



(Left to right) W. Samuel Easterling, Karen Thole, Erick Jones, Robert Frosch and Janis Terpenny discuss why they feel they are the best fit for dean of the College of Engineering. JORDYN DUBOIS/ MIA WANG/GRANT TETMEYER/IOWA STATE DAILY

Who will the next dean be?

The candidate forums for the finalists in consideration to be the next James L. and Katherine S. Melsa dean of Iowa State's College of Engineering have concluded. There were five forums where each candidate explained who they were and what they felt they could bring to Iowa State as the next dean.

BY KAYLIE.CROW
[@iowastatedaily.com](https://twitter.com/iowastatedaily)

The first candidate is Janis Terpenny, who is the Peter & Angela Dal Pezzo Chair and dean of the Harold & Inge Marcus Department of Industrial and Manufacturing Engineering at Pennsylvania State University. Terpenny is also the director of the NSF Center for e-Design. During her open forum, Terpenny emphasized the aspects of listening, inclusion and enabling in her approach.

"Students who walk in today are not the same students who walked in yesterday," Terpenny said. "Are we going to continue operating courses semester-long or are we going to get into modules? It's all about embracing the changing future ahead of us."

To help entrepreneurship and innovation, Terpenny discussed the importance of giving students things to be involved with outside of the classroom.

To create growth in graduate programs, Terpenny said she would want to create pipeline programs in the College of Engineering. She would also like to increase diversity within the college.

Next is Robert Frosch, senior associate dean of facilities and operations and professor of civil engineering at Purdue University. In his open forum, Frosch covered team building, management and business skills as well as knowledge integration.

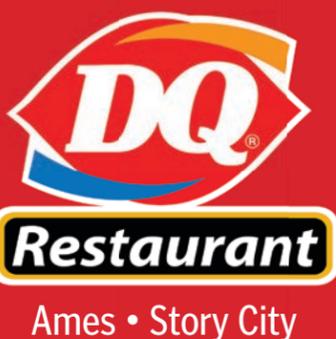
"We need students to be prepared for the changing future of work and become the leaders that shape the future," Frosch said.

Some of the concepts Frosch said he felt were important in moving forward are hands-on experience, real world projects and virtual reality.

One of Frosch's main focuses was the need to enhance education by working on real world problems. Frosch said with the future of research such as artificial intelligence, autonomy, voice interface and energy, it is important students have hands-on experiences.

The third candidate is Erick Jones, an associate dean in the College of Engineering at the University of Texas in Arlington. Jones started his presentation by saying that students, faculty and staff should realize that academics need to be a priority.

>> DEAN pg7



DID YOU DQ TODAY?



CALENDAR

4.4.19

Cyclone Cinema: Holmes & Watson, Carver Hall 101 at 7 p.m. Holmes & Watson is a PG-13 mystery/crime movie rated 1 stars. Will Ferrell and John Reilly star as Detective Sherlock Holmes and Dr. John Watson who join forces to investigate a mysterious murder at Buckingham Palace. Refreshments and snacks available at extra charge.

Lecture: Anecdotes in Applied Machine Learning, Alliant Energy-Lee Liu Auditorium, Howe Hall at 4 p.m. Brian McClendon, a former vice president at Google, will discuss how machine learning has become a bigger and more important factor in nearly every business and share examples of potential applications in the future. ISU Innovation Prize Weekend.

Performance: Godspell, Fisher Theater at 7:30 p.m. Using a variety of storytelling techniques and a hefty dose of comic timing, a diverse group of citizens perform parables from the Book of Matthew, and inspiring and entertaining songs ranging from pop to vaudeville. Dissolving hauntingly into the Last Supper and the Crucifixion, Godspell spreads messages of empathy, compassion and love.

ISU AfterDark, Great Hall, Memorial Union, at 9 p.m. Brian Imbus is an award winning entertainer that has become one of the most requested Hypnotists in the United States. He has performed for thousands of Colleges, Professional Organizations, and High Profile Events for over 20 years. Imbus will be followed by Josh Peck at 11 p.m.

All events courtesy of event.iastate.edu.

POLICE BLOTTER

4.1.19

An officer initiated an assault related investigation between two individuals at 2623 Bruner Dr (reported at 5:13 p.m.).

An officer investigated a personal injury collision at 224 Beach Rd (reported at 8:14 p.m.).

4.2.19

Caroline Renae Carter, age 19, of 14924 Franklin Plaza, Omaha, Nebraska, was cited for driving under suspension at Greeley Street and Pearson Avenue (reported at 5:26 p.m.).

4.3.19

An individual reported damage to posters at Helsler Hall (reported at 11:00 a.m.).

An officer investigated a property damage collision at Osborn Drive and Bissell Road (reported at 3:26 p.m.).

An individual reported the theft of items from a vehicle at Lot 112B (reported at 3:29 p.m.).

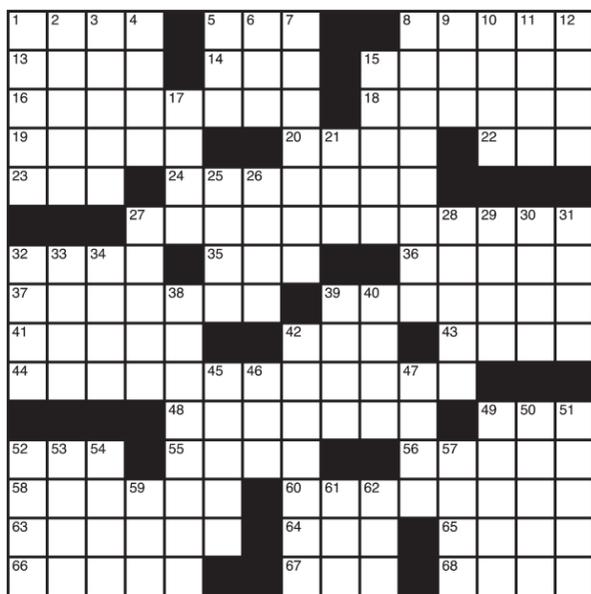
An officer checked on the welfare of an individual at Thielen Student Health Center (reported at 3:01 p.m.).

