Presidential hopeful, O’Rourke, to campaign at M-Shop

BY JAKE WEBSTER
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Former Rep. Beto O’Rourke, D-Texas, will make his Iowa State debut 6 p.m. Wednesday at the M-Shop in the Memorial Union.

“There’s a lot of buzz around Beto,” said College Democrats President Taylor Blair, junior in industrial design. “I’m excited that he’s coming to campus. I think it reflects what he did in his senate campaign, which was a lot of youth engagement, a lot of bringing out people who have never voted before, and I think that’s something that’s going to be essential to winning in 2020.”

O’Rourke lost his 2018 candidacy for the U.S. Senate to Ted Cruz by less than 3 percent, the closest a Democrat has come to winning a Senate seat in Texas since 1988. O’Rourke received 71 percent of the votes from those aged 18-29, according to a CNN exit poll.

This will be O’Rourke’s second trip to Iowa since announcing his candidacy for the 2020 Democratic Party presidential nomination last month.

The former El Paso congressman raised more money than any other candidate for his party’s nomination in the first 24 hours of his campaign, bringing in $6.1 million from 128,000 individual contributions.

O’Rourke’s campaign is trying to break a historical trend.

No congressman has been elected president without other experience in higher office since President James Garfield in 1880.

In a March Selzer poll conducted before he announced his candidacy found O’Rourke was the first choice of 5 percent of likely-Iowa caucus-goers and the second choice of another 6 percent of voters.

However, this poll was entirely conducted before he announced his candidacy.

O’Rourke will come to Iowa State Wednesday to introduce students to his campaign.

COURTESY OF MARY KAY HANDY
Chuck Handy in his navy uniform during World War II.

COURTESY OF IVY COLLEGE OF BUSINESS
From left to right: Martin Zobet, Gary Atchison, Chuck Millar, Charles Handy, Ken Elvik, Lee Tucker and Linda (Tausz) Ferguson.

Handy, pg8

A legacy ingrained

Founding dean’s work remembered

BY KIRSTIE MARTIN
@iowastatedaily.com

Before 1978, having a College of Business on campus was a dream for students and faculty at Iowa State. But thanks to Charles “Chuck” Handy and his colleagues, this dream soon became a reality.

Before what is today known as the Ivy College of Business, the college was known as the Department of Industrial Administration. A few staff who were involved with the Department of Industrial Administration attempted to turn it into a College of Business, but the effort was unsuccessful until Chuck Handy came along.

Chuck Handy was named the department chair of Industrial Administration in 1978 and took a different approach to getting the department to be named a college of business.

The Board of Regents had concerns about more than one university in Iowa having a college of business, as the University of Iowa was seen as the “business school” at this time.

He managed to get the department named “School of Business” by 1980 and then officially named the College of Business on July 1, 1984.

“Chuck had a way about him,” said Raisbeck Endowed Dean David Spalding. “He had a little smoother way of handling things and a very good people touch. That approach made all the difference.”

Before coming to Iowa State in 1958 as an accounting instructor in the department of industrial administration, Chuck Handy graduated from Independence High School in Independence, Iowa and served in the U.S. Navy in World War II. He obtained a bachelor’s degree in economics from Westminster College in Missouri and his master’s degree in accounting from the University of Iowa.

Chuck Handy earned his doctorate in economics while teaching accounting at Iowa State.

Chuck Handy died on January 4, 2016, and the day of the funeral brought bad weather. Many faculty and alumni were unable to attend.

Chuck Handy’s legacy lives on to this day. There are scholarships awarded to students at Iowa State and graduates from Independence High School in his honor. His legacy also lives on through his children, grandchildren and wife, Mary Catherine “Mary Kay” Handy.

After the passing of their own significant others in their earlier years, Chuck and Mary Kay Handy reconnected.

“We had dated years ago, then went...
POLICE BLOTTER

3.28.19

Jaquen Remelle Patton, age 24, of 16282 3rd Street in Des Moines, Iowa, was cited for driving under suspension and failure to prove security against liability at Lincoln Swing and University Boulevard (reported at 2:25 a.m.).

Logan Nathaniel Stiles, age 21, of 3407 SW Timberland Drive in Ankeny, Iowa, was arrested and charged with possession of alcohol under the legal age at Ames Intermodal Facility (reported at 11:10 p.m.).

3.29.19

An individual reported the theft of a wallet at Friley Hall (reported at 2:15 p.m.).

