This scripture inspired the Christian tradition of Ash Wednesday, the first day of Lent in many Christian faiths. Lent, or Lent, is a 40-day long celebration of fasting with deep roots in Biblical literature.

The number 40 bears significance in the Bible: The Jews walked 40 years through the desert from Egypt to Israel. It was 40 days Jesus fasted in the desert and faced temptation from Satan, according to the gospels. It is in this respect certain Christian traditions observe Lent, but not every tradition does it the same way.

Today is Ash Wednesday, when Catholics and Lutherans mark a cross in ash upon their foreheads to symbolize their mortality. It references Genesis 3:19, “In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return” in the King James Bible.

In many faiths the fast lasts from Ash Wednesday until Easter Sunday. Not all Christians who celebrate Lent recognize Ash Wednesday. Eastern Orthodox Christians still fast, but they begin and end on different days, and have different fasting conditions than Catholic or Protestant traditions.

“This is because of the split in the Christian Church in 1054 which separated the Church into the Roman Catholic Church and the Eastern Orthodox Church. Many differences, small and big, arose after the schism.

“The Eastern Orthodox faiths have never celebrated Ash Wednesday,” said Father Martin Watt, a pastor at Holy Transfiguration Orthodox Church in Ames. “We actually won’t begin our Lent until next Monday.

That Monday is Feb. 19. Eastern Orthodox Christians will fast until their Easter on April 8, a week after Catholics and certain Protestants celebrate the same holiday.

“"We use the Julian Calendar," Watt explained. The Roman Catholics adopted the Gregorian calendar after the split, which is an adoption of the Julian Calendar from the days of Julius Caesar.

Celebrating Ash Wednesday isn’t like celebrating other holidays. The word "solemn" is often using when describing Lent.

“It’s broad use of the word celebration," said Father Aaron Junge, a pastor at Saint Thomas Aquinas Church on Lincoln Way. “It’s not a wild celebration, one can think of it in a similar sense as an engagement celebration, where there’s still work to be done.”

To Junge, Lent is a time to remember God, and fasting reminds him “that only God is going to satisfy.” However, Lent is a largely individual experience. A Daily reporter spoke to three student religious leaders at ISU about what the Lent fast means to them.

"You are dust, and to dust you will return."

A parishioner receives ashes on her forehead during Ash Wednesday mass at St. Thomas Aquinas Catholic Church on March 1, 2017. Ash Wednesday marks the beginning of the season of Lent for Christians.

**ASH WEDNESDAY SERVICES AT LOCAL CHURCHES**

- **College Presbyterian Church**
  159 Sheldon Ave.
  7 p.m., Ash Wednesday Service

- **Saint Thomas Aquinas Church**
  2210 Lincoln Way
  7 a.m., noon, 5:15 p.m., 9:15 a.m., Ash Wednesday Services

- **Memorial Lutheran Church**
  2228 Lincoln Way
  7 p.m., Ash Wednesday Service

- **Saint Andrew's Lutheran Church**
  209 Colorado Ave.
  7 p.m., Ash Wednesday Service

- **Trinity Christian Reformed Church**
  3626 Ontario St.
  7 p.m., Ash Wednesday
When the full ISU Symphony Orchestra practices in the Martha-Ellen Tye Recital Hall, they fit over 100 performers on a stage originally designed to fit 40 people.

This is characteristic of the large ensembles that practice and perform there. With the popularity of ISU’s multiple ensembles, they have outgrown not only the recital hall, but the entire Music Hall.

There are currently around 1,800 Iowa State students enrolled in music classes and/or participating in the various music ensembles. This number has grown in recent years, largely because of the university’s increased enrollment over the last ten years. This growth has forced the music department to the point where it cannot meet the demand of the number of students wanting to take music courses as well as participate in ensembles. According to Curry, it has made spaces in the Music Hall overcrowded.

Lawrence Curry is the music department’s facilities technical director. Part of his job involves organizing the schedule for the rehearsal and practice spaces throughout the building.

