

How StuGov spends your student fees

BY MADELYN.OSTENDORF
@iowastatedaily.com

Students may be facing a tuition increase of 3.9-4.9 percent after the Board of Regents approves the upcoming year's tuition plan. As the price of attending college steadily rises, students may want to keep a closer eye on the fees that accumulate on their U-Bills and what they are used for.

One of the fees found on a student's U-Bill is the student activity fee. The student activity fee is collected from every registered student that takes classes at Iowa State University each semester.

The fee, which was \$38 for the 2018-2019 school year, is channeled to the Student Government and the Graduate and Professional Student Senate (GPSS). \$37.90 goes directly to either Student Government, if the student paying is an undergraduate, or to GPSS, if the student is a graduate or professional student. The other \$0.10 goes to the Legislative Relations Reserve Account, an account set aside for the purpose of lobbying local, state and federal governments.

In addition to the undergraduate student activity fees, Student Government also receives part of the GPSS student activity fees. Student Government collects one-third of the GPSS fees and GPSS receives two-thirds, which is a direct opposite of the proportion in previous years.

"The undergraduate Student Government is a little more comprehensive in the amount of things that we fund, and what we fund even benefits graduate students and professionals, so we get some of their activity fee," said Seth Carter, the former finance director for Student Government.

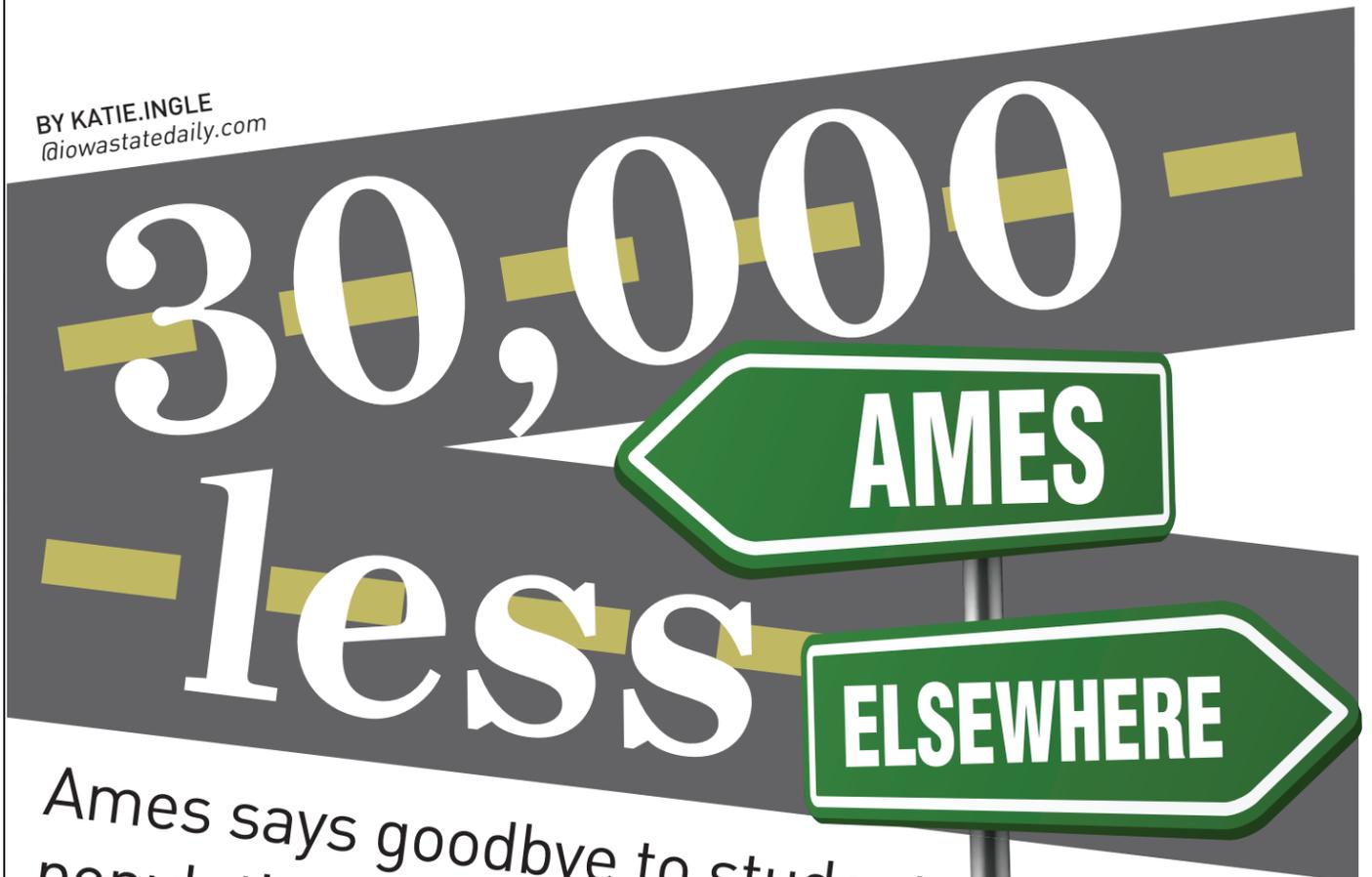
The fee amount must be approved by the Board of Regents every year, which Carter said is the "most difficult part about it."

In order to set the fee for the year and decide if any changes to the student activity fee or other fees are needed, the Student Government president appoints four voting members to the Special Student Fee Committee.

The appointed members typically include the Student Government president, the finance director, the chief of staff and one member of the senate, as well as the president of GPSS and the GPSS treasurer, Carter said.

>> FEES PG 4

BY KATIE.INGLE
@iowastatedaily.com



Ames says goodbye to student population for summer break

With the second semester and finals week coming to an end, students of Iowa State are making plans for their summer break. Many of these plans take place back in hometowns or in new locations outside the city of Ames.

With all of the students leaving for the summer, the Ames population will shift dramatically.

According to the U.S. Census Bureau, the total population of the city of Ames in 2017 was 65,005 people, with 30,594 citizens being part-time enrolled students. The summer of 2018 brought along a large population drop, leaving Ames to be home to only 34,411 residents.

With each summer comes a new wave of student absence. With this absence comes a lack of consumers, renters and activity in Ames.

