional depth of Russian music in it’s opening concert of the semester.

By Claire Lekova

A deep personal political statement lies at the heart of one of the UI Symphony Orchestra’s pieces in its opening concert. In an outpouring of self-expression after the oppressive reign of Stalin, Dmitri Shostakovich wrote his own name into his Symphonic No. 10 with a musical anagram. Phrases of the notes D, E-flat, C, and B represent the first four initials of his name. By doing this, Shostakovich releases his political outrage with Stalin in an intensely personal manner.

The emotional charge of Shostakovich’s symphonic characterizes much of the late-romantic Russian music the orchestra will perform Wednesday. Conducted by UI’s director of orchestral studies, the ensemble will tackle rich, majestic chords and emotional expressiveness featured in many Russian symphonies.

“One starts off with a bang; we don’t ease into it with simple pieces,” Jones said. “Because he is an authobiographical piece, Wednesday’s performance is a very moving piece, one that Jones will conduct this semester.

After intense rehearsal work, the group will perform Shostakovich’s symphony, an “intensely personal manner, raw emotion. ‘This is about the emotions and the soul of a person,’” said Jeremy Starr, the concert master and orchestra manager. “The piece is almost like a cry of the soul from the beginning to the end.”

Performed first in 1953 after Stalin’s death, the piece speaks to the communist leader’s suppression of artistic freedom. “It was the first time [Shostakovich] could be free to write what he wanted,” Jones said.

In addition to his name, Shostakovich interwove a hidden musical anagram in the symphony. A repeating melody in the solo horn of the third movement represents his love for one of his students, Elizma. The notes her name echo a total of 12 times throughout the movement. This meaning of the horn part was only discovered recently, when Shostakovich’s love letters to the student were revealed, Jones said.

In addition to the symphony, the UI orchestra will also perform two Russian concertos with pianist Ksenia Nosikova, a UI School of Music faculty member. Raised in Moscow, she began studying piano at the age of 6 and arrived with both an undergraduate degree and a master’s degree from the Moscow Conservatory.

Traditionally a solo performer, Nosikova looks forward to playing with the orchestra. “It’s exciting, having a big body of instruments supporting you,” she said.

A full orchestra has 90 members, so audience members can look forward to a big, well-rounded sound. The performance’s larger sections have been seen in rehearsal: “Instead of the basses [players] rehearsed by themselves, they almost blew the strings out of their seats,” Starr said.

UI Symphony Orchestra Concert

When: Wednesday, 8 p.m.
Where: Hancher Auditorium
Students and youth GS, senior citizens B

Concert Repertoire
Ksenia Nosikova, piano
Ksenia Nosikova, piano
• Symphony No. 10, Op. 95 — Dmitri Shostakovich (1906 — 1975)

Record Reviews

By Nate Clark

Beirut

The Flying Club Cup

Beirut, led by 21-year-old Zach Condon, is back with more unikulele and accordion, creating a European-inspired cross between ukelele and pellia music; The Flying Club Cup released through label Da Da Bingo, finds the band traveling through the skies of Gaegor, Oriental. Most tracks are filled with harrowing trumpets and echoing choruses accompanied by melancholy.

Condon’s agility in his haunting vocals, which he uses to eulogize words and harmonize with the instrumental melodies. No track exemplifies this more than “Elle Apostolou,” where the lyrics “I’m in tears and I can’t stop crying without a name, strength and band/ Creating a scene of walking ghosts”.

The CD was inspired by Condon’s time in France, and titles such as “Rihar” (The Suburb) reflect that. Luckily, the band is back in the States for the next few months, and it will hit Chicago as well as New York.

The Flying Club Cup’s punky new ground for genres, perhaps it is the album that will finally earn widespread acclaim and appreciation for the group.

Zeke’s Picks: “Haters” and “Champ”

— by Nathan Loy

Syphony to take a Russian journey

The students’ connection as a group translator with a stunning musical expression, he said.

“Whenever we play a more difficult piece, it makes people come together faster,” he said. And with the musical challenges the orchestra has conquered with these works, Starr expects this to be the “quintessentially opening concert for the year.”

E-mail to Claire Lekova at claire@iowamusicschool.com

SYMPOSIUM: The flying club cup

Beirut, led by 21-year-old Zach Condon, is back with more ukulele

by Nate Clark

Beirut

The Flying Club Cup

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— by Nathan Loy

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Ahmadinejad questions 9/11, Holocaust

WASHINGTON (AP) — Iranian President Mahmoud Ahmadinejad questioned the official version of the 9/11 attacks and defended the right to doubt them on the Holocaust in a tense appearance Monday at Columbia University, whose president accused the hard-line leader of behaving like “a petty and cruel dictator.”

