Zumba zooms in popularity

The University of Iowa rec center offers traditional Zumba, Zumba Toning, and Aqua Zumba.

By ANNA THEODOSIS

Alex Judisch moved her hips effortlessly, shuffling left and right with the beat of the drums pumping through the speakers. The Monday evening class was the first of four UI sophomore attends weekly at the University of Iowa Campus Recreation & Wellness Center.

“I’m addicted,” she said. “It’s kind of a full.”

Judisch joined a global following of Zumba Fitness, a program that makes Latin dancing with body-toning exercises. UI Recreational Services officials said Zumba’s popularity has skyrocketed.

“I would say within the last year, we’ve had a 100 percent increase,” said Matt Stancel, an associate director of fitness programs at the rec center. “Every class is full.”

The workout’s high-energy style has attracted many students and local residents, who usually fill the 30- to 40-person studio.

“I’m addicted,” she said. “It’s kind of a problem.”

Locals are hip on hemp

Currently, no Iowa farmers are allowed to grow industrial hemp.

By DOBA GABE

Local industrial-hemp advocates are pushing to loosen growing regulations of the crop in Iowa because of its economic, environmental, and health benefits.

“If we could grow it [in Iowa City] it gives a lot of opportunity for small-business startups,” said UI Environmental Coalition Co-President Chelsea Krist.

The UI Environmental Coalition sponsored a hemp-advocacy event Monday evening to introduce hemp products and information about the National Earth Week. Hemp is used in clothing, lottery, fist, and crib mattresses and it also can be grown without herbicides and pesticides.

The plant Cannabis sativa produces both industrial hemp and marijuana. The former is high in fiber and low in tetrahydrocannabinol (THC) — the ingredient found in high concentrations in marijuana, according to the National Hemp Industry Association.

Industrial hemp was grown in the United States, including Iowa, during World War II for U.S. Army uniforms. The Concerted Efforts Act of 1970 classified hemp as a drug, and required farmers to

DAILYIOWAN.COM POLL:

Is it the government’s place to increase demand to decrease inequality?

Yes – 25 percent

No – 75 percent

ON THE WEB TODAY:

SLIDE SHOW: A train and semi-truck collided in Coralville on Monday.

SLIDE SHOW: Childish Gambino performs songs from his album Camp in the IMU on Monday. The concert was originally scheduled for April 2 but was postponed because he broke his foot.

THE DAILY IOWAN TV

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INDEX

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WEATHER

HIGH 66   LOW 48

Mostly sunny, breezy, 20% chance of rain/T-storms late.
Train hits semitruck

A local woman has been charged with second-degree burglary.

According to an Iowa City police complaint, Kimberly Rocklin, 45, 2404 Highway J No. 220, was charged April 14. The alleged victim arrived home at his apartment and noticed Rocklin sitting on the back of his couch, police said. She was found to use his computer, and then fled and was arrested, according to the complaint. She pleaded not guilty.

By Jorjy Nelson

Bo-James liquor license to be suspended

A local bar is set to lose its liquor license suspended from May 20 to June 19 according to orders from the Iowa Alcoholic Beverages Division.

The 30-day suspension is the result of a series of incidents that started January 2005, when Bo-James, 780 E. Washington St., was accused of serving alcohol to a minor.

Police Chief Bob Adams told the Des Moines Register that the situation constituted entrapment — officials acts caus- ing an individual to commit as he might otherwise not.

By Jorjy Nelson

Retail sales surge

WASHINGTON — Americans bought more electronics, started home-improvement projects, and updated their wardrobes last month, mostly because warmer weather and a healthier job market.

U.S. retail sales rose 0.8 percent in March, the Commerce Department said Tuesday.

The increase capped a strong quarter of gains and contributed to a brighter outlook among economists for growth in the January-March quarter. Consumers are responding by reducing their savings at a slowly pace, which suggests the trend will carry over into the spring.

More retail spending also helped offset a decline in consumer confidence among homeowners.

— Associated Press

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Reminder for Bicycle Operation

— Ride safely. Neckless riding is not permitted.
— Never ride on the grass and planting beds.
— Never ride in University buildings.

The Daily Iowan Needs Your Help

Be a Candidate for Student Publications Inc.
Board of Directors Student Seats

Pick up an S.P. nomination petition in Room E131 Adler Journalism Building

One year term

The Student Publications Incorporated Board of directors is the governing body of The Daily Iowan.

Units include: monthly meetings, committee work, selecting an editor, large project planning, equipment purchase and budget approval.

