

EARTH DAY 2015

KEEPING CAMPUS GREEN

Students put together spring Eco Week to promote sustainability in place of Veishea

By Jace Dostal
@iowastatedaily.com

In the first year without Veishea, students have been scrambling to find a replacement for the much loved tradition. Wicitra Mahotama, president of the Iowa State Environmental Science Club, thinks his club has found the solution.

At the beginning of the school year, IS-

ESC was brainstorming its events for the year when Hannah Hoggland, vice president of ISESC, suggested Eco Week, a weeklong celebration of all things environmentally friendly.

"It's been an idea for a year and finally become a realization," Mahotama said. "But as a small, new organization the challenge was how do we do a whole week?"

When word got out that ISESC was creating Eco Week, other environmental clubs stepped in to help. With the aid of the other clubs, Eco Week began to grow into a celebration of all of the work student run clubs do to promote a healthy environment.

"We decided that [Eco Week] was a perfect opportunity for all of these clubs to collaborate and to do something great for the university," Mahotama said. "It's amazing how much a group of students can do just from a single

ECO WEEK p8A



Illustration: Eric Fields/Iowa State Daily

Republicans win annual Caucus Cup debate

By Alex Hanson
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The ISU College Republicans beat out the ISU College Democrats in this year's annual Caucus Cup on Tuesday night, a debate sponsored by the Greenlee School of Journalism and Communication for First Amendment Day events this week.

The debate, which took place in the South Ballroom of the Memorial Union with about 200 in attendance, pitted three Democrats against three Republicans on the issue of genetically modified organisms (GMOs) and campaign finance reform.

The Democrats were represented by Zach Rodgers, sophomore in political science; Steven Valentino, sophomore in political science; and Peter Benzoni, senior in computer engineering. The Republicans were represented by Thomas Leafstedt, sophomore in agricultural business; Catherine Leafstedt, junior in agronomy; and Brittany Gaura, sophomore in political science.

Kate Tindall, senior in journalism and mass communication, moderated the event, while Jean



Hochul Kim/Iowa State Daily

Members of the College Republicans and College Democrats met Tuesday for a debate. The topics included campaign finance reform and GMOs. The College Republicans won the debate and earned the Caucus Cup.

Goodwin, professor of English and speech communication, and Kelly Winfrey, lecturer with the Carrie Chapman Catt Center for Women and Politics, judged the event.

Democrats argued for cam-

campaign finance reform in their opening statement, saying corporations and Super PACs being able to donate large amounts of money gives them an unfair advantage in election cycles.

"Unlimited spending in cam-

paings undermines our Democratic process," Rodgers said, arguing "Citizens United," a Supreme Court case, is the main factor behind big money in politics.

"America is supposed to be about 'We the People,' not 'We

the Corporations,'" Rodgers said.

Republicans argued that the issue of campaign finance comes down to a First Amendment issue. They said anyone with money should be able "to put their money where their mouth is," which is free speech.

"It's fitting on First Amendment Day that we argue how we can exercise our rights," Gaura said.

In rebuttal, Democrats offered that states have implemented laws that make money in politics more transparent. They argued how much money was spent in the 2012 election was a "big" issue, with lots concerned about where big money was flowing in from.

Republicans responded citing several Supreme Court cases where precedent shows laws against spending money — by both individuals and corporations — in politics were ruled as a violation of their First Amendment rights protecting free speech.

In the final rebuttal for Democrats, Benzoni said the amount of money in politics is "ludicrous"

DEBATE p7A

Open forum held to discuss sexual assault

By Sarah Muller
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Students and faculty gathered in room 127 of Curtiss Hall on Tuesday night to take part in an open forum regarding the investigation by the U.S. Department of Education Office for Civil Rights involving a sexual assault case on campus.

"Our role is to make it better," said vice president Tom Hill. "If we only push it forward a little bit, it's better than sitting here accepting the status quo and not doing anything.

Jerry Stewart, director of public safety; Robin Kelley, Title IX director; Dr. Pamela Anthony, vice president; and Hill took the stage to listen to suggestions and answer questions voiced by the students.

While the topic was sensitive, there were student moderators directing the conversation and enforcing the rule of respect among participants.

At multiple points, there were references to the wording of sexual assault policies. Many students voiced their concerns about the vagueness.

Some attendees were unclear

of the consequences of the perpetrator if convicted by the Office of Judicial Affairs. The university clarified that expulsion and suspension were the most extensive options for punishment.

"We're not perfect, but I think we do a pretty good job," Hill said. "We have conscientious people who work top to bottom trying to get this thing done."

"Consent" was a word thrown among the conversation frequently. Multiple students expressed a desire for a more clarified definition of the term in the university's policies.

Hill expressed his sympathy



Charlie Coffey/Iowa State Daily

The moderator of the Office for Civil Rights public discussion introduces members of the panel for the discussion regarding Iowa State's sexual assault investigation Tuesday.

and frustration when dealing with the sexual assault processes.

"I wish I could do more, simply," Hill said. "I wish I had the ability to stop it. No one deserves

to be violated like that, I don't care who it is."

Students also voiced their

FORUM p7A

Weather



WEDNESDAY
Sunny.

53
33



THURSDAY
Sunny.

62
41



FRIDAY
Partly cloudy. Slight chance of showers.

58
41

Weather provided by ISU Meteorology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

April 17

Wyatt Graves, 19, of 127 Linden Hall, Ames, was arrested and charged with public intoxication and criminal mischief at Elm Hall (reported at 10:32 p.m.).

William Breuer, 19, of 8257 Willow Hall, Ames, was arrested and charged with operating while intoxicated at University Avenue and Wallace Road (reported at 1:03 a.m.).

Declan Armour, 19, of 2203 Roberts Hall, Ames, was arrested and charged with public intoxication and interference with official acts at Elm Hall (reported at 10:32 p.m.).

Michael Ellsbury, 50, of 2410 Chamberlain Street, Apartment 15, Ames, was arrested and charged with operating while intoxicated at Hyland Avenue and Lincoln Way (reported at 1:28 a.m.).

An individual reported damage to a vending machine at Helsler Hall (reported at 11:05 p.m.).

Xavier Wildes, 18, of 4788 Helsler Hall, Ames, was arrested and charged with public intoxication at Friley Hall (reported at 1:47 a.m.).

April 18

Kevin Harreld, 22, of 240 Campus Avenue, Ames, was arrested and charged with public intoxication at Hayward Avenue and Knapp Street (reported at 12:14 a.m.).

