Four members of the Greek community react to jumping in cold water during Polar Plunge on April 1, 2017. The event was held outside of the Memorial Union.

Not many people would pay to jump into a pool of ice water, but that’s not the case for Iowa State’s sorority and fraternity community.

The Polar Bear Plunge will be at State Gym from 4 p.m. to 9 p.m. Friday. Check-in begins at 4 p.m. and each team has 20 minutes in their designated time slot to jump. The funds will go toward different sporting events for Special Olympics athletes such as dodgeball, cheerleading, swimming and softball. As with any sport, the athletes will need assistance with travel, uniforms, coaching and equipment.

Individuals are raising a minimum of $75 to participate in the annual Polar Bear Plunge. Last year’s donation of $377,000 was a record for the largest donation received by one organization to Special Olympics Iowa.

“We are bringing athletes and Greeks together with the connected value of social justice,” said Julianne Faulkoner, community service coordinator for Greek Week Central.

Gabe Mathews, senior in aerospace engineering and Phi Kappa Psi member, has been a top donor for Polar Bear Plunge throughout college.

“People know me as the kid who earns all the donations,” Mathews said.

Previously, Mathews raised $950 his freshman year, $3,300 sophomore year and $2,000 his junior year.

Throughout the whole process, Mathews said his favorite part is seeing what impact his cumulative donations have on the athletes. He also enjoys meeting them at the team dinner.

Sydney Brase, freshman in public relations and Pi Beta Phi member, plans to post a final reminder for Polar Bear Plunge throughout college.

Brase said she reached out to family, friends and companies and created personalized messages. At the end of her message, she asked the reader to pass her request on to others possibly interested parties she might not know, and she said she believes that has helped her be a top donor.

Through word of mouth, she was able to earn an unexpected $100 donation from a chiropractic company. She also actively involved her chapter, offering to send her message request template and help people set up their donation page.

“TIA not afraid to call out my friends and chapter members,” Brase said. “I want the athletes to benefit as much as possible and wanted all the girls in my chapter to create a page.”

Individuals are responsible for creating their own donation page, so she assisted those who didn’t know how.

For Mathews, he said he asked his mom’s colleagues, family friends and high school teachers for donations. He said he believed his method to success involved reaching out to as many people as possible instead of stopping at close family.

Mathews also assists his chapter by advising underclassmen. He helps them format their message request and posts on Facebook.

Brase and Mathews’ philanthropic interests started at early ages.

Brase’s dad is a men’s high school basketball coach, and he organized an event so athletes from Special Olympics Iowa could shoot hoops and play informal games after the team’s practice.

The pure joy she saw from those athletes inspired her to raise hundreds of dollars for Special Olympics Iowa years later. She experienced firsthand how the donations affected their happiness.

Sara Cummings, an athlete from Special Olympics Iowa, joined Brase’s team for dinner, and Brase said the experience was “humble” and genuine. Brase said she thought Cummings’ funny, sarcastic and care-free personality shined at the event.

Mathews’ mother is a pediatrician who works closely with children with special needs. He volunteered and formed relationships with those children.

When Mathews first heard the Polar Bear Plunge would help Special Olympics Iowa, he said he knew this would be the event for which he’d focus on raising money.

“The message of Polar Plunge is close to my heart because my mom works with those kids,” Mathews said. “They’re family friends now.”

Hanna Peters, junior in apparel merchandising and design, and member of Alpha Omicron Pi, has volunteered with Special Olympics Iowa ever since she was 12.

“It’s amazing seeing how happy [the athletes] went to compete and do things we take for granted,” Peters said.

Peters said she has seen firsthand how the money donated affects the athletes and thinks they wouldn’t be able to participate in as many events without the generous donors. She also enjoys seeing the donations go toward a local organization so the Greek community and donors can see their affect.

Peters also stressed the importance of continuing to raise money after the $75 minimum to her chapter so as many athletes as possible can benefit from the funds raised.

There were 3,400 students at last year’s event, but if members of the Ames community would like to participate, then they can create a team or an individual fundraiser. Same rules apply though and they would have to raise at least $75 to have the honor of jumping in the ice-cold pool.