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 Source of many dialogues
- 20 Big name in game shows
- 22 FDR power program
- 23 Longing
- 24 Circle
- 27 Prohibition at the Ivory soap factory?
- 32 ___ ghanouj: eggplant dish
- 35 Theoretical foreigners, briefly
- 36 Declaim
- 37 Twist et al.
- 39 Compact containers?
- 41 It rarely happens at home
- 42 Equinox mo.
- 43 "___ you be my neighbor?": Mr. Rogers
- 44 Pre-law classroom exercise?
- 48 1993 Disney acquisition
- 49 More, in Morelia
- 52 Spice
- 55 Daredevil Knieval
- 56 "Awake in the Dark" author
- 58 Waiting to buy tickets, say
- 60 Bad place to be shipwrecked?
- 63 Allows
- 64 Sermon topic
- 65 Making waves, perhaps
- 66 Excites
- 67 Geometry shortening
- 68 Go down

YESTERDAY'S ANSWERS

GAM DRILL LACY
 ELLI RENEES ADUE
 ELLI EASE THE PAIN
 SEI YIP SYRUPS
 EYES FRONT OPTIC
 SULU TEAMS INA
 USA OLA EVER
 OWES BACKTAXES
 TVAD BRO TRU
 MET LYONS TREK
 CREPE USEASBAIT
 BRAINS NSA SICH
 WISE ASANOWL EKE
 ATKA FLORAE LEA
 REIN SWANS SRS

Across

- 1 "___ goes!"
- 5 Runway model?
- 8 Brewery shipments
- 13 U.S. citizen
- 14 "Come ___ the sea, / Maiden with me": Thomas Moore
- 15 Area
- 16 Porky's jacket and tie?
- 18 Hunter's trophy

Down

- 1 ___ hour
- 2 Rousseau's "___, or On Education"
- 3 Duke of Cornwall's wife, in Shakespeare
- 4 Back then, back when
- 5 Delight
- 6 Fish with no pelvic fin
- 7 Seismograph readings
- 8 ___ belt

FEATURE PHOTO



MIKINNA KERNS/ IOWA STATE DAILY

>> Rock on

The Unlikely Candidates, an indie rock group from Fort Worth, Texas, opened for The Brevet at The Maintenance Shop on Thursday.

IOWA STATE DAILY BUSINESS DIRECTORY

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Sudoku

by the Mepham Group

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

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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MEGAN BEHREND/ IOWA STATE DAILY

Starting in January, the horse barn has been welcoming new-born horses. Thirty-one horses have been birthed so far, with the 31st being born late on Monday.

Horse barn welcomes 31 foals

BY MEGAN.BEHREND/ IOWA STATE DAILY
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The horse barn on campus has welcomed 31 new baby foals since January — the most recent born late Monday.

The department of animal science has an equine production lab where students are enrolled in classes to help with the foaling and re-breeding process of mares on campus.

Nicole Ferwerda, horse farm manager, said since the gestation period for horses is 11 months and one-week long, the horses go through several classes before they move to their next destination.

“One class breeds and the next class foals,” Ferwerda said. “We like to have a few foals right after the semester starts so we can get started right away in class.”

Once the mare is sent to the horse farm by its owner, either Iowa State owned or not, the students begin observing the mare about one month before the due date. These students are looking for the physical changes the mare is enduring.

“Those changes can be the shape of the mare’s abdomen, mammary development, and amount of muscle

tone in their hips and tail,” Ferwerda said.

The observations of the mares become daily as the mare gets closer to her due date. Once labor begins, the mare is moved to the delivery stalls until a new baby foal is born.

The mare and foal are then monitored for several more hours to make sure the foal is functioning well.

“We make sure before we leave them [that] the foal has stood, nursed, laid down on its own and stood back up ... and that the mare is showing no signs of colic or anything unusual,” Ferwerda said.

At least 24 hours after birth, they are tested for antibody levels and then, once given the clear, are sent outside to continue growth.

About one-third of the foals born at the horse farm belong to Iowa State. Once weaned off their mother, these foals are used for a class of halter breaking that takes place during the first half of the fall semester.

After the halter breaking class, the foals are released into the pasture to graze before heading off to whatever task they were destined for.

“This job is challenging as you never have a clear-cut day-by-day routine; each day brings its own set of new challenges,” Ferwerda said.

“We like to have a few foals right after the semester starts so we can get started right away in class.”

— Nicole Ferwerda

Behind The Fashion Show scenes

BY MORGAN.DURICK
@iowastatedaily.com

With the 2019 Fashion Show just around the corner, committee members, directors and producers are getting the finishing touches ready for the event. One of the 15 committees within the The Fashion Show is the Modeling Committee.

The Modeling Committee is co-directed by Caleigh Corbett, a senior in industrial design, Lexi Stumpf, a junior in apparel, merchandising and design and Emily Curtiss, a senior double majoring in apparel merchandising and design and public relations. On Wednesday of each week they meet for a directors meeting then go into their committee meeting.

Along with that allotted time, the three co-directors meet weekly for office hours before the directors meeting and are in constant communication with each other. Curtiss said being a modeling director is like a job outside of school.

The committee has also hosted six modeling practices over the course of the semester, working on things such as stage presence, choreography and posture with the models. Their team works closely with the design committee and goes to collaborative events, such as judging day, fit night and garment photos.

One of the Modeling Committee’s biggest responsibilities is choosing the models that will walk the runway during the show.

Over 300 students auditioned this year and the committee selected 50 to 60 of them back in November when tryouts were hosted.

“We try to have people who are different sizes, different skin tones, from different backgrounds, so we really did keep [diversity] in mind while model casting and try to make sure we have a good diverse group,” Stumpf said.

Last year, The Fashion Show selected their first hijab-wearing model, Khadija Ahmed, and this year she is back on the model cast and will be wearing a hijab again.

“[Ahmed] is one of our rocks, she’s been walking real great for us,” Corbett said.

The committee is an advocate for confidence and has really enjoyed watching its models continue to grow and gain confidence throughout the process.

“We love when our models are confident in who they are and can rock what they’ve got,” Curtiss said.

Along with working with the show’s models, it is also the Modeling Committee’s job to bring The Fashion Show 2019 “Coast to Coast” theme to life in the overall look of the models. The team is doing this by incorporating east-coast-inspired hair styles and east-coast-inspired makeup looks on the models.

The co-directors said they have thoroughly enjoyed their experience working with their fellow committee and models for The Fashion Show 2019. They got emotional talking about their time working together coming to an end, saying they have become good friends.

“The fashion show has provided me with a good support system,” Corbett said.

Ames Public Library to host drag show

BY LOGAN.METZGER
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The Ames Public Library will be hosting an All-Ages Drag Show 6:30 p.m. to 9 p.m. Saturday.

“Drag is for everyone,” according to the Facebook page for the event. “Grab your best friend, your preschooler or grandmother, your dad or your neighbor and your neighbor’s kids, roommates, bandmates or that cool kid that sits next to you in math class and check out the free all age-friendly performances by professional and amateur drag performers.”

Some performers who will be at the event include Queen Marie, Smokey Moon, Christiana, Boyencé, Sage Umbra, Macie Maize, Jacob Sanchez, Cadaverina Von Corpse, Jaymee Sexton and Lonika LaBelle.

The schedule for the show will be the all-ages show 6:30 p.m. to 7:15 p.m. then a teens-only drag performer round table 7:15 p.m. to 7:45 p.m. The last event will be a teens-only drag show featuring professional and amateur performances, which will take place 8 p.m. to 9 p.m.

» DEAN Pg 1

He presented ideas such as expanding land grants, reforming teaching methods and preparing students from Iowa State to be ready in the workforce.

