Ames City Council will meet Tuesday to present an update and work further on the 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 a large increase in Ames’ population. The current Land Use Policy Plan was not expectant of such a large increase and is being updated to adapt to the urban development.

The meeting will focus on outreach to the Ames public to gather information on the understanding of the present attitude of the community concerning the plan. The meeting is meant to pinpoint problems and new ideas to ensure successful growth in the community within the next 20 years.

RDG Planning & Design, hired as the lead consultant for the project, will speak at the meeting on Tuesday. RDG will give a thorough presentation on the updates of the plan. They will be discussing the plan’s status on engagement with the public, current standing conditions, and predictions for the growth if the project.

The council authorized a contract with RDG worth $250,000 in October 2018. RDG has since presented the council with a tentative timeline of the development of the project. The council expressed concerns on the timeline, proposing that the public would not have enough say in the development of the project, but RDG said the timeline is tentative and is easily adjustable in order to meet with the community. RDG, along with the council, encourages Ames community involvement in the planning process.

The workshop is primarily to discuss the updates of the plan with the council. This is a time for the council and the community to ask questions and further discuss the operations of the project. No formal decisions are planned to be made during this meeting.
Anton Treuer is a Native American author who educates and writes about Native Americans. Treuer will speak Wednesday in the Memorial Union.

Reframing the narrative

Author to discuss Native American people, culture

BY MIKE BROWN
@iowastatedaily.com

A nationally recognized author and professor will educate members of the Iowa State and Ames community about Native Americans and Native American culture Wednesday night.

Anton Treuer, author of “Everything You Wanted to Know About Indians But Were Afraid to Ask” and member of the Ojibwe tribe will give a lecture based in part on this work at 7 p.m. Wednesday in the Great Hall of the Memorial Union.

The book features more than 120 questions and answers about Native Americans. Topics range from the importance of tribal languages to the real story of Thanksgiving, among others.

Blair Flammond, president of the United Native American Student Association, said the decision to bring Treuer to Iowa State was made after she read “Everything You Wanted to Know About Indians But Were Afraid to Ask” in one of her classes.

Flammond said she noticed that Iowa does not teach as much about Native Americans and their history as much as her home state of South Dakota, and she hopes this lecture will provide an opportunity for more visibility for Native Americans and their culture at Iowa State.

Flammond said she hopes students will come to the event with an open mind and a willingness to learn more.

“We don’t really get any Native American people here,” Flammond said. “The Native American population here on campus is pretty small, so it’s kind of a big deal when we have a Native American speaker come.”

Director of Lectures Amanda Knief said she believes the lecture is a chance to continue conversations of recent public events which include Native American issues.

“In a state where so many of our rivers, counties and towns are named after indigenous persons and cultures, I think that we do a very poor job of educating ourselves and our children about the history of indigenous people,” Knief said. “So any time we get an opportunity for someone to come and educate us about those that were here first, is a good one, and one I hope that students, faculty, staff, and the community take advantage of.”

Knief also said she feels white guilt hinders opportunities to ask questions and learn more about Native American cultures, and she hopes attendees that come are not afraid to ask questions.

Treuer’s lecture is the 2019 Richard Thompson Memorial Lecture, a series where a prominent Native American speaker is featured in the Iowa State lecture series.

Attendance is free for students, and there will be a book singing at the end of the event, as well as an opportunity to purchase Treuer’s book. There will also be time allotted for an open question and answer portion at the end of the lecture.

Lecturer to speak on technology, sleep, health

BY ANELISE WELLS
@iowastatedaily.com

Brian Lake Seaward, faculty member at the Graduate Institute and executive director of the Paramount Wellness Institute, will be discussing the relationship between sleep, stress and technology in his lecture Tuesday night.

Seaward’s lecture, “Getting A Good Night’s Sleep Rest, Resiliency and the Art of Digital Detox,” will start at 7 p.m. in the Sun Room of the Memorial Union.

According to the Lectures Program website, Seaward will talk about how health and sleep relate to screen use and technology.

“Over 50 percent of Americans claim to suffer from poor quality of sleep, which often translates into poor work habits, poor communication skills, compromised relationships, and compromised health,” according to the Lectures Program website.

According to the Lectures program website, Seaward is involved with the field of mind, body and spirit healing.

He also focuses on how stress management and relation relate to spiritual health.

“Seaward offers workshops on employee wellness and health promotion in corporate boardrooms, on military bases, for medical seminars, and at universities,” according to the Lectures Program website.

Seaward’s lecture is cosponsored by ISU WellBeing, Student Wellness and the Committee on Lectures (funded by Student Government).