Drew Kamp, director of public policy for the Ames Chamber of Commerce, said influxes in the student population have impacts on businesses.

"Sometimes it gets tight for some business owners," Kamp said. "In most cases, established business owners know where their markets need to go and they are able to accommodate and plan for that."

Barefoot Campus Outfitters is a student-geared Iowa State apparel store on Lincoln Way, and Jacky Perry, store manager of Barefoot Campus Outfitters, said the population shift affects their sales.

"The students aren't shopping, which is our

main customer base, but we see a lot of locals during the summer," Perry explained. "Orientation is June is absolutely insane for our sales, so that makes up for the students being gone."

Insomnia Cookies, another common area for students and residents of Ames, alter their hours and employment during the summer due to the slower business demand.

Susan Gwiasda, public relations officer for the city of Ames, pointed out that there is a trend within students, where it is more common to stay in Ames all year round. "This is due to a popularity in renting and living off campus, typically with a year-long contract," Gwiasda said.

"More and more people are choosing to stay in Ames year round because of year-round leasing," Gwiasda said. "If you stay in Ames during the summer, you can tell that it is not as busy and traffic is not as heavy, but it's not like it's empty."

Gwiasda also said the city starts projects, such as road work, the day after graduation in order to get roads fixed as soon as possible to inconvenience the least amount of people. Kamp expressed that there are many events held by Ames in the summer that attract more people from out of town. These events include the Iowa Association of Business and Industry Conference, the Iowa Games and Special Olympics, and many others.



DID YOU DQ TODAY?



CALENDAR

5.3.19

CODAC Spring Sale, College of Design Foyer at 10 a.m. Final day of biannual sale of work by students in the integrated studio arts (undergraduate) and integrated visual arts (graduate) programs, sponsored by CODAC (College of Design Art Club). Work may include ceramics, prints, photos, woods, metals and textiles.

Barks@Parks, Parks Library, upper rotunda at 12 p.m. Comfort dogs will be available during dead week, along with chair massages and other stress-reducing activities.

Campaign Series: Presidential Candidate Elizabeth Warren, South Ballroom, Memorial Union at 1:45 p.m. Democratic presidential candidate Elizabeth Warren is a senior U.S. Senator from Massachusetts. She was a law professor for 30 years before her election to public office in 2012. Her talk is part of the Campaign Series in 2019, providing the university community with opportunities to question candidates before the Iowa Caucuses.

Retirement reception: LuAnn Adams, Room 1009 LeBaron Hall at 2 p.m. LuAnn Adams, secretary in the College of Human Sciences' student services office, is retiring.

Retirement reception: Jeff Eichorn, Room 2004 Black Engineering Building at 2:30 p.m. Jeff Eichorn, program coordinator with the industrial and manufacturing systems engineering department, is retiring. No program is planned during the reception.

Softball, Cyclone Sports Complex at 4 p.m. Iowa State vs. Kansas. Check athletics website for schedule changes due to weather.

Performance: Iowa Odyssey, How We Got to Here, Fisher Theater at 7:30 p.m. Who are we and how did we get to "here"? How does the idea of immigration connect to our community's past and present? Iowa Odyssey is a collaborative project exploring our local stories of immigration and the idea of what it means to create community.

5.4.19

Mid-Iowa Woodcarvers Show, Reiman Gardens at 9 a.m. Guests will have the opportunity to view carving contest entries, watch carving demonstrations and participate in a hands-on lesson in whittling.

All events courtesy of event.iastate.edu.

POLICE BLOTTER

5.1.19

Jona Shitaleni Paulus, age 33, of 1720 Long Road Unit C in Ames, Iowa, was arrested on a warrant for sexual exploitation minor cause to engage in act

and sexual exploitation minor/purchase/visual.

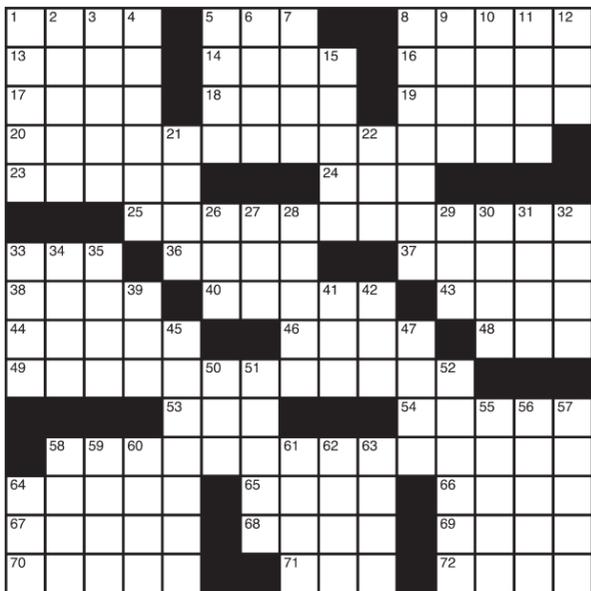
An officer assisted an individual who was experiencing medical difficulties at Willow Hall (reported at 10:24 p.m.).

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

Crossword



- 19 Fathered
- 20 Exhortation to the engine room
- 23 Prepare, as tea
- 24 Down Under runner
- 25 Had some wallop
- 33 Dreamer's acronym
- 36 House division
- 37 Loud cry
- 38 Inventor's starting point
- 40 Princess's headgear
- 43 Worry
- 44 Ford of the '70s
- 46 Festive affair
- 48 Cause of Cleopatra's undoing
- 49 Self-important sort
- 53 Brother in a monastery
- 54 Phi Beta ___
- 58 Interviewer's booby trap
- 64 Kind of jacket named for an Indian leader
- 65 Ambiance
- 66 Way to get out
- 67 Send payment
- 68 Give some lip to
- 69 Shine partner
- 70 Test for purity, as gold
- 71 Doris who sang "Que Sera, Sera"
- 72 Burpee product

- 8 Exercises done in a prone position
- 9 Southernmost Great Lake
- 10 Indian tourist city
- 11 Clarinetist's need
- 12 Drug "dropped" in the '60s
- 15 Lost luster
- 21 Train in a ring
- 22 Dr's group
- 26 Simple bed
- 27 Colorful Japanese carp
- 28 Some Kindle reading, briefly
- 29 TV dial letters
- 30 Romance writer Roberts
- 31 Sticks by the pool table
- 32 Web address letters
- 33 Tears
- 34 Work on a column, say
- 35 Restaurant host's handout
- 39 Justice Dept. enforcers
- 41 Part of a cheerleader's chant
- 42 Baba of folklore
- 45 Taxi's "I'm not working now" sign
- 47 Ships like Noah's
- 50 Prior to, in poems
- 51 Mamas' mates
- 52 Spuds
- 55 Impish fairy
- 56 Model's asset
- 57 Tossed a chip in the pot
- 58 Popular jeans
- 59 Units of resistance
- 60 Soprano's chance to shine
- 61 Campus area
- 62 ___ Minor: constellation
- 63 "No problem"
- 64 Second Amendment backer: Abbr.

