On Saturday, the Iowa State gymnastics team finished third in the Big 12 Championship beating West Virginia by a fraction of a point.

For National Puppy Day, the Daily hosted a March Madness-style showdown between our staff’s dogs. Find out who is the top dog.

Speakers and activists took part in the March for Our Lives protest over the weekend in Des Moines, despite inclement weather.

The Des Moines rally was just one of the several protests held across the state and country in response to the school shooting at Marjory Stoneman Douglas High School in Parkland, Florida in February.

Before the main speakers walked on stage, protesters, mainly high school and college age, were organizing chants in support of gun control legislation.

The youngest of these students was a third grader from Des Moines named Savannah, who led a chant saying “books not bullets.”

There were many Iowa State students taking part in the various chants including Alexander Criswell, senior in physics, and Lindsay Kohler, senior in journalism and mass communication, who came to the march in support of the cause.

“It is time for our voice to be heard, this has gone on for so long one after another and it keeps getting worse. The only way we can stop this sickening violence is to stand up,” Criswell said when asked why they felt compelled to march.

Kohler said despite the intense snow and weather, she showed up to march because of the organizing and preparing done on campus.

“We are both a part of the ISU theatre community and we all made signs together, so if one of us is going to show up, we should all show up,” Kohler said.

Another Iowa State student, Rachel Espinosa, junior in psychology, was there as a volunteer for the event.

“We are here and we are saying enough is enough; the people here showed up through the snow because they care about this issue and it shows lawmakers that they have to listen,” Espinosa said.

As the event continued, activists, youth leaders, representatives and victims of gun violence took the stage to speak.

Melissa Zapata, graduate of Marjory Stoneman Douglas High School and current student at Des Moines University, gave an emotional speech about the effects of tragedy and outlined the purpose of the march.

“When people used to ask me where I was from I would tell them southern Florida or an hour from Miami. Now those days of anonymity are gone,” Zapata said. “I used to get frustrated when people would have no clue about where I was from, and now I get frustrated when people associate where
First ISU Out of Darkness ‘a success’

BY TALON DELANEY
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Nearly 45,000 Americans commit suicide each year, according to the American Foundation for Suicide Prevention (AFSP).

That’s a statistic Scott Moss, senior in finance, wants to change. Moss’s father died by suicide when he was 11 years old.

Moss teamed up with founder and former president of Iowa State’s Suicide Awareness Organization Nathan Pfister to organize ISU Out of the Darkness.

“It was Iowa State’s first attempt at such an event, participants donated more than $82,000. “It’s really exciting, especially since it’s the first time we’ve done this at ISU,” Moss said.

More than 300 registered participants met at 1 p.m. on March 24 at State Gym. People made donations, shared stories of loved ones lost to suicide and participated in the Out of the Darkness walk, a signature feature of the event.

Everyone walked 10 laps around the second-story basketball courts in State Gym.

Each lap represented a different form of suicide-related grief, such as losing a parent, loved one or even struggling with suicidal thoughts yourself.

“It’s important for everyone to get involved,” Moss said. “It’s not one group’s job, ending the stigmas of mental illness is on all of us.”

Despite the heavy subject matter, spirits were high all around.

“We’ve helped out at these events before, and other walks have been on the darker side,” said Peter Weiss, junior in marketing and event volunteer.

“This one really felt happier.”

“We weren’t going for a happy tone,” Moss said.

“It just kind of fell into place. We wanted a lighter atmosphere for people to talk about mental illness, and remind them that it’s okay to talk about these things and we don’t need to struggle individually.”

Many of those who attended were in fraternities and sororities, such as Gamma Phi Beta members Emily Wagner and Sophia Hetherington.

“I’ve had family and friends who’ve passed away,” said Wagner, senior in elementary education.

“It’s cool that I can keep participating in Out of the Darkness wherever I go.”

“I’m here because it’s a good cause,” said Hetherington, senior in industrial engineering.

“I’ve known people who struggled with depression.”

In the wake of the event’s success came a discussion about Out of the Darkness into an annual occurrence.

“It was definitely a success, a lot of people showed the weather to come here,” said Pfister, senior in industrial engineering.

“We broke all the records, we have to follow that up.”

Moss and Pfister, a main objective of the event is normalizing conversations about suicide and mental illnesses so people can know they aren’t alone.

“The amount of people that showed up today really illustrates how supportive the student body and the Ames community is about mental illness,” Pfister said.

Proceeds from Out of the Darkness go to sponsoring educational programs about suicide prevention.

