

FIGHTING YOUTH HOMELESSNESS

★ Fundraiser aims to help struggling youth

BY LOGAN.METZGER
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Reggie's Sleepout, an event to raise money to address youth homelessness in the community, will start at 5 p.m. Friday and end at 6 a.m. Saturday at Cyclone Sports Complex at Iowa State.

Reggie's Sleepout has been in Des Moines for 12 years, but in 2017 the event was brought to Ames and Iowa State.

The event has no entrance cost, but does accept donations.

"While there is no cost to participate in Reggie's Sleepout, we do highly encourage campers to support the very important cause of ending youth homelessness by raising funds," according to the Reggie's Sleepout website.

Some incentives for donating include: a t-shirt, a stocking hat, a hooded sweatshirt, a blanket and a 1/4 zip fleece.

The goal is to raise more than \$150,000, but currently the website's donation tracker is at \$49,579.

"[This event] is important because no one should be experiencing homelessness," said Carrie Moser, executive director of ERP. "A lot of people are not aware of the youth and young people experiencing homelessness on an annual basis, so this event will raise awareness."

Reggie's Sleepout is in honor of

➔ YOUTH pg4

SARAH ESTES/ IOWA STATE DAILY



IOWA STATE DAILY

Joe Biden gave a speech at Iowa State on March 1, 2012.

Joe Biden enters race for president

BY JAKE.WEBSTER
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Former Vice President Joe Biden entered the 2020 race for the Democratic presidential nomination with a video announcement Thursday.

Biden enters the race as the instant frontrunner, leading in nearly all polls taken of the Democratic primary. Furthermore, Biden remains popular with the American public as a whole, having a 56 percent favorability rating, according to a recent Gallup poll.

Nevertheless, recently published stories of Biden touching women without their consent have led to further scrutiny of his past.

As a senator, Biden chaired the Senate Judiciary Committee during the confirmation hearings for Supreme Court Justice Clarence Thomas.

Thomas was accused by his former staffer Anita Hill of sexual harassment, and she gave testimony to the committee on that harassment during his confirmation hearing.

Hill, a black woman, was thereafter subjected to questions by the committee which was composed entirely of white men, including the question "Are you a scorned woman," asked by the late Sen. Howell Heflin, D-Ala..

"To this day, I regret I couldn't give [Hill] the kind of hearing she deserved," Biden said in March. "I wish I could have done something."

As chairman of the committee, Biden controlled the proceedings of the hearing.

Biden also served as vice president from 2009 to 2017 under President Barack Obama. This is his third run for the presidency, having made failed bids in 1988 and 2008.

Biden considered a run for president in 2016, but declined to enter the race on account of the stress it would put on his family in the wake of the death of his son Beau, according to Biden's 2017 book Promise Me, Dad.



DID YOU DQ TODAY?



CALENDAR

4.26.19

Celebration: World Intellectual Property Day, Parks Library lawn at 11 a.m. The event will highlight important innovations developed by Iowa State researchers and include a sampling of food products developed with ISU inventions. Participants can meet faculty who are an important part of ISU's intellectual property engine. Presented by the Iowa State University Research Foundation and the Office of Intellectual Property and Technology Transfer.

Arbor Day Celebration, Central campus, west of the Campanile at 2 p.m. A bur oak tree will be planted in memory of professor emeritus Paul Wray. A forestry extension faculty member, Wray planted (and taught others how to plant) countless trees across Iowa and often promoted oak species. Professor emeritus Steve Jungst will speak about Wray's service during a short program. Xi Sigma Pi and Forestry Club students; faculty and staff; and

family and friends of Wray will assist with the planting.

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.

Bad Bad Hats w/ The Host Country, M-Shop, Memorial Union at 8 p.m. Bad Bad Hats is an indie rock band from Minneapolis, Minnesota. The band consists of Kerry Alexander, Chris Hoge, and Connor Davison. Named for a trouble-making character from the Madeleine children's books, Bad Bad Hats is defined by a balance of sweet and sour. Their music honors classic pop songwriting, with nods to nineties rock simplicity and pop-punk frivolity.
All events courtesy of event.iastate.edu

POLICE BLOTTER

4.26.19

An officer checked on the welfare of an individual at 72 Frederiksen Court (reported at 10:12 a.m.).

Ryan Douglas Kearney, age 44, of 508 3rd Street in Colo, IA, was cited for driving under suspension at Lincoln Way and Beach Avenue (reported at 11:25 a.m.).

An officer investigated a property damage collision

at Lot 63 (reported at 1:22 p.m.).

John Keith Nicholson-Mckenna, age 31, of 4225 Lincoln Swing Unit 23 in Ames, Iowa, was arrested and charged with assault at 4225 Lincoln Swing (reported at 7:22 p.m.).

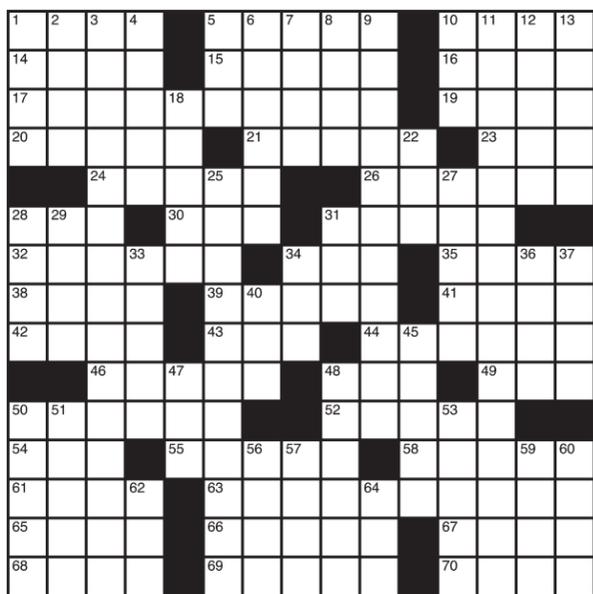
Kelly Klute, age 60, of 1322 16th Street - Ames, IA, was arrested and charged with operating while intoxicated and excessive speed at Ridgewood Avenue and 16th Street (reported at 11:07 p.m.).