YESTERDAY'S ANSWERS

TONGA ALEH HOUSE
SLOOP FIELDT RIP
AGUES TRAILBIKE
RANTO MFRS SHE
KPH NEONATE
ROHE BARS IOWAS
TIRR ACDC VANISH
NBA STEEPIN KSU
GUSTAV AINT TEK
STEAM ACNE SINK
TIETACS HOT
JIMP LODE PANES
COALMINER EVADE
EDIEADAMS SERTA
SEDATELY ONYOU

Across

- 1 Cpls' superiors
- 5 EMT's skill
- 8 "Cultured" gem
- 13 Spy novelist Ambler
- 14 Bread buy
- 16 Exhorts
- 17 ___ IRA
- 18 SeaWorld attraction

Down

- 1 Feudal workers
- 2 Tile installer's need
- 3 Information on a book's spine
- 4 Carry with effort
- 5 Hoofbeat
- 6 Minute skin opening
- 7 Event at a track

FEATURE PHOTO



MIA WANG/IOWA STATE DAILY

>> Dead Week

Freshman in pre-dietetics Rachel Bryan likes to use visuals to memorize materials. "I make note cards and quizzes for myself," Bryan said. During dead week, Parks Library is definitely the busiest place on campus. Students filter in and out all day trying to utilize the last bit of time to study before finals.

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Sudoku

by the Mepham Group

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk

IOWA STATE DAILY

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General Information:

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Publication: ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

Fall & Spring sessions: The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions: The Iowa State Daily is published digitally on a daily basis. Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, 2420 Lincoln Way, Suite 205, Ames, Iowa, 50014.

Subscription costs: Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.

Postmaster: (USPS 796-870)

Send address changes to: Iowa State Daily 2420 Lincoln Way, Suite 205 Ames, Iowa 50014

PERIODICALS POSTAGE

Main Office
294-4120

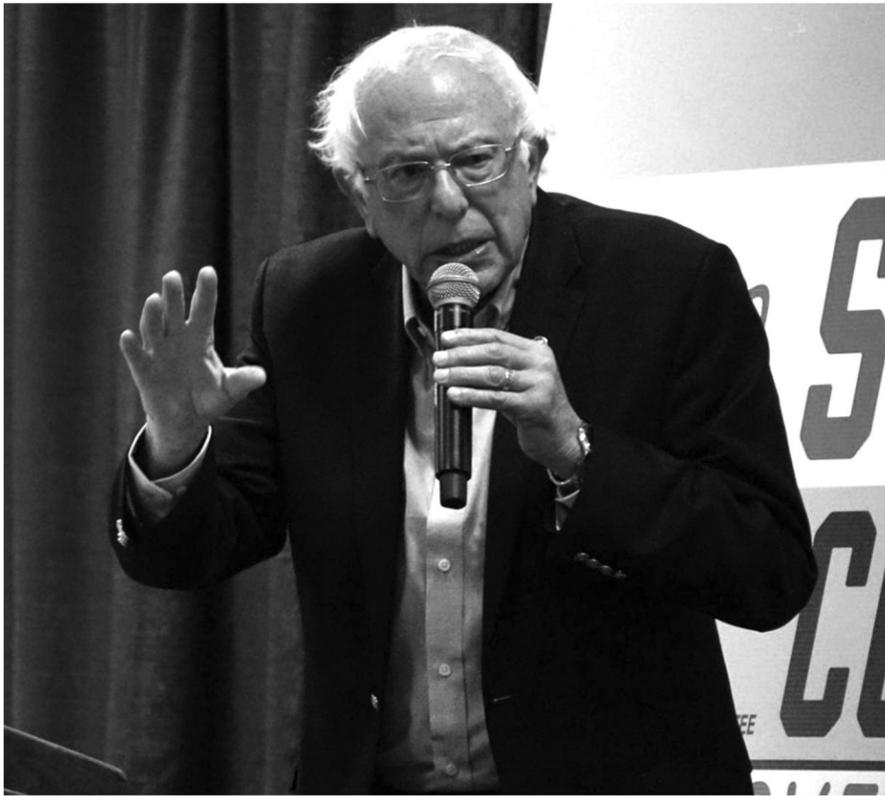
Retail Advertising
294-2403

Newsroom
294-2003

Editor
284-5688

Front page weather courtesy of the American Meteorological Society.

2020 candidates come to Ames



MEGAN PETZOLD/IOWA STATE DAILY

At the Rally for Scholten and DeJear featuring Bernie Sanders on Oct. 21, Bernie Sanders spoke to the audience about Deidre DeJear and J.D. Scholten.

Bernie Sanders to make stump speech at Iowa State Saturday

BY JAKE.WEBSTER
@iowastatedaily.com

Sen. Bernie Sanders, I-Vt., making his second run for the presidency, will hold a rally noon Saturday in the Sun Room of the Memorial Union.

The junior senator from Vermont finished as runner-up behind Hillary Clinton in 2016 in both the Iowa caucuses and the race for the nomination itself.

Though Sanders carried Story County by a roughly 60-40 margin, Clinton won the Iowa caucuses by about 0.2 percent statewide.

Sanders' wide margin of victory in Story County came amid strong support from college-aged caucus-goers, he received the votes of 84 percent of 17-29 year olds according to a CNN entrance poll.

A self-identified Democratic socialist, Sanders has called for public colleges and universities to be tuition free and universal single-payer healthcare.

Sanders has served in elected office for more than 36 years, from 1981 to 1989 and 1991 to today.