“We have a couple bands that rehearse at night because they can’t get a space during the daytime,” Curry said.

Curry explained that the overcrowding extends to the faculty offices and classrooms.

“Three people are sharing a dressing room across the hall for an office,” Curry said. “Two of our recent faculty hires are in what used to be secretary offices because they just were out of offices for faculty to teach in. Like everyone else, we’re bursting at the seams.”

Due to the lack of an available budget, it would be difficult to fund a Music Hall expansion project to alleviate the cramped conditions. Because of this, Curry said he doesn’t believe expansion is feasible soon, but said it’s important for them to be prepared for when money does become available.

“[Expansion] is a dream, and we want to be ready when someone is available to help support that dream,” Curry said.

Last semester, the music department took a step toward being prepared for when the money is available. By working with an architecture class, they undertook a design project addressing the issue of the Music Hall’s limited space. The goal of this project was to discover the feasibility of expanding the Music Hall.

Architecture students met with music faculty at the beginning of this process to determine the department’s “wish-list” of additions they would build if given the necessary budget.

The most ambitious addition to the Music Hall that faculty want built is a 1,000-seat concert hall. According to Curry, they have outgrown the Martha-Ellen Tye Recital Hall, the largest performance space in the Music Hall. The large ensembles such as the bands, choirs and orchestras draw an attendance around 1,000 for their major performances. The Martha-Ellen Tye Recital Hall has a capacity of just over 300. For the larger shows, they often rent out Stephens Auditorium. However, Curry said renting out Stephens Auditorium isn’t ideal.

“It’s several thousand dollars to present an event [at Stephens Auditorium]. You have to rent the space. You have to pay for stage hands, ushers, ticket sellers and set up,” Curry said. “It would be tremendous financial saving to our department if we had a thousand-seat concert hall.”

In addition to the concert hall, the music department would like to build additional practice and rehearsal spaces for all the music and theater groups. Music Hall currently has two large rehearsal rooms and the recital hall. Curry said these spaces are not enough for all the groups.

“Everyone wants to get into the recital hall and rehearse,” Curry said. “We present about 125 concerts a year. That doesn’t include the rehearsals that lead up to the concerts. We’re booked pretty much seven days a week school year-round.”

Curry said they are also unable to accommodate the number of students wanting to participate in the different ensembles. They do not have enough rehearsal and practice spaces to create additional ensembles to meet the student demand.

Additionally, Curry stressed the need for more storage spaces for the instruments of the bands and ensembles. The marching band is forced to store their instruments and equipment in multiple places on campus because there isn’t enough room in the Music Hall.

It is another goal of the music department to expand the undergraduate music education program to a master’s program.

“There is a need for a master’s program in music education,” Curry said. “We’ve been talking about it for several years. But until...
Iowa Board of Regents delay tuition increase

BY ALEX CONNOR
@IOWASTATEDAILY.COM

Missing from the Iowa Board of Regents agenda released Tuesday is an anticipated tuition increase proposal for Iowa universities that was expected by some to be introduced this February.

Josh Lehman, Regents communications director, said via email to the Daily that because of the "considerable uncertainty about state appropriations," both in terms of possible midyear cuts and lagging funds for fiscal year 2019, "the Board does not yet have enough information to be able to set tuition rates at the February meeting."

Due to the delay, the Board will not hold a first reading of tuition until April with expected approval of those rates in June, Lehman said.

In October, the Regents postponed a first reading of tuition as a way to avoid multiple tuition increases during the year.

Board of Regents President Michael Richards said at the time, "We do not have a timetable for when we will do a first reading of tuition, but we will do it as soon as we have a proposal with which we are comfortable."

Iowa State University President Wendy Wintersteen, in a statement to the university, said, "This is a very challenging situation. We understand the frustration this causes our students and their families who are struggling to plan and budget for their college education. We also recognize the angst faculty and staff may feel as they wonder how midyear budget reductions could impact them. We will continue to fight for funding for Iowa State University and convey that state resources should be regarded not as a cost, but as an investment in our students and the economic vitality of the state. We will continue to provide you with information on the budget and tuition processes as soon as it is available.