An officer checked on the welfare of an individual. The person was transported to a medical facility for treatment at Friley Hall (reported at 5:00 a.m.).

Skylar Ann Andre, age 19, of 135 Beyer Court Unit 1456 in Ames, Iowa, was arrested and charged with possession of alcohol under the legal age at Ames Intermodal Facility (reported at 9:50 p.m.).

POLICE BLOTTER

3.28.19

An individual reported being harassed at Dairy Village (reported at 9:19 a.m.).

An individual reported being harassed at Martin Hall (reported at 10:19 a.m.).

Logan Ashby Wiley, age 21, of 2156 Anchor Bay Drive in Noblesville, Indiana, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia, failure to prove security against liability, and excessive speed at Mortensen Road and South Dakota Avenue (reported at 11:10 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.
Ames Plan 2040 continues to seek input from public

BY KATIE. INGLE
@iowastatedaily.com

Representatives of RDG Planning & Design hosted a workshop during Tuesday’s Ames City Council meeting to discuss Ames Plan 2040. The Ames Plan was created in 2018 by the Ames City Council, who said it was necessary to construct in 2018 due to large changes in Ames’ population. The current Land Use Policy Plan was not expected of such a large increase and is being updated to adapt to the urban development.

The purpose of the plan is to adapt Ames to the increasing population. The increase in population has outgrown the abilities and utilities of Ames and has made the newly overgrown city due for reconstruction. Between 2000 and 2017, Ames has experienced a population increase of more than 14,000 residents, both student and non-student. With an assumption of this trend continuing at a steady rate, Ames is preparing to be home to more than 74,000 citizens by 2040, including students.

The council considered the necessity for the different types of housing, acknowledging that citizens of all generations live in Ames.

Within the meeting, Corey Scott, community and regional planner, primarily filled the council in on the most recent updates of the status of the plan. This meeting specifically focused on the outreach to the public.

RDG has hosted multiple open houses for the Ames public to have the opportunity to voice their concerns. Scott shared that the attendance and feedback from these events has been pleasing.

Aside from open houses, RDG has given the community the resource of an online public input website. The website has received more than 400 comments and concerns from the public. The website has been open since Feb. 5 and will be open until April 15.

Regarding the comments from the public, RDG has narrowed them down to categories of concern. Most comments involve the Ames environment, an increase in employment and the appearance of Ames.

The members of RDG assured the council that it is taking every public comment into consideration, and have the best interest of the community in mind.

It was mentioned within the presentation a plan to increase the amount of multi-family housing in Ames and focus on commercial growth and development near the North Grand Mall. This was decided from the results of a poll open to the public asking the community what kind of change they would like to see in Ames within the next 20 years.

The Ames public was not heard from at this meeting however. RDG encourages the public to keep reaching out with concerns. The council will meet with RDG again April 23 to further discuss the Ames Plan 2040.

Love as a political force

Presidential candidate touts progressive policy

BY JAKE.WEBSTER
@iowastatedaily.com

Author and 2020 Democratic presidential candidate Marianne Williamson delivered a lecture on love and politics Tuesday in the Memorial Union.

Williamson’s campaign is focused on the power of love in politics, and while this was toughened throughout her lecture she spoke of all aspects of her platform.

The United States does not have universal healthcare, it does not have common sense gun laws, it does not fight climate change fast enough, because doing any of these would cut into the short-term profits of corporations, Williamson said.

Williamson said in the United States there are places where children experience trauma and develop PTSD equivalent to those of veterans returning from Iraq and Afghanistan.

“As president, I would have a U.S. cabinet-level department of children and youth,” Williamson said.

On student loans, Williamson said there are studies on whether student loan debt could be simply canceled.

“At the very least, we could re- negotiate these loans and make them far less a burden,” Williamson said.

Throughout her speech and question-and-answer session, Williamson spoke of a “traditional political establishment.”

Williamson, who has never held political office, said of American society and the political system “the issue isn’t I don’t have their qualifications, the issue is they don’t have mine.”

According to a recent Morning Consult poll, 46 percent of Democrats think decades of political experience is very or somewhat important to choosing a 2020 nominee.

In choosing a running mate, Williamson said she would want to choose someone who she would trust would be able to continue doing the job of president should she die early.

“Given that I have not worked within the political establishment before, I would be looking for someone who is experienced in Washington,” Williamson said.