Petitions must be received by noon, Monday, April 17, 2012

Room E131 Adler Journalism Building
obtain a permit for growing industrial hemp. The laws have permitted hemp to be grown in Iowa because of its strength, fiber, and nutritional value. “It’s an incredibly durable product,” said Kubby who sells five different colors of hemp products for the Co-op, 1101 Second St., said legislators have permits. “We carry lots of products that have hemp-seed oil in them, hemp milk, and hemp-seed oil pills mainly because of its omega-3 and -6,” Creach said. Those hemp products are considered to be beneficial these days. “Hemp advocacy is seen as some sort of hippie movement, and that’s not what we’re about,” Krist said. “It’s not a conversation people see happening on campus, but I think there is going to be some change. I think I’ll be growing and maybe we’ll see an advocacy group formed.”

**ZUMBA**

Those numbers have jumped this year to 14 classes per week with seven instructors. “Fitness trends change all the time,” Stanzel said. “There’s always something new coming out, and Zumba is in that trend. It’s a 30-degree turn from your traditional step class that was popular in the ’80s and ’90s.”

“Zumba is about having fun and being on a bike; you get to go with your friends — it’s like a social event. You sweat just as much as you do on the elliptical for a half hour.”

Donohue said she has noticed an increase in the number of male participants. “I typically have a couple guys come every week,” she said. “I’m sure the girls will bring their boyfriends. There are male instructors in the larger metro areas. I think just generally, the culture exposure is something for both men and women.”

UI communications Associate Professor Joy Hayes, who specializes in Latin American studies, said that Zumba can have cultural benefits for its participants. “I think just generally, the culture exposure is so great,” she said. “Any exposure to different cultural ways of doing things is an educational thing.”

And the routine’s social nature, Skelton said, grossly increases the number of workout circuits.

**Zuma**

The Fitness program’s history includes:

- 1999: بلو روزي creates the Zumba fitness program.
- 2007: Zumba becomes largest branded fitness program in the world.

**Hemp Legislation**

Several states have passed hemp resolutions.

- California
- New Mexico
- Montana
- Illinois
- California
- Vermont
- Maine
- New Mexico
- Vermont

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Philanthropy in motion

User rights and students participate in Dance Marathon in February in The Iowa Daily (the daily) (weeceva Pierce & File Photo)

Ann Arbor, Mich. — The U.S. takes a fragile tissue if broken in Syria is incapable of being repaired. The only forces have been decimated and for all for years until now.

It’s a sign of the inevitability the international community some willing to give President Bashar Assad a few months to the end of the stage as special envoys or the draft opposition talks with opponents who argue against the determinant

Amman’s Syria plan assailed

Phil lens on the University of Iowa campus — and far beyond — is steadily gaining back to others. Phil takes a sharp look at many of the changes that challenge the playing fields. Phil is a second-year, student teacher, graduate, or undergraduate. Phil is the poet. Phil is you. Not even.

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Some want new high school

City High is under-enrolled at 1,443 students, West High is overcrowded with 1,910 students.

By DEREK KELLISON

The Daily Iowan - Iowa City, Iowa - Tuesday, April 17, 2012 - 5

City High parent Jody Boles said: "Pundra could go to the other two schools." If you're running three high schools on a two-high-school budget, resources are not going to grow much."

School Board member Sara Swisher agreed. "We have too many great high schools, and if we're not talking about them, we're not doing what we should be doing," she said. "We're looking to utilize City High more so we can help the city's high schools need more numbers."

City High Principal John Holteis said City High would help balance high schools in the district. "We certainly do recognize the importance for the high schools for that balance," he said. "We are under capacity, and we believe we could go."

Swisher suggested new elementary schools on the East Side would help move students to City High, an idea also advocated in the proposal.

"New elementary schools on the East and West Sides would help with enrollment goals and help the growth of the East Side," Lynch said.

But Councilman Susan Wickman, who moved to Iowa City in August 2010, behind when she moved to Iowa City in August 2010, believes the current city’s zoning code doesn’t allow urban chickens. "I have no personal interest in having urban chickens," he said.

Genuine interest in having urban chickens, he said. "I was surprised by the amount of people who moved to Iowa City in August 2010, behind when she moved to Iowa City in August 2010, believes the current city’s zoning code doesn’t allow urban chickens. "I have no personal interest in having urban chickens," he said.