Before Sanders's election to the U.S. Senate in 2006, he served as the four-term mayor of Burlington, Vermont, and was later elected in 1990 to the state's at-large congressional district, serving 8 terms in the U.S. House of Representatives.

Sanders received the endorsement of the Democratic Socialists of America in March, despite urging from the group's Afrosocialists and Socialists of Color Caucus to withhold such an endorsement because Sanders has declined to endorse reparations for descendants of slaves.

A recent national poll of potential Democratic primary voters found Sanders has the support of 7 percent of nonwhite voters, and 13 percent of white voters. The poll found Sanders with 11 percent support and in third place overall, behind former Vice President Joe Biden with 38 percent and Sen. Elizabeth Warren, D-Mass., with 12 percent.

The most recent publicly available opinion poll of registered Iowa voters found Sanders tied for first place with Biden, with 19 percent support for each from potential caucus goers.



COURTESY OF WIKIMEDIA COMMONS

Elizabeth Warren announced she was running for president Dec. 31. Warren will make her first public Iowa State visit Friday.

Elizabeth Warren to speak about presidential run Friday

BY JAKE.WEBSTER
@iowastatedaily.com

Sen. Elizabeth Warren, D-Mass., will be holding an organizing event 1:45 p.m. Friday in the South Ballroom of the Memorial Union.

The senior senator from Massachusetts was first elected to the U.S. Senate in 2012, defeating the incumbent Republican Scott Brown.

Warren announced a plan in April to cancel most student loan debt in the United States and make undergraduate education and technical schools tuition-free. Warren's campaign said in a press release this move would help to eliminate the wealth gap between whites and people of color.

Prior to entering electoral politics, Warren taught law at several institutions, ending at Harvard University. Warren specialized in bankruptcy law and wrote various works about the subject and the American middle class.

In 2008, then-U.S. Senate Majority Leader Harry Reid, D-Nev., appointed Warren chair of the Congressional Oversight Panel overseeing the Emergency Economic Stabilization Act, popularly referred to as the bank bailout amid the mounting economic crisis.

"If we're not seeing taxpayer money used in a way that helps commerce, then

[banks are] not getting it," Warren said in an interview with NPR at the time. "It's that kind of accountability that the Congressional Oversight Panel is going to ask for."

Warren also served as Special Advisor to the Secretary of the Treasury on the Consumer Finance Protection Bureau and Assistant to President Barack Obama in establishing that bureau, created after Obama signed the Dodd-Frank Wall Street Reform and Consumer Protection Act.

Since Warren first ran for Senate in 2012, she has faced criticism about having used her claimed Native American heritage to advance her career. An investigation published in September by the Boston Globe found no evidence to support that criticism.

Warren published a video narrating her family history in October, alongside the release of a DNA test evidencing her past claims of Native American ancestry. The test evidenced Warren having a native ancestor six to ten generations ago.

President Donald Trump has mocked these claims, calling Warren "Pocahontas," and saying he would see her on the "TRAIL," an apparent reference to the Trail of Tears in which thousands of Native Americans died in forced removals.

The most recent publicly available opinion poll of registered Iowa voters found 6 percent would caucus for Warren.

A year in review: reflecting on College of Engineering events

BY SEBASTIAN.
KREMBUSZEWSKI
@iowastatedaily.com

It has been an eventful year for Iowa State's College of Engineering with a dean search, research projects making strides, annual events and with guest speakers from all over the country as well.

Sarah Rajala, dean of the College of Engineering, announced in August that she will be retiring at the end of this academic year.

After five candidates were brought to campus for visits and open forums, the college recently appointed W. Samuel Easterling as the next dean of the college, who

is set to begin his tenure July 15.

Throughout the year, a variety of research projects were started and others made progress.

A group of engineers led by professor Hongwei Zhang, received a \$1 million grant to develop a new program for helping improve the process of collecting agriculture and transportation information.

The Iowa Department of Transportation (DOT) and Iowa State researchers worked together to make traveling more safe for drivers on the road during harsh weather conditions.

Additionally, a team of researchers developed a mathematical model and created new state policies

requiring landlords to report a unit's recent bedbug infestations to potential tenants.

Richard Cruse, professor of agronomy, and her colleagues received a three-year grant to test how planting strips of prairie among row crops benefits the environment and how this will affect soil over time.

When it comes to events, The 10th annual hackathon took place over the span of 36 hours and featured students who were tasked to create software, apps, hacks and other technology-related inventions.

Engineers Week and the engineering career fair attracted hundreds of students and

companies to help connect industry professionals to students and celebrate the college as a whole.

During Engineers Week, Facebook security leader Kate McKinley gave the keynote lecture discussing her work in virtual and augmented reality technology along with her long and eventful career path at companies like Mozilla, Netflix and iSEC.

Additionally, Capt. Scott Kelly shared his stories to students about living in space for a year and what he thinks the future of space exploration holds for the next generation of mankind.

Reporting contributed by Kaylie Crowe.



DAVID BOSCHWITZ/IOWA STATE DAILY

Facebook's Kate McKinley gives a lecture on virtual reality and security as part of Iowa State's E-Week lectures in Howe Hall.



THE TALK

COURTESY OF NAPADON SRISAWANG

Despite having similar connotations, the words sex and intimacy are not interchangeable due to a few distinct differences in their meanings.

Sex, intimacy not synonymous words

BY VICTORIA.REYNA-RODRIGUEZ
@iowastatedaily.com

Sex and intimacy, two sacred acts that often compliment each other, but should not be used as interchangeable terms.

Human Development and Family Studies lecturer, Amanda Hillman, said she is not an expert on sex and intimacy, but commented on the difference between the two.

“There is a difference,” Hillman said. “However, most scholars agree there is certainly a link between the two. The differences can be boiled down to the way we define both of these terms.”

As Hillman said, sex and intimacy certainly can be associated with each other, but the definitions of the two terms are simply different. Sex is described by the Cambridge Dictionary online as, “the activity of sexual intercourse,” while intimacy is described by the same website as, “the state of having a close, personal relationship or romantic relationship with someone.”

That being stated, how does one decipher the difference between the two? When one has sex, are they being intimate? And when being intimate, does it have to be in a sexual setting?