Students and other participants walk at the American Foundation for Suicide Prevention Out of Darkness walk on March 24 at State Gym. The first Out of the Darkness walk at Iowa State raised more than $82,000 for suicide education and prevention.

Second ISU Out of Darkness ‘a success’

“Iowa State Daily... A campus-wide event that aims to and..."
Around 250 Iowa State students and other community members endured a sudden and harsh snowfall to participate in the DACA 5K fundraiser Saturday.

Participants helped raise nearly $6,000 in scholarship money for undocumented students.

DACA, or the Deferred Action for Childhood Arrivals, is an Obama-era program which allowed undocumented children 16 years old or younger to qualify for a work permit and remain in the United States in two-year periods.

However, the program’s future has been uncertain under the Trump Administration.

“The DACA program is kind of in limbo right now,” said Daniela Flores, Ph.D. candidate in ecology, evolution and organismal biology. “It’s being used as leverage on both sides. Hopefully there’s enough support for DACA in our community and across the country so it will be too hard for them to get rid of it.”

Flores is the president of ISU SACNAS, the Society for Advancing Chicanos/Hispanics and Native Americans in Science. She earned a position on a board of directors this winter.

“SACNAS is a national organization that was created to advance the careers of underrepresented scientists around the country,” Flores said. “This is her third year serving as the ISU chapter president. Plans for the 5K began over a year ago. The event was organized through coordination with SACNAS, the Office for Diversity and Inclusion and the Latinx Student Leaders Council.

“With the impending changes to DACA and other policy, we wanted to have an event that showed support for our community members with uncertain futures,” Flores said.

Participants met under the Campanile at 8 a.m. Runners followed a route along Central Campus after a brief registration process and some words from the event’s organizers.

Most of the runners were Iowa State students. They all shared a common passion: supporting the education of underprivileged peoples. Contrary to certain misconceptions, DACA recipients aren’t eligible for any government aid.

“I’m out here because it’s a good cause,” said Estefany Argueta, senior in animal ecology. “We’re helping people who don’t have access to financial aid get money for school.”

Argueta also used the event as training for the upcoming Mountain Man Memorial March marathon in Tennessee.

“One day, I want to be that old lady that’s still running marathons,” Argueta said.

Many of the students were science, technology, engineering and math majors, like Andrea Fondren, senior in biology, and David Delaney, graduate student in ecology, evolution and organismal biology.

“Daniela is our labmate, we’re out here to support her and DACA,” said Fondren.

She continued, “It’s important to show support right now; there’s a lot of ignorance in today’s climate [about DACA students].”

Delaney has done his share of running, but this is his first time taking stride for DACA recipients.

“I do a fair bit of running,” Delaney said. “Last year I did the Nearly Naked Mile and it was a lot of fun. It’s going to be interesting running in all this snow.”

The runners weren’t all students, however. Among the many supporters was Marshalltown resident and marathon veteran Rafael Bedolla.

“You know, when you’re a runner the weather is no problem,” Bedolla said. “I’ve done more than 100 races in the last 35 years, and I support DACA 100 percent.”

The event had a focus on education among DACA students, but many runners voiced their support for immigrants in general.

“I’m from Ottumwa, where there’s lots of immigrant families,” said Wendy McVay, junior in family and consumer science education and studies. “They’re part of our community, so I think educating immigrants is a good cause to support.”

Flores also shared his thoughts on why immigration should be embraced rather than restricted.

“Immigration in general is a huge asset to our country and to the development of ideas and problem solving,” Flores said.

“The greater diversity and thought we have, the better we can address different issues. These students who are coming from different places have a wealth of knowledge and experiences that aren’t being recognized, but they have valuable opinions.”

The 5K also attracted people from NextGen America, the climate-focused activism group.

“I did the run, caught my breath and immediately came back to get people to register,” said Paul Anguiano, senior in civil engineering and NextGen member.

“I understand the flight immigrants face. They deserve access to education and a fair shot at the American dream.”

All participants completed the 5K by 10:30 a.m. The snowfall hadn’t let up one bit.

“I think it was really successful, especially considering the weather,” Flores said. “We were all pretty cold and very wet, but we showed up and everybody crossed the finish line with a smile across their face.”

Flores said she and other event organizers hope to make this an annual event.

“Hopefully we can keep this up in the years to come and have an even bigger event next year,” Flores said. “And maybe we can even pick a better weekend,” she added with a laugh.

#MeToo
Tara Burke has passionately been a part of the #MeToo movement and the viral #MeToo campaign that has emerged as a rallying cry for people who have experienced sexual assault or harassment.