Junhui Chen, 20, of 2627 Hunt Street, Apartment 10, Ames, was arrested and charged with operating while intoxicated at Hyland Avenue and West Street (reported at 2:02 a.m.).

Alec Jennrich, 19, of 7222 Willow Hall, Ames, was cited for underage possession of alcohol at Lincoln Way and Morrill Road (reported at 12:40 a.m.).

SNAPSHOT



Ryan Young/Iowa State Daily

FORMER ATHLETE GIVES SPEECH AT SUMMIT

Former ISU wide receiver J.J. Moses speaks to a group of students at the Midwest Dairy Council's Fuel Up to Play 60 Reward Summit on Tuesday. The summit, which took place at Jack Trice Stadium, attracted elementary and junior high students from across the state.

5 SIMPLE WAYS TO TAKE PART IN EARTH DAY

By ISD Special Sections

We know our colors are cardinal and gold, but for this one day you can be green.

Even as a busy college student, here are simple ways to save the earth, one action at a time this Earth Day:

STOP THE RUNNING WATER
Take a shorter shower and turn the water off while you brush your teeth.

SEE MONKEY KINGDOM
If you see the movie today or to-

morrow a contribution is made to Conservation International to help protect monkeys and other endangered species.

WALK OR BIKE TO CLASS
A little rain or fresh air won't kill you — actually it's good for you and the environment.

THINK BEFORE YOU PRINT
Save your print credits and a tree at the same time.

REUSABLE CUPS
Besides looking cooler than other cups in a variety of sizes and colors, reusable cups help the planet.

Online Content

SWIMMING, DIVING

Big 12 conference honors team

The ISU swimming and diving team earned two Big 12 awards during the off season. To read the full story on these honors, go online to the sports section of the Daily's website.

CITY OF AMES

City Council talks utility rates

City Council met Tuesday night to discuss utility rates and goal-setting workshop with the Gilbert School Board. To read the full story, check out the news section of the website.

BOARD OF REGENTS

April meeting details

The Iowa Board of Regents will hold its April meeting this week at the Iowa School for the Deaf. Go online to the news section on the Daily's website to read a full preview of what will be discussed at the meeting.

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.



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\$4 for 5 wings (boneless or traditional)

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\$2 Captain Drinks
\$2 7&7 Drinks
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\$4 Coors Lt, Bud Lt, and Blue Moon Mugs
\$4 well 32oz. mugs (vodka, gin, rum, whiskey drinks) all day and night

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\$5.50 Taco salads
\$5.50 3 beef, chicken or pork tacos
\$5.50 Pulled pork and fries
\$7.50 All you can eat taco buffet

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FFA members check results from the FFA Leadership Conference on a board at Hilton Coliseum on Tuesday. There were workshops, speeches and different sessions for FFA members to attend during the conference. Jessica Darland/Iowa State Daily

LEARNING TO BE LEADERS

87th FFA Leadership Conference provides students valuable skills

By Madeline Gould
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It may just be an article of clothing, but the navy blue jacket means so much more to students who wear them.

Once a Future Farmers of America member puts on their navy blue jacket, proudly embroidered with the FFA crest and their high school's name, they become a young adult. The jacket also represents their passion for agriculture and the poise it takes to become an agricultural professional.

The 87th Iowa FFA Leadership Conference began Sunday and ended Tuesday. The Conference took place at various locations on Iowa State's campus, including the Farm Bureau Pavilion in Kildee Hall, Hilton Coliseum and the Jeff and Deb Hansen Agricultural Student Learning Center.

Mackenzie Johannngmeier, freshman at Waukon High School, said she enjoys FFA and the State Conference because she gets to help people, work with agriculture and meet new people.

The main goal of the conference is to have students learn about careers in the agriculture industry, compete for scholarships, volunteer in the community and shape the future of the Iowa FFA Association, according to the Iowa FFA website.

More than 5,000 students could take tours of the campus led by faculty to learn more about Iowa State, participate in career development events and listen to speakers.

The speakers were Will Keim and Kyle Scheele. Both are motivational speakers who seek to inspire their audiences.

"I really like listening to the keynote speakers because I get something out

of them like what they say, the leadership skills; a lot of it's the same but it's all at the same time different too," said Nolan Webster, senior at New Hampton High School.

Through the various activities, students get to learn skills that will be helpful in their futures.

"The whole FFA program in general is super beneficial and is exciting for them to come and share and compete and get rewarded for all the work that they have been doing," said Bailey Miller, senior in agricultural communication.

The event was organized by Ames Convention and Visitors Bureau and the Iowa FFA Foundation, along with other volunteers.

The CALS ambassadors also played a huge part in organizing the event and making sure everything ran smoothly through coordinating tours, planning the barbeque and just helping wherever help was needed, Miller said.

The event began with a service project for Meals from the Heartland at Hilton Coliseum and ended with a general session where members can reflect on their short but impactful trip.

Johanningmeier and Webster said their favorite part of the conference was meeting new people and making new friends.

While the FFA members were having fun meeting new people, they are

also networking and making connections that could provide benefits in the future.

"They're going to run into [other members] when they're in college, they're going to run into them when they're in industry, so it's a great networking opportunity. As we know, it's about who you know, not what you know most of the time," said Jacob Bowers, agriculture teacher and FFA adviser at Pella Community Schools.

With more than 5,000 high school students attending this conference, they had the chance to make a vast amount of connections they will always have common ground as FFA members.

Faculty Senate approves new health coach certificate

By Zane Satre
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The Faculty Senate passed the new health coach certification at its meeting Tuesday, clearing it to move forward for approval by the Board of Regents.

A relatively new specialty, health and wellness coaching encompasses aspects from existing fields like

physical training, nutrition and mental health.

Tim Bigelow is the chair of Faculty Senate's Academic Affairs Council.

"Basically, the health coach interested in both nutrition and exercise, and rather than being like a counselor, they are more alongside the clients," Bigelow said.

According to the Bureau of Labor Statistics, the

health coaching job market has swelled in recent years and will experience 20 percent growth in the next five years.

Iowa State hopes to capitalize on this expansion by offering its own health coach certificate to students, making them more competitive after graduation.

There are currently no national standards for health coaches.

"It's very loose at the present," Bigelow said. "It's not nearly as structured as physical therapy or some of the other medical fields that have more structure to them."

Most of these certificates are also obtained either online or through distance learning programs. Iowa State hopes to offer a more comprehensive certification by utilizing its human

nutrition, kinesiology and psychology programs.