Jones also introduced the idea of reforming the way students learn in a classroom setting and how he wants to educate the future generation.

Jones said there is a difference between actively teaching, rather than passively only using research. He said it is the role of researchers, who also serve as professors, to explain their studies in a way that others can understand.

"It's one thing to have these great researchers, but if they can't translate that to the classroom, than we're missing something," Jones said.

For students to have a competitive edge when looking for jobs, Jones wants to expand students' skills such as time management and communication.

The fourth candidate in consideration is W. Samuel Easterling, who is the Montague-Betts professor of structural steel design and head of Virginia Tech's Via department of civil and environmental engineering.

Easterling said one of his goals is to maintain high quality undergraduate programs in addition to expanding graduate programs. Easterling said he wants to expand the graduate program and research opportunities. To do so, Easterling focused on the need to continue finding greater opportunities for financial support and undergraduate research.

"People are the core, they are our most valuable asset and key to success," Easterling said.

Easterling earned his doctorate in structural engineering from Iowa State and has earned awards such as the 2012 AISC Special Achievement Award, and the 2017 ASCE Shortridge Hardesty Award.

The fifth and final candidate is Karen Thole from Pennsylvania State University. She earned her bachelor's and master's degrees in mechanical engineering from the University of Illinois and earned her doctorate in mechanical engineering from the University of Texas. Thole is currently a professor at Pennsylvania State and is the head of their department of mechanical engineering.

Thole discussed how she would take Iowa State to the "next level". She proposed that education and research would help Iowa State do so.

Other topics she covered were relevant accomplishments and external drivers in education and research.

Thole said the pressures and cost of schooling is creating a toll on students, and diversity and inclusion is another major issue.

"I want to give a private school feel to a big land grant institution," Thole said.

Reporting contributed by Megan Nemeč, Amber Mohmand and Jordyn Dubois



COURTESY OF GETTY IMAGES

"Virginity is constructed as synonymous with purity for women," said Alexia Angton, a doctoral student in the sociology department, in an email. "The virginal ideal is constructed as a woman who is white, innocent and pure."

The root of virgin stereotypes

Society's views on virginity tied to media, education

BY NATHAN CIRIAN
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Editor's note: This is Part 7 in a weekly series called "The Talk." This series goes into topic areas relating to sex and culture that some may find sensitive in nature.

Virginity occupies a large space in the American media and cultural landscape; in fact, many people often get their ideas about virginity and the loss of it from the values of the media and culture.

Movies especially play an enormous part in the perception of virginity, specifically teen comedies.

The most notable 21st century example of this is the 1999 film, "American Pie," which revolves around a group of high school seniors who made a pact to lose their virginities before graduation.

Other notable teen films, such as "The Breakfast Club," "Sixteen Candles" and "Fast Times at Ridgemont High" depict virginity and the loss of it in a variety of ways.

As outlined in a study for the Sociological Review in 2009, Laura Carpenter interviewed a variety of people from diverse backgrounds about their experiences with virginity. It also connected their experiences to popular teen movies with themes surrounding virginity and attempted to attach different views of virginity to those films.

The study organized virginity into categories defining it as one of the following: a gift, a stigma, a process, irrelevant or as an act of worship.

The "giving" of one's virginity to someone they love is a common cultural behavior and media trope.

However, men often see virginity as a burden that has to be dealt with, as is the case in films such as "American Pie" and "The 40-Year-Old Virgin."

Virginity for women can also be burdensome. However, in a way that is different from men and has historically had a large bearing on their social standing.

"Virginity is constructed as synonymous with purity for women," said Alexia Angton, a doctoral student in the sociology department, in an email. "The virginal ideal is constructed as a woman who is white, innocent and pure."

"There is a double standard where women's sexuality is expected to be suppressed or only accessible for the pleasure of men, but men are allowed and expected to be sexual."

Men are also mocked for not living up to society's standards of sexuality, albeit for the lack of sexual activity rather than the excess of it.

"When men are discussed in conversations of virginity, they are often mocked for not living up to gendered expectations of sexuality," Angton said.

This attitude toward virginity was evident with the newest season of "The Bachelor," where Colton Underwood, the "Bachelor" for the most recent season, was openly a virgin.

His virginity was a hot topic on the show this season, so much so that, according to Glamour, the words 'virgin' and 'virginity' were mentioned 70 times throughout the season. The words were mentioned 18 times in the season premiere alone.

In her opening introduction, one

VIRGINITY THROUGHOUT HISTORY

ANCIENT AZTEC

Ancient Aztec virgins were banned from eating avocados because they were believed to be too sexually powerful.

ANCIENT GREECE

One Greek physician, Pliny the Elder, believed non-virgins had been permeated and therefore, they would have to urinate more.

ANCIENT ROME

In Ancient Rome, one cult appointed certain women as "Vestal Virgins." The women had to remain virgins for 30 years, and if they were found to have had sex beforehand, they were sealed into a chamber and left to starve to death.

UNITED KINGDOM

The British Royal Family has said Princess Diana's virginity is part of the reason she was selected to marry Prince Charles.

» THE TALK Pg 8

What does it mean to be *Forever True* to Iowa State?

► For thousands of alumni and friends, it means supporting practical, global and leadership opportunities for students. It means bringing faculty and students together to address the complex problems of a growing global community. It means graduating students who will go on to improve the quality of life in Iowa, the nation and world.

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Learn more: www.isuf.info/ForeverTrueWeek



We'll be on campus each day next week from 9:30 a.m. to 1:30 p.m. to celebrate philanthropy at Iowa State.



FOREVER TRUE WEEK

APRIL 8 - 12
ON THE IOWA STATE CAMPUS

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(TWO LOCATIONS EACH DAY)



Stop by our booths around campus to:

- Play our trivia wheel to test your knowledge about donor support on campus
- Write thank you notes to donors
- Tell us why you're "Forever True"
- Win **FREE STUFF**, including socks, buttons, laptop stickers, sunglasses and more!



Check out the **Forever True Week** Snapchat filter available throughout the week.



Share the fun you're having with us using the **#ForeverTrueISU** hashtag.

Keep an eye out for buildings and areas throughout campus that are "tagged" to show they were supported by donors.

IOWA STATE UNIVERSITY
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Iowa State Forever

The *Forever True, For Iowa State* campaign aims to raise a historic \$1.5 billion in private giving for Iowa State by June 30, 2021. The campaign seeks to transform the university by providing new levels of donor support for Iowa State students, faculty, programs and facilities – and ensure Iowa State is prepared to fulfill its unique role in meeting the challenges of the future. [Learn more at ForeverTrueISU.com](http://ForeverTrueISU.com).

Last Year,
\$83.4
MILLION

in philanthropic dollars were spent by Iowa State, including \$16 million in scholarship support benefiting almost 6,500 Iowa State students.