Monday, March 26, 2018 - 8pm
Stephens Auditorium, Iowa State Center

Tara Burke has passionately been a part of the #MeToo movement and the viral #MeToo campaign that has emerged as a rallying cry for people who have experienced sexual assault or harassment.

Monday, March 26, 2018 - 8pm
Stephens Auditorium, Iowa State Center

Sponsored by Tara Burke
Co-Sponsored by Student Affairs, Department of University Relations, Women's Center, Women's Resource Center, Office of Diversity Initiatives, and NextGen, Inc., Iowa State University of Science and Technology, Iowa State University of Science and Technology

The Iowa State Daily: The voice of Iowa State University
POLICE BLOTTER

3.22.18

Zachary William Palmer, age 23, of 106 National Drive Unit 206 – Huxley, IA, was arrested and charged with operating while intoxicated, failure to obey stop or yield sign, and failure to have valid license or permit while operating MV at Hayward Ave and Mortensen Rd (reported at 2:23 a.m.).

An individual reported the theft of a bicycle at Gilman Hall on the ISU campus (reported at 8:45 p.m.).

An officer secured found property for safekeeping at the Student Innovation Center (reported at 2:02 p.m.).

An officer initiated a drug related investigation at (reported at 12:55 p.m.).

An individual reported being the victim of a fraud at 71 (reported at 12:55 p.m.).

An individual reported the theft of a bicycle at Gilman Hall Hayward Ave and Mortensen Rd (reported at 2:23 a.m.).

An officer investigated a property damage collision at Lot 9 (reported at 5:01 p.m.).

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**OPINION**

**IMPROVE LANGUAGE EDUCATION IN THE US**

**Start teaching at a young age**

BY EILEEN.TYRRELL  
@Iowastatedaily.com

America might be known as a global superpower, but one thing we're embarrassingly behind in is our grasp of foreign languages.

Learning a foreign language from a young age is compulsory in many European and Asian countries; studying a second foreign language for at least a year is even mandatory in 20 European countries.

Students get their start as early as the age of three, which makes it easier to pick up a second or even third foreign language.

Meanwhile, the United States has no national requirement that students learn a foreign language, and only 25 percent of adults report they are able to speak more than one language.

I get that in most of these countries, the second language they're learning is English. English speakers can be found in most countries all over the world, so if English is your native language, you already have a huge advantage. But learning a new language is so easy for kids that it honestly just seems lazy to not take advantage of that and make language learning a part of early education curriculum.

After all, there are so many benefits. Foreign language learning has been correlated to higher standardized test scores, better academic performance in college, better memory and problem solving skills and it can increase your chances of getting a job.

Regardless of how old you are, learning a new language physically changes your brain structure, making it more efficient and flexible.

Aside from all of that, learning a foreign language is beneficial because it allows you to connect to a different country or culture in a way that's totally inaccessible when there's a language barrier. The unique vocabulary and nuances of a language can give insights into a culture that otherwise would remain hidden. And, of course, being able to connect with people across the world in their own language is a pretty big advantage as well.

In this day and age, the world needs more of that.

Foreign language education should become more of a staple in the American education system because frankly, it’s embarrassing that most of us only know one language. There are a lot of things we can do to save our slipping status in the world, and language education is one of the easiest solutions. So let’s get to work.

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**APPRECIATE CYRIDE IMPROVEMENTS**

Any Iowa State student will tell you how important CyRide is.

The bus can take you almost anywhere on campus and in Ames whenever you need it. We are extremely lucky to have such an efficient and sharp public transportation available to us.

And if you can believe it, it is getting even better.

Starting this summer and going into future semesters, CyRide is adding more routes, altering select old routes and changing certain times of their schedule. You can check out how this new system, CyRide 2.0, will affect you and your morning commute on the CyRide website.

This improvement adds routes and times where they are needed and simplifies many of the routes, allowing for students and community members to get exactly where they need to be when they need to be there.

Everyone should appreciate CyRide, especially when it is improving the service it provides. Public transportation is a service that is underappreciated, even though it provides a huge benefit to our community.

Public transportation, like buses and subways, keep more cars off the road, which helps lower congestion on the roads, save passengers money and reduces our environmental impact.

CyRide especially is working to reduce its carbon footprint. There are currently 12 CyBrid buses in Ames; these hybrid buses save an estimated 25,000 gallons of fuel and 210,513 kilograms of CO2 each year. They also are 50 percent quieter, meaning less noise when you're walking to class or work everyday.

Environmental efforts like this will have enormous benefits down the road for not only the planet, but the school and city as well.