Iowa State's proposed certificate would be available to students majoring in either food science/human nutrition, kinesiology or psychology. To obtain the certification, students would be required to complete 23 credits of specific courses within these areas, as well as a practicum experience.

The university currently

offers undergraduate certificates in community leadership and public service, Latin American studies and occupational safety.

According to Bigelow, all of the required classes for the health coach certification are in place, but it is not certain how soon the program would be implemented. Final approval for the proposal will come from the Board of Regents.

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

LEVEL:
1 2 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

Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20				21					22			
23				24			25	26	27			
28				29			30			31		
32		33				34			35			
	36			37	38	39			40	41		
			42						43			44
45	46	47		48			49	50	51		52	
53			54				55				56	
57							58				59	
60				61			62			63		
64							65			66		
67							68			69		

- Across**
- 1 Spice organizer
 - 5 48-Across brand
 - 9 Right-angled supports
 - 14 K-12, to textbook publishers
 - 15 Neck and neck
 - 16 Slightly moisten
 - 17 "The Autobiography of Malcolm X" collaborator
 - 19 Green hue
 - 20 Camcorder button
 - 21 Google executive chairman Schmidt
 - 22 Had too much, briefly
 - 23 Antlered animal
 - 24 "The helpful place" sloganeer
 - 28 Mu followers
 - 29 Pt. of a sentence
 - 30 Vote against
 - 31 Certain commuter's destination: Abbr.
 - 32 The Belmonts frontman
 - 34 1930s migrants
 - 36 Many a circus employee
 - 42 Scheherazade's milieu
 - 43 Designer St. Laurent
 - 45 Tech sch. overlooking the Hudson
 - 48 Iced drink
 - 49 "Just an update" letters
 - 52 Pipe bend
 - 53 Wayne Manor resident
 - 56 Actress Peeples
 - 57 Sasquatch cousin
 - 58 "The Dukes of Hazard" deputy
 - 59 Mt. Sunflower is its highest point
 - 60 Antacid, briefly
 - 62 Light bulb-over-the-head instance, and a hint to 17-, 24-, 36- and 53-Across
 - 64 When many take morning breaks
 - 65 Proofreading mark
 - 66 Winans of gospel
 - 67 Cal-roping loop
 - 68 Sign
 - 69 You might steer one with your feet
- Down**
- 1 Behind, or hit from behind
 - 2 Christian chant
 - 3 Inspects
 - 4 "Kid-tested" cereal
 - 5 Pasta or potato, e.g.
 - 6 More slippery
 - 7 Nut-bearing tree
 - 8 Big name in ice cream
 - 9 Wall St. deal
 - 10 Subordinate to
 - 11 Athletic brand founded by Adolf Dassler
 - 12 Backslide
 - 13 Birthplace of Bergman and Garbo
 - 18 Accumulation
 - 25 "Eso Beso" singer
 - 26 Picnic worry
 - 27 Turned green, say
 - 33 Bethesda-based medical org.
 - 34 Resistance unit
 - 35 Devious
 - 37 Field with roots and logs
 - 38 _ rug
 - 39 King with three daughters
 - 40 Symbol of balance
 - 41 Faith
 - 44 Italicized
 - 45 Sunglass Hut brand
 - 46 Mexico's _ Vallarta
 - 47 Altogether
 - 49 Fireworks highlight
 - 50 Naval petty officers
 - 51 "Make _": Picard catchphrase
 - 54 Movie listing listings
 - 55 Bring up again?
 - 61 What two heads are better than
 - 62 Disturbance
 - 63 Intro givers

Cash Cart whizzes through campus to raise financial literacy awareness

By Mariah Anderson
@iowastatedaily.com

If offered a free ride across campus this week by a seemingly random golf cart, don't be alarmed. It's simply students from the financial counseling and planning program running the "Cash Cart."

Students are offered a free ride to their destination, but there's a catch: they must answer questions pertaining to financial literacy en route. If they answer two questions incorrectly, the cart stops and the student must walk the rest of the way. If they successfully reach their destination, students are entered in a raffle for an undetermined prize.

The idea was based on "Cash Cab," a game show that ran on the Discovery Channel from 2005-2012.

Liz Ulrichson and Tiffany Miller, both juniors in financial counseling and planning, staffed the cart for the 1 p.m. hour Tuesday. Miller estimated that about 20 people had accepted a ride from the Cash Cart be-

tween 10 a.m. and 2 p.m. All four students who accepted rides between 1:30 and 2 p.m. made it to their destination without getting two answers wrong.

Madison Nagle, senior in nutritional science, was initially hesitant.

"I was a little bit confused at first. I thought you guys just wanted to pass me," she said to the Cash Cart drivers. "Next, I [thought], 'What's the catch?'"

Nagle missed one question on her journey from Central Campus to Lied Recreation Athletic Center, but not all passengers were quite so adept.

"They either do very well, or not so well," Ulrichson said.

Jeanna Nation, lecturer and adviser for the financial counseling and planning program, came up with the idea for Cash Cart after hearing of it being done at other institutions. She said she hopes Cash Cart, along with the other events planned for Financial Literacy Month in April, will raise awareness about finance and financial

FINANCIAL COUNSELING AND PLANNING MAJOR

Possible career opportunities include (according to Financial Counseling and Planning brochure):

- Employee benefit counselors
- Financial counselors/planners
- Financial aid officers
- Insurance agents
- Extension specialist
- Investment advisers
- Personal bankers
- Real estate professionals
- Consumer credit counselors
- Loan officers
- Retirement planners

literacy, as well as promote the financial counseling and planning program.

The process for Financial Literacy Month started at the beginning of the spring semester, when Nation and her team applied for the Academic Innovative Advising Grant, which helped offset the costs.

The financial counseling and planning program, previously called family finance, housing and policy, has three different tracks students can take: financial counseling, financial planning and finance studies. There are also courses

in personal finance, which are open to all students and many of which are offered online, as well as in person.

Nation said she hopes the Cash Cart will bring more students into the financial counseling and planning program.

"Consider the courses [and] think of us as a program. It's an exciting major. We have tremendous growth for careers in this field," Nation said. "Learning more about money management is never a bad thing, so keep us in mind if [you need an] elective or are considering a career change."

Horoscopes by Linda Black

Today's Birthday (4/22/15)

Mercury enters Taurus today, encouraging calm reflection. Stop and consider what you really want this year. Learning comes easier, and communications builds partnership, collaboration and community. Research, travel and explore over springtime. Physical efforts (exercise, digging in the dirt, building and crafting) reap rewards. Creativity inspires home improvements after August. Career and finances thrive with organization.