Donations opened Jan. 24 and will close Friday at 10 p.m. This year, the committee opened donations one week earlier than previous years to provide additional time for donors.

Visit firstgiving.org to donate or learn more about Special Olympics Iowa. Donors can contribute funds to a specific team, person or Greek Week Central if you have no affiliation. Donors can also send in checks made out to Special Olympics Iowa with the team or person of their choice written in the memo.
Patagonia, The Fashion Show’s guest designer, will be hosting several events toward the end of the week. The events of Fashion Week are intended to promote and get students excited for this year’s 2018 Fashion Show.

Fashion Week is put on and planned by the the Fashion Week committee. The directors of Fashion Week are: Abbey Osterloo, senior in apparel, merchandising and design, Amber Vander Veen, senior in apparel, merchandising and design, Sydney Lawrence, senior in apparel, merchandising and design, and Grace Horak, senior in apparel, merchandising and design. The four have been working together since fall of 2017, along with their committee members, to plan this week of events.

The four directors said this year’s Fashion Week is different than past years because this year the events will be more focused on Iowa State students as a whole instead of just Fashion Show and apparel, merchandising and design students. It’s focused on educating students on what the apparel, merchandising and design major really is.

“We want to promote Patagonia and things like that but I just think that this year, Fashion Week, it just feels more authentic and real,” Horak said. “I know, even last night, somebody was like, ‘So what do you do as an apparel major?’ Do you guys like judge everybody with dressing?’ And I’m like, ‘No.’ There’s a lot of stipulations about our major and so I really want students to come and see what we are really about.”

With Patagonia as the guest designer, Fashion Week members have taken more of a wellness approach to some of their events.

“We really bunched off Patagonia’s company and what they’re all about and then went into the wellness and then we got the beauty side of it, so definitely bouncing off Patagonia,” Vander Veen said.

The events kick off on Monday with a movie night that will show “Confessions of a Shopaholic,” with popcorn, a candy bar and Ferris shakes.

Following the kickoff on Monday will be Toned Tuesday, which is focused on student wellness. Students are invited to come with Fashion Show members to State Gym for a morning of High Intensity Interval Training, Zumba and Yoga, with fresh fruit and refreshments available for all participating students.

Worth it Wednesday will have representatives from Body Image Eating Disorder Awareness (BEIDA) and Student Wellness ‘Be Well Hut’ there to speak with student about body image and health.

The Fashion Show will be giving away free samples from Studio 77, Serenity Couture and Finesse Spa Salons Somerset and Campus. Students will be able to enter to win spa certificates from PCI Academy Iowa and Finesse Spa Salons Campus Somerset.

On both Wednesday and Thursday of Fashion Week, Patagonia’s Worn Wear Truck will be on campus. This truck is like a mobile sewing room that can help anyone to fix virtually any problem with their clothing.

This truck, which tours college campuses all over the country for free, is aimed at educating everyone on the importance of repairing, reusing and recycling clothing items in order to keep more clothing out of landfills. This truck does not just fix Patagonia clothing, it welcomes any clean damaged items to be fixed.

On Thursday, three of Patagonia’s representatives will give a lecture called “Using Business as a Tool for Change.”

Thursday is also Take Over Thursday where students are invited to come learn all about The Fashion Show and the apparel, merchandising and design program in a Q&A session.

Take Over Thursday will feature two DJs — Sebastian Madej, also known as DJ Seb, who will DJ from 11 a.m. to 1 p.m. and DJ ELKN, also known as Matte Rodrigues, who will DJ from 1 p.m. to 3 p.m. Fashion Show t-shirts and merchandise will be sold.

The Pop-up shop, hosted by the Pop-Up Shop committee, will begin at 10 a.m. on Friday under the Parks Library awning. The Pop-Up Shop consists of a clothing drive where people can exchange one piece of clothing for another and will have speakers from different clubs on campus that are focused on sustainability such as Rent the Runway. The Pop-Up Shop committee wanted to do this event in order to educate students on the importance of sustainability.

“We felt like it was important to show Iowa State students that you don’t always have to buy new to be trendy or have the newest thing in fashion,” said Madison Adams, Pop-Up Shop director and junior in apparel, merchandising and design. “I think a lot of people think you have to have the newest items to be fashionable. So we wanted to show that fashion is a lot more than that.”