90 NAMED
FACULTY POSITIONS

have been created through donor support during the *Forever True* campaign. These positions play a big role in attracting excellent faculty to Iowa State and ensuring they can change students' lives – and change the world.

Since 2012,
2,000
ISU SENIORS

have raised over \$70,000 toward the Senior Class Gift Scholarship endowed fund, which provides scholarships to upcoming senior students.

Each year, Iowa State University Foundation Phone Center students make calls to almost
250,000
ALUMNI AND FRIENDS

to raise over \$1.3 million to benefit areas across the university.

Philanthropy 101



The foundation's for the university
The Iowa State University Foundation has the rewarding task of fundraising for the university. Together, we work as a team to match donors' passions with Iowa State's needs – whether in the form of individual scholarships, for faculty to provide students exciting opportunities or to explore interesting ideas, or for the facilities where students learn, research, collaborate, study and play. Bottom line: Large or small, for present or future needs, every gift by every donor helps make Iowa State great!



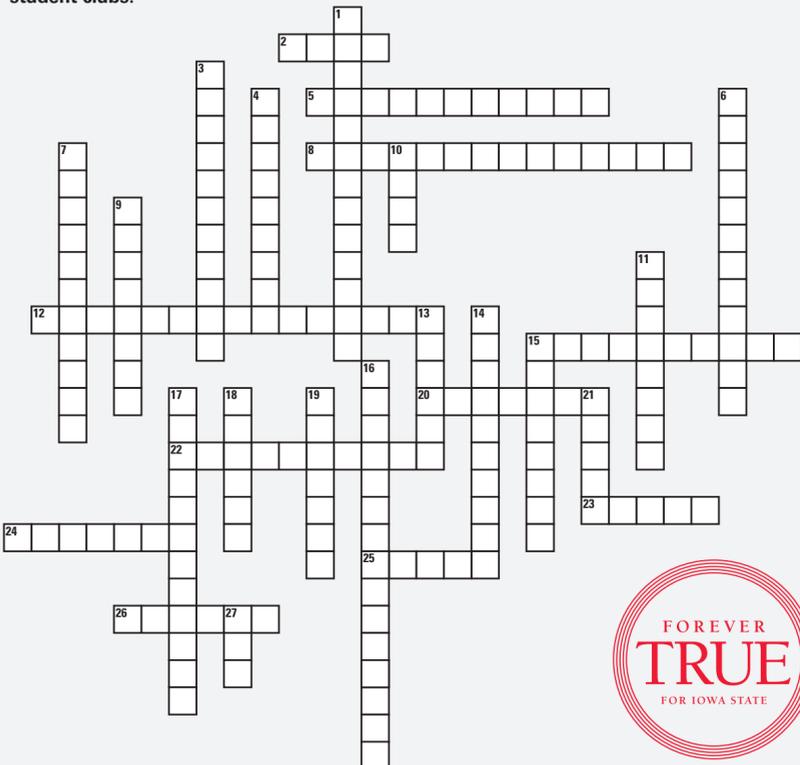
Who's lookin' out for you?
You may not realize it, but often the scholarships and awards received through colleges and departments are made possible because of donors. Just think: The person you pass crossing campus or sit next to in a restaurant could be the donor who's invested in your future!



The gifts that keep on giving
When donors establish endowments, their original gift is invested, and a percentage of earnings is put to use on campus. That means their gift goes on giving forever – and potentially changing the lives of thousands of students far into the future.

FOREVER TRUE WEEK CROSSWORD

Rev up your word skills and uncover the power of philanthropy at Iowa State University! Check out the following clues to solve the crossword puzzle and unlock facts about how private donations support nearly every aspect of campus life, from academic programs to student clubs.



ACROSS

- Acronym for Advanced Teaching and Research Building, which was funded partly by private support
- A gift from Dr. LaVerne Noyes donated to ISU in 1916: 2 wds
- Many of the renovations at this "magical" ISU Athletics facility are funded by donors: 2 wds
- Vision of former ISU President James H. Hilton and led by donations from C.Y. Stephens: 3 wds
- The Iowa State University _____ moves ISU forward through the rewarding task of fundraising for the university
- Farm House, Brunner, Christian Petersen
- When completed, the Student _____ Center will be a central hub for multidisciplinary student collaboration
- This library is recognized as one of the most outstanding collegiate library facilities in the United States
- The _____ Show is an event housed in the department of apparel, events and hospitality management that happens each spring and is produced entirely by students
- The _____ Veterinary Medical Center has a depth of expertise in large animal care
- This building houses the Debbie and Jerry Ivy College of Business

DOWN

- Donors help support more than 850 student _____
- Thanks to donor support, more than 1,700 students traveled the world through this ISU program last school year: 2 wds
- This houses the Stanton Memorial Carillon, including 10 bells that were the first private gift to Iowa State University
- Last year, the Iowa State University Foundation awarded over \$16 million in privately funded _____
- Named after emeritus professor Charles Hall, these structures play an important role in the department of horticulture
- Iowa State is one of 62 top _____ universities in the nation and a member of the Association of American Universities
- Forever _____ Week
- Gifts from ISU alumni and friends supported more than 24,000 Iowa State _____ during the *Forever True, For Iowa State* campaign
- Funded largely by private donor support, these gardens have grown to cover over 17 acres, and showcase a wide variety of insects, plants, art and architecture
- _____ Student Success Center: 2 wds
- The structure outside the Memorial Union that includes the four seasons
- Starting as an ISU tradition in 1876, this is now a scholarship supported by current ISU seniors: 3 wds
- What *Forever True* Week celebrates on campus
- Gifts from these people help support all of Iowa State
- Located in the basement of MacKay Hall, this restaurant/teaching operation is named after Joan Bice Underwood
- Hall, Endzone Club, Basketball Complex, Atrium
- _____ College of Business

STUMPED? Answers at isuf.info/ForeverTrueweek

Giving Forward by Giving Back

BY ELAINE WATKINS-MILLER

Many recent Iowa State graduates, who are managing new careers and the next phase in life, choose to donate to Iowa State. They understand that giving back to their alma mater – \$5 or \$10 a month or more – is actually giving forward to help students become the leaders, innovators and creators the world needs.

"I would not have been able to attend college if it wasn't for the financial aid awarded to me," said Seamus Kelly, a member of the class of 2017. He received multiple scholarships and worked at the Iowa State University Foundation Phone Center as he earned his bachelor's degree in accounting.

While at Iowa State, he saw how important philanthropy is to every area of student life. "Working in the call center, I began seeing the impact of giving all over campus," Kelly said. He explained that donations to academic programs enhance a student's experience in the classroom, while funding for a new building, student clubs and residential life enriches the atmosphere on campus. "Giving impacts every student on campus in some form," Kelly said.

Jackie Pasek '17 is a monthly donor because she wants more students to have scholarship opportunities. "It is important for me to give to Iowa State because my donations can help a fellow Cyclone have an amazing experience at Iowa State like I did," Pasek said.