Aries - 5
(March 21-April 19)
It's all about action today (with a Grand Cross in cardinal signs), but the one who initiates loses. Test before pushing ahead. It could get tense. Watch your step! Clear out old branches for new growth.

Taurus - 5
(April 20-May 20)
Keep communications grounded in facts this month, with Mercury in Taurus. Postpone travel, risk and expense today. Take it slow to avoid accidents. Complete old projects, and stay flexible.

Gemini - 5
(May 21-June 20)
Keep your communications stable, consistent and solid this month. Provide support at home and work. Grab a good deal quickly. Avoid risky business.

Cancer - 5
(June 21-July 22)
Community and group efforts thrive by weaving together resources, talents and support structures over the next month, with Mercury in Taurus. Avoid distractions and upset today.

Leo - 5
(July 23-Aug. 22)
Your communications skill advances your career this month. Avoid debate, risk or spending today, and maintain momentum to complete a project. Keep actions measured rather than impulsive.

Virgo - 5
(Aug. 23-Sept. 22)
Gardening and outdoor activities satisfy this month, with Mercury in Taurus. Fall in love with a fascinating subject. Negotiate turns and maneuvers carefully. The way forward may seem hard.

Libra - 5
(Sept. 23-Oct. 22)
Base financial decisions on fact rather than fantasy this month. Update plans and budgets with conservative figures. A conflict with regulations or authority could arise, impeding the action.

Scorpio - 5
(Oct. 23-Nov. 21)
Someone has a hair-trigger temper. Private actions go farther, with less friction. Dance with changes as they arise, without impulsive reactions. Mull over consequences first. Reassure one who needs it.

Sagittarius - 5
(Nov. 22-Dec. 21)
Breakdowns and obstacles slow things. Get multiple bids for major repairs. Take extra care with kitchen utensils. With Mercury in Taurus, edit your communications this month for solid impact.

Capricorn - 5
(Dec. 22-Jan. 19)
It's easier to express your love for a month with Mercury in Taurus. Plant seeds hidden in messages. Proceed with caution today, despite chaos. Avoid upset by working quietly. Don't get singled.

Aquarius - 5
(Jan. 20-Feb. 18)
With Mercury in Taurus for a month, have your home express what you love. Resist the temptation to overspend. Reschedule travel and new project launches. Work quietly to complete a job.

Pisces - 5
(Feb. 19-March 20)
Consider the impact of your words before speaking, with Mercury in Taurus for a month. Ground arguments in fact. Avoid conflict today by keeping a low profile. Slow the pace, and anticipate resistance.

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EDITORIAL

Make changes surrounding campaigning culture

Amid all of the presidential announcements, we are bound to start seeing more and more political ads interfering with our Tuesday night programming, our upbeat Pandora music and even our Thursday morning commute to class or work. And when we start seeing and hearing the seemingly omnipresent attack ads from presidential hopefuls, we'll have the same reaction: turning it off.

And that's what a majority of people in this country have done during the past few presidential, and even midterm election years. We've silenced the negative 30 seconds to a minute of how Candidate A is a terrible human being because they voted no on such and such bill. Or how Candidate B allegedly falsified documents, making them too inept to fill the position the two candidates are battling for.

Attack ads, slash ads, campaign ads, negative ads, smash ads, whatever you want to call them, they're all feeding into a deteriorating American psyche that will only prove to do more harm than good down the road. We've already seen voting numbers drop. PBS Newshour reported in November that voter turnout was the lowest it had been in 70 years. Seventy years. Let that sink in. In an age when we tout progressivism and equality, we have record low numbers on actually voting on the lawmakers who make these decisions.

It's because when those campaign commercials roll around or we hear the word "voting," it's immediately equipped with a negative connotation. And a majority of that problem lies in the hands of the campaign committees and political action committees (PACs). We've become so used to seeing hate and negative ads that it has carried over to how we perceive the very institution of voting. It doesn't make us think less of one candidate and more of the candidate that PAC is supporting. It just gives us this cutthroat idea of what American politics has become.

Instead of funneling billions of dollars into attack ads, why don't PACs spend those dollars building up a candidate's image, rather than trying to tear down the image of his or her opponent? When candidates spend more time attacking one another's weaknesses than promoting their own strengths, qualifications and credibility, it becomes apparent that not even the candidates themselves believe in their ability to be elected on the merit of their own principles and policies.

Hopefully, in 2016, the American people will see through all the dollar signs and negative campaign ads that have consumed their daily lives for the past 16 months, and will be educated on the candidate of their choice. Because the only way we can move forward in society is by trumping the power of money with the power of education.

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IN DEFENSE OF LANGUAGE



Quality writing has become a lost art in today's society

By Michael Glawe
@iowastatedaily.com

Thoughts of graduating in two weeks have infused within me a sense of utter dread as I confront retirement from the Daily and, more so, the usurpation of my voice. Time is the fatal harbinger announcing, once and for all, silence. But before I pen a solemn "Goodbye" to my very few readers, I must thrust upon the Cyclone Nation one final opinion.

Writing is a way of breathing — it is certainly necessary for my own survival. The highest of all writing is poetry, and poetry is the highest of all arts. As Percy Shelley put it, poetry is the way of apprehending the inapprehensible. We are all, in a way, poets. Shelley, from whom I feel the constant anxiety of influence, says poets are "those who imagine and express the indestructible order," under which not only fall the painters, architects and musicians, but also "the institutions of laws, the founders of civil society and the inventors of the arts of life."

Saliently, poetry is the foundation of language. At the onset of any language, all authors are necessarily poets, culling the inapprehensible and routing it forth into apprehension. The expression of poetry — Shelley suggests a Greek drama — is like a prism, absorbing white light and scattering it into its constituent parts. Poetry is the creation of language.

Shelley eerily proclaims that if this ideal were forgotten, if no new poets "should arise to create afresh the associations which have been thus disorganized," then language would be "dead to all the nobler purposes of human intercourse." I fear in some

respects we've arrived at that declination.

Changing social conditions, highlighted by the demand for all writing to be equal or subservient to the reader, has fused the art of language into a sort of emulsion of communality where expedience destroys eloquence. Simply put, poetry, the supreme essence of language, faces complete desolation if we remain content with expressing ourselves frivolously.