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



- 20 Dated song
- 21 Computer repair pros
- 23 Fizzle out
- 24 2013 Literature Nobelist Munro
- 26 Words sighed after a defeat
- 28 Ice cream maker Joseph
- 30 Cultural funding gp.
- 31 Let loose, as pigs
- 32 Large group
- 34 Two-time Oscar-winning director Lee
- 35 Turkish general
- 38 Pop star
- 39 Fortuneteller's deck
- 41 Corp. moneymen
- 42 Sidewalk eatery
- 43 Suffix for a school of thought
- 44 Chopper blades
- 46 Classic role for Nimoy
- 48 Highchair protection
- 49 Be a fink
- 50 "Zip it!"
- 52 "Aida," for one
- 54 Sewn edge
- 55 Catches in a sting
- 58 Until now
- 61 Poor box deposit
- 63 "Tell me about it"
- 65 Kennel pest
- 66 "You've Got Mail" co-screenwriter Ephron
- 67 Complete failure
- 68 Civil suit cause
- 69 Philosophy test component
- 70 Shade trees

- 4 Slow mollusk
- 5 Fr. holy woman
- 6 Drink with dim sum
- 7 Art Deco artist
- 8 "Be there in ___"
- 9 Vacation with worms?
- 10 Nikon product, for short
- 11 Destined for one's comeuppance ... or what the last words of 3-, 9- and 25-Down are doing?
- 12 Navel type
- 13 Well-known
- 18 Queen, in Quebec
- 22 Additive sold at Pep Boys
- 25 Slogan on a Boston basketball fan's shirt
- 27 Flinch, say
- 28 Long heroic poem
- 29 Pop, to baby
- 31 One, for Juan
- 33 Got some shuteye
- 34 Pitcher's asset
- 36 Jewish wedding dance
- 37 Lead-in for prof. or D.A.
- 40 Show curiosity
- 45 More than heavysset
- 47 Not at home
- 48 ___ and Herzegovina
- 50 Golf club part
- 51 Greeting word
- 53 John who married Pocahontas
- 56 Top pilots
- 57 Buds
- 59 Molecule part
- 60 Crunch count
- 62 Used a chair
- 64 Boxing's Sugar ___ Leonard

YESTERDAY'S ANSWERS
 CARAT HAIKU JAR
 ARESO EXCON EPI
 ITSHOPELESS DIT
 NIT LADE HEINZ
 CAT STOL
 WHATHAVEIDONE
 WHOLE LIAM NAGS
 BAWL ELL GORE
 ARTE HULA CAMEL
 FORGETABOUTIT
 IAMS APE
 ASODD BOISC CHE
 OED GIVEITASHOT
 URI ETHEL KOALA
 ABE TESTS EXPEL

Across

- 1 Says "I do" to
- 5 Harvest bundle
- 10 Bone below the knee
- 14 Big name in skin care
- 15 Sculpture subjects
- 16 Jay with a column in Popular Mechanics
- 17 Smokes
- 19 Speak wildly

Down

- 1 Home of the Texas Sports Hall of Fame
- 2 Villainous
- 3 Sultry stretch

FEATURE PHOTO



KENNEDY DERAEDT/ IOWA STATE DAILY

Spring Outdoor Concert

Ella Mai performs at the Student Union Board's Spring Outdoor Concert on Thursday. Mai was nominated for two Grammy awards in 2019 for her single "Boo'd Up."

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Sudoku

by the Mephram Group

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

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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Pet-friendly VetMed run taking place Saturday

BY JORDYN.DUBOIS
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The SAVMA Scamper 5K/10K run is an annual event put on by the Student American Veterinary Medical Association Chapter (SAVMA).

SAVMA is a professional student organization within the College of Veterinary Medicine that links students with professional and social activities.

The SAVMA Scamper run is hosted to help promote mental and physical health through exercise. Participants are also encouraged to train and participate with their canine companions if they are able to.

The race will take place Saturday at the Iowa State College of Veterinary Medicine. The competition will finish at Christensen Drive. Participants can sign up for the 5K or 10K race option.

Registration is \$20 for Iowa State students and staff and \$25 for non-ISU participants until Friday. Race day sign-ups cost \$30 for Iowa State students and staff and \$35 for non-ISU participants.

Participants must show a valid Iowa State ID when picking up their packet to receive the discount. Registration includes a chip timing on the race bib, access to free post-race food, a puppy petting zoo and entry for one of the many door prizes.

"There are currently 228 people registered," said Shaine Hoffman, Scamper Run registration coordinator "We are expecting over 100 dogs to join their owners in the race."

The 10K race will begin at 9:45 a.m. followed by the 5K beginning at 10:00 a.m. Proceeds from the competition will be donated to Taysia Blue Rescue's Huskies and Heroes program. This program reduces or covers the cost for veterans to adopt a dog.

Participants bringing their dogs to the race must provide proof of current rabies vaccinations and be friendly to other people and dogs. Pets must also be leashed at all times during the event.



JORDYN DUBOIS/IOWA STATE DAILY

Ian Crowl, a junior in aerospace engineering, smiles with a snake at the Earth Day Celebration. Booths at the event had many different things for students to do and hear to learn about conservation and sustainable living.

