The Power of PRIDE

By Ellyn Bombolla and Sydney Iglh  
@iwastatedaily.com

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year Iowa High School Sports Awards.
Cracking a myth
Speaker to explore powers of procrastination
By Eric Wirth
@iowastatedaily.com
On Tuesday, Iowa State will host a speaker who has earned a doctorate in psychology from Stanford to talk about the myth of procrastination.

Jorge Cham, author of PHD Comics, will explore the myths and power of procrastination as well as the guilt that accompanies it. Beginning at 6 p.m. in the Great Hall of the Memorial Union, Cham will speak on how he writes in between human and falcon stories to make sure people in the world of academia.

Cham was previously a research assistant at the California Institute of Technology, and is now a writer and illustrator.

Hogan Lawton Marshall, 18, of 4120 Lincoln Swing Unit 2279 - Ames, IA, was arrested and charged with unlawful use of a controlled substance, possession of a controlled substance, and possession of a controlled substance under the legal age at Buchanan Hall of 14251 Atwood Cir - Rosemount, MN, was arrested and released for possession of a controlled substance, and possession of alcohol under the legal age at Buchanan Hall (reported at 2:59 a.m.).

An officer checked on the welfare of an individual at Lot 59E and an individual reported damage to personal property at 7 a.m. in the 1200 block of SW 25th St. An officer checked on the welfare of an individual at Carver Recreation Complex (reported at 1:20 a.m.).

Weather

Tuesday, April 12, 2016

Sunny, light winds becoming South 5-11 mph

SNAPSHOT

Wrestling robes reconfigured

The Ciclam's wrestling robes may be redesigned. What ISU Dining had to say comes comments and suggestions earned votes that warrant correction. The Iowa State Daily welcomes comments and suggestions that warrant correction. The Iowa State Daily welcomes comments and suggestions that warrant correction.

Meet and greet police
ISU Ames Police join for campaign
By Mer Connor
@iowastatedaily.com
The ISU and Ames police departments are partnering to launch their spring campaign, which revolves around increasing diversity and inclusion, and pedestrian safety.

From 10 a.m. to 2 p.m. Tuesday through Thursday, Dwight Hinson, one of ISU Police’s multicultural liaisons, along with representatives from the ISU and Ames police departments will host an open meet and greet in room 232C at the Memorial Union.

Meet and greet police
ISU, Ames Police continue spring campaign
The Ames and ISU police departments will launch their spring campaign, which will include sexual assault awareness, promoting diversity and inclusion and pedestrian safety.

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Angelica Ross speaks about empowering transgender folks during a speech Monday night in the Sun Room of the Memorial Union. Ross also talked about how equality is her passion. She shared her media work “Her Story.”

“The Story” is unique because it includes transgender actors, including Angelica Ross, who play transgender people. The soundtrack included music that some of the editors was trans-genderized.

“It seeks being the only trans person, and it is seeking the only black person that’s trans,” Ross said.

Ross next talked about her equality in her passion. She shared her media work “Her Story.”

“The Story” is unique because it includes trans-gender actors, including Angelica Ross, who play transgender people. The soundtrack included music that some of the editors was trans-genderized.

“It seeks being the only trans person, and it is seeking the only black person that’s trans,” Ross said.

Ross then spoke about her equality in her passion. She shared her media work “Her Story.”

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Tuesday, April 12, 2016

IOWA STATE DAILY

EDITORIAL

NORMI ISU ruling another win for students

NORMI ISU, the student chapter advocating for the reform of marijuana laws, won another victory in its battle for legal status against Iowa State University. In December 2014, the student chapter NORML ISU filed a suit with the 8th U.S. Circuit Court of Appeals demanding the right to print Iowa State’s logo on T-shirts. Iowa State University, however, had refused to allow the T-shirts to be printed due to a lack of evidence that the chapter had a positive track record. The judge’s decision stated that the chapter had achieved its objectives and had been successful in its efforts. The ruling is another victory for the student chapter and its supporters, who have been fighting for the legalization of marijuana for several years.

LETTERS TO THE EDITOR

Remembrance

By Ben Netherton

In memory of those who have passed, I would like to take this opportunity to remember some of the individuals who have greatly impacted our world.

First, I would like to remember the late Steve Jobs, the co-founder of Apple Inc. Jobs was known for his innovative ideas and his ability to bring products to market that would change the world. He is remembered for his contributions to technology, design, and business.

Another individual who has had a significant impact on our world is Malala Yousafzai, the Pakistani activist for girls’ education. Yousafzai became a global symbol of education and human rights after surviving an assassination attempt in 2012. She is now a Nobel Peace Prize laureate and continues to work for the education of girls around the world.