Poetry, the art from which all else descends, faces an endless army of politicizers and good spellers forcing its subservience to the relevant cause. As a writer, as one of Shelley's poets, I was often chided for expressing a sort of loftiness and further berated for my use of words like "serendipity" and "unctuous." I am told that my readers are dumber than the language I employ, and that my words must stoop to their level.

I find this insulting for the intelligence of both the reader and myself, but even more, the demand to capitulate loftiness, transcendence and sublimity in writing is the wish to give up everything pure and beautiful in our language. It flies in the face of Shelley, Shakespeare, Whitman, Wordsworth and so many others. An endless consciousness composed of the greatest poets cries out against the torments of our time.

Everyday, our language suffers capitulation to political correctness, breeziness and blandness. I wrote at the beginning of the semester that the advent of personal computers and the Internet has spawned forth monsters: blogs for the unpalatable — and sometimes unreadable — flimsy arguments propped by unreliable evidence and violent crusaders commenting on each and every publication in an end-

less rabble.

This is the current state of reading and writing. Too many writers conform their art into the servitude of the rabble and too many readers demand the compression of ideas into simplicity. We forget what Shelley remarked so long ago, that the function of the Sublime — "excellence in language" — was to persuade us to abandon easier for more difficult pleasures. To repeat what Harold Bloom says of the richness in Shakespeare's characters — Falstaff, Hamlet, etc. — the Sublime is meant to expand our consciousness without distorting it. To meditate upon Falstaff and Hamlet is to "apprehend greatness — negative and positive — and so share in the potential for greatness in ourselves."

If I fight for anything, it is for language, and the fact is our language has been treated poorly. We have left language to die. In our current state, with websites springing forth limitless capacity to excite, entertain and spur on hysteria, I doubt we remain, as Bloom mused, "coherent enough for imaginative comprehension." If greatness were presented before us now in the form of Dante or Shakespeare, it is unlikely we would recognize it. That sort of language has been muted — glazed over by the impatient and social reader. Solitary reading, reading where one ultimately confronts herself, is lost to antiquity.

I am a romantic myself, and I'd love to carry on believing I am the true descendent of Shelley, Browning and Yeats, but perhaps my time has been appropriated. Maybe poetry is dead, and perhaps I have been rendered obsolete. Quite possibly, I dare contemplate: I am participating in my own demise.

LETTER TO THE EDITOR

Transgenic banana requires conversation

By Angie Carter,
Ph.D. candidate in sociology
and sustainable agriculture

On March 25, we — a group of ISU graduate students — hosted a panel at Iowa State entitled "Transgenic Bananas? A critical dialogue on the ethics, impacts and alternatives."

In their March 28 letter to the Ames Tribune (link to: <http://amestrib.com/opinion/letter-isu-deans-support-researcher>), Dean Wendy Wintersteener and Dean Wendy White suggest that our event somehow attacked Dr. Wendy White.

The event was intended to be a transparent and respectful conversation among faculty and students about the transgenic banana study underway at Iowa State. We invited representatives from the College of

Agriculture and Life Sciences — including Dean Wintersteener, Dr. Ruth MacDonald and Dr. Wendy White — to speak to the study itself. We also invited faculty and students with backgrounds in the social sciences and philosophy to speak to the social and ethical implications of the study. Approximately 80 people attended. Its video can be found at www.isutransgenicbanana.com (<http://www.isutransgenicbanana.com/>).

While the CALS representatives declined our invitation and, to date, have declined to answer the questions we posed about the study, we remain hopeful that they will engage in public dialogue.

We look forward to the day when asking questions about an ongoing study at a public university is not seen as an "attack" but is taken as

an opportunity to engage in academic discourse.

As social and biological scientists, we understand the importance of transparency in science. We attend academic conferences to discuss topics of research and research methods. We prepare for thesis defenses, during which we must justify the way in which we designed and performed our research.

We submit research articles to journals for peer review and respond to reviewer critiques of our work. Open and honest discussion is integral to scientific research. Without it, the scientific process itself is in jeopardy.

Signed:

Andrea Basche, Ph.D. candidate in sustainable agriculture and crop production and physiology

Angie Carter, Ph.D. candidate in sustainable agriculture and sociology

Hannah Dankbar, master's student in sustainable agriculture and community and regional planning

Rivka Fidel, Ph.D. candidate in soil science

Ahna Krucic, master's student in sustainable agriculture and sociology

Jackie Nester, master's student in sustainable agriculture and community and regional planning

Becca Nixon, master's student in sustainable agriculture and community and regional planning

Gabrielle Roesch-McNally, Ph.D. candidate in sustainable agriculture and sociology

Jen Tillman, master's student in sustainable agriculture and horticulture



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and argued that money in politics makes the White House and Congress unaccountable. He also said other countries have moved to pass campaign finance restrictions. They also argued that the majority of Americans are behind the idea of limiting money and said a constitutional amendment would solve the issue.

In the final rebuttal for Republicans, Thomas argued that campaign finance laws that limit money would eliminate transparency on donations. He said money will continue

to flow into politics, but it will be under the table and you will not know where it is coming from.

Judges questioned both sides after each round. Goodwin asked Democrats about limiting speech by media corporations like the New York Times. She asked Republicans if they were concerned that someone with "100 million times" more money than her could influence outcomes in elections.

"The First Amendment guarantees free speech, but it does not guarantee equal speech," Catherine said in response.

On the issue of GMO labeling, Republicans were first with their opening statement and argued against labeling.

"We strongly oppose mandatory labeling," Catherine said, arguing regulations that require labeling would cost an overwhelming amount of money that would be passed onto the consumer.

Democrats also argued against labeling, though they discussed the technology behind GMOs and said big agriculture corporations limit smaller farmers' role in the market.

"It is not in the posi-

tion of the Democratic Party to require labeling, nor is it the position of the ISU Dems. I mean, hell, we're an Ag school!" Benzoni said to a few laughs.

In rebuttal, Thomas argued for the Republicans and read the official Democratic Party of Iowa platform, which states they support new regulations on GMOs. They also rebutted the idea that using pesticides was harmful to the environment.

In the Democrats' rebuttal, Rodgers said he was arguing the national Democratic Party, not the Iowa Democratic Party, which

may have more agriculture issues included in their party platforms. They also reaffirmed they support GMOs, but also voiced support for more transparency in how big agriculture companies handle agriculture issues.

In their final rebuttal, Catherine argued for Republicans that Democrats have conceded in the debate about the labeling and focused on "corporate responsibility."

Democrats responded and clarified that the ISU Democrats do agree with not requiring labeling. They then focused on agriculture companies, such as

Monsanto, keeping smaller companies out of the market.