“Many people feel that intimacy is essential or inherit [...] in order to be able to engage in any form of sexual intercourse,” Hillman said. “What is essential to keep in mind is that is a personal and highly subjective distinction.”

An individual can be intimate with someone without having sex, and can have sex without intimacy, said Alex Jaquis, an elementary education major.

“However, they usually go hand in hand because they both require intense levels of trust,” Jaquis said.

A common reason people feel sex and intimacy are synonymous is because they do not know the various ways one can be intimate that aren't in a sexual setting.

“At the core, I think there are lots of ways that intimacy may look similar between friends and lovers,” Hillman said. “The idea of revealing ourselves to those we have intimate [...] relationship with and being raw and vulnerable with our emotions can easily be applied to many friendships. I would argue that, for many, one of the key distinctions between friends and lovers is often only sexual intercourse.”

Kailyn Huisman, sophomore in criminal justice studies, agrees that you can be intimate

with someone who is not a lover.

“I would say intimacy is being close with someone enough to share most of yourself with,” Huisman said. “Being intimate with someone does not necessarily mean you have to have feelings with them [...] being close and sharing things with friends could be considered being intimate. I think people most commonly think of sex, romance or love when they think of the word intimacy.”

You can be intimate with a lover in a sexual sense, but also be intimate with a friend, with no sexual involvement.

Jaquis explains ways he is intimate without being sexual.

“I experience intimacy with my friends when I tell them how I'm feeling deep down, when we experience something new together and when we're fully open with each other,” Jaquis said.

Sex and intimacy can go hand in hand, but they do not always have to.

Hillman best explains this when she says intimacy can be revealing of our “onion layers.”

“That means engaging in shared pleasure through sexual encounters from some people and some relationships, and raw and vulnerable with our emotions for others,” Hillman said.



IOWA STATE DAILY

Members of the LGBTQIA+ community will be recognized at the Lavender Graduation commencement ceremony on May 9.

Ceremony to recognize LGBTQIA+ students

BY LOGAN.METZGER
@iowastatedaily.com

Graduating students within the LGBTQIA+ community will be recognized at Lavender Graduation from 3 to 5 p.m. May 9 in the Sun Room of the Memorial Union.

“Lavender Graduation is a ceremony that recognizes the academic and personal accomplishments of LGBTQIA+ and ally students,” said Brad Freihoefer, director of the Center for LGBTQIA+ Student Success. “It is a deeply personal experience and includes aspects that are more intimate and close [compared to regular graduation] and it brings the community together in ways that I think are special.”

Each year, graduating members of the Iowa State LGBTQIA+ community are recognized during this event and receive a lavender and rainbow stole, certificate and the opportunity to share a favorite Iowa State memory.

“Lavender Graduation highlights the deep contributions the LGBTQIA+ students have had at Iowa State,” Freihoefer said. “It gives us a chance to celebrate and honor these students who are reaching this incredible milestone of graduation.”

Though there is not an official keynote speaker, each student will have the opportunity to recognize a Cyclone Champion.

According to the Center for LGBTQIA+ Student Success website, a Cyclone Champion is someone the graduate has indicated as being critical in their journey to graduation.

Freihoefer said anyone is welcome to attend; from students and faculty to community members and family, all are welcome.

>> FEES PG 1

Once the fee is set, paid for and allocated to the appropriate accounts, it can begin to be used.

“Once people pay their fee, it comes into one huge account,” Finance Director Madison Mueller said. “That money is dispersed among about 12 different accounts in Student Government.”

Mueller listed the Events Account, the Special Projects Account, the Excellence Fund and the Senate Discretionary Fund as a few of the 12 accounts, as well as the main accounts the student activity fee is used in.

Any student or student group can request funding from any of the accounts, as long as their request and purpose fits within guidelines of the account.

An Iowa State majorette/dance team, the C-Nettes, came to the

Senate in January requesting funding for uniforms, shoes, registration and transportation for a competition. They requested funding from the Excellence Fund, which requires that the funding bill's purpose meets at least one of the following criteria:

- Raise the university's profile or prestige
- Promote diversity, inclusion, equality, social justice or address other issues of campus climate
- Have a positive impact on the student experience of a broad segment of the campus population
- Further the institution's strategic plan, mission and goals, possess and maintain active student involvement in all initiatives
- Provide evidence of other fundraising efforts

During the Senate's debate of the C-Nettes' request, the Senate decided to divide the bill into two:

the first to fund registration for and transportation to the competition and the second to fund the uniforms and shoes.

During the debate, then-Sen. Wyatt Scheu was against the funding of the second bill because he said that it did not fit the criteria of the Excellence Fund. Then-Speaker Cody Woodruff argued that the cultural style of dance that the C-Nettes perform and the relevant uniforms that the bill would fund did fit in the Excellence Fund and raised the prestige of the university.

The Senate voted against the second bill as many senators did not feel that the Excellence Fund criteria was met.

One of the responsibilities of the finance director is to help students receive funding for their eligible clubs, organizations and events. During the spring semester, annual allocations begin to set the club's budget for the upcoming fiscal year.

Using a projected income of student activity fees for the next fiscal year based on estimated enrollment numbers from the Officer of the Registrar, the Finance Committee sees clubs and organizations to allocate money to their budget for the year. This budget may include event registration, cost of renting or purchasing items or other expenses that the committee finds to fit within their guidelines.

If a club, organization or individual needs spending throughout the year, they can go to the Finance Committee of Student Government and request a funding bill. The funding bill has to meet the same criteria as the allocations and can be debated in the Senate. Karen Kedrowski, the director of the Catt Center, went to Student Government on April 24 to request \$10,000 for the 19th Amendment Centennial Commemoration Kickoff in 2020.

“I just casually mentioned that we were planning this big event and that it was taking up a lot of my time, and [Sen. Jacob Schrader] started to ask me questions and heard how ambitious it was,” Kedrowski said. “He suggested that I propose that Student Government help fund it, since it was a state-wide event and was going to make a big splash.”

Because the event is intended to target a large population of Iowa State's campus and will bring attention to campus, the Carrie Chapman Catt Center was eligible to be funded. However, not all organizations on campus are eligible to receive funding from Student Government.

Mueller said some students are upset they have to pay an extra \$38 each semester, but in the long run, the events, clubs and experiences that those fees are helping to fund are worth more than just \$38.