Kelly agrees, "I personally think giving back to Iowa State helps me pay it forward and helps future generations of Cyclones."



"I give to Iowa State because I believe students should have more scholarship opportunities. It is important for me to give because my donations can help a fellow Cyclone have an amazing experience at Iowa State like I did."

- Jackie Pasek '17, Donor



"I would not have been able to attend college if it wasn't for the financial aid awarded to me. I personally think giving back to Iowa State helps me pay it forward and helps future generations of Cyclones."

- Seamus Kelly '17, Donor

Charles, 1976

I was the first in my family to get a bachelor's degree. I came to the university from a small-town school, yet I felt I got as much personal attention at Iowa State as in my high school. Just as they do today, the professors cared for students personally and grounded us in an education and in values that stay with us for a lifetime. This is why I love Iowa State.

Charles, Today

donor to the Mary and Charles Sukup Global Professor in Food Security, Sukup Hall and Atrium in the Biorenewables Complex, the Sukup Basketball Complex, Sukup End Zone Club, and many other areas

Impacted by Philanthropy

BY LINDSEY DAVIS '17

For many students, receiving scholarship support eases their financial stress and student debt, and for some, it's the reason they can afford to attend a top-notch university like Iowa State. Privately funded scholarships enable students to flourish in their studies and extracurricular activities, helping to ensure that they'll reach their fullest potential. **Blake Lineweaver is one such student who knows the value and impact of receiving scholarship support.**

As a first-generation college student, Lineweaver's higher education experience has been "solely mine, from researching colleges to finding the financial means to attend," he said. Privately funded scholarships have provided him with a much-appreciated peace of mind so that he can focus on his college experience – including his involvement in FarmHouse Fraternity and the University Honors Program – rather than the financial pressures of attending a university on his own dime.



Blake Lineweaver
Junior, agronomy and international agriculture



'Tagged' – They're It!

Throughout campus next week, you'll notice that certain buildings and areas are "tagged" with an "I am here because of donors" sign. When you see these, you'll know the building you're looking at or the area you're utilizing received support from private donations. Here are just a few of the many "tagged" places you'll find:



MORRILL HALL

More than 3,300 donors supported the renovation of Morrill Hall, which was built in 1890 but fell into disrepair and disuse in the early 2000s. With the help of private donations, the refurbished building reopened in 2007.



CAMPANILE

Edgar Stanton graduated from Iowa State's first class in 1872 and eventually acted as president of the college on four occasions. When his wife, Margaret, who was the first dean of women, died, Stanton purchased the original 10-bell carillon for her memorial and had a tower built on central campus to house it, becoming the Campanile Iowa Staters know and love today.



TROXEL HALL

With seating for 400 students, Troxel Hall is utilized for classes in many different disciplines across campus. The building is named after alumnus Doug Troxel, who is president and CEO of the Change Happens Foundation, which provided a lead donation of nearly \$5 million for the building.



BIORENEWABLES COMPLEX

The Biorenewables Complex – consisting of Sukup Hall, Virgil B. Elings Hall and Iowa State's Biorenewables Research Laboratory, and home to the department of agricultural and biosystems engineering – was completed in 2014 and was made possible through a partnership of public and private support.

Lineweaver, a junior double majoring in agronomy and international agriculture, hopes to one day own a community-supported agriculture farm, where community members can have a direct relationship with the food they consume through harvesting it themselves. Because of scholarship support, Lineweaver feels confident he's building a foundation for success to achieve this dream. "Through the gifts I've received, I'll be able to graduate from Iowa State without a single loan, while still having traveled to three countries and exchanged to the University of Wyoming for a semester," he said. "I'm tremendously grateful for the opportunities I've been given, and I have donors to thank for making this all possible through their support."

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Connecting people of all ages

“Trolls” has a timeless message for everyone

BY LACEY WESTBERG
@iowastatedaily.com



COURTESY OF WIKIMEDIA COMMONS

“Trolls,” released in 2016, gives important lessons to not only the children the movie is intended for, but also the adults who watch.

Movies have always been a classic go-to for people of all ages. These fun-filled motion pictures encapsulate the lives we wish we could live, cover the lives we’re glad we don’t have, or simply just entertain us. Children’s movies serve more than one purpose, with one of them being to subconsciously teach them. “Trolls,” a movie released by DreamWorks in 2016, tells the tale of the Trolls and their journey to make peace with the Bergens and find inner happiness, teaching many lessons that are vital to children and some unknowing adults.

The soundtrack in the movie “Trolls” is one that many have heard before but in a whole new way.

A movie’s soundtrack is probably one of the most important, yet underrated, things that supplement an amazing movie. The soundtrack to this movie includes a new hip twist to a lot of songs that we know and love from a few years before and current songs as well. All genres were included, from hard rock to indie folk, and of course pop. The movie does a fantastic job of picking a song to fit the situation.

For example, when the Bergens, a race of sad ogre-like creatures who eat the Trolls to experience happiness, are introduced they are singing “Clint Eastwood” by the indie rock band Gorillaz. The producer’s choice in this

song, while having the characters sing along to already popular songs, makes it closer to home for the adults, as well as gives a taste of musical history in a kid-friendly way.

The overall storyline is also one of the movie’s strongest attributes. While it is just a “children’s” movie, there is more to the storyline with its underlying messages. Along their journey the Trolls face countless trials, such as dealing with self-doubt, having quarrels with friends and of course staying out of the Bergens’ bellies.

Children could hugely benefit from seeing this story unravel, as it reveals that sacrifice for others is necessary, happiness is inside you and many more lessons. The journey that the friends have to go on to save not only themselves but the rest of the Trolls makes for an amazing and inspiring storyline.

The children love the movie for bright

colors and songs, but young adults and teens will probably get the most out of the character development. Through the development of characters, the movie unveils many hidden messages, such as mental illness.

By focusing on the main characters, Princess Poppy and Branch, I will tell you why their development is so important to people of all ages.

Princess Poppy, the female lead of the movie, is a good advocate for mental illness. One of the main underlying themes in this movie is mental illness, specifically depression.

The male lead of the movie, Branch, loses his colors when his grandmother is eaten by a Bergen. This causes him to not display the normal characteristics of the Trolls. At first, people treat him as an outcast, not knowing what he has been through, including Poppy. But throughout the story Poppy learns more

about Branch and his emotions, and she starts to help him deal with his struggles and return back to the Troll he is meant to be.

Spoiler alert: the trolls are recaptured by the Bergens. All of the Trolls lose their hope and color, just like Branch had. Sitting in the pot getting ready to be dished up, Branch sings the song “True Colors.” This makes the Trolls regain hope and courage, revealing to the Bergens that eating them will not make their situation any better.

Movie critic Owen Gleiberman said, “What they (Bergens) don’t realize is that you can’t achieve happiness by stuffing your face with Trolls, or (by implication) with anything else. The feelings already have to be there — and, in fact, they are. The movie’s message, and it’s a lovely one, is that we all have a wild-haired, beaming doll of happiness inside. “Trolls” will put you in touch with yours.”