In the end, the judges deliberated for several minutes, but ultimately chose Republicans as the winners. Winfrey said one of the biggest factors in their decisions was she thought Democrats often abandoned the topics being discussed and went off-topic, but Republicans were able to still make their arguments with the off-topic discussions.

As the winners, Republicans will now hold the Caucus Cup until next year's debate.

FORUM p1A

own personal experiences. "We are talking about survivors in a third person, but this is a first person issue," said Meredith Cook, junior in political science.

For the duration of the forum, many statistics addressing sexual assault

were brought up. Some statistics claim up to 68 percent of sexual assaults go unreported, whether it is embarrassment, a feeling of helplessness or the victim not believing the perpetrator will be prosecuted.

Stewart reminded the audience that not all victims choose to report the

crime or press charges.

"We like to have participation, but we understand that not everyone wants to participate," Anthony said.

The administrators said they understand their duty to explain and examine their position.

"It comes as a responsibility and a privi-

lege when serving in these roles," Anthony said. "I am so impressed and pleased with the fact that the students took charge."

The Sexual Misconduct Leadership Committee is taking steps to reach out to students. The committee meets monthly to discuss which preven-

tion techniques are and are not working to benefit students.

"We know we are a large institution and there are some decentralization, and that's not bad," Anthony said. "How do we centralize our resources so that everyone knows what everyone is doing?"

This year, the committee published a poster for Sexual Assault Awareness month and organized events geared toward giving students tools and resources.

"We are a very diverse community," Hill said. "To think one size fits all is a huge mistake."

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idea. It's been humbling and exciting all at the same time."

Mahotama thinks his generation of students is more aware of environmental issues than previous generations.

"Call us the Greeneration," Mahotama said.

There are currently 22 student run environmental clubs signed onto the Live Green initiative. These clubs focus on improving the awareness and understanding of how to be environmentally friendly.

"I don't think a lot of people know what to do about helping our environment or how to be sustainable, so we are hoping when students come to our events they can learn how to be sustainable," Hoglund said.

But the students in these clubs do more than just educate and spread awareness, they are also involved in programs Iowa State is working on to improve the environmental friendliness of the university. The students are the creative minds behind many of the programs, said

Merry Rankin, director of sustainability.

Mahotama said it is important for the university to recognize the work that students do.

"If the university sees the student organizations passion about the environment perhaps that would give us power or authority to push for more environmentally safe policies," Mahotama said.

While many of the clubs focus on ways the public can make a change in daily life to help the environment, some focus on political activism to make change. ActivUs, a student activism organization, has been responsible for the campus power plant switching three of its five boilers from coal to natural gas, reducing the amount of bottled water sold on campus and now is working on reducing the amount of money the university spends on fossil fuels.

"We think that it is important to have one group focusing on [activism]," said ActivUs president Rivka Fidel said. "It is important to get change made from every angle, but without a specific group for it,

the activism angle is often not covered."

On Monday, ActivUs presented Warren Madden, vice president of business and finance, with a petition containing 500 signatures asking the university to stop funding the fossil fuel companies.

The Iowa Board of Regents ultimately decides on the investments.

Madden doesn't have complete control over the investments, but he can influence the Board, Fidel said.

The clubs may not all focus on the same solution to being environmental friendly, but there is one thing they all agree on: the environment is worth saving.

"We live on this rock that's going thousands of miles around this star and this is the only place we can live," Mahotama said. "We might as well love each other and love the environment around us."

The club members believe it is everybody's responsibility to be environmentally friendly and that the new generation of students is invested in helping the environment.

"It's the age we've been born into," said Jordan Muell, president of the Green Umbrella. "Sustainability is the same as responsibility. We need to ensure that the future is not compromised so things can stick around for future generations."

Along with the work that the clubs do, Iowa State continues to look for ways to encourage students to be more environmentally friendly and to make it easier for them to do so.

"[ISU] Dining has looked at some really interesting things related to reusable items, offering a discount if you bring a mug in for your coffee," Rankin said. "There's also in the dining centers a reusable clamshell container, and if you purchase one of those it allows you to purchase items to go. When you're done with it you can take it back to a dining center and trade it in for a new one, rather than having all the waste."

Rankin said she thinks the university helps promote sustainability in the classroom setting. She said the university offers increased education, aware-

ness and hands-on opportunities so students can "experience how we can impact our plant and our environment" in our day-to-day decisions.

"We can't do what we don't know about," Rankin said.

The university also helps students find volunteer opportunities so they can apply the skills they have learned in class to the real world.

In the future, Rankin hopes to provide opportunities for students to have one on one, or small group discussions with professionals in the sustainability field.

Wednesday marks the 45th anniversary of Earth Day. U.S. Sen. Gaylord Nelson created Earth Day in 1970 after he witnessed the effects of a 1969 oil spill in Santa Barbara, Calif., according to the Earth Day Network. That year on March 22, 20 million people rallied for the protection of the environment. Thousands of colleges and universities hosted protests against the wrongful use of the environment.

"[Since the] beginnings of Earth Day, to keep

moving it along and keep giving it momentum, involved people being actively engaged, in particular, young people," Rankin said.

For his work as the founder of Earth Day, Nelson was awarded the Presidential Medal of Freedom by President Bill Clinton in 1995.

Earth Day seems to be in good hands. With the help of Mahotama, Hoglund, Rivka and Muell, Eco Week is bound to make Earth Day a popular celebration at Iowa State.

"The fight for a clean environment continues in a climate of increasing urgency, as the ravages of climate change become more manifest every day," according to the Earth Day Network. "We invite you to be a part of Earth Day and help write many more victories and successes into our history. Discover energy you didn't even know you had. Feel it rumble through the grassroots under your feet and the technology at your fingertips. Channel it into building a clean, healthy, diverse world for generations to come."



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Kelby Wingert/Iowa State Daily
Coach Paul Rhoads and the ISU football team run onto the field before the Homecoming game against Toledo on Oct. 11 at Jack Trice Stadium. Rhoads recently provided input on the Big 12 seasonal format and injuries.

ONE TRUE CHAMPION?

Paul Rhoads discusses format of Big 12 conference, injuries

By Max Dible
@iowastatedaily.com

The state of the conference

Only 10 teams comprise the Big 12 membership, which is the lowest total among the power five conferences [Big 10, SEC, ACC and Pac 12] and is highlighted by two meaningful implications.

