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A decline in numbers
High schools lack opportunities in boys gymnastics

BY BRIAN MOZEY
@iowastatedaily.com

Editor's Note: This is part one of a four-part series on the disappearance of men's gymnastics in the United States.

Fifteen or sixteen.

When a male gymnast dismounts from his routine, he's looking up at the scoreboard hoping for one of those two numbers.

Ever since 2006, the scoring system for men's gymnastics has changed into a complicated process where there's no specific number to represent perfection. In women's collegiate gymnastics, the goal is to hit a perfect 10, but in men's gymnastics it's much more arduous.

Ames native Ben Eyles has been participating in men's gymnastics since the fall of 2010 and he's even confused about the scoring system. That convoluted mindset leads to the atmosphere of boys and men's gymnastics.

It's complicated.

"[The scoring system] isn't like basketball where you can track the points as they're made," Eyles said. "The judges look at minimal things like pointing your feet or a bend in the knee, stuff that spectators probably can't see. At the end of the routine though, both the spectators and the actual gymnast are wondering what their score is because either one of them has zero idea."

"I believe that confusion in scoring has led to the sport as a whole."

Instead of the perfect 10 like collegiate women's gymnastics, the scoring is divided into difficulty and execution. The execution score starts at 10, while the difficulty score adds all the skills that will be shown in the routine.

For Eyles and collegiate men's gymnastics, the minimum requirement to compete in college is to start with a score of 15. Then, deductions are taken away from that score. Eyles said that a score of 14 is a great routine and a score of 15 or 16 is pretty much perfection.

Eyles has envisioned the feeling of landing that perfect routine and sticking it at the end numerous times during his career as a gymnast. He will be heading to the University of Minnesota next fall, but remembered when he started this sport he didn't imagine himself going to school for gymnastics.

"I was a soccer player at a young age, but realized that wasn't the sport for me," Eyles said. "Then, I went to a summer camp in Iowa City and fell in love with the sport of gymnastics."
El Centro’s revival was a celebration of community and new beginnings, filling the space in Martin Hall with people and conversation.

El Centro has been revived as an affinity space, a identity-based area where students who share a cultural background can build community and foster relationships and friendships based on these similarities.

Grad student revives El Centro

Latinx community

New space for Grad student revives El Centro

STUDENT LIFE

StuOrgs provide extracurricular experience

BY PAIGE ANSON
@IOWASTATEDAILY.COM

With more than 850 student organizations at Iowa State, a variety of options exist for students looking to join an extracurricular organization.

Whether one participates in existing organizations or registers their own, students can expect to find opportunities for more enjoyable conversations.

The biggest benefits of joining a student organization involve students gaining access to events and responsibilities that can help them build up their academic, personal and career-building portfolios, said Kevin Merrill, assistant director for student organizations, leadership and service for the Student Activities Center (SAC).

“I think it’s really important for students to be able to find other students that are interested in what they’re interested in. Sometimes majors don’t fit with what students want to do in their career. [Student organizations] can fill that void,” Merrill said.

Merrill said that student organizations help supplement the career, academic life and goals of students outside of the classroom, as they involve the real-world experiences they receive when collaborating with others and organizing activities involving the organization’s interests.

“Being able to handle [student organization] money and leadership and being able to access resources as a student organization is impactful on student leadership and personal growth,” Merrill said.

Merrill’s job in the SAC involves helping students in student organizations access available resources and guiding students through the process of becoming a student organization.

The process generally requires initially filing an online organization profile with the SAC that includes the registration of at least five members including a president, treasurer and organization advisor; filing an online constitution for the organization including the club’s purpose; filing an operations manual, and filling out the Compliance Agreement Form, according to the SAC website.

These documents, once completed, must then be approved by the SAC center (usually by Merrill) before they are submitted for final approval by the Student Organization Recognition Board (SORB), Merrill said.

In order to be approved by SORB, students must meet the board and present their organization’s purpose and goals, Merrill said.