Let's get green

Celebration highlights sustainability

BY KIRSTIE.MARTIN
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The Live Green! Initiative celebrated Earth Day, 10 Years of Living Green on the Iowa State Campus as well as Iowa State's many sustainability organizations, initiatives and accomplishments.

The event had displays from sustainability-focused student, campus and community organizations and businesses. They also offered free bike tune-ups, snacks, giveaways and refreshments.

Organizations in attendance ranged from

88.5 the KURE to St. Jude Up 'Til Dawn to Dance Marathon.

One of the most popular tables was the table with a tank of compost. Michael Moreno, a biosystems engineering major, is the owner of the project. In the tank there was a mixture of many things including, but not limited to: food scraps, hair, packaging and worms.

Moreno lives in Freddy Court with two roommates and still manages to have more than 70 plants.

"I am a gardener and I love growing plants," Moreno said. "I was buying compost, and realized we produce waste so I should just make it instead of buying it."

Another student-run business is the Good Earth Student Farm. This is a farm that is also supported by members of the Iowa State Community. There are two kinds of members of the farm: work-share and full-share.

Both of these kinds of members receive large

baskets of produce from May to June. Erika Rodbell is a "work-share" member. This means she pays a \$50 membership fee and volunteers three hours a week from May to October.

"Full-Share members pay \$350 to receive the produce without volunteering," Rodbell said. "Membership is limited to only Iowa State Community members, because their are a number of farms like us in the Ames area that we don't want to compete with."

Another business in attendance was Cafe el Zapote. This is a fair trade company that sells coffee grounds, which are produced by farmers in Honduras. All of their proceeds go to back to the community of El Zapote in Honduras. Most of the volunteers are college students, and Heather Diehl is one of them.

"All we do is help the farmers and their families," Diehl said. "Not only are you helping them, but your experience here assists in personal growth also."

Interim director of the Egg Industry Center named

BY MEGAN.NEMEC
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Susan Lamont, a C.F. Curtiss Distinguished Professor of Agriculture and Life Sciences and animal science professor, has been named the new Interim Director of the Egg Industry Center as of April 1.

The Egg Industry Center is a national center created in 2008 when federal budgets were shrinking. By creating the center at Iowa State, funding was provided for research that is not based on the federal government funding fluctuations. This aids from the challenges of the country's commodity check-off programs.

According to the Egg Industry Center, their mission is to "add value to the egg industry by facilitating research and learning for egg producers, processors and consumers through national and international collaboration."

"I've been at Iowa State since 1983



COURTESY OF SUSAN LAMONT

Interim Director of Egg Industry Center, Susan Lamont. Lamont was selected to lead a center that does research to increase the value of eggs for producers, processors and consumers.

and I've primarily been a faculty member with research and graduate teaching," Lamont said. "There is also periods in which I have been an administrator with the college as an assistant director in the ag experiment

station. I was also the chair of the Department of Animal Science from 2001 to 2003."

Lamont said her favorite part of being at Iowa State is the people. She said she enjoys her colleagues as well

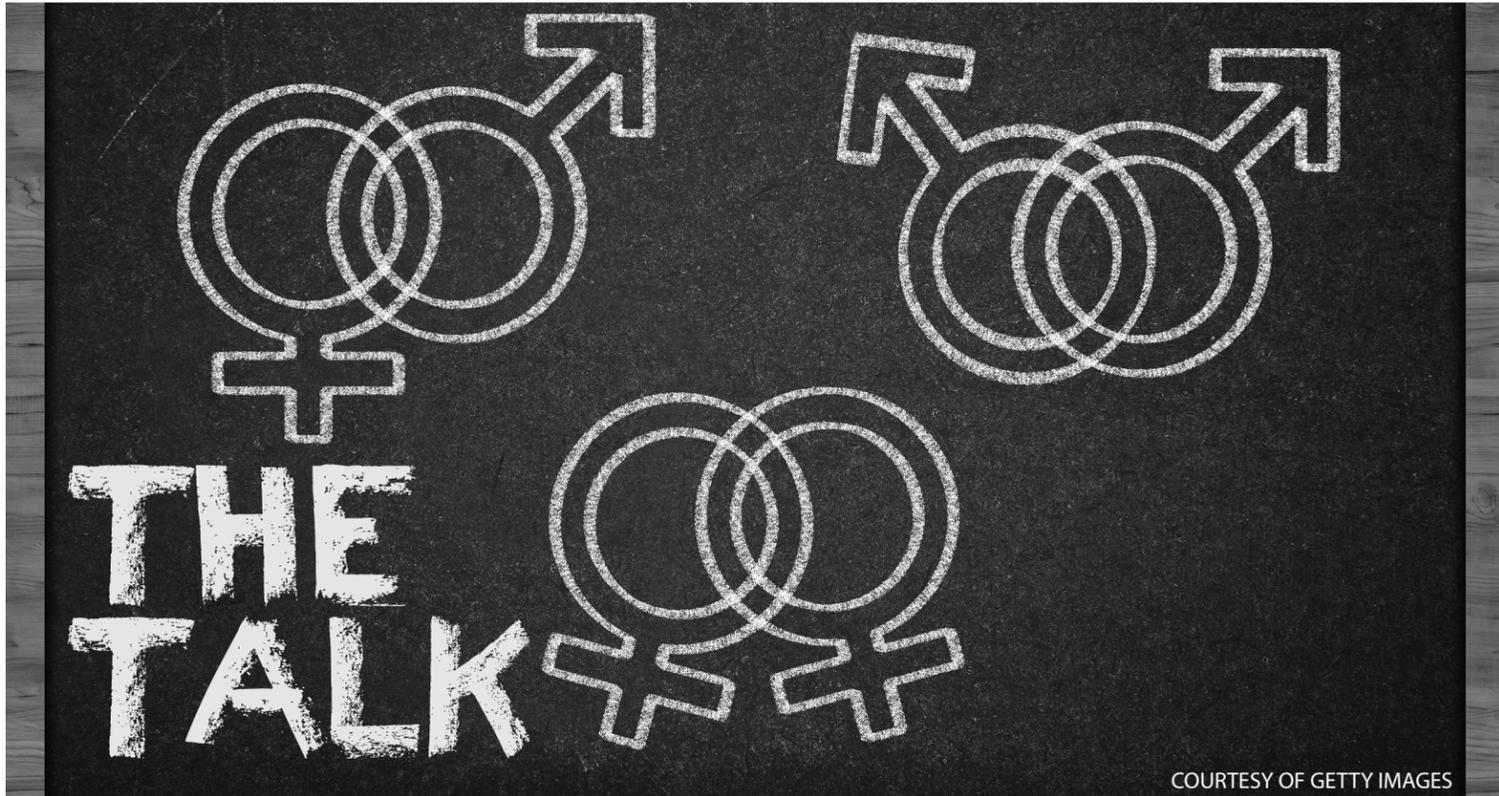
as watching students involved in the research programs succeed. Lamont said she also has enjoyed her research experiences, specifically in using contemporary genetics to better understand how a bird maintains its health,