COLUMN



COURTESY OF FLICKR

The book-turned-Netflix series "13 Reasons Why" gained both positive and negative attention after its release on how the show chooses to portray one girl's suicide.

Don't follow in Baker's steps

13 Reasons Why glorifies suicide as a method of revenge

BY MEGAN.PETZOLD
@iowastatedaily.com

After the Netflix show *13 Reasons Why* came out a few years back, there has been concern that teenagers would watch the show and feel as though suicide is a realistic option to solve their problems. However, since the opening of this show, teenagers have felt as though suicide is more acceptable and glorified than it is.

Because of this, teenage suicide has dramatically increased. However, even though the main character of this show is a female, male teenage suicides are the ones that have increased. Female teen suicides have

remained constant even with the female influence on the show.

For those of you out there who don't know what this show is about, in summary, "Thirteen Reasons Why, based on the best-selling books by Jay Asher, follows teenager Clay Jensen (Dylan Minnette) as he returns home from school to find a mysterious box with his name on it lying on his porch. Inside he discovers a group of cassette tapes recorded by Hannah Baker (Katherine Langford) -his classmate and crush-who tragically committed suicide two weeks earlier. On tape, Hannah unfolds an emotional audio diary, detailing the thirteen reasons why she decided to end her life. Through Hannah and Clay's dual narratives, *Thirteen Reasons Why* weaves an intricate and heartrending story of confusion and desperation that will deeply affect viewers."

I had a bad feeling teenagers would watch this show and, despite all warnings and requests to watch the show with care,

would still determine that suicide is as glorified as Hannah Baker made it seem. However, why male teenagers are the ones to follow in Hannah's example is beyond me. If anything, I would have expected female teenagers to want to be Hannah.

The only reason I can think male teenagers would watch *13 Reasons Why* and feel like this was a great way to go is that they watch Clay Jensen and how he had to deal with Hannah's death and want their loved one, crush or family to wish them alive again.

Whatever reason they had, I think it is important that everyone takes action in helping these teenagers shake off the fact that leaving their families, friends, classmates, teammates and everyone else who loves them is not any way to solve problems. Teachers, I feel it is important to look for cues in your students. It is important now more than ever to keep your students safe by reporting any signs of depression, anxiety

or other mental disorders. And parents, it is important to keep your children informed of what their actions can do to others and how to make themselves feel better despite what negative impact society has made on them. Also, it can be important to do things with your children. Such as a Saturday by which they might spend in bed due to sleep deprivation or depression, take them for a walk or to a movie or something else they might enjoy doing.

Students, suicide is not the way to solve anything. It might seem like a good idea to just let everything go and leave earth by your own decision, but there is so much you will miss if you do.

If you are someone who feels depressed or suicidal, please call the suicide hotline (1-800-273-8255) or these websites with numerous resources on it including a link to the crisis text line, the number for the crisis text line and a number and link to the National Suicide Prevention Lifeline.

EDITORIAL

Take care of yourself during finals

The last hurdle to cross is right in sight before the semester reaches its close. That last hurdle being finals, of course. It's that time in the semester again where the library hours are extended, study spaces begin to fill up and the amount of students depending on energy drink to keep them awake goes up.

Lots of students are rushing to meet the last couple of deadlines before beginning to prepare for their finals, and with this comes the most common of feelings: stress.

Sadly, there is no magical cure to wipe away any of the amount of stress you might be feeling as your finals draw closer. But that doesn't mean you can't manage it. Remember all the other times you have had finals and have gotten through them. You got through them once, you can do it again.

It's important that in moments where one is experiencing stress, you take a

moment to breath and analyze the situation. Ask yourself: "What is in my control?" If you're going to concern yourself with something, concern yourself with something that you are able to take the reins of. Although it can be hard to not overthink some things, try to remind yourself that what is done, is done.

Something that could help all students take control during finals week is setting up a schedule of each day. Set a time aside to study, but keep in mind not to overwhelm yourself by studying through large chunks of times without breaks. Take breaks in which you can take a few moments to catch a breather, do some stretching and soak in all the information you just spent time studying.

Dedicate at least an hour or two to focus on yourself and things that you enjoy doing. Go on a walk to get some fresh air, take the

opportunity and take advantage of some of the resources Iowa State has to offer during dead week and finals week to help students cope with stress.

Taking care of yourself doesn't only include doing stuff you enjoy, it also means giving your body what it needs. This could be things like sleep, a nutritious meal, water, etc.

Studies have shown that lack of sleep can trigger symptoms of mental illnesses, so make sure to get enough sleep — especially during finals. Pulling an all-nighter isn't beneficial when you're trying to take care of yourself.

Finals is the last step on the ladder before our semester finally draws to a close. Remember to put yourself first and do your best. Take control of what is in your power and finish the semester strong. The ISD Editorial Board believes in you.

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.



COURTESY OF IOWA STATE UNIVERSITY LIBRARY/SPECIAL COLLECTIONS DEPARTMENT

Players on the 1957 baseball team Dick Bertell, left, and Gary Thompson talk with Coach Cap Timm, right. Thompson was a two-sport star at Iowa State, becoming an All-American in basketball.

The Roland Rocket

A look at Ames legend Gary Thompson's legacy

BY NOAH ROHLFING
@iowastatedaily.com

Take a long look through the crowd at any Iowa State football or men's basketball home game, and you'll start to see familiar faces. There's the 40-year season ticket holders who have held the same seat and will pass their tickets down to generations before, there's the newbies and there's so much more.

There's one family — and one person in particular — that is as popular, if not more popular, than the players they're in the stands watching. You might think, 'Wait a second, wasn't he the one who gave Iowa State the trophy at the Big 12 Championship in Kansas City?' or 'His voice sounds just like that Big 8 announcer from the 1970s and 80s!' And in both cases, you'd be right.

But talking to him, you wouldn't know you're in the presence of an Ames legend — or as he's been known since high school, the Roland Rocket. You might've heard the stories about taking down Wilt Chamberlain at the old Armory, or his appearance with Chamberlain and other AP All-Americans on "The Ed Sullivan Show," the pinnacle of television in the 1950s.

But that's the thing about Gary Thompson: He doesn't let on just how big of a deal he is — unless you ask him to.