Ahmadinejad smiled at first but appeared increasingly agitated, denouncing the “sins” and “inhumanity” of the United States and its allies. He pointed to his country’s own human rights record and foreign policy, as well as Ahmadinejad’s statement declaring the Holocaust and calling for the disappearance of Israel.

“Mr. President, you exhibit all the signs of a petty and cruel dictator,” Bollinger said, to loud applause.

He said Ahmadinejad’s denials of the Holocaust might fool the illiterate and ignorant.

“Whom you come to a place like this it makes you simply ridiculous,” Bollinger said. “The truth is that the Holocaust is the most significant event in human history.”

Bush says Rodham Clinton will defeat Obama

WASHINGTON (AP) — President Bush, breaking his norm not to talk about presidential politics, says he believes Hillary Rodham Clinton will defeat Barack Obama in the Democratic presidential primaries. Bush also predicts that she will be defeated in the general election by the Republican nominee.

“Sh*t’s got a great national prominence, and this is becoming a national primary,” Bush told Sammon. “And therefore the person with the national prominence, who has got the ability to raise enough money to sustain an effort in a multiplicity of states, has got a good chance to be nominated.”

The president, who has been talking about the 2008 race, the president said.

It said delaying necessary reforms is not fair to younger workers. "Not taking action on the present value of scheduled tax increases will need to be considered in payroll taxes in coming years at $53.6 trillion. This is a significant cost of delay," the report said.

In another key finding, the report said: "Social Security can be made permanently solvent only by reducing the present value of scheduled tax increases." Security is expected to need to pay out in benefits and what it will raise in payroll taxes in coming years at $53.6 trillion. It said delaying necessary changes reduces the number of people available to share in the burden of those changes and is unfair to younger workers. "Not taking action is thus unfair to future generations." This is a significant cost of delay," the report said.

In another key finding, the report noted: "Social Security is one of the most documented event in human history." the president said.

Protesters rally outside the campus of Columbia University during a speech by Iranian President Mahmoud Ahmadinejad on Monday.
By Charlie Kautz

The Daily Iowan

In the 25-year history of the Iowa women’s golf program, only four players — Amy Riepma, Liz Bennett, Lynn Tauke, and Karla Murra (twice) — have broken the 18-hole school record of 72. All of those former Iowa Hawkeyes shot a 68, a mark that was not considered part of school history that is, until Sunday.

Junior Tyrette Metzendorf broke a bogey-free, four-under-par 68 on the Penn State Blue Course in the Lady Nittany Lion Invitational to break the 21-year-old 18-hole record. The Winter Haven, Fla., native was not sure that she had broken the record until Riepma, her former teammate, was able to look up and see the difference in the horizon.

“I didn’t realize I was breaking the record until I was out on the course,” Metzendorf said. “I was just having a lot of fun out there.

Head coach Kelly Crawford had even signed that a performance like this might be on the horizon.

“How I've seen it coming for a long time,” Crawford said. "She’s been working so hard on her swing. She’s changed a lot on her swing. She can really see the difference in the distance she’s hitting the ball.

The swing change has been in the works for several years but is just now starting to take effect.

“I’ve been trying to switch from a two-point swing to a one-point swing since my senior year in high school,” Metzendorf said. "Once I understood the differences between the two swings, I came pretty easily.

“T’m hitting the ball a lot further than the summer. I used to be the short hitter on the team, but now I’m keeping up with the rest of the girls, which is exciting.”

Sunday's round, in particular, showed off Metzendorf’s all-around game — she was putting and striking the ball well. Overall, she finished with 37 putts and hit 13-of-16 greens in regulation.

Metzendorf, who had competed in 25 rainout, there was hardly any improvement, especially in the par five holes.

So the five special-team starters listed on Monday’s depth chart — Ryan Donahue (punter), Daniel Murray (kicker), Colin Sandeman (punter/holder), and Austin Signor, punt returner) — Derrill Johnson-Kolasa and Paul Champion, who both are redshirt freshmen, and one is a true freshman.

With the replacement of the clock of the group, sophomore Austin Signor, the unit’s average age is now 10.

Still, said Iowa head coach Kirk Ferentz, the Hawkeyes are seeing week-by-week improvement, especially in the passing game.

“I think (Donahue’s) continuous improvement is going to give,” Ferentz said. “The one expensive blunder the team failed to avoid was its second blocked kick in as many weeks.

“I don’t quite get the hang of time at all, he had the one that wasn’t real pretty but over, I think he’s doing a good job.”

“He’s coming along, and I think he’s got a very good future.”

The one expensive blunder

FOOTBALL

Iowa women’s golfer Tyrette Metzendorf broke the 18-hole school record over the weekend, carding four birdies en route to a bogey-free 68. The DI takes a closer look at the record-breaking round:

Hole No. 13 Metzendorf blistered an otherwise solid opening-round 78 with a double-bogey on the 12th hole, the junior was forced to settle for ten birdies, two bogeys on the par 4 hole before betting to eclipse the school’s previous record of 69.