The first is that every team plays every other team in a true round-robin, regular season format. The second is that no conference championship game is allowed because current NCAA regulations require at least 12 member schools for a title game to exist.

"I've always been a proponent for the round-

robin format and playing everybody in your league," said ISU coach Paul Rhoads. "I'm very comfortable with the league and how it's set up, and it certainly makes it very challenging and competitive."

Rhoads extended his comfort level to include the absence of a conference title game.

"The fact that we play everybody, the league has worked hard to put some tie-breaking formulas into place ... and be able to declare who our champion is," Rhoads said. "It's tough enough to beat a team once, and the fact that you play everybody once, you've hopefully settled it on the field."

The winds of change

could do some good

Yet it must be noted that Rhoads is the captain of a team that has recorded only five victories during the previous two seasons. The larger implications of a championship game that disappeared during conference realignment have little bearing on how Iowa State's seasons have ultimately panned out. Not every Big 12 team can say the same.

Baylor and Texas Christian [TCU] were both one-loss programs after the regular season ended in 2014, and heading into championship week, both teams were slated above Ohio State in the rankings for the first ever College Football Playoff.

After Ohio State routed Wisconsin 59-0 in the Big 10 title game, the one-loss Buckeyes surpassed the Bears and leaped over the Horned Frogs into the

fourth and final spot. Ohio State sported a record that featured the same number of losses as both Baylor and TCU, but boasted one more win, which came immediately before the playoff committee's decision.

The Buckeyes followed their side-stepping act into the postseason by riding their momentum all the way to an improbable national title, defeating the SEC and Pac 12 champions along the way.

A great deal of speculation followed as to what role a conference title game, or lack thereof, may have played in the final playoff seedings. Rhoads said until more is known about the selection process, however, his opinion isn't likely to be altered. But that doesn't mean the current Big 12 paradigm can't or won't change, or that said changes may not arrive quickly.

"I'm sure it will be a piece of discussion for us in our conference meetings in the month of May," Rhoads said. "I think what will be very telling in that is if there's more that comes out of the playoff committee's communication to the other schools that yeah, a championship game is important and it will weigh heavily on where we rank teams to end it all."

Injury news

The Cyclones have suffered a number of injuries this spring, which Rhoads alluded to as being reflective of the last number of years of ISU football.

"I don't think we've ever had a defeatist attitude amongst our team," Rhoads said. "I think we've had an injured reality amongst our team in that we've been badly decimated by injuries, and in a league as challenging as the Big 12 if you're not playing with

your best, it's even harder."

Perhaps the biggest injury concerns in 2015 revolve around linebacker Luke Knott's hip, but the questions aren't soon to be answered.

"They're going to perform a procedure to try to alleviate some pain he's going through and then it'll be a matter of time to see how that works," Rhoads said. "I don't really believe I'll have any kind of concrete answer for you on that until August gets here because I think they're going to give him that kind of time frame to really see how [his injury] responds this next batch of treatments."

Rhoads added the only other new and relevant injury news involves backup running back Justin Webster, who will be out for the majority of the 2015 season — if not all of it — due to an ACL tear.

ISU men's track, field prepares for meaningful meet

By Luke Manderfeld
@iowastatedaily.com

The ISU men's track and field team will have a chance to compete under the spotlight — finally.

After many weeks competing at events that the team had shrugged off as "just another meet," the Cyclones will head for the Drake Relays this week, which are again expected to attract national attention from track and field enthusiasts.

"It can be a really good wake-up call to whether you are doing well or not," said ISU field event athlete Henry Kelley, who finished

first in the hammer throw at the Jim Duncan Invitational at Drake on April 11. "There's a lot of stiff competition there. It's one of the best meets in the nation for the entire outdoor season."

The outdoor season began weeks ago, but for the first time, Iowa State will send its runners to the same place. During the past few contests, athletes were split up and sent to different places across the country including Arizona, California and Louisiana.

The Drake Relays has been nationally renowned for its high level of talent and its discovery of exceptional track and field athletes. The proposition of

competing against some of the best teams in the country is something Iowa State is excited to take on.

"You know you are getting really good competition and you know you will be able to push yourself," said distance runner Brandon Barnes. "That's always something you strive for — something that you love to have."

For one ISU runner, the spotlight and hype at the Drake Relays provide a chance to make a lasting impression on his school and the event itself.

"I just want to break an ISU record," said indoor All-American distance runner Edward Kemboi about his

focus on the meet. "There is a lot of attention there, but I want to trust my teammates. Every time we go to [the Drake Relays], I think like, 'OK, this is where we are a family.'"

Kemboi made his outdoor debut at the Sun Angel Track Classic in Tempe, Ariz., and broke his personal record in the 400-meter race. He is a favorite for the Cyclones to make the NCAA Outdoor Championships after placing in the NCAA Regionals last outdoor season.

The Drake Relays start Wednesday with the men's decathlon at 9:30 a.m. The rest of the team will begin at 4 p.m. Thursday.



Korrie Bysted/Iowa State Daily
Senior Henry Kelley competes in the men's weight throw during the Big 12 Indoor Championship on Feb. 27. Kelley and the men's track and field team will compete at the Drake Relays this week.

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HOME AWAY FROM HOME

Drake Relays presents welcoming atmosphere for women's track, field

By Kyle Heim
@iowastatedaily.com

When the ISU women's track and field athletes arrive at the Drake Relays they will be greeted by fans they've never met.

And while the track belongs to Drake, the fans belong to the entire field of competitors.

For ISU athletes, Drake is almost like a second home — a location where many have traveled to since their high school track and field careers.

"It's a place that we're familiar with," said redshirt senior Anna Holtermann. "I've competed there multiple times. It's just a place

I'm comfortable with."

Holtermann competed at the Drake Relays for junior nationals in high school and once as a college athlete.

Holtermann has also competed at the Jim Duncan Invitational at Drake multiple times, including two weekends ago when she finished third in the hammer throw.

"I'm really excited to be there," Holtermann said. "I haven't competed at the Drake Relays since my freshman year. It's a really great meet with a really great atmosphere."

Holtermann's teammate and fellow hammer thrower Kayla Sanborn will join Holtermann in the hammer throw competition at

Drake on Saturday. Sanborn competed alongside Holtermann at the Jim Duncan Invitational and placed fifth in the event.

"[The Drake Relays] is very competitive — there's a lot of good people there from all over," Sanborn said. "The fans are so into it and running around looking at different events."

After falling short of her expectations the first two times competing at the Drake Relays, senior Christina Hillman said she wants to improve on recent performances and gain more experience competing in meets.