Rosa Wilburn, diversity officer and the associate program director for Community and Economic Development for Iowa State University Extension and Outreach, said it’s important to bring people together, and experience in elected office isn’t the only thing that matters. Williamson said Williamson has a vision and a moral compass.

Merlin Crabb, an Ames resident, said to Williamson he is one of the only males in his family who doesn’t have a felony.

“Once you get a felony, you don’t have access to some of the programs that are available for low-income people,” he said. “Are you committed to institutional and correctional reform to help vote registration for people who are incarcerated that can’t vote?”

Williamson said it is offensive people cannot vote due to felonies, because as Americans, the day they walk out of prison they are free under the American legal system.

Funding eligibility focus of Senate meeting

BY MADELYN. OSTENDORF
@iowastatedaily.com

Student Government will introduce several resolutions aimed at sustainability, funding eligibility and the Multicultural Liaison Officer’s Pop-Up Shop at their meeting Wednesday.

Sen. Wyatt Scheu will introduce “Bylaws Change to Require Funding Accountability.” The act would require a representative of any student organization requesting funding to be present at the Senate meeting where their request will be reviewed. Only groups where all members of the student organization are involved in Student Government would be excused.

Sen. Jacob Schrader will introduce the resolution “Support for Ames Transit Agency’s (CyRide’s) FY2019 Low or No Emission Grant Application.” The resolution expresses Student Government’s support of CyRide receiving the grant and using it for electric buses, facility modifications and supporting equipment.

Student Government will also be discussing a contract for the Multicultural Liaison Officers Pop-Up Shop. The shop was created with the goal to create a sustainable model for a pop-up clothing shop for Iowa State students that would provide professional attire for job interviews and other professional experiences to students. The contract would allow $20,020 to be allocated every fiscal year to help the shop remain free for students.

Sen. Thuan Ait-Bouchekhl will introduce a resolution titled “Opening Up Funding Eligibility in PsC 2021.” Historically, fraternities and sororities were not funding eligible, as they are not open to all students. The resolution would amend the 2021 Priorities and Criteria to read as follows:

“The organization must be comprised of activity fee-paying students and spouse cardholders.”
Lecturer: Sleep better

BY KAYLIE CROW
@iowastatedaily.com

Lecturer Brian Luke Seaward offers suggestions for improving sleep quality.

The reason for needing eight hours is because the body goes through stages, Seaward said. There are five stages: transition, theta waves and spindles, delta and theta waves, delta sleep deep sleep and finally REM sleep, which takes 90 minutes. He stated a person needs to have three to four REM cycles a night.

Fifty percent of Americans are sleep deprived and one third have chronic insomnia, Seaward said. At least 50 percent of insomnia is stress related. Some causes of stress include work responsibilities, finances and debt and family issues. While it is difficult to change all of these stressors, Seaward recommended some ways to help fall asleep at the end of the day.

LGBTQIA+ community celebrates marriage equality

BY LOGAN METZGER
@iowastatedaily.com

The Center for LGBTQ+ Student Success and the LGBTQ+ Faculty Staff Association will be hosting a joint celebration in honor of 10 years of marriage equality from 4 p.m. to 5 p.m. Wednesday in the Center for LGBTQ+ Student Success. The Center for LGBTQ+ Student Success is now located in the Memorial Union.

According to the Facebook page for the event, it will be a spin on a wedding reception, including cake.

Not to scare you, but just to be aware. Knowledge is power,” Seaward said.

Seaward said if one does not get enough sleep, they are more prone to heart disease, cancer, obesity, depression and autoimmune diseases.

LGBTQIA+ org to host STEM panel

BY LOGAN METZGER
@iowastatedaily.com

STEM will be hosting a STEM careers panel from 7 p.m. to 9 p.m. Wednesday in Room 1302 of the Advanced Teaching and Research Building. The panel will consist of professional people who identify as queer and are employed in STEM disciplines.

Panel members include a master of engineering student, a doctoral student in physics and astronomy, an industry scientist with expertise in biology and genetics working in the animal health field and a lecturing professor in the College of Engineering.

Each of these panelists will have the opportunity to discuss their experiences and how their identity has changed their path, as well as have an opportunity to lend advice and expertise to attendees,” according to the Facebook page for the event.

The event is intended to foster an inclusive, safe and intimate environment where participants can feel comfortable asking questions that can be difficult to ask in an internship or entry-level position.