Friday night consists of Fashion’s Night Out, which will take place at the Gateway Hotel. This event is intended to be one last celebration before The Fashion Show, which will consist of hors d’oeuvres, desserts, live music and a speech from Patagonia’s representatives.

“It’s kind of like cocktail hour,” Vander Veen said. “It’s like dress up, you get to eat food, listen to live music and we are going to have a raffle for two VISA $50 gift cards.”
Thursday in the Great Hall of the Memorial Union, Gay spoke to Iowa State students about her novel and personal experiences.


"Hunger rose out of wanting to write about my body," Gay said. "I've always found that the topics that are most intimidating to me end up being the most intellectually satisfying to me."

This lead to her writing a book about what it means to be fat and changing the public narrative around exercise.

The first chapter of her book she read from was about her hate for exercise and her personal trainer.

"My disdain for sports, and now, exercise remains pure and constant. It feels like a waste of my time moving around, sweating and hoping that something good will arise from that effort," Gay continued, describing a few items of her workout equipment, including an exercise bike and hand weights, and how using her exercise bike is a good time to catch up on reading.

Gay said, "I have worked with personal trainers even though grudgingly given that I hate being told what to do, and that hate multiples when I’m told what to do by someone who is thin, and impossibly fit, and usually gorgeous, and charging me a significant amount of money an hour…."

Gay also talked about her personal trainer. As a full Great Hall listened intently, Gay continued to read a chapter of her book about her love for cooking and especially, her love for Ina Garten, the host of "Barefoot Contessa."

"I did not think it was possible for me to love cooking, I did not think that such a love was allowed. I did not think I could love food or indulge in the sensual pleasures of eating. It did not occur to me to cook for myself was to care for my health or that I was allowed to care for myself," Gay quoted.

Gay spoke about how she became a vegetarian and if she wanted to eat she needed to learn to cook for herself. This lead to her love for Barefoot Contessa and Ina Garten.

The last chapter of the book Gay quoted was about one of the boys who sexually assaulted her when she was young.

In this chapter she describes her search to find the ringleader of the boys who assaulted her almost 30 years later.

"He wouldn’t recognize me. I was skinny and much shorter. I was very small and cute and smart, but not so smart. I am not that girl anymore. I could find him and hid in plain sight," Gay said.

Once she did find him, she spoke about the questions she had about him such as how he likes his coffee and if she has a family.

“What kind of car does he drive? Is he close to his parents? Do they live in the same house? I have called his office and asked for him. I have done this more than once. Mostly I hung up immediately," Gay said.

After quoting her book, Gay opened the room up for a question and answer portion. Questions ranged from her reasoning for going to Michigan Tech to how she manages living in Lafayette, Indiana and being not accepted.


 Hackathon provides opportunities for students

BY CHRISTIAN.SIMMONS
@Iowastatedaily.com

Iowa State students, especially engineers, should be familiar with the term "Hackathon!" This weekend, Iowa State is hosting its first ever "Usabilathon!"

The event is similar to Hackathon. Teams get eight hours to work on a project, and at the end of the event, judges will decide a winner. The project focuses more on the industry. While hackathon participants show off their creativity and skills, Usabilathon participants show off their abilities to solve an industry problem effectively.

Every team at the event has the same problem, and this arguably levels the playing field a little more.

Teams are not allowed to know the problem beforehand, ensuring all participants are allowed the same amount of time to work.

Lim hopes future problems will be those of non-profits, charities, or similar organizations so that the competition can give their solutions back to the community.

Melinda Hoover, organizer and participant, said that the competition is open to all majors and classes. She said that there is no such thing as being "too unexperienced"; because it is a learning experience for everyone.
POLICE BLOTTER

4.4.18

Bradley Louis Flowers, age 54, of 3660 Northwood - Decatur, IL, was arrested and charged with operating while intoxicated at 36 Frederksen Court (reported at 2:15 a.m.).

An officer provided resources regarding sexual assault to an individual at Thielens Student Health Center (reported at 5:02 p.m.).