Presidential candidate to speak at Memorial Union

BY JAKE WEBSTER
@iowastatedaily.com

Author and 2020 Democratic presidential candidate Marianne Williamson will deliver lecture at 8:15 p.m. Tuesday at the Memorial Union.

Williamson formed an exploration committee in November 2018 before officially announcing her campaign this January. She had previously run as an independent in the blanket primary for California’s 33rd congressional district in 2014, receiving 13.2 percent of the vote.

Since announcing her campaign, Williamson has already visited Iowa, New Hampshire and South Carolina, all early voting states in the 2020 Democratic presidential primary.

Williamson, 66, has published 12 books including at least one New York Times bestseller. Her books generally touch on themes of spirituality, with titles including “The Law of Divine Compensation” and “The Age of Miracles.”

Throughout her career Williamson has counseled heads of state, focusing on spiritual enlightenment and well-being.

Her lecture Tuesday will be on the topic of turning love into a political force.

“We don’t normally associate politics with a deep level of our internal existence, but this is the 21st Century now and all of that needs to change,” according to Williamson’s issues page on her campaign’s website.

Williamson co-founded The Peace Alliance, an organization seeking to empower “civic action toward a Culture of Peace.”

According to the alliance’s mission page, they are “taking the work of peacebuilding from the margins of society into the center of national discourse and policy priorities.”

If Williamson were to win the Democratic nomination, it would be the first time the party has nominated a presidential candidate with no experience in the military or public office.

In the most recent poll of likely Iowa caucus goers for CNN and the Des Moines Register, only 20 percent of voters had an opinion of Williamson, with 80 percent either having no opinion or not knowing enough about her to have one.

Zero voters who were polled listed Williamson as their first choice for president.

Marianne Williamson is a 2020 Democratic presidential candidate and an author of multiple books including a New York Times bestseller.

COURTESY OF JULIA SIDORSKAYA/GETTY IMAGES
“If you are a new and an emerging leader, remember that no matter what, always listen, as people around us are the guides to help us become our better selves.”

— Lim Yean Xen

“I would like to break the barriers that exist for students like me so that everyone has an equal opportunity to education and subsequently a better life.”

— Laura Pesquera Colom

“Leading is difficult. Not everyone is going to particularly like your leading style or you as a person, but you can’t let that deter you. New leaders, I encourage you to step out of your comfort zone, identify what your weaknesses are and work toward breaking them down.”

— Andrew Whitehead

“Remember that being a leader doesn’t mean seniority in hierarchy, it is a process of creating social influence and maximizing the efforts of other people toward the achievement of a goal and never letting down anyone who looks up to you.”

— Norin Chaudhry
“My advice for new leaders is to go for it. I guarantee that your gut is most likely steering you in the right direction and although you may feel uneasy about it, you must follow it.”

— Liera Bender

“My advice for future leaders would be do what you believe is right and ask others for help. Keep improving.”

— Blair Flammond

“If I could give a general piece of advice to any student at this campus it would be to find your passion. True and authentic passion is palpable. If you are a leader, use that passion when you lead.”

— Markus Flynn

“Whether simply changing the conversation in the room you’re in or confronting the most powerful forces in our society, we can all shape our world and often all it takes is a simple question.”

— Taylor Blair

Join the Iowa State Daily and Student Government on Tuesday, April 2 at 2:10 p.m. in the upper rotunda of Parks Library to celebrate student leadership at Iowa State.
Minimum wage needs change

Living costs for families more than what jobs are willing to pay

BY SHANNON FOX
shannonfox@iowastatedaily.com

According to Cornell University’s explanation of minimum wage, it was created as a way “to create a minimum standard of living to protect the health and well-being of employees.” By this definition, anyone working for minimum wage should be able to afford a standard of living. However, the United States’ standard of living is quite high compared to that of other countries.

According to the Pew Research Center, the poverty line in the United States for a family of four was $23,210 in 2011. Assume that out of a family of four, two are working adults. It would take them each working nearly 1,600 hours at the national minimum wage of $7.25 to make that amount. That computes to 66.24-hour work weeks, or 208.8-hour per person in the household. Keep in mind that a family of four can be above the poverty line with two adults working 8-hour days not including weekends or holidays. If only one person in the household had a job at minimum wage, they would be able to live above the poverty line if they worked 397 days per year, which would be fine if there were 397 days in a year.