These services also provide people with access to transportation to work, which helps people hold jobs and keep more people employed.

According to the American Public Transportation Association, for every $1 invested in public transportation, it generates approximately $4 in economic returns.

Not only does a public transportation service like CyRide save people money and lessen our collective environmental impact, but it can actually help keep more people employed and adding to the economy.

Public transportation is incredibly underappreciated, but with CyRide 2.0, Iowa State students and the community of Ames should appreciate and be excited that CyRide is trying to improve the invaluable service it provides.
Cyclones finish third in Big 12
Young shares first in floor

BY AUSTIN ANDERSON
@iowastatedaily.com

What appeared to be the end of Iowa State's chances began with a fail. Junior Madeline Johnson missed on a release move that sent her falling to the mat. The team looked on as she briefly collected herself and jumped back on the bar to finish her routine.

Her teammates weren't worried. They didn't need to be. One routine from each rotation gets dropped, so as long as the remaining five gymnasts hit their routines, it would be like nothing ever happened.

Sophomore Laura Burns was up second. In order to hit a clean routine, she was focused on not missing the bar on the far side, and she didn't. But she overcorrected herself too much. She missed the bar short and she, too, fell to the floor.

Senior Kelsey Paz was due up next. She watched Burns take her time and reaply chalk to her hands before she finished her routine. Paz, like all of her teammates, knew the second fall hurt. The team had just built off two strong performances on the floor exercise and balance beam to take a substantial lead over West Virginia for third place.

The Cyclones knew they weren't going to win the meet and take down two-time defending champion Oklahoma. They knew it would take the best performance of their season to contend with No. 13 Denver.

The team wanted to beat No. 25 West Virginia but they were more focused on adding a score that would help their regional qualifying score. Yet, the seniors knew that in each of their four years at Iowa State, they had finished in last place at the Big 12 Championships.

They also knew that Saturday was the last meet of their careers inside the walls of Hilton Coliseum.

"I definitely was in my head," Paz said.

Before Paz went, fellow senior Hilary Green approached her to calm her down. "You do you," Green told her.

When Paz looked around, she saw assistant coach Nilson Medrano Savage on the side. He nodded his head, an unspoken sign of confidence.

She scored a 9.850, a score that would turn the page on two falls that could have easily solidified another last place finish. Junior Meaghan Sievers followed with a 9.875. Senior Haylee Johnson matched her with a 9.875 of her own, before Green finished off the meet with a 9.800.

The Cyclones were able to salvage a score of 48.675, which would keep them in contention for third place, depending on how West Virginia did.

West Virginia's score, a 195.625, was posted on the electronic screens in Hilton, but roughly 10 minutes passed before Iowa State's score was displayed.

"My math skills are terrible," said coach Jay Ronayne. "I'm staring up [at the scoreboard on the screen] and there were two scores that were not up."

Ronayne tried to calculate the scores.

"We kept coming up with that we just won," Ronayne said.

As the teams gathered awaiting the awards ceremony, Iowa State's score finally flashed onto the big screen: 195.625.

The score showed the two teams had tied for third place.

"We were talking to West Virginia and we're like 'Are we going to [play] rock, paper, scissors or what?'' Paz said laughing. "We didn't really know what was going on either."

Ronayne didn't think the tie score was correct. Young's mom had done the math in her head from the crowd and signaled to her daughter that Iowa State should have a 195.650. The Cyclones should be in third place by themselves.

Ronayne went to the official scorer. They pulled up the sheets that had the judges handwriting on it. It turns out Young's score on the uneven bars was transferred from the judges wrong when the scores were counted up.

The score on the big screen changed.

Iowa State 195.650. West Virginia 195.625.

"It was exciting," Young said. "We left so much out there. It was a little bit frustrating but at the same time, I'm super proud of how our team didn't give up."

Iowa State didn't win the Big 12 Championship or get one of their six best scores of the season to improve their RQS in order to get a better seed for regionals in two weeks. They did, however, accomplish something nobody on the team had before with the third place finish.

Another positive for a senior class that has already helped change a culture.

The meet ended with the awards being handed out for the Big 12 Champions on individual events.

Paz tied for third on the floor exercise and was called up to receive recognition on the stage.

"Being up there with the best in the country was pretty cool," Paz said.

Paz wasn't the only Cyclone on the stage. Five people won a share of the Big 12 floor title with scores of 9.900 on floor. The last name announced drew the biggest cheer of the night. "Haylee Young."

"I literally cannot even explain the honor it's been to represent Iowa State," Young said. "When they went crazy when they said my name, that was really special to me."