fighting infectious disease or resisting stresses from the environment.

"As the new director, I try to be one of the major points of contact," Lamont said. "We also have an excellent staff that I work with that focus on other aspects of communications and economic analysis. One of my major roles is to work with the board and advice that they give. We also sponsor a research grants program so that we can support science-based decision making for the industry."

Lamont said she is looking forward to interacting with producers throughout the country who are very dedicated to doing a great job in providing eggs for people throughout the country.

"This is a wonderful extension of the interest I have had throughout my career," Lamont said. "Now being involved in this very industry-oriented role helps me see the research coming full circle."



Sex ed lacks LGBTQIA+ focus

BY AMBER.MOHRMANN
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Editor's note: this is part nine in a weekly series called 'The Talk', which goes into topics regarding sex and culture. Sensitive content may follow.

Sex education is taught in various ways, from a specific to comprehensive based approach. Some students have recalled that their sex education has been focused on pregnancy and/or sexually transmitted disease (STD) prevention. Some Iowa State students that have been interviewed say their experiences are typically focused around heterosexual sex.

"I think that more should be taught than just abstinence" said Kiana Campbell, a sophomore in psychology. "I believe that we should be teaching more than what normal [heterosexual] sex is, [...] there are things that they don't talk about like different types of sex and like the LGBT community that doesn't really come up in sex ed."

Campbell said sex education should be taught enough to students for them to understand what sex means and that it should go beyond abstinence.

Paul Hengesteg, a graduate student in education, also said sex education should be taught more in depth. Hengesteg said he would like a comprehensive sex education that includes effective methods of birth control, medical options for safety and LGBTQIA+ inclusive education.

"There needs to be an understanding that yes one man and one woman can have sex, but two men can have sex, two women can have sex, more than two people can have sex, that intersex people and transgender people might want to have sex, that all of that is positive and wonderful and terrific and there are people who are not interested in sex," Hengesteg said.

Hengesteg also said that ending the stigma about sex education should be discussed more.

"We're very quick to judge people on anything we can, and what's the value in that?," Hengesteg said.

Consent also comes up in the conversation regarding sex education, and not only with agreeing to sex, but agreeing to different types of sexual preferences. Kate Padgett-Walsh, a professor in the department of philosophy and religious studies with a focus on ethics, said sex education should also focus on pleasure

as well as the clinical side.

Padgett-Walsh said the access to pornography could impact the way pleasure is interpreted. She talked about a philosopher, Peggy Orenstein, who has done research about pornography that is focused on dominant male pleasure.

"It needs to be focused on what is sexual pleasure, what are the different kinds of sex, things a lot of parents maybe don't want, I know it's controversial," Padgett-Walsh said, explaining and agreeing with Orenstein's philosophy.

Sia Turner, a senior in child, adult and family services, said a continuous comprehensive sex program would be the most helpful for students.

"It can't be one conversation," Turner said. "I keep talking about 'The Talk' it can never be 'The Talk.' [...] It has to sort of be casual conversation."

Turner said sex education is more than a physical aspect, it can also be emotional as well, and it must be something everyone should talk about. Turner said it needs to be a conversation outside the health

"I don't think sex ed is a health conversation only, it's the everything conversation, it's all of it," Turner said.

» HOMELESS Pg 1

Reggie Kelsey, a young man who aged out of the foster care system in 2001, and within three and a half months, was found dead in the Des Moines River.

According to the Reggie's Sleepout website, Reggie had an endearing personality, but suffered from hallucinations and depression.

"Each year, 150-200 school-age children in Ames are considered homeless, with another 200 people under the age of 25 identified as at-risk or experiencing homelessness served by local shelter programs," according to the Reggie's Sleepout website.

The schedule for this event is as follows:

Check in - 5:00 p.m. to 7:00 p.m.

Walk-up registration will be available at Reggie's Sleepout at the Cyclone Sports Complex.

For anyone under 18 years of age, parents or guardians must complete the minor consent form, which can be found at www.reggiesleepout.org. These forms will be required for minors to participate in Reggie's Sleepout. Completed forms should be turned in at the registration table at Reggie's Sleepout.

For youth groups participating in Reggie's Sleepout, they must also be accompanied by a designated adult, one adult for every six minors, according to the Reggie's Sleepout website.

In order to maintain security for the event, the gates will be closed at 10 p.m. If a participant leaves after 10 p.m., they will not be

allowed back in.

Welcome to Reggie's featuring the Iowa State Marching Band - 7:00 p.m. to 7:15 p.m.