Chloe Serp, senior in mechanical engineering, is currently in the throes of that process, as she is looking to become the president of her own student organization. Serp is looking to create a student organization for women in mechanical engineering and is working for SORB to approve the organization’s finished application.

For Serp, motivation to create a registered organization for women in mechanical engineering comes from the fact that women in the program are generally few and far between, she said.

“We have a very low percentage of females for grads, undergrads and faculty. I wanted to start this club so [women] will recognize a friendly face in class,” Serp said.

A professional and personal goal Serp also has in starting this student organization involves learning how to better broaden outreach to young women about jobs in engineering.

Being a registered organization, and therefore able to participate in events like Club Fest and...
Freedom of religion is central to the American experience. It's right there, written within the first line of the Bill of Rights. Citizens are allowed to express their faith openly. However, some Americans have mixed opinions about one form of religious expression: the Muslim hijab.

When mass media outlets present stories about Muslim women, they often report an ongoing clash of ideals. One side purports that Islam's doctrines are oppressive when they command women to dress modestly, and others say that wearing the traditional garments in an expression of their freedom and not a restriction of it.

For instance, CNN and Fox News both reported a consumer backlash in February when Macy's department store launched a line of modest clothing, featuring different styles of hijabs. Fox's Tucker Carlson hosted a segment where he debated whether or not the hijab is sexist.

"I cannot get past the idea that a garment a religion has forced women to wear for more than a thousand years because they are women... is somehow empowering to women," Carlson said.

Carlson also compared the hijab, which is typically composed of a scarf or other fabric, to Chinese foot-binding and Chinese foot-binding to Chinese foot-binding. "Those were very catastrophic times," Carlson said.

"I grew up in America, and I didn't want to do anything that didn't seem like part of a normal life," Syed said. "I also didn't want to deal with the politics of it all. This one thing would distinguish me 100 percent. But I felt like I was doing everything else to please God besides this one thing."

"A lot of people ask me why I wear [the hijab]," she said. "Back home we have a saying, 'the hair is half the beauty.' I like keeping that part covered, like my hair is a present for me and the people I love."

"I started wearing the hijab," Syed said. "Back home we have a tradition. We grow up and learn to be kind and to love one another. Whether you're Christian, Jewish or Muslim, you don't matter," Syed said. "Whether you're a Christian, Jewish or Muslim, you learn to be kind and to love one another."
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POLICE BLOTTER

4.13.18

Daisean Lavonta Brooks, age 19, of 2615 Aspen Rd Unit 5 - Ames, IA, was cited for possession of drug paraphernalia and possession of a controlled substance at 100 block of Campus Ave (reported at 12:28 a.m.).

Jordan Marie Trepleas, age 18, of 122 Hayward Ave Unit 502 - Ames, IA, cited for possession of a controlled substance and possession of drug paraphernalia at 100 block of Campus Ave (reported at 12:28 a.m.).

Officers checked on the welfare of a student at 82 Frederickson Court (reported at 1:39 a.m.).

Evan Brady Hansen, age 20, of Friley Hall - Ames, IA, was cited for possession of alcohol under the legal age at Friley Hall (reported at 11:01 p.m.).

Spencer David Bashaw, age 19, of Friley Hall - Ames, IA, was cited for possession of alcohol under the legal age, possession of a controlled substance, and possession of drug paraphernalia at Friley Hall (reported at 11:01 p.m.).

Omar Abdelaziz Mahmo Abdrabou, age 18, of Tower (reported at 3:38 a.m.).

4.14.18

Jeffrey Douglas Gasperi, age 30, of 139 Sheldon Avenue Unit 3 - Ames, IA, was arrested and charged with public intoxication - 2nd offense and criminal trespass at Legacy Tower (reported at 3:38 a.m.).

Omar Abdelaziz Mahmo Abdrabou, age 22, of 4625 Steinbeck St Unit 11 - Ames, IA, was arrested and charged with criminal trespass and public intoxication at Legacy Tower (reported at 3:38 a.m.).

An officer investigated a property damage collision at Mortensen Rd and State Ave (reported at 4:48 p.m.).