GREEK WEEK DAY 5: BASKETBALL TOURNAMENT

A member of Tau Kappa Epsilon cheers on their Greek Week pairing with other teammates during the basketball tournament on April 5 at Lied Recreation Center.

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Edited by Rich Norris and Joyce Lewis

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SUDOKU

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

ACROSS

1. Figurative where one per. on, etc.
2. 70s group led by Bono, etc.
3. 14 country Italian constellation
4. 16 Sangre photo medium (MTL)
5. 17 Company gives advice
6. 20 repair per. on, etc.
7. 21 Kasabian
8. 22 Patti LaBelle
9. 23 Broken
10. 26 Athens
11. 31 Horrible players
12. 32 House or Villa
13. 33 Home of Zebra
14. 37 Colored
15. 40 Lawn being
16. 41 low word (British)
17. 45 Tenor
18. 49 Treasure
19. 54 Battle
20. 56 Classes to zero
21. 59 Directly
22. 62 Originals of place
23. 63 Lymph nodes
24. 64 Function
25. 65 Chuck who breaks the sound barrier

DOWN

1. Up before
2. River of Genesee
3. Violinist game (MTL)
4. Hated neighbor
5. 604 area code
6. Multiple Grammar lessons
7. Central option is a single diamond
8. They're related to the variety of the 6 Canary Alley 34 Surveyed as a 19
9. Novel on a small island
10. "Fabled" was his last opera
11. 24 Tax pro: Abbr.
12. 25 Clouds and wind
13. 24 Nothing to write on back
14. 27 Feels like the Hovering Virla
15. 28-30-32-34-36-38-40
16. 29 Opposite of NNY
17. 30-32-34-36-38-40
18. 31 Close associates
19. 32 Floods resistance org.
20. 33 Preparing to land
22. 35 Tampa Bay
23. 36-38-40-42-44-46
24. 37 Jemez of New Mexico
25. 38 Ivan of "Fame"
26. 39 Ancient leader
27. 40-42-44-46-48-50-52-54
28. 41 Latin love word
29. 42-44-46-48-50-52-54-56
30. 43-45-47-49-51-53-55-57
31. 44-46-48-50-52-54-56-58
32. 45 Mischievous trick
33. 46 Showy authority
34. 47-49-51-53-55-57
35. 48 Quran religion
36. 49 Underlying
37. 50 Vietnam neighbor
38. 51 "Ballesteros" wins World Series '99 and 2000
39. 52 Mrs. Eisenhower
40. 53 Snide smile
41. 54 Earth chopper
42. 55 Orator's place
43. 56 Vivacity
44. 57 Fitzgerald of jazz
45. 58 Tense pre.
46. 59 Earth chopper
47. 60 Multiple Grammy wins
48. 61 Notes after dos
49. 62 Pop singer
50. 63 Alley prowlers
51. 64 Function
52. 65 Chuck who breaks the sound barrier

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

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IOWA STATE DAILY

IOWA STATE DAILY

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FOR RELEASE OCTOBER 28, 2013

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SARAH HENRY: IOWA STATE DAILY

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

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

That’s what FOREVER TRUE WEEK is about – discovering and celebrating all the ways donor support makes a difference on campus and to your Iowa State experience.

Learn more: [www.isuf.info/ForeverTrueWeek](http://www.isuf.info/ForeverTrueWeek)

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

FIND US ON CAMPUS! (TWO LOCATIONS EACH DAY)

- **EVERYDAY*** Parks Library/Hub
- **THURSDAY*** Biorenewables Complex
- **WEDNESDAY*** State Gym
- **TUESDAY*** Kildee Hall

Stop by our booths around campus to:
- Play our trivia wheel to test your knowledge about donor support on campus
- Write thank you notes to donors
- Tell us why you’re “Forever True”
- Win FREE STUFF, including T-shirts, sunglasses and more!

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

I AM HERE BECAUSE OF DONORS.  

Share the fun you’re having with us using the #ForeverTrueISU hashtag.
Iowa State Forever

The Forever True, For Iowa State campaign aims to raise a historic $1.1 billion in private giving for Iowa State by June 30, 2020. The campaign seeks to transform the university by providing new levels of donor support for Iowa State students, faculty, programs and facilities – and ensure Iowa State is prepared to fulfill its unique role in meeting the challenges of the future. Learn more at ForeverTrueISU.com.