During the kick-off participants will learn more about YSS, ACCESS and ERP while also learning about Reggie's story.

A person who lived through homelessness as a youth will be sharing her story as well.

Dinner/Entertainment - 7:15 p.m.

There will be an evening meal of pizza provided at no charge, along with water and hot chocolate. Snacks will be available throughout the event. No food or beverages, except water, are allowed on the field. Participants may bring an empty water bottle with them to keep filled during the event.

If a participant has a food allergy, they are asked to bring their own items to the food tent at the event where the event staff will store them until it is time to eat.

Reggie's Sleepout is an alcohol-free event.

Entertainment during dinner will include an acapella group and a DJ.

Boxed In Contest - 8:15 p.m. with the winner announcement at 9:00 p.m.

Participants can help educate and advocate for youth homelessness by creating a box structure that shares information, tells a story and gives hope.

Participants are required to construct the shelter using acceptable materials only. Box designs using prohibited materials will not be allowed in the stadium. Any entry using unacceptable materials will be disqualified.

Acceptable materials include cardboard, paper, props, tape, string or rope, small staples, crayons, chalk and water-based markers, and battery-powered lighting may be used for effect.

Prohibited materials include paint, wood, permanent markers, large staples, glue and styrofoam.

Entertainment - 8:00 p.m. to 10 p.m.

Entertainment will include comedian Toby Kid Klauenberg, a Simon Says game, a poetry slam and a band called Dudes in the Dark. There is also an impromptu talent show called Reggie's Got Talent at 10:30 p.m. and a rock paper scissors tournament after that.

Lights Out - 12:00 a.m.

Participants may bring a cardboard box or structure, a small tent without stakes or they may use a sleeping bag.

The Reggie's Sleepout website suggests bringing a tarp or layer of cardboard to put under your box, tent or sleeping bag and also not using a cot because it is colder to use a cot rather than sleeping on the ground. The website also suggests wearing a wool hat and socks at night as well as bringing extra sweatshirts, coats and blankets.

Those who don't want to sleep can hang out in the food tent. Games, cards and crafts will be provided.

Wake up - 6:00 a.m. to 7:00 a.m.

Breakfast snacks like doughnuts and coffee will be available to participants as they wake up and gather their belongings.

"This event is important for two reasons, the

first reason is to raise awareness about youth homelessness in our community," said Amy Hutter, director of marketing and communications for YSS. "The second is to raise funds to address that concern and need."

The three agencies this event funds are YSS, ACCESS and ERP.

YSS is a state-wide organization that serves more than 4,000 children, youth and families annually through prevention, treatment and transition programs. For more information go to: www.yss.org.

The mission of the Assault Care Center Extending Shelter and Support (ACCESS) is to address the roots and impact of domestic and sexual violence through services that enhance safety, empower survivors, and promote understanding and social justice within our community. For more information go to: www.assaultcarecenter.org.

The Emergency Residence Project (ERP) is an organization which offers shelter and assistance to the homeless, providing short-term emergency shelter to people experiencing homelessness, transitional living to families experiencing homelessness and emergency rental and utility assistance so people can stay in their homes. For more information go to: www.amesshelter.org.

"While nothing can truly replicate what it is like to be homeless, Reggie's Sleepout does provide an experience that helps those who participate understand the concern," according to a press release about the event.

COLUMN

Conflicts expressed through art

BY LACEY WESTBERG
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Art has always been a way for people to express thoughts bigger than they can explain with words. Some people get their inspiration for art through music and some through drawing, but sometimes the best ideas come from classroom doodles or things that you do. Last week I covered the International Student Council's (ISC) events held earlier this month to spread awareness and shed light on all of the cultures at Iowa State. While attending these events I met many amazing people who were willing to teach me about their culture. I also met some whose experiences with their own culture and different cultures inspired a variety of different art pieces.

The art exhibited by the students from Sudan ranged in medium, size and color, but they all also reflected upon different things occurring in their country today. While my encounters with Hiba Salih and Shance Bagos Taylor were brief, their pieces reflected on very serious and pressing issues in Sudan. Salih exhibited two separate multi-panel acrylic sheets with paint on them entitled "Revolution" to reflect on the 2011 split of North and South Sudan when many riots and conflicts were occurring. I also got the chance to speak with Taylor about his memorial piece to the people who were incarcerated and killed during the riots and protests during the split of Sudan. The painting shows pink strokes for everyone incarcerated, while the blue strokes represent people who were killed during their incarceration.

I also had the opportunity to more formally interview Rami Mannan, a senior in Architecture from Sudan whom I met while attending the ISC student facilitated lecture, "Countries of Conflict." After the lecture was over people who attended got a chance to speak with the students who spoke on behalf of their country and get more information on what is happening in our world. The group of students from Sudan brought along some art pieces that were inspired by things that were happening in their country, as well as in the world around us and their hopes for the future. Mannan showcased a piece inspired by smoke associating the



COURTESY OF LACEY WESTBERG

Hiba Salih's multi-panel artwork "Revolution", pictured above, represents the conflicts that occurred during the division between North and South Sudan.

clouds with connections made by people.

When asked about the direct inspiration for the piece, Mannan said, "The piece was inspired by a prequel drawing that I created as a response to the 2019 Venice Biennial's theme, 'Atmosphere.' My response was a 9' by 5' drawing that studied smoke as I'm a smoker and it is my personal interaction with the atmosphere. I looked at Da Vinci's drawings of moving water and stormwater to showcase and document movement of smoke."

Mannan said that the piece took him over 14 hours for the initial piece to be created and spent countless hours of tweaking, recreating and reshaping the final product. The piece was inspired by a variety of different conflicts in our world that Mannan hoped to bring light, such as

wars, disassociation between people and a plethora of environmental issues.