In addition to the formal question-and-answer portion of the event, there will also be time for networking, socializing and asking questions of panelists.

Attendees will have the opportunity to submit questions in advance for the panelists as well as the opportunity to ask spontaneous questions during the event.

“Whether you’re a high school student considering college majors, an undergrad completing your [bachelor’s] and trying to decide whether to go to grad school or seek industry employment, or a [doctorate] student thinking about a post-doctoral position, there’s someone on this panel who has been there, done that, and happy to share their insights with you,” according to the Facebook page for the event.

According to the oSTEM student organization page, “oSTEM at Iowa State is a student-run organization that promotes the development and retention of all underrepresented students in fields relating to science, technology, engineering, and mathematics (STEM), especially: Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual people.”
How Harry Potter stays relevant

Years later, J.K. Rowling still rewriting the script

BY CONNOR BAHR
@iwastatedaily.com

J.K. Rowling has a habit of changing, or adding to, the canon of her Harry Potter universe periodically. Her most recent, and most explosive, addition to the canon was her confirmation that Dumbledore and Grindelwald had “an intense sexual relationship.” I’d like to add that I am not necessarily opposed to a writer adding to the canon of their universe after the universe has been written. What comes into question for me is the reasons for their doing so.

I believe J.K. Rowling is simply changing the canon of her universe to stay relevant, even going against her own writing to do so. For example, at one point, she claimed that Hermione wasn’t necessarily white. This goes against two parts of her own writing; one saying that “Hermione’s white face was sticking out,” and the other describing Hermione as getting a tan. Both of these things seem to point to J.K. Rowling’s own visualization of Hermione as white. Why, you might ask, would she seem to change her mind throughout the years?

For one, I think it is to discount those who claim her to not have included much diversity in the Harry Potter universe. For another, she seems to be trying to “fit in” to a celebrity mainstream culture.

It is often unheard of for a celebrity to lean to the right, and those in intense spotlight must be very careful of what they say and what they do to avoid appearing racist or misogynistic. She may have taken this ideology to heart throughout the years.

This is not necessarily a bad thing, but changing or adding on to her own canon to virtue signal these ideologies is the easy way out. If she truly wanted to champion these views, she could have written books with these ideologies present.

Two other examples of J.K. Rowling’s writings, The Cormoran Strike series and The Casual Vacancy, both feature white, male main characters. All of these books were written after Harry Potter.

Another reason I believe she does this is to stay in the public eye. Whether for money, attention or advertising, she seems to periodically drop new information so that she stays in headlines and in the public view. She reminds me of someone who peaked in high school, constantly wearing her letterman jacket and bringing up the “good old days.”

Personally, I don’t think she does it for money because her other books are written under a male pseudonym, but I think she likes being praised by her peers and strangers on the internet.

Rowling is currently working on a new series extension of the Harry Potter universe, which will feature a bisexual Harry. She claims she always wrote Harry as bisexual, despite not a single instance in the books giving evidence to that fact.

Again, while I do not see a problem with a bisexual Harry, I do have a problem with the retroactive changing of the canon simply to stay relevant.

It’s shallow and desperate.

Pros, cons to technology make it a double-edged sword

Since the dawn of civilization, technology has been making huge leaps and bounds. In the blink of an eye, humans went from rubbing two sticks together to create fire to creating fully functioning electric cars. The classroom is no different. But is it for better or for worse?

The average classroom hasn’t been exempt from the rapid growth of technology. From pencils to styliues, chalkboards to smart-boards and tablets. These are just some examples of how technology has changed in the classroom. However, they all come as a double-edged sword.

Modern day college students have the entirety of humanity’s knowledge at their fingertips. In a couple of key clicks, students could be gathering knowledge in mere minutes, saving what would have taken others in the past days or weeks. Along with the plethora of knowledge, there are also new collaborative opportunities that previously did not exist. For example, a group paper.

Previously, students would have to either all meet together to write the paper, or keep handing off unfinished copies, one person adding onto the next. Now, a team member can set up a Google Doc, and within minutes, everyone can be writing on the same document, hassle free.

But that’s all just about the students. What about the teachers? Teachers can now (almost) seamlessly integrate software into their classrooms. If a teacher wants to get a quick poll of the class or give a pop quiz, all they have to do is put out a TopHat question.

Along with this, students now have access to educational licenses of powerful softwares that allow teachers to create lesson plans that tailor more to hands-on learning.