Sincerely,
Wendy Wintersteen
President

Iowa Board of Regents delay tuition increase

Wednesday, February 14, 2018  Iowa State Daily

ADMINISTRATION

Dear Iowa State Community:

I want to update you on the status of potential midyear cuts to Iowa State’s budget and apprise you of the Board of Regents’ decision to postpone discussion on setting tuition rates. We understand the important impact both these issues have on our students, faculty, staff, and the university as a whole, which is why we want to be as open and transparent with you as possible.

You may recall the Iowa Senate proposed a bill Jan. 25 that would take back $19.3 million from the Regents institutions, including $6.9 million from Iowa State University for the current (FY18) fiscal year that ends June 30, 2018. The Senate has since amended its bill, reducing the total cut to the Regents institutions to $14.6 million and removing language that stipulates how these cuts would be distributed to Iowa State and the other institutions, instead leaving that decision to the Board of Regents. This revised bill has been approved by the full Senate and is now in the House for consideration.

The House has proposed its own bill that would take back a total of $8.1 million from the Regents institutions and leaves it to the Board of Regents to determine how those cuts would be distributed across the universities. The bill is now working its way through the normal committee and full House debate and voting process.

University leadership is continuing to inform the legislature of the devastating potential impacts these cuts may have on Iowa State. The Alliance for Iowa State deployed another call to action last Friday to more than 200,000 Iowa State faculty, staff, students, alumni, and stakeholders, asking them to contact their legislators to oppose midyear cuts. You can subscribe to the Alliance for Iowa State updates here.

Given the uncertainty, the Board of Regents has decided to postpone discussion on tuition rates for the 18-19 academic year until its April meeting.

This is a very challenging situation. We understand the frustration this causes our students and their families who are struggling to plan and budget for their college education. We also recognize the angst faculty and staff may feel as they wonder how midyear budget reductions could impact them. We will continue to fight for funding for Iowa State University and convey that state resources should be regarded not as a cost, but as an investment in our students and the economic vitality of the state. We will continue to provide you with information on the budget and tuition processes as soon as it is available.

Sincerely,
Wendy Wintersteen
President

Dear Iowa State Community

A letter from President Wendy Wintersteen

The Iowa State Daily

Wednesday, February 14, 2018

Iowa State Daily

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Sincerely,
Wendy Wintersteen
President
POLICE BLOTTER

02.12.18

James Lee Lum-Warner, age 22, of 2921 Woodland St Unit 3 - Ames, IA, was cited for driving under suspension and failure to obey stop or yield sign at State Ave and Mortensen Rd (reported at 1:34 a.m.).

An individual reported being harassed at Lot 41 (reported at 3:28 p.m.).
Here are five things you need to know about healthy relationships.

As college students, we all may know someone who is in a relationship just because they can’t stand being single. We also may know someone who is dying to be in a relationship, but only goes on dates with people who are highly unlikely to commit.

1. Relationships take work

Valentine’s Day can often be known as “Singles Awareness Day.” But it’s important to remember that just having a significant other on Valentine’s Day does not equate to a healthy, happy relationship.

Furthermore, relationships are not just about giving each other material gifts. Relationships take compromise, commitment and care.

2. To find happiness in a relationship, you have to be happy with yourself

How could anyone make you happy if you don’t make yourself happy? If you are someone who wants to be in a relationship, but can’t seem to make it work, you might want to look at eight of the major roadblocks Psychologist Suzanne Lachmann sees with patients facing similar issues. For example, she says “we tend to choose mates who we think are very near how we think about ourselves.”

3. Online dating can work, but be careful

About 15 percent of American adults have used online or mobile dating sites, according to a 2015 survey from Pew Research. And that number has almost surely gone up since the survey.

Additionally, the survey found 29 percent of people know someone who has been in a long-term relationship that started from online dating.

But just like in dating that starts from face-to-face communication, make sure that you’re on the same page with the other person about your intentions and realize that someone may be different online than they are in person.