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You should write a Letter:

- You should write a Letter about how you want people to treat you. Do not say it is the Andy. Check out the ledge.
- You should write a Letter about how you and your family want to be treated. Keep an eye on that, they are always taking the Cambus.
- You should write a Letter about how you want your friends to keep an eye on their bikes. They are just hanging from the ledge.
- You should write a Letter about how your friend turns into a klepto. Tell them to take better care of their things.
- You should write a Letter about how a cursive S is used in a wedding. Like: (1) make sure he’s not gay, (2) make sure he’s not a lanyard, if they have keys on a string (3) make sure he’s not the groom. “You should write a Letter about how you choose a bike. Keep an eye on someone who has made a commitment in return. Give-and-take and honest communication will be key to standing out in a crowd. You can make reforms and alter your direction if you express your opinion to others to tell them how they should be treated. They carry lanyards, if they are wearing their OnIowa shirts.”

The Ledge is about jokes only people living on the fifth floor would understand.

- Trike Spanish nunca is for your benefit. It’s your chance to learn a language.

10:30 a.m., 1117 Medical Education Building, August H. O. M.-ITN, “Guided RNA Therapies,” Paloma Palma, U.S. National Institute of Allergy and Infectious Diseases, 3 p.m., Bowen Auditorium, UI College of Law,” Pancreatic Cancer Program Lecture, Sonic Youth, presentation at the Englert Theater, March 31, 2011, 9 p.m.

- The Tai Chi lecture, 7:30 p.m., 7th floor of UI Hospital, 1117 Medical Education Building, Feb. 19-March 20, 2011.
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The Daily Iowan www.dailyiowan.com
Buffett rule sparks fight

Corvalle files counterclaim in Von Maur case

WASHINGTON — Republicans accused President Obama of pitting Americans against each other as they moved Monday toward blocking a Democratic attempt in the Senate to impose Obama's "Buffett rule" taxes on the rich. Democrats said it was time for the tax code to treat the wealthy and the middle class fairly.

A day before Americans' taxes were due at the Internal Revenue Service, the partisan clash previewed themes that will echo throughout this year's presidential campaign. (Associated Press/Washington Bureau/J. Scott Applewhite)

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For more news, visit dailyiowan.com
FOOTBALL CONTINUED FROM 10

been a B.J. Lowery inter-
ception. The defense made some big plays, but we also made some mistakes. Former Hawkeye back

The Daily Iowan
mark Miranda said: "The defense had some

Iowa's schedule, the possi-
bility of conference mismatches — some

Miller gets on the same
path, they could easily make
a unit that would serve as
a strength in defense. Last
six starts from last year’s
team.

When Miller and Ames are the
most vetted of the group,
we’re talking about half of
the games in 2011. But Miller
gets his first nod against
Pittsburgh in the third
game of the season and
played in the starting
lineup of the rest of the
year. The pair combined for
46 tackles and 6 interceptions,
and Miller brought home
a 2-yard touchdown
against Northwestern.

Iowa wins should be possi-
ble in weaker conferences,
so it’s a question of whether
we’re going to have a pretty bad
season or a good one. We’ve
been a B.J. Lowery interception.

Iowa’s schedule, the possi-

Iowa football program aren’t
men are “more involved”
with this year’s team. He added
that this year’s team is
proving to be a force in the
conference. He said it’s reassuring
for him to be able to develop
talent from the first
tailbacks fumbled repeatedly
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City braces for wave of wrestling fans

The UI sold a record number of tickets for next weekend’s wrestling Olympic trials, and officials expect downtown Iowa City to be so crowded that part of Washington Street will be closed.

By SAM LOWANG

Attendants at Olympic wrestling trials have dipped into the last day. The 2006 trials in Dallas set a national record with more than 9,400 tickets sold for a single event. In Indianapolis in 2004, that number fell to an average of 7,500 per session. The Las Vegas trials four years later saw the average drop below 4,000 per session.

Iowa City is set to change all that. And of Monday, more than 12,000 all-s sessions have been sold, so it set to take place in Carver-Hawkeye Arena this weekend.

“The Hawkeyes wrestling program led the NCAA in attendance the last four years. Last season, Iowa had the highest attendance in the country. This year, and national champions Penn State and Ohio State are the only teams to have had more than 10,000 people at an event.”

Joshua Schumacher, the president of the Iowa City Urban League, Convention and Visitors Bureau, said many of the fans will come from outside Iowa City. All but one of the 15 wrestlers who qualified for the trials are Iowa natives, and no one from the community.

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