Finally, I would like to remember the late Walter Cronkite, the legendary journalist and news anchor. Cronkite was known for his honesty and integrity, and his dedication to bringing the truth to the American people.

In conclusion, I would like to remember that each of us has a role to play in making the world a better place. Whether it is through technological innovation, fighting for education rights, or bringing the truth to the public, we can all make a difference.

I hope you will join me in remembering these individuals and in working towards a better future for all.

Ben Netherton

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Check your white privilege

By Maddy Arnold

I recently came across an article discussing the concept of “white privilege.” The article highlighted how white individuals often have advantages that others do not, simply because of their race. This privilege can manifest in various ways, from access to resources and opportunities to a lack of biases and discrimination.

As a white person, I am aware of the benefits that come with my skin color. I have experienced this privilege in my own life, whether it is in the form of better job opportunities or simply not being judged as harshly by others. However, I also recognize that this privilege can be harmful and unjust.

The article discussed the need for white individuals to acknowledge and address their privilege. It emphasized the importance of listening to and learning from people of color, as well as taking action to create a more equitable society. I agree with this viewpoint and believe that it is essential for white individuals to understand and dismantle this privilege.

In conclusion, I urge all white individuals to reflect on their privilege and take steps to create a more just and equitable world. By acknowledging and addressing this privilege, we can work towards a future where everyone has equal opportunities and the benefits of society.

Maddy Arnold

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Video games offer real benefits

By Ben Netherton

Video games have long been criticized for being a waste of time and a消极ist influence on society. However, new research suggests that video games can offer real benefits.

For example, a study published in the journal Science found that playing video games can improve cognitive function, including memory, attention, and problem-solving skills. The study also found that video games can be used to train and improve real-world skills, such as driving and surgery.

Additionally, video games can be used as a tool for therapy and rehabilitation. Research has shown that video games can be effective in treating conditions such as post-traumatic stress disorder, depression, and addiction.

Furthermore, video games can be a form of entertainment and a way to socialize. Many people enjoy playing video games with friends or family, and this can help strengthen relationships and create a sense of community.

In conclusion, video games can offer real benefits, including improved cognitive function, real-world skill training, therapy, rehabilitation, and socialization. It is important for people to be aware of these benefits and to use video games in a responsible and healthy way.

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Early video games such as “Pong” and “Mario” have evolved into more educational games that have the potential to improve cognitive abilities.

This modern approach to educational video games represents a significant shift from the traditional experience of playing video games. Instead of being a passive, time-wasting activity, video games can now be used to enhance learning and development.

For example, educational video games can provide an engaging and interactive way to teach math, science, and language. These games often use visual and auditory cues to reinforce concepts, making them more memorable for young learners.

Moreover, educational video games can be used to improve motor skills and spatial awareness. Many games require players to manipulate objects in a particular way, which can help develop hand-eye coordination and fine motor skills.

Finally, educational video games can be used to foster social skills and teamwork. Many games involve collaboration with others, which can help develop communication and cooperation skills.

In conclusion, educational video games offer real benefits, including improved learning, development, motor skills, and social skills. As technology continues to evolve, we can expect to see even more innovative and effective educational video games in the future.

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New generation of game provides unique learning tool

By Ben Netherton

The new generation of video games offers unique and engaging learning opportunities.

In particular, educational video games have become increasingly popular in recent years. These games use advanced technology and interactive gameplay to teach a variety of subjects, from math and science to history and language.

For example, educational video games such as “MinecraftEdu” and “Tinkercad” allow students to explore and create in a virtual environment. This can be particularly effective for teaching art, design, and STEM subjects.

Additionally, educational video games can be used to teach important social and emotional skills. Many games involve teamwork and collaboration, which can help develop communication and cooperation skills.

In conclusion, the new generation of video games offers unique and engaging learning opportunities. As technology continues to evolve, we can expect to see even more innovative and effective educational video games in the future.

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By Camila Cervantes

Healthy hair is happy hair
By Rebecca Elam

Hair care is an important aspect of everyday life. The rules of hair care are simple, but many people forget to follow them or don’t understand why they are so important.

For starters, hair should only be washed two to three times per week with a mild shampoo. Only use products that are specifically designed for your hair type. Hair products that are not designed for your hair type can create more damage to your hair instead of repairing it. Always remember to make your hair dry before using your de-tangling tools.

Conditioner should only be used on the ends of the hair because of the natural oils the scalp produces. The scalp doesn’t need any extra oils because they make hair become greasy faster. The ends of the hair need the extra moisture because it is hard for natural oils to reach the ends.

This is why it is necessary to only shampoo the roots of your hair to remove excess oils.