Sean Harrison Abbott, age 19, of Friley Hall - Ames, IA, was cited for possession of alcohol under the legal age at Friley Hall (reported at 7:14 p.m.).

Officers checked on the welfare of an individual who was experiencing difficulties at Ames Intermodal Facility (reported at 7:32 p.m.).

Adithya Raghavan, age 20, of 4830 Mortensen Rd Unit 104 - Ames, IA, was arrested and charged with burglary 3rd degree, providing false identification information, and public intoxication at Memorial Union (reported at 12:23 a.m.).

Justin Jamaal Johnson, age 23, of 606 W College St - Carbondale, IL, was arrested and charged with public intoxication and disorderly conduct at Memorial Union (reported at 2:19 a.m.).

Layne A Nelson, age 18, of Larch Hall - Ames, IA, was arrested and charged with possession of alcohol under the legal age and possession of a controlled substance at Larch Hall (reported at 3:37 a.m.).

An officer initiated a drug related investigation at Lot 21 (reported at 2:24 p.m.).

An individual reported being harassed at Amorry Building (reported at 3:48 p.m.).

An individual reported being harassed at Buchanan Hall (reported at 9:55 p.m.).
Cyclone Carnival needed a backup

BY MEGAN.PETZOLD
@dowastatedaily.com

The first Cyclone Carnival was scheduled for Saturday, April 14 but was cancelled due to poor weather. Columnist Megan Petzold argues a backup plan should have been in place because poor weather in April is not unusual for Iowa.

Many of you probably have seen news anchors or public figures wearing a blue puzzle piece pin on their jackets this month. These puzzle pieces play a part in support of Autism Awareness Month, a nationwide effort to increase autism awareness and inclusion.

What puzzles me is that the Cyclone Carnival was put on by Iowa State University and should have been better prepared for any weather conditions.

Since Veishea was shut down, the alumni of Iowa State requested there be a safer tradition for the current students. Iowa State came up with a compromise of having a carnival for all students, with free admission. Like a typical carnival, students would need to buy tickets to participate in games and such. This seemed to be a great compromise.

For the 2018 Cyclone Carnival, there was going to be food, games and family-friendly activities, among other things. There was going to be student organizations coming to perform, such as Grandma Mojo’s and Mariachi Los Amigos De ISU. Students and families could have enjoyed this event, except it got shut down because of the impending weather that was forecasted to happen on Saturday.

The first Cyclone Carnival ever put on by Iowa State was cancelled due to weather. Saturday, April 14 was predicted to be in the mid-40s with an 80 percent chance of rain. And those predictions were nearly spot-on, with Saturday being a wet and chilly day.

The Veishea site was already set up for a whole week and enjoy the “Veishea Village” and some other attractions on campus made by the school. It was meant to be a family friendly event to help the students relax and take time for themselves. However, it was suspended after riots and other disturbing actions. After all this, it is understandable why the school banned Veishea.

Veishea definitely had its issues, but was a beloved tradition, so it is understandable why alumni wanted to bring it, or some other similar thing back for the new students of Iowa State.

And it was such a great idea to put on a carnival for the university instead, but what I don’t understand is why they weren’t more prepared.

Like the old saying goes, “April showers bring May flowers.” This common, well-known saying became common and well-known because it turns out to be true more often than not.

What made Iowa exempt from this rule?

We are a state with wild and unpredictable weather, and that isn’t news to anyone. Iowa State should have had a backup plan for the carnival since it was an attempt to create a replacement for Veishea that could become a new, great tradition. I, for one, was looking forward to the new, and hopefully improved, Veishea substitute.

I guess we’ll have to wait till next year to see if it is a good replacement or not.

Stop arguing and spread awareness

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.

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), major 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.
Eyles is not just one of the few male gymnasts in college, but one of the few male gymnasts period. The decline in the sport started in high schools and carried into colleges, but the statistics don’t lie.