4. Your significant other should empower you, not bring you down

Your significant other should be someone who understands your dreams and hopes in life. Likewise, you should understand a significant other’s dreams and hopes.

“In multiple studies, couples that actively celebrated good news (rather than actively or passively dismissed it) have had a higher rate of relationship well-being,” Business Insider reports.

5. Healthy relationships are not about control

Healthy relationships never involve one partner having more control in a relationship. Rather, each partner should feel equal to the other.

For information about what constitutes abuse, visit the National Coalition Against Domestic Violence’s website. The National Domestic Violence Hotline also offers suggestions for how to have a healthy disagreement with a significant other, such as using “I feel” statements instead of “you” statements that place blame on the other person.

Iowa State’s Student Counseling Service would also be another good resource should you want to talk more specifically about issues you may be facing in finding a relationship or in a current relationship.

Editorial Board
Emily Banks, editor-in-chief
Isaac Sinclair, opinion editor
Adam Wilman, community member
Sue Ravensecroft, community member
Muhammad Mohsin Reza, community member

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Feedback policy:
The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.
Nothing about the 2017-18 season has been easy for Iowa State, and with five games left, it's not going to get any easier.

Now, with junior center Bride Kennedy-Hopoate out for the fourth straight game, sophomore guard Nia Washington dealing with an ankle injury, and a 10-14 record, no one would blame the Cyclones for looking past the next four games and on to next season.

Coach Bill Fennelly is still taking things 40 minutes at a time, though.

"That's the way we operate," Fennelly said. "We try to do things the same way and be consistent on a daily basis."

"Tough times don't last, but tough people do."

Wednesday night, the Cyclones have a return matchup with TCU in Fort Worth, Texas, just two weeks after the Horned Frogs leveled the Cyclones 75-52 in Hilton. TCU's half-court zone trap was deadly the last time these two teams met, with the Cyclones unable to get into their offense and struggling mightily to create open looks. Fennelly called it the Cyclones' "worst performance of the season."

Senior guard Emily Durr and junior Bridget Carleton were the only Cyclones to score more than five points on the night, and the two combined for 63 percent of Iowa State's offensive production.

Durr said that the Cyclones have to be ready to take advantage of any open shots on Wednesday against the TCU defense.

"When you get an open shot, you're gonna have to shoot it," Durr said, "Because you know that might be the best shot we get all possession."

The Cyclones have been more balanced on the offensive side of the ball in their last two games, with five players scoring 10 or more points against Kansas State and three reaching double figures against Oklahoma State. Iowa State's leading scorer over the past two games has been freshman guard-forward Madison Wise. Wise scored 17 against Kansas State and scored a career-high 21 points against the Cowgirls on Saturday night.

On Monday, Wise was named the Big 12 Freshman of the Week for the third time this season. She has scored in double digits 10 times this season and is the Cyclones' third-leading scorer at 9.3 points per game. Wise is also shooting a team-best 45.8 percent from 3-point range.

Cyclones leading scorers
1. Bridget Carleton, Junior, 18.1 points per game
2. Emily Durr, Senior, 10.7 PPG
3. Madison Wise, Freshman, 9.3 PPG
4. Meredith Burkhall, Junior, 6.7 PPG
5. Bride Kennedy-Hopoate, Junior, 6.7 PPG

"I think Claire has done a great job stepping up," Camber said. "Hopefully Bride can get back soon, but I think our post players are doing a great job."

The Cyclones are running out of opportunities to end a difficult season on a positive note. A fourth road win in conference play on Wednesday night would be a big step in the right direction.
15 Iowa State Valentines Day Jokes

Roses are red. Violets are blue. Here are 15 Valentine’s Day jokes about Iowa State U.