Hole No. 8 Metzendorf again beat par at the 153-yard eighth, making another birdie to get under par with just three holes to play. The good news for the junior was her previous success at No. 8. If she could make three straight birdies on the par 3, she would likely be in the hole somewhat in bogey in the stretch before the final round.

Hole No. 10 Metzendorf struggled to get a 3 on the 12th hole, her approach hitting the bunker in the trap and failing to get out of the bunker.

Hole No. 6 Metzendorf ended a 3 at lucky No. 13 in the second round, the Winter Haven, Fla., native capitalized on another scoring chance with a birdie at the same hole Sunday. The par 4 proved to be Metzendorf’s favorite for the weekend — she played the 302-yard hole a combined two under par in three rounds.
## National League

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## East Division

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## Monday's Games

- **Oakland (Gaudin 11-12) at Boston (Schilling 8-8)**, 6:10 p.m.
- **Arizona (Davis 13-12) at Pittsburgh (Snell 9-12)**, 6:05 p.m.
- **Chicago Cubs (Lilly 15-7) at Florida (Willis 9-15)**, 6:05 p.m.
- **San Diego (Tomko 4-11) at San Francisco (Cain 7-12)**, 6:05 p.m.
- **St. Louis (Bergmann 5-5) at N.Y. Mets (Glavine 12-7)**, 7:05 p.m.
- **Detroit (Laffey 3-2) at Seattle (F.Hernandez 13-7)**, 6:05 p.m.
- **Los Angeles (Burnett 9-7) at Baltimore (Burres 6-6)**, 6:05 p.m.
- **Toronto (Burnett 9-7) at Baltimore (Burres 6-6)**, 6:05 p.m.
- **Atlanta (James 11-10) at Philadelphia (Moyer 13-7)**, 6:05 p.m.
**FOOTBALL CONTINUED FROM PAGE 1**

The Angels were elated to stop the2-2 Chicago offense, and manager Mike Scioscia was pleased with the result.

**Twins 2, Tigers 0**

DETROIT (AP) — Minnesota's Joe Mauer had four hits and drove in two runs to lead the Minnesota Twins to a win over Detroit, and they became one loss away from clinching the AL Central.

**Lakers 93, Spurs 91**

DETROIT (AP) — Los Angeles star Kobe Bryant scored 33 points, and the Lakers won their fifth straight game.

**Yu Darvish 7-10, 12-4, 17-5, 19-6**

CHICAGO (AP) — Yu Darvish, a Japanese pitcher for the Chicago Cubs, had a career-high 11 strikeouts in a shutout victory over the Cincinnati Reds.

**Orioles 5, Royals 2**

ARLINGTON, Texas (AP) — Baltimore's Nick Markakis hit his 13th home run of the season and drove in four runs, leading the Orioles to a win over the Kansas City Royals.

**Mets 8, Nationals 5**

WASHDEN (AP) — The New York Mets had a season-high 17 hits in an 8-5 victory over the Washington Nationals.

**Tiger Woods 7-2, 7-5, 7-6, 7-5**

TERHILL (AP) — Tiger Woods won the U.S. Open Golf Championship, tying a record and becoming the first player to win the major in consecutive years.

**Bulls 113, Nets 104**

CHICAGO (AP) — The Chicago Bulls beat the Brooklyn Nets, 113-104, to set a new franchise record for wins in a season.

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Cubs’ puzzle-master works magic

By Rusty Miller

CHICAGO — Lou Piniella called upon decades of baseball experience to help the Cubs find the right puzzle pieces last season. Now, with 61-42 since June 3, now 3⁄2 games ahead of the Cardinals, Piniella said, "If things aren’t working, I’ll make changes, whether it was premeditated or not, whether it was the old Lou resurfacing in the mix or just letting them play," Chicago manager Lou Piniella said.

He called upon decades of baseball experience to help the Cubs find the right puzzle pieces last season. Now, with 61-42 since June 3, now 3 1⁄2 games ahead of the Cardinals, Piniella said, “If things aren’t working, I’ll make changes, whether it was premeditated or not, whether it was the old Lou resurfacing in the mix or just letting them play,” Chicago manager Lou Piniella said.

The Cubs trailed Milwaukee this season by 8-2, but they rallied to win the game and passed the young and talented Brewers in the National League Central.

“Nothing has been clinched yet,” said second baseman Mark DeRosa, one of the key off-season acquisitions this winter. "Milwaukee, I have a lot of respect for (the Brewers). They’ve played hard all year, and they’re not going to go down easily.”

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