Sievers is the lone qualifier for the NCAA National Championships from the Iowa State gymnastics team. On Friday night at around 7 p.m., she will stand in front of thousands of people in St. Louis at Chaifetz Arena, with 11 literal steps between her and potential All-American honors on the vault.

Sievres was an individual qualifier on vault as a freshman in 2016, but more recently she has been here when she has visualized her routine throughout the last two weeks in preparation.

When she sees the routine play out in her head, she focuses on everything leading up to when she flies 10 feet in the air. Her speed and power are the driving-force behind the start of her routine, but what makes her so successful is transferring that force off the springboard, onto the table and high into the air for her front hand spring into a front pike half.

In the words of her coach, Jay Ronayne, if she takes care of everything at the beginning, the end of her routine — you know the part where she flips twice in the air with a half turn — will come on its own.

Ronayne is talking about her routine in the national championship, but he might as well be using it as an analogy for the season as a whole.

The entirety of the 2018 season will culminate paradoxically in 11 steps.

The hundreds of hours of practices, preparation and competing that Sievers has put into this season alone will come down to the final 10 seconds.

And it will begin with a sharp pain.

When she takes the first step to begin her vault routine, pain will shoot through her ankles. In fact, every step she will take on Friday night will induce pain.

It might come as a surprise that someone who avoids walking on grass because it’s too unruly on her surgically repaired ankles, would voluntarily slam them on the ground repeatedly for fun.

In practice, her ankles are wrapped in layers of black tape serving as an armor to keep the pain away as much as possible.

“They’re like plaster casts,” Ronayne said. “She has terrible ankles.”

It might come as even more of a surprise that someone who had surgery to repair torn ligaments in her ankles would beg her coaches to let her bang her ankles against the ground even more than she’s allowed to.

But if it comes as a surprise, you don’t know Meaghan Sievers.

During practice last week, Ronayne capped her vault routines at a maximum of 10 per practice. As her coach, it's his job to give her the best opportunity to succeed, but also to keep her from doing damage to herself.

When Sievers reaches her limit, she pleaded with her coach to let her do more.

“I want to go in and know,” Sievers said. “I don’t want to leave a question of if I would have done two more vaults, could I have figured something out.”

Ronayne stood firm with his belief that 10 was enough. The practice ended with Sievers leaving the gym in tears.

“That’s kind of the way she is,” Ronayne said. “Over the years, she keeps on pushing herself as many times as possible until she feels she’s done the job.

Sometimes it’s to a detriment. Perfectionists are like that. They beat themselves up very badly if they don’t do what they expect themselves to do.”

Later that week, Sievers tried her luck again to get just a few more routines before practice came to a close. Ronayne didn’t budge, and Sievers again left in tears.

“Sometimes it’s like I’m going to have to get you into a headlock and drag you out of the gym,” Ronayne said.

After practice on the Monday before the National Championships, she sat on the blue runway of the vault she has practiced on hundreds of times in her three years as a gymnast at Iowa State. She talked about how her parents instilled the importance of setting goals in her life from an early age.

“Everyone wants to be great,” she said. “If they say they don’t, I think they’re lying.”

Which makes sense, because the goal of Sievers is to be great, but not just in gymnastics. After she got done talking on the runway in the practice facility inside Beyer Hall on Monday night, she had less than 50 minutes to go home, get changed into formal attire and attend a banquet where Iowa State student athletes were recognized.

She then had to get home and study for a test on Tuesday that’s part of her pre-med major, on her way to a possible future career in pediatrics. On top of her test, she visited Kate Mitchell Elementary School in Ames to talk with kids about the importance of setting goals. She left for her second career appearance at nationals on Wednesday morning at 9 a.m.

Not bad for someone who committed to Iowa State as a walk-on.

“She works really hard and has a really good heart,” said junior Kelly Martin.

Sievers is from Gary, South Dakota. Well, kind of.