"[As a kid], I heard stories, yanno, but it was hard to picture the magnitude of it," his son Scott says. "He was very down to earth, and still is."

"He just kept such an even keel and was so humble about it."

ROLAND BEGINNINGS

Gary wasn't perfect growing up in Roland, Iowa, but he knew what he loved to do, and

that was play sports. It was all there was to do in Roland.

"There was only two things to do: basketball and baseball," Gary says.

Once he went about 20 minutes south to Ames after making a star turn on the court and on the baseball diamond, earning the nickname "The Roland Rocket," everything changed for Iowa State — and for Thompson as well.

Freshmen weren't allowed to play college basketball back in 1954, so Thompson spent a big-eyed year learning under the tutelage of then-Cyclones coach Clayton Sutherland. Sutherland was fired after Thompson's first year and replaced by Bill Strannigan, who Thompson had an immediate connection with. It was with Strannigan that Thompson would etch his name into Cyclone history with one win in 1957.

TAKING DOWN 'THE STILT'

The Wilt Chamberlain Game will always be a part of Gary Thompson's identity. So much so, in fact, that it was one of the first stories he shared during our first meeting.

In early 1957, the Jayhawks came into the Armory sporting an unbeaten record and one of the greatest players of all time. The Cyclones came out with the win, though, and Gary describes it as "one of the happiest moments in my playing days." His eyes light up once the game is mentioned and a big smile creeps up his face.

It's a lot of fun for him to talk about. His favorite part comes up when he describes the first time he saw Wilt.

"We were in Kansas City, and we were out on the floor and all of the sudden I heard a rumble and whatnot and the crowd started to stir," Gary says, laughing. "I started looking from the bottom and I thought I'd never get to the top of him. That's the biggest guy I ever played against."

The Cyclones' victory over the No. 1 Kansas Jayhawks at the old Armory is still one of the biggest victories in Iowa State history. But that season ended with a story he didn't share the first time: an appearance on the famous "Ed Sullivan

Show" in the spring of 1957 as a member of the AP All-American team. Gary went on the show with the rest of the AP All-Americans, which included the NBA Hall of Famer Chamberlain.

"It was live television," Gary says. "They had a hoop put up, and then they had balls but a lot of them were not good balls."

"You had to take a dribble out and lay it up."

But son Scott says he didn't find out about Gary's television appearance until his late 20s.

"I don't think I really recognized anything through high school," Scott said. "He was just who he is."

But, Scott said it's just how his father is: Unless you ask him to share a story, he'll keep it to himself. Even the ones that most people would brag about any chance they have.

And sometimes, his family says, it's the stories he doesn't share that tell you the most about who Gary Thompson has been his whole life.

A LETTER FORMS A BOND

Barbara Chamberlain Lewis, the sister of Wilt Chamberlain, was going through a collection of her deceased brother's items in her Las Vegas home, when she found something that caught her eye amidst all of the memorabilia: a letter from the year 1957, addressed to Wilt.

The letter came from a competitor of Wilt's that Barbara had never met but knew plenty about: A young man named Gary Thompson from Iowa State.

"[Wilt had saved just about everything]," Gary says. "Wilt wasn't the kind of guy to respond to anybody, it just wasn't his nature."

After reaching out to Gary, a correspondence emerged, said daughter Kim Wierson.

"They've met up a few times, with [Jan] as well," Kim said. "They've gone out to Vegas, and [Chamberlain Lewis] invited them for a ceremony when Wilt was going to be put on a postage stamp."

"They've kept contact and kept communication with each other. He still [writes] notes to her."

Jan and Gary also went to Kansas for a banquet dinner honoring Chamberlain, after it was revealed that the fallen Hall of Famer had left a large endowment to his alma mater.

Jan said that the relationship with Chamberlain Lewis has been "special."

The letter was one of many that Gary sent to competitors and teammates in his career, a tradition that started at Roland High School with a letter to his departing teammates.

"I was always one to play as hard as I can, and gonna be tough-nosed against anybody, but when the game's over, hey, be friends," Gary says.

STICKING AROUND

Gary says he doesn't go as much as he used to, but he still likes to be around the Cyclones' program from time to time, visiting practices and chatting with coach Steve Prohm. That continued relationship with the school is partly why Gary was selected to give the Cyclones the Big 12 Championship Trophy when the school won the conference tournament in Kansas City this March. Gary says that Iowa State Athletic Director Jamie Pollard came up to him during the tournament, asking him if the Thompson family would want to present the trophy to the team if they won the title. When they did, it was yet another moment with the Cyclones for the Thompson family to hold close.

Prohm said having former players return to the program has been a big part of his tenure and he makes sure to get stories from Gary as much as he can.

"Whenever Gary's at practice, I'll ask him about old stories from the Armory," Prohm said. "Everyone [who played at Iowa State] — wherever they played and whoever they played for — they're a big, big part of what Iowa State basketball is and what we represent."

"All great programs bring people back."

So Gary Thompson, with his name in the rafters and known as an Ames institution, keeps coming back to the school he loves, and the people he loves.



COURTESY OF GETTY IMAGES

As their time at Iowa State comes to a close, seniors Garrett O'Keefe and Anastasia Frazee look back on their freshman year, noting their favorite memories and advice they have for new Cyclones.

Seniors reflect on year one

BY MARY VALENTINE
@iowastatedaily.com

Moving away from home, living in a 9 by 14 room with a stranger and being exposed to new experiences, people and ideas are just a few of the aspects of freshman year that make it guaranteed to be unforgettable.

With graduation quickly approaching, Iowa State seniors reflect back on their freshman year and the experiences that set them up for their years to come.

"Number one, look for all of the clubs that serve food at the meetings," said Garrett O'Keefe, humorously yet seriously. The senior studying industrial engineering advises that freshmen will appreciate it when they live off campus.

O'Keefe reminisced on some of his favorite memories from freshman year, one of which was being placed in an agriculture living learning community as an engineering major. One of his first memories of freshman year was sitting

in a dorm with 11 other kids who lived on the fifth floor of Maple.

"We went around the circle and said something about us and what we were supposed to answer was our name, where we were from and how many acres our farm was back at home," O'Keefe said. "And I was the only kid that didn't have at least 750 acres. So when it got to me I was like, 'My name is Garrett, I'm from the Twin Cities, and I live on a quarter of an acre.'"