It’s one thing to learn about coding, but it’s another to be able to do it outside of the classroom.

Obviously, those are just a few of the great benefits technology can bring to the classroom for both teachers and students. However, there is also a dark side. One of the most common downsides to the increase in technology in the classroom is distractions. For example, how often have you been trying to pay attention in a lecture, just to see that the student in front of you is playing a game on their computer? Now that’s all you can concentrate on.

And that is just your stereotypical distraction. What about ones that aren’t meant to be distractions at all? Say you’re trying to take notes on your tablet and you get a notification. Before you know it, you’re on Facebook and didn’t listen to a word of lecture.

Another negative is that not every student has access to technology. Some students spend hours upon hours in a computer lab trying to do the work others might have completed during class on their laptop.

In the end, it’s easy to see the massive benefits bringing technology into the classroom has as well as its potential downsides.

Just like in life, everything is beneficial in moderation, even with the benefits and pitfalls that could arise while using it.
Veterans lead by example

Experience, competition fuel safeties in practices

BY TREVOR HOLBROOK
@iowastatedaily.com

While Iowa State featured three big names on offense last season with quarterback Brock Purdy, running back David Montgomery and wide receiver Hakeem Butler, one of its biggest strengths leaned on the defense.

On the defensive side of the ball, Iowa State lost key contributors to graduation, such as linebacker Willie Harvey and defensive back Brian Peavy.

With losses at linebacker and cornerback, the Cyclones do have the luxury of retaining a majority of its contributors in the back end of the defense at safety and the star position.

“It’s really wide open at safety,” said safeties coach D.K. McDonald. “Our goal is to keep building depth, so you can roll different guys in. If someone goes down, you can have the next man step up, so there’s a lot of competition. It’s fun. We’ve been mixing [and] matching lineups.”

GREG EISWORTH

Eisworth — a redshirt junior who started 12 games last season — fills an important role for the Cyclones again this season.

The Texas native showcased his sure-tack ling abilities, tallying a team-high 87 tackles. Eisworth showed the ability to assist in the run game or cover against high-powered Big 12 offenses.

“The great thing about Greg [is] he really wasn’t satisfied at all with the type of year he had,” McDonald said. “If you talk to him, you’d just think it was an OK year.”

“To be a newcomer here, first team All-Conference — he really did a great job. The sky’s the limit for him.”

Eisworth also provides chances for turnovers on a defense that doesn’t always generate a lot of takeaways.

The Cyclones mastered the bend-but-don’t-break defense in the last couple seasons under Campbell, but Iowa State managed 16 takeaways last season. (eight interceptions, eight fumble recoveries), putting it at 93rd in the NCAA.

Of those 16 takeaways, Eisworth snagged an interception and forced a pair of fumbles. Outside of the on-field production, Eisworth plans to take a step into a bigger leadership role in his second season at Iowa State.

“Being a leader on and off the field,” Eisworth said about taking the next step in his progression. “Just kind of helping bring up the guys behind me, the younger guys, up to the standard that we live by here as a Cyclone.”

BRAXTON LEWIS

One of the biggest surprises for Cyclone fans in the fall was redshirt senior Braxton Lewis, who earned a start in each game at safety or the star position.

Lewis enrolled at Iowa State and joined the roster as a walk-on. After 70 tackles and a prominent role on the Iowa State defense, Lewis jumped onto a scholarship position for his final season in Ames, Iowa.

Similar to Eisworth, Lewis found himself creating turnovers in the secondary. The red shirt senior plucked a team-high three interceptions in 13 games.

Lewis has spent a lot of time at Iowa State, entering his fifth season in the fall. With the program at its peak during his time in Ames, Iowa, the redshirt senior has his sights set high for the team.

“I think, obviously, a team goal would be to go to the Big 12 Championship [and] win the Big 12 Championship,” Lewis said. “Prepare myself for the next level, prepare my teammates for the next level, really focus on the team right now.”

TEAM DEPTH

With the combined experience between Eisworth and Lewis, the other players in the safety room provide solid experience behind the two.

The Cyclones sport experience with Lawrence White, Richard Bowens III, Arnold Azunna, Amechie Walker and others.

White has the most experience of the remaining safeties, but Walker and Azunna are in the mix early on to compete for the star starting job, McDonald said.

The starter for the star position could be a key cog in the Cyclone defense to present another solid secondary option among the more experienced players.