Her house is on a lake, seven miles away, but Gary is the closest town so that’s where her family’s address is. Gary’s population is 150. She graduated with 32 people in her class, and she seems to know everyone. Her sister is a freshman in high school and Sievers said she knows almost everyone in her sister’s grade. Her youngest brother is in third grade.

“I don’t know all of the kids in my youngest brother’s grade because I’ve been out of school for a few years,” she said.

There are many steps en route to becoming an All-American gymnast. In the case of Iowa State junior Meaghan Sievers, there are 11.
Nationally competitive awards offer a variety of opportunities that would not be otherwise available to students. These awards offer full funding for graduate school or funding for research.

Generally, the scholarships require two to four letters of recommendation, a personal statement and an essay. These requirements vary depending on the scholarship and what the organization giving the scholarship is looking for.

Laura Good works as the assistant director of nationally competitive awards and the undergraduate honors program at Iowa State. Even though her office is housed in the Jacksie Honors Building, she emphasizes that anyone can apply.

“There are many people outside of the Honors program that qualify for these scholarships,” Good said. “It’s harder to reach them.”

Good is working with Honors Ambassador Edel Aron to redesign the honors website and the nationally competitive awards page.

“There is going to be a scholarships tab right at the top,” Good said. “It’s going to be a more robust webpage.”

The website will make it easier for people not in honors to find the scholarships and get into contact with Good. There will be a way to schedule a meeting with Good directly on the website, along with profiles of previous winners of the scholarships.

Good plans to create a list of all previous winners and finalists for various scholarships.

“I don’t know everyone who gets a scholarship,” Good said. “It can be hard to make sure everyone gets recognition.”

This year, there were 23 finalists and winners from Iowa State for various scholarships. The process for applying for one or more of these scholarships can be very long and in-depth.

“You can’t start the night before,” said Aron, senior in mathematics.

While Aron did not become a finalist in any of the scholarships she applied for, she is still grateful for the experience. Aron had not thought about applying for any scholarships until she had to talk to Good before an honors event for prospective students and their parents.

“If I hadn’t talked to Laura, I don’t know if I would have done it,” Aron said.

Aron applied for the Knight-Hennessy scholarship, a scholarship that is only two years old. It was started by Phil Knight, Stanford alumnus, and the tenth president of Stanford John Hennessy. The scholarship is meant to support students who will be going to Stanford for graduate school.

The scholarship also requires applicants to write about their previous experiences in research.

“I chose to talk about the labs that I felt I had contributed to the most,” Aron said.

With the majority of the application requiring writing skills, except for a short video portion, it can be a daunting task to take on, especially personal statements and essays.

“Writing is not my strong suit,” Aron said. “If you are applying, have someone else look at it.”

Aron also recommends having people other than friends edit the essays and statements.

“Sometimes friends can be scared of being too critical of you,” Aron said.

Even though winning is highly unlikely, Aron still recommends applying.

“Even if you don’t have a chance, [the process] is still beneficial,” Aron said. “These scholarships exist for a reason.”

Mengyu “Allen” Wang, senior in aerospace engineering, was a Goldwater Scholar last year and this year he was a Knight-Hennessy Scholar finalist and was one of the winners for the National Science Foundation (NSF) Graduate Research Fellowship.

When Wang became a finalist for the Knight-Hennessy scholarship he was in the top 110 of over 3,000 applicants worldwide. He was able to go to a workshop hosted by Knight-Hennessy with all of the other finalists and network with well-known people in their respective areas.

The requirements for the scholarship application change depending on where the money is coming from and what the decision makers are looking for.

“The Knight-Hennessy scholarship application was more sentimental,” Wang said.

Wang was required to write about some of the research he has done during his time at Iowa State.

“Lots of people get in their head,” Wang said.

Aron also recommends taking a good look at what the scholarship stands for and why the money is being given out.

“Remember, scholarships are a means, not an end,” Wang said.

Catherine Leafstedt, senior in agronomy and global resource systems, applied for the Rhodes Scholarship as well as the Gates Cambridge Scholarship.

Although Leafstedt did not receive either of the scholarships, she was grateful for the experience they provided.