O'Keefe started out his college career with a unique culture shock, and continued to learn from the people and opportunities presented to him at Iowa State.

One of Anastasia Frazee's, a senior in culinary food science-human sciences, favorite things about freshman year came from living in the residence halls. Frazee has had numerous memorable experiences and opportunities throughout her time at Iowa State, such as playing on the club soccer team for three years, being the philanthropy chair of her sorority and studying abroad in Italy. But she said among her favorite

was becoming best friends with her random roommate freshman year.

Freshman year can be a trying time, but these seniors used the wisdom they've gained over the years to provide some advice for freshmen as they continue their journey as a Cyclone.

If O'Keefe could go back and tell his freshman year self something, he would say to take better advantage of the unique things that Iowa State has to offer.

"Freshman year, you're like 'Oh, I have four years to do it,' but then when it gets to your second semester of your senior year, you're like 'Oh, shoot I've missed out on so much,'" O'Keefe said.

Going on outdoor recreational trips, checking out camping equipment to utilize at Ledges State Park and just hanging out in the hot tub at State Gym are all adventures at Iowa State that O'Keefe says he wishes he would have taken advantage of earlier.

"The big thing that I always tell people is to not be afraid to apply for internships that maybe

don't apply directly to what you want to do with your major, because you never know where those internships are going to take you," Frazee said.

Her first internship was with a small bakery, which is what she thought she wanted to do following college. After learning that there was more she wanted to experience, she took on another internship at a larger pastry kitchen, then finally ended up with an internship at Hormel Foods.

"I would have never expected to be where I am today," Frazee said. Her varying internships led her to discover product development, which is what she wants to do as a career.

Frazee, O'Keefe, and seniors alike have taken the journey at Iowa State to find themselves, and they all started in the same place: freshman year.

"In college you get to be whoever you want to be," O'Keefe said.

So, take it from seniors themselves, and start striving now to be someone you will be proud of senior year.

Orangetheory combines fitness with charity

BY COURTNEY LAMPMAN
@iowastatedaily.com

As students, there are many options for staying fit. Whether you're an avid runner, strength trainer or a spiritual yogi, there is more than one place to meet your fitness goals. Orangetheory Fitness is one of those options. As a small group fitness class that focuses on cardio and strength training, it can be the perfect fit for a variety of people.

Even though paying for a gym membership on top of your tuition-covered state gym membership may seem odd, the benefits you can reap could be worth your dollar.

Orangetheory is a science and technology based program. Orangetheory offers OTbeats which are monitoring devices that show things like your calories burned, and more importantly, the number of times you enter the Orange Zone,

which is a prime zone for maximum calorie burning. The zone is 84-91 percent of your max heart rate. Your statistics are shared at all times of your workout to ensure you are getting the best workout and to inform trainers on what works for you, according to Orangetheory Fitness' website.

All trainers at Orangetheory are certified and pride themselves on producing EPOC, which stands for excess post-exercise oxygen consumption.

"Participants can continue to burn calories up to 36 hours after a workout," said Tobias Brown, the manager of Orangetheory Ames. "We call it the Orange Effect."

Orangetheory also prides itself on community involvement. While Orangetheory is a national franchise, they continue to be involved in community charity and giving back. They



COURTESY OF KELLY MARTIN

Orangetheory Fitness hosted a 5K Saturday at Ada Hayden Park to raise money for the Ames Community School District.

recently hosted a 5K at Ada Hayden Park, which benefited the Ames Community School District.

Brown said they chose this cause because many members of

Orangetheory have some kind of relationship to the school district, whether that's having a child in school there, being employed there or being a student. The run raised

over \$1,400 for the school district.

The gym plans on hosting a running safety seminar partnered with the Ames Police Department. It will take place from 1 p.m. to 3 p.m. May 25th at the Orangetheory Studio.

"We know as the weather changes, our members will go out and pound the pavement," Brown said. "We want runners to know what they should be cautious of, where good places to run are, and also if you are going to carry something, prevention wise, how to use it correctly."

The studio is also currently hashing out the specifics of a charity workout for ACCESS, which is the Assault Care Center Extending Shelter and Support. It will be hosted at the studio, and will include speakers that will inform people on topics such as abuse, things to look out for and how to support victims.

Barks@Parks

Parks Library offers 'paw'fect stress reliever for Dead Week



BERGAN FOX/ IOWA STATE DAILY
Robert Hudson, sophomore in pre-business, and Katelin Beatty, freshman in kinesiology, pet Ben on Monday in Parks Library.



BERGAN FOX/ IOWA STATE DAILY
Camille Mireault, sophomore in pre-interior design, pets a golden retriever Monday at Parks Library.



BERGAN FOX/ IOWA STATE DAILY
Margaret Heaslip, sophomore in computer engineering, pets a golden retriever Monday at Parks Library.



BERGAN FOX/ IOWA STATE DAILY
(Left to right) Lauren Williams, freshman in biology, Jennifer Dowd, junior in psychology, and Lauren Johnson, junior in elementary education pet golden retrievers, Legend and Rizzo.

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BERGAN FOX/ IOWA STATE DAILY
(Left to right) Margaret Heaslip, sophomore in computer engineering, Kendall Haefele, junior in genetics, and Stephanie Walton, junior in genetics, pet Macy on Monday.

PUBLIC NOTICE OF STORM WATER DISCHARGE

Iowa State University plans to submit a Notice of Intent to the Iowa Department of Natural Resources to be covered under the NPDES General Permit No. 2 "Storm Water Discharge Associated with Industrial Activity for Construction Activities".

The storm water discharge will be from the Sports Performance Center and Jack Trice Stadium Improvements North. Located in the NW 1/4 of Section 10, Township 83 North, Range 24 SW, Story County.

Storm water will discharge from multiple point sources and will enter Squaw Creek to the Skunk River.

Comments may be submitted to the Storm Water Discharge Coordinator, Iowa Department of Natural Resources, Environmental Protection Division, 502 E. 9th Street, Des Moines, IA 50319-0034. The public may review the Notice of Intent from 8 a.m. to 4:30 p.m., Monday through Friday, at the above address after it has been received by the Department.