In the year of 1978, the United States had 1,279 high schools and 29,943 boys participating in high school boys gymnastics. There were also 32 states that had at least one school competing in the high school level.

Fast forward to the year 2016-17, the United States has 117 high schools and 1,894 boys competing in boys gymnastics at the high school level.

From 32 states in 1978 to eight states in 2016-17, there’s been a drastic decline in men’s gymnastics.

But, why?

Why did the sport drop significantly over the past 40 years? Lack of interest? Time consuming? The answers have never been clear on the disappearance of a sport that can teach life lessons and other skills that can be used throughout a childhood and adulthood.

“Gymnastics is a sport that can teach you both individual and team aspects,” Eyles said. “You always want your team to do well, but you as an individual need to perform well to make that happen.

“It’s a sport that can teach you two of the most important traits of your life.”

For Eyles, gymnastics has changed his life for the better. It has taught him the ups and downs of a sport and how to handle each situation that’s thrown his way.

The biggest obstacle he faced was competing once he reached the high school level because Iowa hasn’t had boys gymnastics in high school since 1975. The reason behind that departure from the high school level hit Ryan Telecky — a former boys’ gymnastics coach at Cedar Rapids Washington High School in the 1960s and 70s — hard.

Telecky said the Iowa High School Athletic Association removed boys’ gymnastics from its sports because of liability issues and insurance related concerns.

“Iowa is not the only state that’s dealing with this issue because there are plenty of states around the country that closed off the sport due to liability concerns.

Nebraska men’s gymnastics coach Chuck Chmelka brought up how this decision has affected the future of this sport.

“I don’t understand why boys gymnastics was cut because of liability issues when football is just as dangerous,” Chmelka said. “I mean, gymnastics does have its fair share of injury concerns, but what sport doesn’t? There’s always risk when playing a sport no matter what level you’re on.”

Chmelka said he’s fortunate to be able to coach at Nebraska, but is passionate about the topic because he wants to see men’s gymnastics increase in numbers in the next couple of years.

Since the sport was cut on the high school level, there had to be another way to gain interest in boys gymnastics without the ability to compete for their high schools. That’s when private clubs began to skyrocket in the late 1970s and early 80s.

Telecky opened up his own private club in Cedar Rapids in 1973 to give male gymnasts an opportunity to compete at a high level and strive for a college scholarship. Those types of gyms are open throughout Iowa and the United States.

“There was a need for private clubs to open during those times because boys couldn’t use their high school teams anymore,” Telecky said. “[These private clubs] were needed for the continuation of this sport.”

Eyles used to practice at Chow’s Gymnastics & Dance in West Des Moines at the beginning of his career, but found a new location in Ankeny that worked better for his schedule and his mindset.

He’s currently a Level 10 gymnast at Triad Gymnastics, while also coaching younger boys at Success Gymnastics in Ames.

The private clubs are a necessity for the growth of boys gymnastics because the high schools either don’t exist or don’t have the competition needed to reach college scholarships.

Connor Adamsick, a gymnast at Nebraska, said his high school in Illinois had a boys gymnastics team, but he never joined because of the competition.

“Honestly, the private club meets are much more competitive than high school meets,” Adamsick said. “It’s great to see the sport in my high school because it makes others interested in the sport that they might not know about because it’s not at the high school.”

In the 2016-17 school year, the state of Illinois has about 44.4 percent of the total high school teams in the country. Illinois has 52 high schools that have a boys gymnastics program and the United States had a total of 117.

Adamsick’s teammate at Nebraska, Chris Stephen, said his high school didn’t have a team, but honestly he likes the system at the private club. He enjoys the competition and the opportunity to compete with similar gymnasts in the Level 10 category.

Being a part of a team within a private club does have its ups with competition and more time with the coaches, but it does have some negatives. Some of these negatives are big enough to scare off some gymnasts from ever truly competing in the sport.

One of the negatives is injuries. It happens in every sport, but with gymnastics it can ruin confidence and any type of work being done.

A gymnast’s sophomore and junior years of high school are two of the most important seasons to be recruited, but Eyles wasn’t able to showcase his talents because of two injuries.