Things are slightly different for the state of Iowa itself. The poverty line in Iowa for a family of four in 2019 is $25,750. If we use the same format of two people being adults with jobs, living above the poverty line would require both adults working 1,775 hours, or 222.8-hour days each. Once again, this does not include weekends or holidays. While this seems achievable at the current minimum wage, there are other factors to consider that make living minimum wage even more expensive.

Anyone that has wages within the 25 percent lowest percentile of wages, such as minimum wage, don’t often have the opportunity to make living minimum wage. At Iowa State, many leaders share a singular common theme: they are also students.

Leadership takes many different forms. Some leaders are transformational while others are democratic. Some leaders are situational while others are autocratic. Some are servant leaders while others are leaders that fail in their approach.

At Iowa State, many leaders share a singular common theme: they are also students. Student leadership is tricky. In the midst of balancing one’s class schedule and social life, those that take the step into leadership must also balance their club or organization. They must lead their peers, often stumbling trying to ensure that every step forward is one in the right direction. And while student leaders are granted mistakes along the way, it is only to the extent that it does not hinder the experience of anyone else.

Student leadership is integral to a campus environment. Without students dedicated to bettering Iowa State, change would be slow.

Student leaders are the pulse of Iowa State. Whether taking on the lead role in a group project for a class assignment or running for Student Government president, there is no wrong way to step into student leadership.

Yet, once within the realm, it is often hard for peers and administrators to separate the student from their position. Thus, the Iowa State Daily Voices section, in partnership with the Student Government diversity and inclusion committee, created ‘I am more than…’ initiative to highlight student leadership on campus while also highlighting their individuality.

Some students are more than their accent, others are more than their skin color or a gender statistic. Some students are more than an athlete or international student. They are more than a politician or a kid from Ames. They are more than the shy girl and more than their stereotype.

Student leaders are more than a narrative. They are more than what you may think.

Through this line of thinking, we hope to encourage students, faculty and staff to look beyond the title and rather to the person. We hope to celebrate the diversity of our student leaders and what their uniqueness can bring to their leadership rather than how they position may shape them.

So, what are you more than? Please join the Iowa State Daily and Student Government on Tuesday, April 2 and 2:10 p.m. at Parls Library for an unveiling of the ‘I am more than...’ initiative. Featuring three student leaders as speakers, the reception will offer an opportunity to hear more about their stories both in and out of leadership.

Student leadership inspires initiative

By This Daily

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

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. Please 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.
ISU guard declares for NBA draft

Freshman
Talen Horton-Tucker shares decision to leave

BY AARON MARNER
@wastatedaily.com

Cyclone fans spun into a frenzy when news broke of Iowa State freshman guard Talen Horton-Tucker's decision to declare for the NBA Draft.

Some fans on Twitter hoped it was an April Fool's Day joke (it's not) while others pointed out that this doesn't necessarily mean the end of the 6-foot-4 guard's time in Ames. Horton-Tucker could technically come back. He can sign with an agent and still return to school if he announces it by May 29.

That won't happen, though. Nor should it happen. Horton-Tucker's best days of basketball are ahead of him and NBA teams know that.

NBA FUTURE
Horton-Tucker's game looks like that of an NBA player. He's good in isolation situations. His ball-handling can be a little loose at times but his ability to drive past defenders was impressive this year. Horton-Tucker's jumper is inconsistent, but he had several big shooting games and clearly has NBA range on his 3-pointer.

Defensively, he's raw but with a 7-foot wing span and his size, he could become a lockdown defender with the right coaching.

I would guess Horton-Tucker goes in the first round. At this point it's way, way too early to speculate about where he'll go — we don't even know the draft order yet and he hasn't worked out for any NBA teams.

Look for teams needing a scoring punch off the bench or a team with veteran guards to pick him up. He doesn't run 19 until over a month into the 2019-20 NBA season, so teams looking 2-3 years ahead could take a look at him.

If the right team likes him, Horton-Tucker could be a lottery pick. And if that happens, Iowa State has a huge opportunity in front of itself.

The IMPACT on IOWA STATE
Let's get this part out of the way immediately: losing Horton-Tucker hurts Iowa State next season.

The good news for Iowa State, however, is that the Cyclones likely have their first-ever one-and-done player.

Sophomore guard Lindell Wigginton nearly became the first last year but chose to come back for year two.

Looking at the big picture, Horton-Tucker's decision is a positive development for coach Steve Prohm and staff. They can sell recruits on an NBA vision now.

Iowa State currently has five former players in the NBA, but only one of them — backup Denver Nuggets point guard Monte Morris — plays a consistent role.

Morris was a late second round pick, going 51st overall in 2017. He played four years of college ball, just like the other four Cyclones in the NBA did.