LETTER

Political parties need to concentrate on being nuanced

BY JOHN WILKIN
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If you only pay attention to one side of our current politics, every issue would appear non-controversial. You would get the impression that your side is obviously right, and that the other side is either stupid, corrupt, or motivated by something objectionable, like racism or greed.

In reality, every political issue is much more nuanced. However, acknowledging this does not help politicians or the media, who directly benefit from provoking outrage at the opposition.

Politicians, concerned with their own incumbency, often resort to pandering to their base by demonizing their opponents. If you listen to Republicans on tax policy, you will hear that Democrats are greedy, lazy and want to take more money from hardworking Americans. If you listen to Democrats, you will be told that Republicans only care about protecting their wealthy donors and have no regard for the lower class. These two contrasting attacks share three commonalities: They are completely unnuanced, factually incorrect and are regularly used by politicians and the media.

When politicians can provoke outrage at the opposing party, their constituents become energized to support them. This means that, instead of engaging in respectful, productive dialogue focused on the most pressing issues of our time, politicians embrace the 24-hour news cycle to spin hot-button issues for personal gain. They prioritize grandstanding and soundbite-making to boost their current popularity over productive policy making.

A perfect example of this sort of behavior was Senator Cory Booker’s grandstanding during the SCOTUS confirmation hearings for Brett Kavanaugh, in which he repeatedly bragged about breaking the senate rules and went on to say, “this is the closest I’ll probably ever have in my life to an ‘I am Spartacus’ moment.”

The reason America has a representative democracy instead of a pure democracy in which citizens vote directly on every policy is so that our elected officials can engage in serious, nuanced conversation about critical issues in a manner that prioritizes truth and efficacy over political victory. However, our current elected officials are usually unwilling to tell the hard truths to their constituents. They won’t

vote for policies which, while ultimately necessary and positive, carry short-term negative ramifications on their popularity.

The media amplifies this issue because of incentives that reward click-bait headlines and outrage provocation. News outlets know that a large portion of the American people are currently highly polarized and have a hostile view of the opposing party. Therefore, they reinforce the confirmation biases of one side by supplying them with a daily dose of outrage at their opponents. Outlets like Fox and Breitbart cater to the right and disparage the left, while CNN, MSNBC and the New York Times promote the left while pillorying the right.

Journalists themselves become polarized and begin subtly advancing political agendas with their reporting. Outlets are disturbingly quick to report stories before the facts emerge to garner clicks, especially if the narrative aligns with their world view. Recent examples of this include the Covington Catholic High School fiasco and the supposed attack on Jussie Smollett.

As consumers of news media, American citizens like you and I have been guilty of furthering this issue. A

study by Columbia University found that Twitter users are more willing to share a news article than to actually read it. Why take the time to actually read the article when the headline (apparently) confirms your sentiment towards a specific politician or issue to be justified? A rather comical example of this phenomenon is when Science Post shared an article under the headline Study: 70 percent of Facebook users only read the headline of science stories before commenting. The article contained only one brief paragraph and continued with a page of Lorem Ipsum. It was shared over 45,000 times on Facebook.

The solution to these issues is to recognize the presence of and actively search for nuance in current political issues. Let’s return to the example of tax policy: In reality, Democrats believe that higher taxes on the wealthy and big corporations will allow the funding of policies which help the less fortunate citizens of our country achieve the American dream. Republicans believe that minimizing the role of the Federal Government by decreasing taxes and keeping money invested in businesses that create products and jobs, rather than in the hands of the inefficient government, will keep

incentives properly aligned in order to achieve continued economic prosperity. Obviously, this is only the base layer of the two positions on the issue, but it shows that there is good intent behind both ideas. This same exercise can be done with every major issue. The abortion argument, at its root, can be whittled down to when a fetus is considered to be a human, giving it the inalienable rights with which this status is accompanied. Instead, what you will hear is that Republicans don’t care about women and Democrats don’t care about babies. Because who needs nuance when you can claim the moral high ground to avoid an exchange of ideas?

America was founded on the free, dispassionate exchange of ideas. Thomas Jefferson said, “An informed citizenry is at the heart of a dynamic democracy.” Politicians and the news media must return to promulgating the nuances of the great issues of our time, and us — the citizenry — must disengage from outrage-centered political debate and strive for respectful, productive conversation. Disconnect from your preconceptions and predispositions. In the end, conversation is all we have. Protect it — don’t distort or abuse it.

Wigginton enters name in NBA Draft

BY AARON.MARNER
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Iowa State may have lost one player already to the NBA Draft when freshman guard Talen Horton-Tucker announced his intention to go pro Monday.

Sophomore guard Lindell Wigginton followed suit Thursday when he announced he will put his name in the draft "with the full intent of staying in."

Wigginton played two years for the Cyclones, leading the team in scoring at 16.7 points per game as a freshman in 2017-18. He tested the waters after the

season before deciding to return for his sophomore year.

Wigginton injured his foot in the season opener and missed the next 10 games before returning on Dec. 21, 2018.

Wigginton started just one of the team's final 24 games despite being second on the team in points at 13.4 per game.

"I would like to thank you for the unwavering support and love you've given me during my time here at Iowa State," Wigginton said in his announcement. "These past two years have shown me what it means to be a part of a special university, city and state. I could not be more blessed

to have shared this opportunity with each one of you along this journey."

Wigginton's departure leaves Iowa State with three open scholarships after Horton-Tucker's NBA decision and redshirt sophomore forward Cameron Lard's departure.

"I would also like to thank my family, my teammates, and the Iowa State coaching staff as I could not have done any of this without them," Wigginton said. "I am extremely grateful for their continued support."

Wigginton can hire an agent and still retain his collegiate eligibility if he announces his return by May 29.



KENNEDY DERAEDT/ IOWA STATE DAILY
Sophomore guard Lindell Wigginton gets fouled by Texas Tech sophomore guard Davide Moretti during the first half of the senior night game.



KENNEDY DERAEDT/ IOWA STATE DAILY

Then-sophomore Annabella Bonadonna played for Iowa State Tennis April 23, 2017. Bonadonna went 1-6 against Lena Ruppert of OSU.

Struggling Cyclones head to Kansas

BY TAYLOR.WIEGERT
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The Iowa State tennis team (5-8) heads down to Kansas to face both Kansas (5 p.m. Friday) and Kansas State (11 a.m. Sunday) this weekend.

With Kansas (13-4) being ranked and Kansas State (10-9) just dropping out of the rankings this past week, the Cyclones are looking forward to both weekend matchups as a chance to prove what they have.

Although the Cyclones face two high quality opponents, the team isn't focused on that. Coach Boomer Saia said everyone will be challenged during these two matchups but he wants his players to compete hard and not play the ranking but just play the player across the net.