“They’re both really talented guys, and they’re doing really well,” Lewis said about Walker and Azunna. “The part for them is learning the details, and the guys like me, Greg, White, Bowens III that have a little bit more experience than them, that’s where we kind of step in.”

Shayok completes career with All-American honors

BY AARON MARNER
@iowastatedaily.com

Iowa State guard Marial Shayok has picked up numerous awards and honors after his strong redshirt senior campaign.

The Associated Press announced its All-America teams.

Shayok was named honorable mention All-American by the AP, making him the third Cyclone to achieve All-America teams.

The Associated Press announced its All-American by the AP, making him the third Cyclone to achieve All-America teams.

Shayok's scoring average ranked first on the team while his 4.9 rebounds were good for third.

Defensive back Greg Eisworth breaks up a pass during the first half of the Iowa State vs. Baylor football game Nov. 10, 2018.

MIKINNA KERNS/IOWA STATE DAILY

Shayok led Iowa State with 18.7 points per game and added an average of 4.9 rebounds. He was one of the most efficient scorers in the country, shooting 49.6 percent from the floor, 38.6 percent from beyond the 3-point line and 87.8 percent from the free throw line.

Shayok played 34 games for Iowa State and scored at least 10 points in 32 of them. He also had 16 games of 20-plus points.

Shayok was named All-Big 12 first team after the regular season ended and was named Big 12 Tournament Most Outstanding Player after he led Iowa State to three wins in Kansas City, Missouri, for the team’s fourth conference tournament title in the last six seasons.

Shayok will participate in the upcoming Portsmouth Invitational from April 17-20 along with fellow Iowa State redshirt senior Nick Weiler-Babb.

Shayok’s scoring average ranked first on the team while his 4.9 rebounds were good for third.

KATLYN CAMPBELL/IOWA STATE DAILY

Redshirt senior Marial Shayok runs the ball down the court during the game against West Virginia on Jan. 30.

@iowastatedaily.com

By the numbers

Marial Shayok excelled as a scorer in his redshirt senior year with the Cyclones. Here’s a look at some of his biggest games in an Iowa State uniform as he led the Cyclones to 23 wins.

• vs. Southern (Nov. 12, 2018): 26 points, 5 rebounds, 2 blocks, 10-for-20 shooting
• vs. Arizona (Nov. 19, 2018): 19 points, 7 rebounds, 8-of-19 shooting
• vs. Southern (Dec. 9, 2018): 26 points, 3 rebounds, 11-of-15 shooting
• vs. Kansas (Jan. 5): 24 points, 3 rebounds, 5-of-12 shooting
• vs. Texas Tech (Jan. 16): 20 points, 6 rebounds, 6-of-13 shooting
• vs. Kansas (Jan. 21): 26 points, 4 rebounds, 9-of-18 shooting
• vs. TCU (Feb. 9): 24 points, 7 rebounds, 7-of-17 shooting
• vs. Ohio State (March 22): 23 points, 5 rebounds, 3 steals, 9-of-17 shooting

MIRANDA KARNES/IOWA STATE DAILY

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Redshirt senior Marial Shayok runs the ball down the court during the game against West Virginia on Jan. 30.

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DENIM DAY
Why we wear our denim

I have heard and seen it all. The statistics, the survivor’s stories, the outrage, the activism, the support. Power-based violence has impacted so many individuals, and most importantly in its midst it has left a trail of hurt for many. Whether we realize or not, many people walk around hurting on the inside.

Sexual assault awareness became more prominent in my life during my days in high school. I can recall small conversations pertaining to sexual assault awareness but I never truly saw activism and advocacy until I arrived on Iowa State’s campus. I was one of hundreds of people in attendance when Tarana Burke, the founder of the #MeToo movement, spoke about its origins in Stephens Auditorium. I saw the narrative of the movement shift away from being about providing support for survivors to being about removing powerful men from their positions and prompting the demise of their careers. I chose to shape my own narrative of the movement. I decided the meaning of the movement was to provide support and healing for those affected.

This year’s theme for Sexual Assault Awareness Month at Iowa State is Denim Day. It symbolizes the two most meaningful aspects of advocacy and awareness: solidarity and healing.

For myself, as I have matured, so has my realization about the importance of healing. Healing should take more of an approach on the mind than on the body. Just as you take in good things for your body, there has to be the same input for your mind, especially following trauma.