BY EMILY BARSKE
@iowastatedaily.com

Whether you have a Valentine or not, everyone enjoys jokes, love and seasonal candy. Without further ado:

1. You’re the Lancelot to my Elaine.
2. We go together like cardinal and gold.
3. No matter how many obstacles we face together, at least we’ll never be Hawkeye fans.
4. There’s no one else I’d rather go campaniling with.
5. You’re sweeter than a cherry pie.
6. I’d step on the Zodiac for you.
7. I love you from Curtiss to Beardshear and back.
8. My love for you is greater than the number of Cy statues in Ames.
9. Let’s stick together like a Rice Krispies treat.
10. [Sweet Caroline playing in the background] You’re “so good, so good, so good” to me.
11. You’re prettier than a fall day on Central Campus.
12. You’re the only one I’d share a Clone Cone with.
13. There are 36,321 fish in the Cyclone sea, but you’re the only one for me.
14. You’re more exciting than Hilton Magic.
15. With you in my life, my heart is fuller than UDCC over the noon hour.
“Lent strengthens our relationship with God. It reminds us these are just worldly foods and we are in control of our choices,” Smith said. “We’re all human and we have struggles.”

Smith is the president of the Orthodoxy Christian Fellowship at ISU, a small student group of about ten members. She said coming to Ames was a bit of a shock after being raised in a Greek Orthodox tradition in the Quad Cities.

“I go to a Russian Orthodox church now, and the transition threw me off at first,” Smith said. “But I’ve realized it’s basically just the same.”

Smith regularly received sermons in a mix of English and Greek at her hometown church, with Ethiopian and other translations as well.

It’s Smith’s first year as club president. She actually won her leadership in a game of rock-paper-scissors, realizing it’s basically just the same.”

Richards also explained the “universal aspect” of Catholicism: No matter where you go, the mass is the same.

Catholics abstain from eating meat on every Friday during Lent, and many choose to either give up a vice or take up a character building task in that time as well.

“Lent is a time when we fast as a community, and we’re all sharing an infinitesimal piece of Christ’s cross together.”

Richards, senior in mechanical engineering, calls himself a “cradle-Catholic,” which means he was baptized in the Catholic tradition as a child and has upheld the faith ever since.

He is also the president of ISU’s Catholic Student Community, an organization with more than 100 student members.

“What’s known about Lent is you give something up, but it’s more than that,” Richards said. “It’s like I’m in control of my choices and my relationship with God.”

Richards said coming to Iowa State had a positive effect on his faith and strengthened his convictions. “I didn’t really have a sense of community in the church, the closest Catholic church was nearly 20 miles away,” Richards remembered. “ISU really offered that community feeling.”

Richards also explained the “universal aspect” of Catholicism: No matter where you go, the mass is the same.

Community, an organization with more than 100 members.

“Community helps to keep them acoustically isolated because they are used to conduct lessons with students. The use of special materials to prevent outside noise, as well as the shape of the room, helps to keep them acoustically isolated. The Music Hall itself is a three different buildings separated by a thin barrier of air. This allows for certain sections, such as the Martha-Ellen Tyce Recital Hall and rehearsal spaces, to be acoustically isolated.

“In our addition to the basement, we reconfigured it such that practice rooms were in the existing space, and we took out the classrooms,” said Michael McKinney, an Architecture 401 student. “And then to the south, we added an extension that was entirely classrooms. That way we were able to separate those two spaces acoustically so that way when people were practicing, you could still have class. That idea of separation helped us make that decision in terms of organizational space.”

McKinney said the idea of acoustic separation was a driving idea for their design.

“We’re fine tuning our plan. We’re making a decision [and] what was going to be best for the overall goal we were trying to achieve.”

McKinney said the idea of acoustic separation was a driving idea for their design.

“Michael and I thought about every single decision that we made,” said Jeffrey Klymosa, who worked with McKinney throughout the project. “We really evaluated why we were making a decision (and) what was going to be best for the overall goal we were trying to achieve.”

McKinney said there was a constant push to make their design the best it could be.

In December, the Architecture 401 students presented their designs to the music department faculty. Being able to see the students’ designs helped the music faculty visualize the different ways the Music Hall could be expanded.

“It may be a few years off before our dream gets moving,” Curry said. “We’re fine tuning our plan. We’re ready to go. We have great potential. It’s just a matter of the right climate and state funding.”