Mannan tackled the tough job of explaining the full meaning of the piece by saying, "The piece uses smoke as a medium to talk about how interconnected we are as a species. All the world issues affect us somehow, whether it be indirectly or directly. Whether it be world powers meddling in developing countries' politics which result in political unrest leading to refugee crises that affect the leading world powers directly through a surge of migration. Or in the event of the melting ice caps in Antarctica and how that is affecting us as a whole through rampant effects of climate change and global warming." The piece may be small but holds a lot of meaning.

The cloud of smoke is meant to resemble

Pangea when all of the continents were still together as a whole, thus embodying the connection between people regardless of race, religion or any other differentiating factor. The darker spots where lines are more concentrated were aimed to be of the regions in the world where more conflict is happening, which Mannan said was to put an emphasis on the variety of world issues.

Art is an amazing way to get people talking about issues, whether it be through a controversial piece or something that started as a classroom doodle, issues can always be brought to the light through art. As my encounter with Mannan came to a close he said, "If everyone takes a step to make a change and let people in by informing them about the issues we are facing today, they will realize the change that they can make."

EDITORIAL

Be wary of the comments you make

As humans, it's normal to have moments where we misspeak and have our words misinterpreted and possibly taken out of context. It's bound to happen sooner or later.

But recently, some comments made by some of our most well known politicians have been hard to let slide. Whether they meant it exactly the way they said it, or their words were somehow taken out of context, it's moments like those that serve as a reminder to always think before we speak.

Representative Steve King has once again been thrown in the spotlight — and not in a good way — for a comment he made comparing the criticism he endured for his white nationalist and white supremacist comment to the suffering Jesus endured. His comment led multiple papers like the Des Moines Register to call for his resignation.

Before this recent comment one of the last comments King had received backlash for was a comment in which he seems to have compared Iowans to the

victims who endured hurricane Katrina.

During the Town hall meeting on March 21, Rep. King said: "Here's what FEMA tells me: We go to a place like New Orleans and everybody's looking around saying, 'Who's gonna help me, who's gonna help me?' When FEMA responds to problems in Iowa, they're just always gratified when they come and see how Iowans take care of each other."

When it comes to self-defining comments like those it's hard to take them back and pretend like what you said was meant to mean something else when it seems to be pretty straightforward.

Another politician who seemed to have made a comment that caused an uproar was Oklahoma state Representative George Faught. A video was recorded in 2017 during a meeting in which the Oklahoma House met to discuss the bill that would prohibit anyone from seeking an abortion with the knowledge of a fetus having a genetic abnormality. In the video, Rep. George Faught was asked if rape was the will of God.

In response Rep. George Faught seems to dodge the question by saying: "[...] If you read the bible there's actually a couple of circumstances where that happened, and the lord uses all circumstances. I mean, you can get on that path, but you know it's a reality, unfortunately."

Although he might've not given a straightforward answer to the question, it's comments like those that caused a bad reaction when the video came out. Sure, he might've meant no harm by the comment, but people interpret things in their own way, which leads to the possibility of backlash.

Of course, politicians aren't the only ones whose comments could be misinterpreted, and even if maybe they simply misspoke and didn't think before they said the things they said, or actually meant it the way it was interpreted. It doesn't matter what position you're in; it is always important to be wary of what you are about to say, because once you say it there is no taking it back.

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Men's golf starts postseason

Cyclones look to build on past success

BY MATT.BELINSON
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With the Iowa State men's golf seeing the Big 12 championship on the horizon, it means it is time to leave the regular season and all the ups and downs that came with it in the past.

For the Cyclones, the regular season has seen far more ups than downs, with individuals having breakout seasons, setting new personal records and helping build the team's postseason resume into a success.

TWO HEAD HONCHOS

Iowa State men's golf doesn't have the luxury of sports like football or basketball where rosters are deep with reserves to replace injured or underperforming starters at any time.

The Cyclones only have eight players on the roster, with six of the eight being underclassmen.

That being said, a team this small relies on consistent play from their top players in order to maintain a competitive edge each tournament they play in.

Tripp Kinney and Lachlan Barker have gone beyond that this season for Iowa State.

Barker, a sophomore from Willunga, Australia, is currently on pace to blow by the current single-season record for stroke average held by Scott Fernandez in 2012-13 with Fernandez holding a 71.27 average.

Before Big 12 play begins, Barker walks into the tournament with a 70.67 average.

Kinney holds a 70.85 average, which in years past would have been clearly the best stroke average for a single season, but is good for second-best on the 2018-19 team.



JILLIAN ALT/ IOWA STATE DAILY

Lachlan Barker could potentially surpass former Cyclone Scott Fernandez's 2012-13 single-season record for stroke average in this year's postseason.

Since 1990, there have been no Cyclones to average below a 71 stroke average in a season. This season, Iowa State could have two.

Kinney and Barker have accomplished quite a bit on their path to potentially historic stroke averages.

Barker and Kinney have combined for eight top-10 finishes this season and 21 rounds in the 60s, and both hold the season-low score for a round of 18 holes with a 65.

Tank said it has been vital to have not just one but two top performers have breakout seasons at the same time, as the program reaps all the benefits.

Tank said if both Kinney and Barker

continue their regular season prowess to the postseason, the Cyclones will be in good shape.

"If you can count on a couple really consistent scores it can be really good for the team overall," Barker said. "I am just glad both of us have found success this season."

Kinney, like his teammate Barker, said that without the depth and talent of newcomers and underclassmen on the roster, he and Barker would not have been able to accomplish nearly as much.

Kinney said having depth behind those who have the ability to put up great scores at any time takes pressure off both himself and Barker. Kinney

said he can focus on being relaxed and playing free on the course instead of worrying about posting a good round so the team can be in good position.