The book “Body Keeps the Score” will influence parts of Iowa State’s programming for the month. Author Bessel van der Kolk calls trauma an urgent public health crisis.

A prime reason why trauma becomes so toxic, and unfortunately fatal, is because those hurting do not have someone there to listen to and empathize with their pain. It is important to take time to listen to those hurting and to not invalidate their experiences, and van der Kolk makes it loud and clear throughout his book the effects of manifesting all the trauma. What I have now acknowledged in my life is that it’s important to help those hurting and to acknowledge when you are. Showing support or solidarity can be as simple as wearing denim April 24 or actively listening to a survivor share their story.

It’s now time to start acknowledging and taking care of ourselves and continuing our support for those who are survivors of trauma.

“It is important to let these people know they are heard and understood.”

Addressing sexual assault cannot be met with a one-size-fits-all solution. It is complex, raw and intersectional. It is all-encompassing and it is extremely difficult. Sexual assault thrives in silence, but we need to talk about it and have honest, open discussion to shift the culture and prevent power-based violence.

“Addressing sexual assault cannot be met with a one-size-fits-all solution.”

This information for the following facts was gathered through the official Denim Day info site.

- Denim Day is April 24.
- The annual event was established in April 1999, making 2019 the 20-year anniversary.
- The campaign began after a 1999 ruling by an Italian Supreme Court justice overturned a rape conviction. The ruling was overturned because they felt consensual sex occurred since the victim was wearing tight jeans and they believed she must have helped her perpetrator take off her jeans. The day after the ruling, women working in the Italian Parliament arrived to work wearing denim to show support for the victim.
- The women’s protest was picked up by international media and inspired the women in the California State Senate and Assembly to imitate the Italian women.
- The Denim Day campaign was created by the Peace Over Violence organization in response to the ruling and the activism that followed.
- The first Denim Day event was held in Los Angeles in 1999.
- Denim Day has become a symbol of protesting sexual violence. Over 6.2 million people will wear denim jeans on Denim Day.
different directions," Mary Kay Handy said. "After 30 years, he called me when he was back for a class reunion and asked me to join him at dinner with some friends. He had such a good time he stayed for several days, and that is what began the ‘courting’ as he called it."

Mary Kay Handy is a graduate from the University of Iowa but said nothing compares to the atmosphere of Iowa State.

"The warmth and welcome I always felt at Iowa State was amazing," Mary Kay Handy said. "Of course I was there with a VIP, though. It was kind of thrilling when we would go back to Iowa State. Everyone would say, ‘Hi, Dean Handy.’" Chuck Handy’s legacy can also be seen on campus in Room 1360 in the Gerdin Business Building. This office is home of the college’s graduate programs and is called the "Dr. Charles B. Handy Graduate Programs Office." One of the reasons Chuck is so connected to the MBA program is because of Iowa State alumnus, Bill Kalm.

Bill Kalm is a member of Spalding’s Advisory Council.

"Bill funded some of the aspects of this internal case competition and named it after the MBA program," Spalding said. "Because of the critical role that he played in Bill’s time here as an undergraduate, he gives a lot of credit for what he was able to accomplish in his life to Chuck.”

Spalding said Kalm’s story is not an unusual one.

"There are a number of people that have been affected by the Founding Dean," Mary Kay Handy said. "Chuck Handy spent five years as the Dean of the College of Business and became known as the ‘Founding Dean.’ He gave people chances to get into the masters program that normally would not get the chance, and they surprised everybody by becoming very successful."

Chuck Handy and Spalding met in December 2013 after Spalding came to Iowa State for the internal case competition that normally would not get the chance, and they surprised everybody by becoming very successful."

Chuck Handy and Spalding met in December 2013 after Spalding came to Iowa State for the internal case competition that normally would not get the chance, and they surprised everybody by becoming very successful."

In the last column published before his death, Chuck Handy wrote, "One of the great joys of my life has been my association with Iowa State University academic business program. I joined it during its infancy and, along with other dedicated personnel, helped to establish a solid program base. Its growth has been one to look to with pride. I see a great future for business education at Iowa State.”

Mary Kay Handy said Chuck Handy was very humble and didn’t like to take full credit for all the work he did.

"Anytime someone said, ‘Well you were the Founding Dean,’ he would just say he was at the right place at the right time," Mary Kay Handy said. "He really did love Iowa State. I’m grateful that I got to spend the time with him that I did."