Forever True Week

FOREVER TRUE WEEK CROSSWORD

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

Last Year, $87.2 MILLION in philanthropic dollars were spent by Iowa State, including $16.5 million in scholarship support benefiting more than 6,000 Iowa State students.

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

Since 2012, 2,000 ISU SENIORS have raised $70,000 toward the Senior Class Gift Scholarship endowed fund, which provides scholarships to upcoming senior students.

Each year, Iowa State University Foundation Phone Center students make calls to more than 200,000 ALUMNI to raise approximately $2 million to benefit areas across the university.

Philanthropy 101

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

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

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

SENELA74 01/2023

STUMPED? Answers at isuf.info/ForeverTrueweek
BY ELAINE WATKINS-MILLER

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

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

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

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

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

“I would not have been able to attend college if it wasn’t for the financial aid awarded to me. I personally think giving back to Iowa State helps me pay it forward and helps future generations of Cyclones.”
- Seamus Kelly ’17, Donor

“I give to Iowa State because I believe students should have more scholarship opportunities. It is important for me to give because my donations can help a fellow Cyclone have an amazing experience at Iowa State like I did.”
- Jackie Pasek ’17, Donor

When I came here, I really wanted to develop myself as a person. I had such a wonderful time and when it all came to an end and I had to get in my car and drive away, I thought life was never going to be the same again. I had so much fun and had made so many friends. It was just totally wonderful, academically and socially.
- Jerry Ivy ’53, Donor to the Debbie and Jerry Ivy College of Business

When you see these, you’ll know the building you’re looking at or the area you’re utilizing received support from private donations. Here are just a few of the many “tagged” places you’ll find:

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

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

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

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

IMPACTED BY PHILANTHROPY

With budget cuts and a proposed tuition increase, receiving scholarship support is now more than ever critical to easing financial stress and student debt. Privately funded scholarships enable students to flourish in their studies and extracurricular involvement and not only allow students of all backgrounds and abilities to attend Iowa State, but help ensure that they’ll reach their fullest potential.

Natalie Hanson is one such student who knows the value and impact of receiving scholarship support. Hanson grew up with five siblings on an acreage outside of La Porte City, Iowa. Now a senior studying biological systems engineering, food engineering option, Hanson is thankful for the numerous scholarships she’s received at Iowa State, noting the support has afforded her the opportunity to participate in a variety of life-changing experiences.

This past summer, Hanson worked as a production management engineer intern at Cargill in Blair, Nebraska. She was placed in the Folyons department and had the opportunity to apply her classroom learning about fermentation and biological systems in a manufacturing environment. In addition, Hanson traveled to the Reciprocal Meat Conference and represented Iowa State in the Meat Science Quiz Bowl competition held in College Station, Texas. Hanson’s team was crowned champion of the competition, a first for the university.

On campus, Hanson serves as the vice president of Experience Iowa State, where she helps coordinate mass visit days for the student tour guide group. She is also part of the leadership community for the Navigators, a student ministry.

“Receiving scholarship support is confirmation that my involvement on campus has been worth the time and dedication I put into it,” Hanson said. “Leadership is not a skill that is taught in the classroom; however, it is essential for making an impact in my future career and community. Because I have been a beneficiary of donors’ generosity, I hope to pay it forward by funding scholarships and making contributions to the university that has given so much to me.”

Impacted by Philanthropy

Natalie Hanson
Senior, biological systems engineering

BY LINDSEY DAVIS ‘17
Students face over the summer. In July they set out to do. have indeed accomplished much of what purposeful outreach.” We believe they sought to “build community, restore tra have come to campus in the past year as Cody and Cody lead positive change

The Student Government is wrapping up their current session and soon, presiden Cody West and vice president Cody Smith will transition power to Julian Neely and Juan Bibiloni.