Annabella Bonadonna, a current senior leader on the team, said she is looking at this weekend

as just another opportunity to go out and do what they do best.

"It doesn't matter who we are playing, we practice every day to beat anyone in the country," Bonadonna said.

Currently, the Cyclones have lost five matches in a row. Iowa State's last win came 4-3 against Nebraska March 3.

Since then, the Cyclones have lost 4-1 to Minnesota, and made four consecutive losses to Big 12 foes Texas Christian (TCU), Texas Tech, Oklahoma State and Oklahoma.

After having a weekend off, the team has had the "chance to reflect, get back to the fundamentals and get back to high energy and high competitiveness," Saia said.

Regina Espindola, another senior leader on the team, said that in order to get out of this rut the team has to focus on getting the doubles point first.

Saia agreed, and said he believes it will help the team generate some momentum since they haven't done that in the past few matches.

Bonadonna is ready to take on the weekend with full force.

"It's tough to have lost five in a row but it's important to not have that score in our minds and to just play for ourselves and the rest of the team," Bonadonna said.

The Cyclones are coming into this weekend with a competitive and positive energy that they will need on the road against two difficult opponents.

"It's important to maintain the belief and do what we do and keep believing," Saia said. "It's what we preach."

With a confident mindset and pure excitement to get back on the courts this weekend, the Cyclones are looking to come out of this weekend with positive results.

Cyclones host reeling Yellow Jackets

BY SAM.STUVE
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The Georgia Tech Yellow Jackets will be in Ames on Saturday and Sunday to face Iowa State at the Cyclone Sports Complex. Both teams have been on losing skids recently and have similar numbers so far this season.

Georgia Tech is 23-16 (5-7 ACC) and tied for eighth out of 12 teams in the Atlantic Coastal Conference, while Iowa State is 19-15 (1-5 Big 12) and in last place among the seven Big 12 teams.

Both teams are coming into the matchup on a skid, as Georgia Tech has lost six out of its last eight games and Iowa State has lost five out of its previous seven.

The Yellow Jackets have been outscored by 10

runs in their last eight games, and the Cyclones have been outscored by 25 runs in their last seven games.

The Yellow Jackets and Cyclones have met once before, 15 years ago in 2004, when Georgia Tech beat the Cyclones 11-0 in Marietta, Georgia.

The Yellow Jackets have a batting average of .291, which is fifth best in the ACC and 76th nationally. Iowa State has a batting average of .251, which is last among Big 12 teams and 217th overall.

Two of the top hitters from the ACC and the Big 12 will face off in Ames, with sophomore Breanna Roper representing Georgia Tech against junior Sami Williams for Iowa State.

Roper leads the Yellow Jackets in batting average with an average of .412, which is ninth best in the ACC and 75th nationally, while Williams

has a batting average of .402. Williams' average is eighth best in the Big 12 and 110th nationally.

Pitching seems to be the Achilles' heel for the Yellow Jackets so far this season, as they have an ERA of 4.13, which is eighth in the ACC. The Cyclones have an ERA of 3.07, which is fifth in the Big 12.

When Georgia Tech and Iowa State play in Ames, the matchup will feature two of the top 50 defenses in the country, as both teams have a fielding percentage of .968, which is tied for 50th in the country.

Iowa State will play Georgia Tech twice Saturday, with the first pitch of the day scheduled for 1 p.m. and the second game starting thirty minutes after the first game ends.

The final matchup of the series will be at 12 p.m. Sunday at Cyclone Sports Complex.

Big 12/ Big East matchups announced

BY AARON.MARNER
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Iowa State will face a tough Big East foe in December as part of the new Big 12/Big East Challenge.

While the specific date and time of the game has not been announced, the Cyclones know they will take on Seton Hall at Hilton Coliseum as part of the challenge.

Just like Iowa State, the Pirates lost in the first round of the NCAA Tournament. Seton Hall finished its season 20-14 (9-9 Big East) and earned a 10 seed in the Midwest region. If Iowa State and Seton Hall had won their first two games, they would have matched up in the Sweet 16 in Kansas City, Missouri.

Seton Hall loses one senior — forward Michael Nzei, who averaged 9.0 points and 5.2 rebounds per game — but the majority of the team should return.

Junior guard Myles Powell led the Pirates this season with 23.1 points per game, including 27 points in the team's first round NCAA Tournament loss to Wofford. He entered his name in the NBA Draft but could still return to college by May 29 and retain his eligibility.

Iowa State is in a similar spot with freshman guard Talen Horton-Tucker, who entered his name for the NBA Draft as well. Horton-Tucker can also return to college by May 29 and play for Iowa State in 2019-20.

MATCHUPS

- » Butler at Baylor
- » Seton Hall at Iowa State
- » Kansas at Villanova
- » Marquette at Kansas State
- » Oklahoma at Creighton
- » Georgetown at Oklahoma State
- » Xavier at TCU
- » Texas at Providence
- » Texas Tech at DePaul
- » West Virginia at St John's

Living the not-so-sweet life

What it's like giving up foods with added sugar

BY MCKENZIE REIMER
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I was at the store with my younger sister when I stumbled upon a book about a family who gave up added sugar for a year.

After reading this book and watching a BBC documentary, I began to question what sugar really did for the body and I wanted to know what a low sugar or no added sugar diet would really look like. On March 16, 2019, I began a journey by giving up the thing I once held so dear; added sugar.

Kallen Anderson, the registered dietician for ISU Dining, said sugars are a form of carbohydrates found in grains, vegetables, fruits and our dairy products. Anderson said added sugars are added to a food product or to a food item to give it extra flavor or to help with its preservation process, so it will stay good longer. Foods like jams and jellies need sugar to be shelf stable otherwise they will go bad in a shorter period of time due to a bacteria growth that causes botulism.

I knew I ate a lot of foods high in added sugar. Snacks like candy, chocolate, cookies, and cakes quickly became out of the question. The American Heart Association (AHA) website recommends limiting the amount of added sugars to no more than half of the daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about six teaspoons of sugar and for men, it's 150 calories per day, or about nine teaspoons. According to a package of Peanut M&M's purchased from a vending machine at Iowa State University, one serving includes 25 grams of sugar, or six teaspoons.

I quickly found the majority of foods I eat had some form of sugar in it, including ketchup and bread. According to a study done by the University of North Carolina in 2015, 60 percent of packaged foods found in an

While a diet full of foods with added sugar is unhealthy, dieticians don't recommend giving up sugar completely.

American grocery store included some form of added sugar. When they looked at every individual processed food in the store, 68 percent had added sugar.

"Sugar in itself is not a bad thing," Anderson said. "It's in so much of what we eat, and our body needs it to survive and to function properly but too much of it can be a little bit overbearing."

I realized straight away giving up sugar was not an option. I didn't want to restrict myself into something that was not going to be sustainable in the long run. I began focusing my efforts on limiting the snacks and frozen foods I was eating daily that included added sugars. I wanted to find a balance.