“Even though I didn’t get them, I feel more confident,” Leafstedt said. “I feel strongly that I am on the right path.”

For the Gates Cambridge Scholarship, Leafstedt first had to apply to Cambridge and then apply for the scholarships after she was accepted.

“I still had the acceptance even if I didn’t get the scholarship,” Leafstedt said.

The unusual part of Leafstedt’s applications was instead of two to four recommendation letters she was required to have a minimum of five, with a maximum of eight.

Finding that many people for recommendation letters can be difficult Leafstedt said.

“Be active outside of class interactions,” Leafstedt said. “Maintain that relationship, faster relationships with managers or your superiors.”

Instead of participating in many activities, Leafstedt recommends being involved in fewer.

“Try hard to be deeply involved,” Leafstedt said. “Go above and beyond [expectations].”

Writing personal statements can be difficult to fit all of the information needed for a small amount of space.

“Try not just a rewrite of your resume,” Leafstedt said. “It takes a lot of editing. Telling a compelling life story in one to two pages is hard.”

The Rhodes Scholarship Leafstedt applied for does not allow the applicant to get help from anyone.

“I think they want to make sure that it’s your own writing,” Leafstedt said. Leafstedt plans on going to Cambridge and pursuing her master’s degree.

“It’s tough,” Leafstedt said. “You have to really want it.”
Ames police commander Geoff Huff commented on Iowa State forward Cameron Lard’s charges of speeding and possession of drug paraphernalia on Feb. 4, 2018.

Huff said the reason why Lard wasn’t arrested for this particular incident is because drug paraphernalia is a simple misdemeanor, which results in a citation and a fine, but no jail time. Huff said if there was substance in the vehicle along with drug paraphernalia it would be more likely to result in an arrest.

Huff also mentioned that the officer at the scene didn’t see any signs of impairment, allowing Lard to drive back home on his own.

Because Lard was not arrested, his name did not show up in the Ames Police press log, which is a daily list of police activities. Huff said Ames Police doesn’t release the names in the press log for simple misdemeanors and citations because he understands people make mistakes and doesn’t feel their name should be put onto these reports.

If the individual is arrested, his or her name would be released and put onto the inmate inquiry. Huff also questioned the coverage of student-athletes facing these types of charges being reported in the news.

“Were we to turn away from these reports every day,” Huff said. “No one would ask me unless it’s an athlete… It’s unfair that this happens to [student-athletes].”

Gary Sawyer, lecturer for the Greenlee School of Journalism and Mass Communication, sees why student-athletes receive more attention, which brings them to a higher standard.

“Famous names make news,” Sawyer said. “Basketball players and football players are promoted by the university and they play in front of thousands of people… Student-athletes aren’t like everybody else. They have chosen to enter into a realm where their moves are more public than that of a regular student.”

Huff also cited that Lard was pulled over for a basic traffic stop for speeding over a 55 m.p.h. zone. After completing the traffic stop, the officer smelled an odor of burnt marijuana.

Huff continued by saying that the officer asked Lard, who was alone in the car, if he had any marijuana in the vehicle to which Lard responded with, “not that I know of.”

Lard gave the officer consent to search the vehicle, according to Huff. The officer found a glass pipe in the back passenger seat in the door console with residue in the pipe.

Huff said Lard was charged with speeding over a 55 zone and paid $108 for the ticket. Lard will have a pretrial conference on April 24, 2018 at 3 p.m. and a jury trial on May 8, 2018 at 9 a.m. in Story County district court, according to records on Iowa Courts Online.

The Iowa State athletics department did not have a comment on the situation, according to a spokesperson.
POLICE BLOTTER

4.18.18

An officer assisted an individual who was experiencing medical difficulties at the Palmer Building (reported at 3:03 p.m.). The person was transported to a medical facility for treatment.

An officer initiated a drug related investigation (reported at 7:07 p.m.).