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Senior Bridget Carleton looks for a pass against Missouri State University on March 25.

BY SPENCER SUCKOW
@wastatedaily.com

The Cyclones earned a 3 seed in the NCAA Tournament and defeated New Mexico State 97-61 in the first round, advancing to the second round for the first time since the 2012-13 season.

Carleton led the Cyclones in both NCAA Tournament games, scoring 23 in the first round and 31 in the second round.

Carleton finished her Cyclone career with 2,149 career points, which ranks as the second most in Iowa State history. Carleton ultimately fell just eight points short of breaking Angie Welle's record of 2,142 points.

The Cyclones have made seven of the last eight NCAA Tournaments and have won four Big 12 Tournament titles in that span, but most top recruits don't really care about that. Yeah, they want to win, but high school players with NBA futures know college won't be their last stop — at least, it shouldn't be. Their goals are set higher. Now, that roadmap is in place for them to spend their one college season in Ames.

I talked with Horton-Tucker when he was still a senior in high school. He already had his sights set on the NBA.

He still cared — a lot — about being a Cyclone and winning games for Iowa State. That showed when he sat with tears running down his face in the locker room in Tulsa, Oklahoma, after his freshman season ended and he struggled to speak. Even when he was on the bench, Horton-Tucker looked engaged and genuinely devoted to his team.

It's just that he knew even in high school that Ames wasn't going to be his final basketball destination. Now, he's laid the foundation for other highly-ranked recruits to come to Iowa State.

It's now up to Prohm to take advantage of the opportunity.

Carleton earns national honor

BY SPENCER SUCKOW
@wastatedaily.com

Although her Iowa State career is over, Bridget Carleton continues to rack up awards for her outstanding senior season.

On Monday, Carleton was named to the Associated Press All-America second team. Carleton was named the 2019 Big 12 Player of the Year and led the conference in points per game with 21.7 en route to breaking Iowa State's single season record with 760 points. She averaged 8.6 rebounds and 4.0 assists per game.

Carleton led Iowa State to 26 wins this season, the most since the 2008-09 season. Iowa State finished second in the Big 12 for the first time since 2012-13 and advanced to the championship game.

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Carleton is the third player in Iowa State history to earn AP second team All-America honors, joining Angie Welle in 2002 and Stacy Frese in 2000. Carleton was listed as a second round selection in ESPN's latest WNBA mock draft.

Senior Bridget Carleton looks for a pass against Missouri State University on March 25.
April 1 marks the start of Sexual Assault Awareness Month, and ACCESS intends to increase the dialogue surrounding sexual assault. The Assault Care Center Extending Shelter and Support (ACCESS) extends a hand for sexual assault, domestic assault, homicide and violent crimes and much more.

There are a variety of services the victims service program has to offer depending on the situation of the victim, such as providing housing and rent assistance to education advocacy, filing protective orders and transportation.

“It is important everyone is aware there are resources available to them about if they have been victimized or if they are a survivor of violence,” said Tricia Ingram Williams, the campus prevention and outreach advocate for ACCESS. “In order to prevent perpetration, we need to start having conversations and building a culture where sexual assault is not OK.”

ACCESS is predominantly active with the campus of Iowa State. The victims service program teams up with the Greek community, Slate House and clubs. They also facilitate with Green Dot, participate in class panels, fundraise for ACCESS with Vagina Monologues and host special programming, such as Building Up Brothers.

“Building Up Brothers is a 15-week-long program for the fraternities on campus,” said Bobby Dennis, the male outreach and prevention coordinator for ACCESS.

“The purpose of this program is to facilitate conversations about sexual assault, domestic violence, victim blaming, consent and other topics.”

The month of April is dedicated to raising awareness about sexual assault, and ACCESS is taking a stand on creating conversations about the subject. The program aims to get students to talk about assault and to create a culture to end the stigma. The goal is to make those who were less aware of the issue more aware and those who were already aware even more aware.

“College can be a tricky time for students,” Williams said. “There are high levels of perpetration and victimization during a student’s years of college. This is put into place to listen to any and all. There is a 24/7, 365 crisis line. The line is put into place to listen to anyone’s needs from talking to the caller through a situation to answering simple questions. Sexual Assault Crisis Line: (800) 203-1488. Domestic Violence Crisis Line: (855) 983-4641. Shelter Services Crisis Line: (855) 696-2980.

Starting the conversation on assault at Iowa State

BY JULIA.MEEHAN
@lowastatedaily.com

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ACCESS raises awareness

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