In 2016, Eyles got grip lock while on the high bar and broke his wrist. After being out for his sophomore season, he broke his ankle after landing wrong on a dismount in 2017, ending his junior season as well.

Even though both injuries were horrible, Eyles hated his wrist injury.

With lower body injuries like a knee or ankle, Eyles was still able to work out on the rings, high bar, pom-pom horse and parallel bars because he used his upper body most of the time during his routines. When he dismounted from the events, he would land into a foam pit that wouldn’t injure his ankles or knees.

The wrist injury was horrible for him. He couldn’t do anything because each event involved putting pressure on the hands or wrists. For the recovery time, Eyles was forced to only practice on the trampoline and jump into a foam pit.

“Being injured during those times was tough because you’re doing the same activity over and over again,” Eyles said. “My love toward the sport and the progress I made as a gymnast is what pushed me to fight through the injury and be a better gymnast afterwards as well.”

Along with the injuries, the two Nebraska gymnasts and Eyles agreed that gymnastics practice takes up a lot of time throughout the week, but the problem is that it’s not in the high school gym. It’s in a city about 45 minutes away from their homes, with none of their high school friends.

“I will admit it was hard to see all my high school friends being done with practice at 4:30 or 5 and heading out for dinner,” Eyles said, “while you’re in your gymnastics class about 45 minutes away from school and won’t get out until 8 or 9 that evening.”

Eyles said gymnastics is one sport where you have to either be all in or not at all because there isn’t room in the middle. The amount of time a gymnast commits to practicing and competing each week is too much not to enjoy the sport and the people at the gym.

That’s the thing every single coach and gymnast said they love this sport. After a couple of weeks of trying gymnastics, each of those coaches and gymnasts fell in love and the rest is history.

Their journeys throughout their childhood leading to college were all different with injuries and roller coaster rides. But in the end, they all reached their dreams as a male gymnast.

They each received a college scholarship.
Easy Fruit Smoothies

Save time and money with these easy-to-make smoothies. With only five minutes of prep time and less than five ingredients, these frothy, fruity, and filling drinks are worth trying at home.

BY MANICHANH NAONADY
@iowastatedaily.com

STRAWBERRY BANANA SMOOTHIE

PREP TIME:
Five minutes

SERVINGS MADE:
Two servings

INGREDIENTS:
• One cup frozen strawberries
• One medium banana, sliced
• 3/4 cup vanilla yogurt
• 1 1/2 cup skim milk

INSTRUCTIONS:
Place all of the ingredients in a blender. Cover and blend on high speed until smooth. Pour into glasses. Enjoy!

BLUEBERRY SMOOTHIE

PREP TIME:
Five minutes

SERVINGS MADE:
Two servings

INGREDIENTS:
• One cup frozen blueberries
• 3/4 cup vanilla yogurt
• One cup skim milk
• One tsp honey

INSTRUCTIONS:
Place all of the ingredients in a blender. Cover and blend on high speed until smooth. Pour into glasses. Enjoy!

PEANUT BUTTER BANANA SMOOTHIE

PREP TIME:
Five minutes

SERVINGS MADE:
Two servings

INGREDIENTS:
• One medium banana, sliced
• Two tsp peanut butter
• Five to six ice cubes
• One cup skim milk

INSTRUCTIONS:
Place all of the ingredients in a blender. Cover and blend on high speed until smooth. Pour into glasses. Enjoy!

These simple smoothie recipes can be enjoyed while the snow melts again.
Paolo Bacigalupi

Paolo Bacigalupi is an award-winning science fiction and fantasy writer and screenwriter, and a professor of creative writing. He is the author of several novels, including "The Image of Our Lord," "Ship Breaker," "Ouroboros," and "The Martyr." Bacigalupi was born in 1970 in Idaho Falls, Idaho, and graduated from the University of Idaho with a degree in English. He has received several awards for his writing, including the Hugo Award for Best Novel and the Nebula Award for Best Novel.

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