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SUDOKU

BY THE MEPHAM GROUP

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

PUBLISHER:

By Barry C. Silk

FORECAST:

Friday, April 20, 2018

Friday’s Puzzle Solved

Correction: Photo captions in the story “El Centro” on print April 19, 2018 should have stated that Samuel Morales-Gonzalez was a leader in the effort to revive El Centro, an existing space, and not the founder.

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.
This Sunday, people from all across the globe will celebrate Earth Day. What started as an environmental movement in the 1970s has gained traction around the world as people everywhere recognize the importance of values like environmental stewardship, conservation and preservation of resources, sustainable land and water use and a human responsibility to care for the only habitable planet we have access to.

It may be these basic principles of Earth Day that will transcend the multiple social issues that divide us. More likely it will be the consequences of our inaction that will drive us to greater global collaboration to save our one, planet. As we move forward from this current change course, it is always does with the addition of new peer-reviewed publications, the consensus is clear — the climate is changing, there is evidence to support that human activities play a major role and cold weather at any one point does not disprove climate change.

By William O'Loughlin
williamoloughlin@iowastatedaily.com

This is dangerous. Immediate actions are needed to help ensure that our populations are resilient in the face of climate change. Although the science is still evolving, it is always does with the addition of new peer-reviewed publications, the consensus is clear — the climate is changing, there is evidence to support that human activities play a major role and cold weather at any one point does not disprove climate change. We move forward from this current position of ignorance by banding together to fix Earth’s problem. Through local actions, we can all make a global impact. Learn about the causes and consequences of climate change so we can have meaningful dialogue on how to confront this issue. Become a conscious consumer by researching the environmental impacts of your purchases. Follow the tried and true mantra of reduce, reuse and recycle. Whether you acknowledge it or not, everyone of us has a responsibility to care for this Earth. And, when those at the top choose to derelict their duties, we must work extra hard in our personal lives (along with electing new leaders) to change course.

Issue about this Earth Day

Is social media a friend or foe?

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The future of men’s gymnastics

BY BRIAN MOZEY
@Iowastatedaily.com

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

Change.

It’s a simple word, but the meaning behind it can be complex. In this sense, it’s very complex.

There are numerous high schools and private clubs across the country along with 21 colleges nationwide. There are also 12 spots on the U.S. Senior National Team. The numbers aren’t big, but the entire sport isn’t gone.

Yet.

There was a mutual agreement between the different college men’s gymnastics coaches that change needs to come sooner rather than later for this sport to grow. Otherwise, it’s going to be an easy cut for athletic departments to throw away.

Nebraska head coach Chuck Chmela said and former Cedar Rapids Washington boys gymnastics coach Russ Telecky agree that the first step to making men’s gymnastics popular is to focus on the younger children who will be starting the sport at a young age.

If there’s going to be any increase in numbers, there needs to be an increase in private clubs that these boys can attend.

Therefore, there’s a need for men’s gymnastics coaches to teach these younger gymnasts the correct ways of participating and loving this sport.

Out of the three college coaches interviewed for this story, all of them have been coaches or directors of private clubs in their local community.

The reason behind their participation isn’t just for the love of the sport, but because they’re the only ones that understand the sport and can teach it to younger gymnasts.

To bring the interest to younger boys, there needs to be more male gymnasts in college and after college to bring their knowledge and understanding of the sport to increase the love and passion for the younger gymnasts who want to continue this sport during their childhood.

The next step is to make men’s gymnastics not only a want, but a need in college sports.

If the numbers in private clubs and high schools increases, that means more and more men are going to want to participate in college sports.

If club teams at universities increases, it might draw an eye within the athletics departments across the country.

Iowa State athletics department’s Title IX Coordinator Calli Sanders said that there are plenty of steps an athletics department takes to add a sport within its department.

One of the aspects they look at is interest within the community. If there are five or six boys gymnastics clubs going in the high school level and a men’s gymnastics club at the college level, it shows that there can be continuous growth throughout multiple years.

The final and biggest step to making gymnastics relevant again for men is making it a national sport.