The ISD Editorial Board would like to highlight the positive changes that will have to be conducted after the event, success and challenges of this concert series is an attempt another campaign promise by West and Smith. The concert series is an attempt to bring back a spring tradition and cele The spring concert on April 22 fills an official evaluation regarding the event that needs to keep some students from becoming temporarily homeless as they transition housing. West and Smith have also focused on increasing the transparency of the Student Government. Although they often lacked significant student participation, the town hall meetings provided the Iowa State community with opportunities to engage with our elected student leaders and the university administration. These are important outlets of information and help drive the dialogue about the issues facing our campus. Parents dream about traveling to different places around the world after they retire, college students want to see the world by studying abroad or during breaks and older people wish they traveled when they were younger. The thing in common with these three very different sets of people is that they all have a reason holding them back from traveling, whether it is school, medical reasons, children, family obligations or younger. Since they have things holding them back from being able to explore the world, they live with the regret that they didn’t travel while they were able to be more flexible and adventurous during a trip. Beside the obvious benefit of traveling, seeing the world and experiencing new things, there are more specific and unexpected things that can come out of traveling. Traveling to different places has been proven to make you healthier, less stressed and lower the risk of depression. How can you be stressed when you are at a remote, beautiful beach in the Bahamas? Or bored when you just climbed up to the top of the Aztec pyramids and are looking over the tree line at the world? It seems like an impossible thing to occur during these and many other scenarios. When I was in high school, we were required to read and analyze “Into the Wild” by Jon Krakauer. While I was reading, I couldn’t help but feel the lack of purpose in my life. After all, I was just a student going through the same routine every day, just waiting for graduation to come while reading about this other person who left his life to find himself in the woods. It seemed like something I wanted to do while I had the time and energy. Though, for me, going to Alaska for a couple of years by myself isn’t the most appealing thing in the world. Traveling helps people find a new purpose in their lives, along with appreciating where they are from more. Finally, there is only so much we can learn from books and movies. There is a whole world out there with hundreds of different cultures and life-styles waiting to be experienced and shared with others. It seems boring to stay in one place and one culture for a whole life while there is a whole world out there waiting to be seen. Life is very short. I recommend spending it with people you love, doing what you love and experiencing everything you can. Granted, not all of us out there are interested in leaving the life we’ve made and exploring somewhere completely new and foreign, especially alone. It is understandable. Traveling can seem scary. But it could also be the best experience you’ll ever have. When I’m at the end of my life, I would rather be able to tell my grandchildren I lived with no regrets than my life, I would rather be able to tell my grandchildren I lived with no regrets than the life I wish I had experienced more in my life. As Scotty P from “We’re the Millers” would say, “no regrets.” Be like Scotty P.

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This is the weekend senior Briana Ledesma has been waiting for all season. The Iowa State gymnastics team is the No. 5 seed in the Minnesota regional on Saturday, but Ledesma isn't talking about that. She's talking about the team's annual rap battle on Friday night.

"It's the one thing I look forward to during the year," Ledesma said.

The 2018 season has been one of the best in recent memory and the Cyclones acknowledge that. They are also aware of how difficult their path to the national championship is and the type of performance it would take to get them there.

Yet, at the end of Friday night, just hours before they warm up for regionals, Ledesma and her teammates will be tasked with forgetting about that pressure. Instead, they will focus on how to rhyme with words like "pandiculation."

"You push people out of their comfort zone a little," Ledesma said. "It's so much fun. You aren't sitting there the night before thinking 'regionals, regionals, regionals.' It's just like 'man, that was so much fun. Let's get to bed.'"

The Cyclones will travel to Minneapolis this weekend for what could be the final competition for this team as one unit. The Cyclones have to finish in the top two on Saturday for their season to continue in an NCAA regional that hosts the likes of No. 1 Oklahoma, No. 12 Kentucky and No. 13 Denver.

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Iowa State basketball coach Steve Prohm was the latest figure to stop by the gymnastics practice facility to wish the team luck when he stopped by after practice on Wednesday. Iowa State football coach Matt Campbell was in a few weeks ago to provide some inspiration, as was Athletic Director Jamie Pollard.

But coach Jay Ronayne’s message during the final practice on Wednesday before the team departed Ames was much simpler.

He said, “don’t quit.”