BARKER'S BIRDIES

Looking past an already historic season in terms of stroke average, Barker has set new personal records for himself this season.

With his 122 birdies before Big 12 championship play, he has already passed his 2017-18 mark of 112 birdies.

Barker's 122 birdies leads the team and if his pace continues, by year's end he will speed by last year's team leader in birdies, Denzel Ieremia.

Barker's new individual accomplishment has led him to shoot 17 rounds under-par for Iowa State this season.

"It was about going low for me," Barker said. "Last year I would play a really good round and then get tense and really high in stress because I was afraid of messing up after having a great round."

Those fears and doubts are a thing of the past, according to Barker, who said Tank and others helped him build his confidence back up.

Barker will need to average at least three birdies in each of the four rounds at the Big 12 Championship if he is hoping to pass Ieremia's mark this weekend.

AN IMPRESSIVE RESUME

Iowa State men's golf is one of many teams at Iowa State where the postseason is no guarantee, even if the program had a breakout year like the Cyclones have had.

Like in the NCAA Tournament and the College Football Playoff, the Cyclones will need to rely on their resume for their season to determine if they will make it past Big 12 Championship play.

"This is the highest we have been ranked since I have been here, so I think we are in pretty good shape," Tank said.

Tank understands the decision isn't

in his hands but feels strongly about the Cyclones' chance of making it to the NCAA regional for the third consecutive year, and with good reason.

Iowa State is ranked No. 31 in the country by Golfstat, which is the main source for how teams are picked for the regional slots, according to Tank.

Even if rankings were thrown out the window, the Cyclones have plenty of bright spots on their regular season resume:

The lowest finish this year for Iowa State has been seventh place at the Arizona State Thunderbird. Last season, Iowa State had two finishes of 13th or worse.

Iowa State has beaten No. 9 Duke, No. 23 North Carolina, No. 24 NC State and No. 25 Baylor at tournaments this season.

The Cyclones have two players ranked in the top 100 by Golfstat, which ranks the best collegiate golfers in the country. Barker is ranked No. 70 and Kinney sits at No. 74. The program had one last year with Denzel Ieremia finishing at No. 81.

Like every resume, however, there are always some blemishes that put doubt in peoples' minds. The Cyclones have only a few negative aspects of their season but they could still hurt them when it comes time for NCAA regional selection.

"If you start thinking ahead to regionals and nationals that will hurt you because they are not certainties, so every shot counts at this stage," Barker said.

The Cyclones' resume is likely good enough to warrant a berth in the NCAA regional, but Iowa State will know for sure once the NCAA regional selection show takes place at 8 p.m. May 1 on the Golf Channel.

Tank doesn't see the postseason as a time for the Cyclones to ramp up the intensity and work harder, as Tank has seen their hard work all season long.

"If anything this is time to enjoy all the hard work they have put in throughout the season," Tank said. "Their work is really done now."

Big 12 Championship kicks off in West Virginia



TAYLOR HAGIE/ IOWA STATE DAILY
Frank Lindwall hits a shot on the first hole at Coldwater Golf Links on April 5.

BY MATT.BELINSON
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Iowa State men's golf will begin their 2018-19 postseason campaign in White Sulphur Springs, West Virginia, for the Big 12 Championship beginning Friday.

The Cyclones come into the tournament ranked No. 31 in the country, the highest ranking the Cyclones have had this late in the season in program history.

Even though Iowa State is climbing up the rankings week after week, the Big 12 is home to plenty of teams who are considered some of the best programs in the country and have stayed on the top of the national rankings for most of the regular season.

The Cyclones will face off against reigning national champion and No. 1 ranked Oklahoma State, No. 6 Texas, No. 7 Oklahoma, No. 10

Texas Tech and No. 25 Baylor, to name just the teams in the top 25 of Golfstat's latest rankings.

While the competition is grueling, Iowa State coach Andrew Tank is far from worried about the high level of competition the Cyclones will face; rather, he and his team have been anticipating Big 12 play since the start of the season.

"We are all really excited and I think we are all looking forward to opportunity," Tank said. "We as team always build toward this moment in the season and the level of competition isn't a big deal because we want to continue to test ourselves."

Tank isn't the only one who has been thinking about playing in the Big 12 championships, as junior Tripp Kinney sees the tournament as one of his big reasons why he came to Ames in the first place.

Kinney said that playing in Big

12 championships year after year is a big draw to play in the conference, as Kinney sees the Big 12 Championship as one of the hardest golf tournaments to win all season.

At Big 12 match play in mid-October, the Cyclones had one perhaps one of their worst outings of the season. The Cyclones went 0-5 as a team for the tournament and 9-18-3 in individual matches.

Iowa State was defeated by the two lowest-seeded teams in match play, Kansas State and West Virginia.

"What happened in October is in the back of our minds but it still drives us," Kinney said.

Tank saw Big 12 match play as a defining moment in this season's story. Tank said Big 12 match play was a "sour" moment for the Cyclones at the time but now looks back and sees it as a big positive for momentum heading into the

postseason.

"That was a big wakeup call for us," Tank said. "We have turned it into fuel because sometimes you learn the most when you lose."

Sophomore Lachlan Barker may not have as much experience heading to Big 12 championship as Kinney, but understands the importance of not overthinking how you play when the Cyclones step on the course like any veteran would.

Barker said the Cyclones had a "poor showing" at match play in October and believes the most important thing is to forget about it as best as you can because the postseason brings its own level of pressure to worry about.

"This is the start of the big finish," Barker said. "If you start thinking ahead to regionals and nationals that can hurt you because they are not certainties, so every shot counts at this stage."