An overlooked aspect of hair care is clean brushes. Bristles in brushes, a hooding brush for hair tips, or even a tiny makeup brush can become bacteria buildup about once a month.

Cutting back on bristled styling tools is always a challenge for some people, but it’s an important hair care step. Heat causes hair damage that is hard to repair. You can make your hair way more manageable by getting a cut before going to bed. If styling tools are not given a break, make sure to use a weekly protective treatment, steam brush hair, or an easy homemade hair mask.

Always remember to make time for a hair trim about every six weeks to optimize hair health and get rid of dead ends.

How to maintain a blog

By Megan Dale

Blogging has become a common hobby in 2014 for people who are pursuing the worlds of journalism and online fame. Getting noticed in the endless blogsphere can be quite a task, as there are millions of blogs online. You may feel like one voice among millions. Maintaining your blog and having a routine uploading activity is vital to making your blog a great success.

Here are a few tips on how to successfully maintain a blog:

1. Constantly have ideas
Cares around a post at all times. If you are sitting in class with your head on the desk and think of an idea for a good post, don’t risk forgetting it; write it down immediately.

2. Jot down everything you can
Even the tiniest of ideas will be of benefit in the long run and don’t be afraid to search ideas online. While pulling ideas from the internet isn’t original, there are definitely ways to make posts your own. Always having ideas will ensure you will always have something to write about and always have content for the days you’re uploading.

3. The Google Difter
If you have any ideas in your notebook, you can take them to your computer and type them up on Google Drive. Create a folder within your drive you can keep all of your information in there. Create more folders within the folder that contain all of your ideas for posts and transfer them to a "completed" file when you’re finished writing and editing them.

You can also use Google to create a reminder for your posting schedule. If you post every Wednesday and Saturday, include dates and plan ahead to know which posts are going up when so you can always be prepared when uploading day arrives.

4. Engage your audience
Listen to what your audience wants and frequently respond to their feedback. When you talk to your readers, you get to know exactly how much they appreciate what you write, you will be more motivated to post more pieces. This is an essential part to maintaining your readership.

By realizing with how many times a week is possible for you to upload content. As a busy college student, you may not have time to upload three times a week. Determine how many days you want that are possibly dis- missed throughout the week so you have time to plan. Write, take photos and finish quality blog entries or thumbnails.

5. Never forget your purpose
Here is the work you’ve been looking forward to for a long time and you are so excited to share. Remember to be patient with your readers and know that your work has been noticed.

Create more folders within the folder that contain all of your ideas for posts and transfer them to a "completed" file when you’re finished writing and editing them.

To be achieved with a short-layered haircut and styling tools. Medium length is also a good option with shoulder-length layers and can be achieved with a long-layered haircut.

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Need-to-knows for spring game

By Luke Mandler, iowastatedaily.com

On Saturday, three potential renderings of robes that the wrestling team wants to bring back. The concepts are based off of ideas from Kyven Gadson, coach Kevin Jackson and Earl Hall.

Wrestlers want to bring back ISU tradition

During his junior season, former ISU wrestler Kyven Gadson asked his dad if he wanted to put on his ISU wrestling robe one last time.

Willie Gadson wrestled at Iowa State from 1974-1976 before transferring from Nauvoo Community College in New York. He earned All-America honors in both seas- ons he wrestled at ISU.

Willie spent as an assistant coach at Iowa State before he moved on to be the head coach at Eastern Michigan. Willie led the team to its only NCAA Champion- ship in school history.

ISU coach Matt Campbell and his staff will take the team to the spring game in Ames on Saturday to get ready for the up- coming season.

Campbell sees in practice what he will get to see in the game. This year marks Campbell’s first season in charge of the Cyclones.

Carroll says the biggest takeaway from the spring game will be the progress the team has made over the week.

The biggest takeaway from the spring game will be the progress the team has made over the week.

ISU head coach Matt Campbell gives an update on his players during a baseball practice on March 16 at the Cowles Football Complex.

The game represents a cul- mination of the entire spring season and all of the in- structions.

Since there is a new staff

Push your creative thinking. Get a creative job with the Iowa State Daily!

The Iowa State Daily has immediate openings for full-time news reporting positions. The positions offer excellent pay, benefits, and opportunities to work on an award-winning student newspaper. The staff is also looking to add flexible part-time positions. Apply today at www.iowastatedaily.com.

For information about openings, visit www.iowastatedaily.com and click the “Careers” link.

SPORTS
The ultimate, long-term goal is for everyone to feel safer and to feel like they can be who they are, included, welcomed and supported, recognized, visible, and to have the same access, and opportunities,” Freehöfer said. “We just want everyone to be proud of who they are.”