“I’ve been talking about the team like being a stack of Jenga,” Ronayne said. “Everyone is so integral to each other that if one of them is pulled out, it could collapse. So if one of them quits, mentally, then we’re all done. That’s why I keep repeating ‘never, ever, ever quit.’”

It’s been a year since the team started the 2017 regionals in Nebraska with two falls on the balance beam. Ronayne said the team didn’t quit after that, but it was too big of a deficit to recover from.

One fall won’t hurt their chances this weekend, as long as they are able to cover it with success in other routines. On the other side, the best score of Iowa State’s season might not even be good enough to send the Cyclones to the national championships in St. Louis.

Either way, the Cyclones are going to enjoy the ride until the end.

“If this is going to be the last one, we’re not going to walk out with regrets,” Ledesma said. “If we don’t have any regrets when we walk out, there’s a possibility that that’s enough to get us to nationals.”

-Briana Ledesma
Robin and Linda Williams to perform at M-Shop again

BY JACOB BEALS
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Editor’s Note: This piece was originally published on April 26, 2017. (We just needed you to check this out one more time). Information regarding dates, times and ticket prices have been updated accordingly.

In 1974, many things happened that influenced U.S. history and culture. Former President Richard Nixon resigned after Watergate, “Happy Days” premiered on television and Hank Aaron surpassed Babe Ruth’s record for the most home runs in Major League Baseball. Those were events happening on the national scale, but here at Iowa State, something big happened too, as the Maintenance Shop officially opened at the beginning of that year.

Fast forward to Oct. 24 of the same year, when Robin and Linda Williams performed three shows over the course of a weekend. Those performances would mark the first of many for the husband and wife duo at the venue.

Before playing in Ames and meeting Linda, Robin had toured as a solo act. But after seeing Linda sing for the first time, he said they gravitated toward each other. “You could tell she had something special, she was good,” Williams said.

Robin’s act as one soon became two, as the couple married in 1971 and eventually began touring together. “It was the music that brought us together, and we’ve been playing ever since, making a living at it,” Williams said.

Their relationship and partnership led to many musical ventures, including playing at the Grand Ole Opry and on Prairie Home Companion.

But in the early days, Robin said they played many gigs on college campuses, and it was their booking agency that led them to the M-Shop right after it opened.

“He was a new venue, the agency would always send us,” Williams said. “We were the guinea pigs.”

The first show looked a lot different compared to how performances go down in the M-Shop today. Williams recalled a stage having to be brought in before they played. Plus, around noon, the duo had to play a short teaser advertising the show to members of the Iowa State and Ames community.

“We got crowds, and we’ve had crowds ever since,” Williams said.

Since that initial weekend, they have always returned to perform at the M-Shop. Robin and Linda have made their mark at the M-Shop, and the venue has given right after that. The bottom could’ve fallen out in April, and we’d have gigs in July and nothing.

Countless crowds have returned to see the duo in the M-Shop again, sometimes years after seeing them for the first time. Some who were at the very first Robin and Linda M-Shop show have even returned in recent years.

But that is not to say there are no newcomers. Brockpahler said new audience members are present each year.

“It’s nice to see what we do seems to resonate with people,” Williams said about the reception.

The M-Shop and the duo have a unique tie to each other. Brockpahler believes the two have a closely intertwined history. In fact, a piece of Robin and Linda is a part of the venue greeting people as they walk in.

“When you come in the M-Shop and you’re coming down the ramp from the front door, there’s a picture of Robin and Linda right there,” Brockpahler said.

The Maintenance Shop has traded its own history with Robin and Linda as the two were given a commemorative brick in 2000 for playing there for 27 years. Plus, in 2014, they played a special show honoring the venue’s 40th anniversary.

During all of that history, of course, there have been modifications made to the inside of the M-Shop. Williams recalled numerous changes to the venue, including the sound booth’s installation, a redesign of the walls for better sound reflection, the bar going up and the stairs turning into a walkway.

One thing that has changed during Robin and Linda’s career has been the way they live as musicians. “We were living three months ahead,” Williams said. “Well be playing [at the M-Shop] in April, and we’d have gigs in July and nothing.

Robin and Linda Williams’ music is a blend of bluegrass and folk.
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