De-stress during finals

Campus mental health resources offer students stress relief

BY BERGAN.FOX
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Around this time of year, students usually undergo a lot of stress. This is predominantly caused by final exams in classes, as they are something that can make or break a grade. Although this is a busy time for many students there are plenty of techniques and resources on campus to help relieve some of that stress.

Paul Iman, a freshman in mechanical engineering, finds that going to the gym with friends helps him to destress from school.

"We usually come with a group of four or five and it helps a lot," Iman said.

Iman said that focusing on other tasks and activities other than the stressor helps your mind to cope with all the stress that comes with finals.

"I feel just getting away from school for any amount of time helps," Iman said.

Many students have their own way that works with getting their mind off stress. Some may be common, but others are more unique.

Kimberly Chew, a sophomore in pre-dietetics, has a unique spot that she goes to get her mind off of school.

"I go to Music Hall because playing the piano helps to relieve my stress," Chew said.

Another resource that is available on campus is the Fitness and Wellness Suite located in State Gym. The suite offers a wide variety of activities that help students relieve stress or any mental health burdens they may have.



CHRIS JORGENSEN/ IOWA STATE DAILY

The community was invited to participate in a free event to celebrate the International Day of Yoga on June 21 in State Gym.

Whitney Mies, junior in kinesiology and health, is an employee at the suite.

"[The Fitness and Wellness Suite] offer yoga, there are art classes and a ton of circuit workouts you can do," Mies said. "They also offer some in Beyer; there is some up here in the Fitness and Wellness Suite, we have a Pilates and yoga studio. There is the multi-purpose rooms downstairs where they offer boxing and Beyer has a functional training room."

Mies said she finds that working out is helpful when combatting her own stress.

"When I know that I'm stressed, I know I need to work out," Mies said. "I know it really energizes me and keeps me focused. It also

helps me in my classes too."

The Tap Room is another helpful resource available on campus. It's located on the lower level of Parks Library behind the stairs. The Tap Room is available 11 a.m. to 1 p.m. every Monday, Tuesday and Thursday. The room offers a wide variety of stress relief therapy activities.

Maeve McGuire, sophomore in technical communication, works as a Peer Wellness Educator through Student Wellness.

McGuire described all of the different stations the Tap Room has to fit students' needs. The first station has activities that can be done alone or with a friend that include self-guided meditations, coloring books and

adult puzzles. The second station is aromatherapy-based, and includes smelling essential oils for stress relief. The last station offered is for physical wellness. They have yoga mats and a sheet of yoga poses. They also provide a pillow for students to either take a nap or use for meditations and yoga.

With all of the extra stress that comes with end of semester finals, it can be a busy time for resources like The Tap Room on campus.

"We do see a lot of influxes in our outreach programs during finals and midterms," McGuire said.

For more information on mental health resources on campus visit www.studentwellness.iastate.edu

The pros, cons of expensive versus cheap leggings

BY JULIA.MEEHAN
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The question looming around in the minds of athleisure lovers is can you bargain on a pair of leggings and still receive great quality, or do you have to fork over the money in order to obtain it?

Some students veer toward commonly known brands offering expensive leggings when hunting for a new pair.

Those are well-known athletic brands, such as Lululemon, Athleta, Under Armour and Nike.

"Lululemon has a higher quality line of athleisure wear," said Hannah Formaro, a sophomore in criminal justice studies. "Their leggings are very breathable for everyday wear to athletic wear."

On the other hand, other students are willing to dig deep into the clothing racks for deals on leggings.

T.J. Maxx carries a wide variety of leggings from brands like Mondetta, 90 Degree, MPG Sport and occasionally popular brands like Nike and Under Armour at a cheaper cost.

"I can always find an affordable

pair of leggings at T.J. Maxx," said Marin McDonough, a sophomore in open option. "The only downfall is they do not hold up as well as other brands and they stretch out really quick."

Other stores like Forever 21, Victoria Secret and GAP offer their own athleisure lines. Another option is online subscriptions to sites such as Fabletics, SweatStyle and more.

"I got a membership with Fabletics because of its pretty great deals," McDonough said. "I have done my research by reading reviews, which compare the two, Fabletics leggings and Lululemon leggings."

"I would have to say I can get a pair of Fabletics leggings for a cheaper cost and receive Lululemon quality," McDonough said.

The costlier brands have their ups and downs with their apparel, specifically with leggings. Even the low-priced leggings you discover can be worth it in the end but could also cost you in a couple months.

"I have experienced buying expensive pairs from Victoria Secret and ending up completely



COURTESY OF GETTY IMAGES

Whether athleisure enthusiasts choose to purchase leggings from expensive or inexpensive brands, both options have their ups and downs.

see through," said Faith Hamilton, a sophomore in criminal justice studies. "It was definitely not worth it but then I found some others from the same store that work out great."

Inexpensive and expensive leggings are a hit or miss. Some might have found a good pair of leggings

while others may have had a bad experience.

For McDonough, she has had a pair of Nike leggings for years and they have held up well. She even mentioned they passed the squat test.

On the other hand, Formaro purchased a pair of Nike leggings

for about \$80 and they ripped in the first year.

"Because of this experience, I thought why not pay \$20 more for a Lululemon pair," said Formaro. "I have had a pair since sophomore year of high school. Honestly, it was worth the money in the long run."

Giving a try to various brands is the best route to figuring out this mystery.

You may find yourself raving over a discounted pair but at the same time you may fall in love with some leggings that could cut your paycheck in half at the end of the month.

Everyone is different with their own tastes, so find out for yourself. Consider the different types of materials in leggings before buying a pair, as each material is made for a certain purpose.

Depending on how they are made, some leggings are better for working out, while others are for casual wear or for cold temperatures.

"You get what you pay for in the end. The more you pay for a pair of leggings the better quality you will receive," Hamilton said.



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