"Drake Relays is, if you're an Iowan athlete, you have a lot of people cheering for you there because you're from Iowa," Hillman said. "They love to represent [and] the energy there is fun. You have people you don't even know cheering for you,

which is a great feeling."

While this will be the last time competing at the Drake Relays for a handful of athletes, it will be the first time for others.

Junior sprinter/hurdler Alyssa Gonzalez transferred from Central Connecticut State this year and will make her Drake Relays debut Friday.

Gonzalez is on a hot streak as of late, setting a personal record in the 400-meter hurdles in three of four outdoor meets this season. She has already set one personal record at Drake this season at the Jim Duncan Invitational on April 11 and said the goal is to set another at the Drake Relays.

"I am not disappointed that I keep running faster," Gonzalez said. "I think it just means I have more to improve in. If I could just run faster this weekend, that would be great. Last weekend at LSU, my race wasn't as I had wanted it to be. The first 200 [meters] of my race was really bad and the last 200 was really good, but I still ran a personal best."

With less than 40 miles of travel and the support of thousands of fans, the Drake Relays provides a home away from home for the ISU women's track and field team.



Korrie Bysted/Iowa State Daily
Senior Anna Holtermann competes in the women's weight throw during the Big 12 Indoor Championship on Feb. 27. Holtermann will compete in the hammer throw at the Drake Relays on Saturday.

The Drake Relays officially began with the Beautiful Bulldog Contest on Sunday at the Knapp Center in Des Moines. The ISU women's track and field team will make its first appearance at 4 p.m. Thursday. Competition will continue throughout the weekend.

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Courtesy of Thinkstock

Ames will host its first Healthy Streets event at 4 p.m. on May 3 at the Main Street Cultural District. The event is an initiative of Healthiest Ames and will feature walking, basketball, biking, dancing, yoga, zumba and more. The event is free and open to all ages.

OUTDOOR ACTIVITY RELIEF

‘Healthy Streets’ provides break from studies

By Katelyn Sim
@iowastatedaily.com

The recent bout of sunny spring weather has catalyzed increasing numbers of members of the Ames community to venture outside for walks, runs, bike rides and the itch for months to get off the treadmill and onto real pavement is now manifested.

For those seeking wellness outlets as weather finally permits enjoyable outdoor activity, an initiative of Healthiest Ames will be in Ames from 1 to 4 p.m.

May 3 at the Main Street Cultural District. The “Healthy Streets” event will feature biking, walking, dancing, yoga, zumba, basketball and more.

After a week of studies and preparation for finals exams, Healthy Streets seeks to provide students with a couple of hours of free and enjoyable activities.

“For Iowa State students, this event falls on the Sunday before Finals Week, which can be an excellent opportunity for students to get physically active and come out for a study break,” said Brianna Lewis, senior in

kinesiology and health and intern at Healthy Streets.

Healthy Streets is also seeking volunteers to assist with the events.

Volunteering could be a great way for ISU students to interact with other students and families, give back to the community and gain a rewarding feeling before tackling Finals Week.

“We have volunteer positions open for a variety of events such as four square or the three-legged race.” Lewis said.

Healthy Streets is partially funded by The Wellmark Foundation through a

Matching Assets to Community Health (MATCH) grant.

It grew from Open Streets, a multi-faceted program that promotes use of public streets for recreation and physical activity. Open Streets events have taken place across the entire world.

The Healthy Streets health and wellness initiative is seeking to educate the public on the concept of a complete street, which Lewis describes as “a multimodal, multi-facilitate street that allows transportation for all”.

This Open Streets event

will promote and incorporate essential aspects of a healthy community with information, nutrition and physical activities.

“We want our events to motivate the Ames community to live a healthier lifestyle through physical activity healthy food choices, chronic disease management and community connectedness,” said John Shierholz, co-chair of Healthiest Ames.

Healthy Streets is sponsored by Ames Parks and Recreation, Hy-Vee, 1430 KASI, NOW105.1 and Dogtown and seeks to provide

a safe and fun environment for physical activity while bringing together families and the community.

“It is exciting to see the progress Healthiest Ames has made since being awarded a MATCH Grant from The Wellmark Foundation in late 2014,” said Stephanie Perry, the Wellmark Foundation manager.

“This first Open Streets event is part of the overall effort to build environments and advance policies that will enhance walkability and bikeability in Ames.”

The event is free, open to all ages.



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THE NEXT STEP

Entering into a new relationship can be an exhilarating experience.

It can also be nerve racking when considering how relationships can influence or shape one's life. When deciding whether or not to commit to another person, communication is extremely important.

As humans, we often overestimate how much others understand our perspective. This can lead to misunderstandings and hurt feelings.

It is important to directly express ourselves to our dating partner, and to convey our needs and desires as clearly as we can.

It is also important to ask our partner for their honest input about what they need and want.

This means making sure we don't assume that others understand us and that we don't assume we understand what others are feeling.

New relationships can also be difficult to navigate as you try to integrate a person into your already busy life and schedule.

Being mindful about prioritizing what is most highly valued, having a schedule, and setting boundaries are all important pieces to a successful school life balance.

Once again, communication is important as you begin to navigate the relationship.

Describing your values as well as your time constraints is key as you begin to incorporate yourselves into each other's lives. This can look different in each relationship, but key factors include being honest about thoughts, feelings, values and expectations.

Listen openly to your partner's perspective, convey your perspective and then communicate together about how you will navigate your differing needs and desires.

These conversations can be casual and ongoing, and are useful to not only get to know one another, but to get a better sense of how you will work together as a couple.

When things come up that you are uncomfortable, nervous, or concerned about, it's very important to take the risk and discuss this with your partner.

Always remember: your needs are just as important as your partner's and you both deserve to be happy within a relationship.



Guest column:
Tiffany Iskander,
Student counseling services,
outreach services

HIGHLIGHT REEL

Find out Daily Daters struggles, lessons, relationship outcomes and much more at the 30 Daily Dates Panel Discussion at 6:30 p.m. Thursday in Kildee 125. Check out some of the Daily Daters' highlights below.



Eric tries to convince Leah they should take a picture with spirit fingers, to which Leah responded with an "Are you serious?" face.



Brenton and Michelle pose for a "happy" photo and ended up laughing instead.



Ashley and Matthew treat themselves to Dairy Queen.



Blake and Hunter take a break between classes at Bookends in Parks Library.

Visit 30DailyDates.com to get to know the Daily Daters, follow along on their dates and learn about the date locations.

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