Haylee Young wins share of Big 12 floor title
Senior Haylee Young was one of five gymnasts to score a 9.900 on floor at the Big 12 Championship.

Senior Kelsey Paz tied for a third place finish on the floor. Both gymnasts received flowers and a medal that will be inscribed while being recognized on stage.

"I'm super proud of them," said coach Jay Ronayne. "Any time other people notice that they're awesome, I love that. I'm like a proud dad. I don't think they can get enough praise from people."

Big 12 Championship Results
1. Oklahoma 197.775
2. Denver 197.075
3. Iowa State 195.650
4. West Virginia 195.625
Flat Noah’s travels with the Iowa State Daily

BY EMILY.BARSKE
@iowastatedaily.com

It started with a tweet from Kelli Bloomquist, lecturer in the Greenlee School of Journalism and Communication. She said her son, Noah, wanted the Daily to help with a Flat Stanley project for his son’s class at Southeast Webster-Grand Elementary in Dayton, Iowa.

Noah is a huge Iowa State fan and was a former Kid Captain for the football team. He wanted Flat Noah to visit the Daily and get photos with Cy.

Flat Stanley is a project many elementary schools do. The story, while it differs from school to school, is that a student was “flattened” and uses the bright side of the situation to travel all around the world.

We thought instead of only taking Flat Noah to the Daily, we would give him a chance to experience what it’s like to work at the Daily. Because Noah is a big fan of sports, we sent Flat Noah with our reporters and photographers when they went to cover basketball games. He even got to travel to the men’s basketball Big 12 Tournament.

Here are just a couple of stops Flat Noah made on his Daily adventure:

Above right
Flat Noah visits the Iowa State Daily newsroom, located at 2420 Lincoln Way, Suite 205.

Right
Flat Noah hangs out with Visuals Editor Chris Jorgensen at the Big 12 Tournament in Kansas City earlier this month.
I live with the shooting that just happened.” Zapata continued to explain how Parkland is where she learned to swim and drive, found her passion for medicine and had learned many life lessons. “What truly upsets me more than anything is that those kids will never live the future they had planned and set for them. Those 17 children will never be able to be where I am today,” Zapata said.

She ended her speech saying “we are told to live every day like it’s our last but it shouldn’t be that way when we go to school,” to which the protesters raised signs saying “never again” and “no more silence, end gun violence.”

Organizers of the march said it was to “march in solidarity with those in Washington D.C. and around the world,” and Zapata’s speech encapsulated this idea.

Between each speech, organizers presented different ways to create change outside of just the day’s march. This included registering to vote and how to get in contact with legislators in Congress.

Jaime Izaguirre, a student at Drake University, elaborated on the importance of talking to Iowa Legislators and brought up some of the current gun legislation that could affect Iowa. “Despite multiple shootings in the past month alone, HJR 2009, a constitutional amendment passed by the house earlier this week, would put future efforts of gun control in a negative light,” Izaguirre said. “I am going to use my anger to vote and you should do the same.”

After a few more speakers and numerous chants of “vote them out,” Rep. Ako Abdul-Samad, D-Des Moines, approached the stage. With a lighthearted tone he said “vote out the right legislators,” after first presenting his position on gun issues.

Rather than giving teachers guns, like some have suggested, Rep. Abdul-Samad said money should go to giving students computers, giving teachers raises and ensuring students can go to college debt free. His tone changed as he recalled a personal story about the death of his son. “I lost my baby boy to gun violence,” Abdul-Samad said.

He continued to explain a young man who should not have had a gun, accidentally shot and killed his only son many years ago. When the young man at the time was facing capital punishment, Abdul-Samad forgave him and took the boy under his wing to make sure his life wouldn’t be taken as well.

Abdul-Samad said “that man has now graduated college and has three kids of his own. Don’t tell me we can’t change the world with love, don’t tell me you don’t have power, don’t tell me you can’t stand up, tell me what you can do.”

Within his speech, Abdul-Samad also addressed policy concerns often brought up by the opposition. He said it isn’t about taking away Second Amendment rights but rather making it harder for people who shouldn’t have a gun from getting a gun and providing the proper mental care to ensure people don’t resort to violence.

Among other policy changes, leaders at the rally called for stricter background checks, raising the age to purchase a gun, banning high capacity magazine and bump stocks and more training steps for individuals seeking to buy a firearm.

Before the last of the 15 speeches, the path the actual march would take was announced to the crowd.

As student’s and young people’s lives were the focus of the protest, the leaders of the march were naturally the student speakers and organizers who chanted many of the previous sayings with megaphones.

FRESHER FASTER

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