Anderson said she doesn't believe in giving up sugar or added sugar. "I see so many 'diet plans' or 'fad diets'. They are all the same thing. It's all a part of diet culture, which is telling us that we need to look a certain way, be a certain way, have a certain size and shape of body and we are supposed to eat this way to be 'healthy,' which doesn't work."

I began switching out the instant packaged oatmeal and sugary cereals I normally ate for breakfast for homemade oatmeal, including fresh fruit and cinnamon for flavor, and cereals like Cheerios. For lunch and dinner,

I started grilling chicken for meals like quesadillas and salads and skipped the frozen TV meals. The biggest changes I made were choosing to eat carrots and apples and drinking water, instead of brownies and soda. I looked at the ingredients on packages and the amounts of added sugars and realized I could find something else much more filling simply by walking over to the produce or dairy section and incorporating it in to my meals.

This experiment was not about losing weight for a diet, it was originally about seeing if a no added sugar diet was sustainable. Two weeks after I began, on March 30, I weighed myself for a comparison. I did lose weight. In fact, I lost four pounds. I was able to lower the amount of added sugar I was eating to three teaspoons a day and I did lose weight from it.

"That's just diet culture," said Anderson. "Trying to play the blame game on a specific food or a specific ingredient. Any restrictive diet helps you lose weight no matter what it is. Once you go off of that diet, it doesn't teach you a skill and it doesn't help you."

Anderson said because a lot of college students are on their own for the first time and are able to choose from the wide variety of foods on campus, they will often choose

a little bit of everything like pizza, Chinese food, and sandwiches and don't listen to their natural hunger cues.

Paige Stropes, a junior majoring in industrial engineering, said she consumes a lot of sugar filled foods throughout the day.

"It's sad," Stropes said. "But it isn't really that shocking. I know I probably eat too much of one thing some days, but I think I do an overall good job eating in moderation."

Anderson recommends eating a balanced diet and following the dietary guidelines found on MyPlate. She also suggests meeting with one of the dieticians on campus, either her, for students with a meal plan, or Lisa Nolting, the dietician for students without a meal plan. Anderson does have a food Instagram account dedicated to showing students how much they should be eating. If students want ideas and or recommendations for places to eat on campus, they can look up her account, @isudiningrd.

"If you are eating well balanced meals and diet beforehand, you can have a soda to go with it. You are probably getting all of the nutrients that your body needs from the regular food you eat," Anderson said. "Having a treat every once in a while, like a soda or a cookie, is totally normal."



COURTESY OF GETTY IMAGES

Tips for finding employment after graduation

BY COURTNEY LAMPMAN
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Many students enter their second semester of senior year with one thing on their mind, employment after college. With a solid resume, internship experience and a little professional help, you're on the right path to a career after college.

Students don't utilize the huge resource they have on campus that is included with their tuition-- career services. Iowa State offers seven career service offices that directly cater to your needs as a student. Career services can improve resumes, tune up interviewing skills and even help you develop your LinkedIn account.

Tammy Stegman, Director of Career Services for the College of Human Sciences, discussed when college students should begin thinking about jobs.

"The earlier you start, the more successful you might be. We start to

expose freshman to what's possible," Stegman said.

She expressed the importance of exposing students to things like campus involvement and skill building which can play crucial roles in success later on.

Resumes, a lot of times, are your first impression with a company, this makes them a very valuable asset. Stegman suggested creating an entire section on your resume titled "Related Experience." This sets apart what you've done to create work ethic and what you've done that has built your skill set in your particular industry.

She also advised job seekers to remember that content on a resume is important, however employers won't take a second glance at that content if it doesn't have professional formatting.

"If your resume doesn't look good, the recruiter doesn't want to look at it. It's about creating the perfect balance between those two," Stegman said.

When considering outside employment services, Stegman advises that



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Getting help on a resume from a professional is a great place to start.

students explore career services and all they have to offer.

However, companies like Employment Boost, which offers professional resume writing services, still prosper and can help create a resume that will set students apart. James Phillip, CEO of Employment Boost has a lot of experience when it comes to the hiring process.

With professional help comes a price to tune up your resume. Employment Boost lists their entry level resume writing price at \$159.00. While many college students would have to pinch pennies to obtain this service, Phillip explained how his company is always up to date and being trained on what is currently happening in the business world.

He continued about Employment Boost's ability to break through the two filters of hiring.

"You have to get through the person in Human Resources, who often doesn't understand anything about what you're doing, and then you also have to make the hiring manager happy," Phillip said.

It's all about creating a happy medium of skills and experience that is favorable to both parties. Phillip explained that describing the impact you had on the company you interned for rather than listing the skills you acquired can help students to stand out.

Lastly, he touched on how important first impressions are, especially when most first impressions happen electronically through sending in a resume or viewing a LinkedIn profile.

The thought of getting employed right out of college may seem scary. However, with the right resume, experiences and a little bit of help, a career after college is reachable.



The story of the swans

BY SAMUEL CONTRERAS
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Last week you asked: “Lancelot and Elaine are really popular at Iowa State, but what is their story?”

Well, we have the answer.

According to Chris Strawbacker, campus planner with Facilities, Planning and Management: “The swans were first added, or introduced, to the lake in 1935 at Veishea. There was a water carnival theme for the Veishea event and they had a swan float that had four swans exit the back of the boat. Those were the first swans on the lake. Two out of the four were named and there was a prize of \$10 given to a student who came up with the names. Based on the 20 to 30, 40-year lifespan there have been four or five pairs. The swans are on the lake year-round. They are icons for Iowa State and part of campus traditions.”



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of the contestants even remarked she could not believe Underwood was a virgin, perhaps referring to his looks and status as a former contestant on “The Bachelorette” and as a former NFL football tight end.

While men are mocked for their sexual inactivity, women are mocked for their sexual activity.

“When expectations of women’s sexuality are challenged or resisted, narratives of women being impure and promiscuous are shown throughout the news, social media, and tv/film,” Angton said.

Virginity is largely a social construct and has very little medical backing. It was once thought that the breaking of the hymen was a signal that a woman was no longer a virgin.

This is not the case. The World Health Organization reported that the United Nations’ agencies were calling for a ban on virginity testing in October 2018.

Angton said the use of the hymen to signal virginity is “misleading because some women do not have hymens and/or the hymen can be broken doing other activities besides sex, such as riding a bike, horseback riding, etc.”

The traditional definition of virginity is heteronormative and often ignores LGBTQIA+ people and people of color, Angton said.

It is heteronormative in the sense that traditional definitions of virginity loss often center around penis to vagina penetration, leaving some people in the LGBTQIA+ community out in the dark as to what constitutes virginity, often leaving many people to define virginity for themselves.

Angton also blames these perceptions of virginity on the lack of “comprehensive sex education.”

“[It] influences these perceptions and causes men (and women, LGBTQIA+) to rely on the internet/social media for information on gendered and sexual expectations,” Angton said.