The main way to make it national is to showcase these men’s gymnastics programs on a television network like ESPN or Fox Sports.

For example, this upcoming weekend is the NCAA Men’s Gymnastics National Championship. It’s the biggest meet for men’s collegiate gymnastics programs and the entire two-day event will be streamed live on NCAA.com.

The NCAA Women’s Gymnastics National Championship will be aired this weekend as well, but on ESPNU.

Jeppson said he relates men’s gymnastics to wrestling because the sport of wrestling faced this type of decline a few years ago.

Many colleges were cutting the program because there wasn’t enough interest in the sport and universities didn’t want to keep a sport that didn’t bring in fans or money.

After a few years though, wrestling started to crawl back as a relevant sport. The participation numbers steadily increased at the high school level.

More and more fans packed the stands at college duals and more and more television networks started to come to more duals.

Now, Florestwrestling and TrackWrestling are two big websites that gain a lot of traffic because of wrestling, both high school and college. ESPN is the sole television network that broadcasts the NCAA National Championships for wrestling each and every season.

It’s not only on WatchESPN, but some of the matches can be found on the actual network on television. It took some time for wrestling to grow, but now it’s relevant again across the country.

“It’s just going to take small steps to get this sport back in the right direction,” Eyles said. “I’m just going to continue to love this sport and show that love and passion to others around me.”

Men’s gymnastics needs to take these steps or the sport is going to slowly die. For Eyles, he knows the popularity of men’s gymnastics is small, but he also thinks those numbers will continue to rise over the next four or five years.

He’s just going to stay in the gym and continue to pursue his passion and dream of competing in college and, one day, standing on top of that podium as an Olympic champion.

For now though, Eyles will be at Triad Gymnastics in Ankeny, Iowa, working on his double layout with a full twist landing off the high bar. As he’s practicing this routine, the door flies open and two small boys run over to where Eyles is practicing in the gym.

They don’t do anything, except watch him spin around and around on the high bar. Every once in a while there will be a combined “wow” as he continues his routine.

Then, finally, he starts to dismount from the bar and sticks his double layout with a full twist and the two boys smile and converse about the recent routine. Once he’s done talking with his coach, he runs over to the two boys and smiles at them before starting his routine again.

Before he jumps onto the high bar again, there’s a smile that shines across Eyles’ face. The smile isn’t about sticking his landing in his last routine. It’s not about the fact that he enjoys the sport of gymnastics, even though he loves the sport.

It’s the fact that he knows there’s a future in men’s gymnastics. It might only be two boys today watching him perfect his routine, but it’s two more boys than before that have the same passion and love for this sport of men’s gymnastics.

Then, he jumps back onto that high bar in search of that perfect routine.
It will get dark around 8:02 p.m. on Sunday, April 22. Generally, people like to be relaxed and at home by the time the sun sets over the horizon, but that night, 8:02 p.m. might mean something different to the crowd amassed in the Molecular Biology Parking Lot. For those in the crowd wary enough to pay attention to the time at all, it means they only have one hour left to enjoy the Student Union Board Outdoor Concert.

Ever since Student Government allotted $190,000 to SUB last fall, Director of Student Activities George Micalone and his team at SUB have been hard at work creating an eventful evening of entertainment for this spring. It culminated in the Outdoor Concert, which will include performances from Fetty Wap, Cheat Codes, KYLÉ and Andreas Moss.

“What makes this outdoor concert different/special from other event.”

Kevin Ford spoke about the writing process behind of some other hit songs. "Our process is simple: we kick it back and just roll with it. We do everything, all the songs you hear from us are always made in our bedroom not big fancy studios," explained Ford. "Our process is simple: we kick it back and just roll with it. We only remix songs that we know we can probably make the production better on or songs that we just love and vibe to.”

We all knew from a young age we wanted to do music and his artistry. From the way he performs, sings, his video, he is the complete package,” KYLÉ said. “I would love, love to make a song with [Cudi].”

Micalone also mentioned that if the show hits its marks he is open to bringing in diverse genres in the years to come, such as rock or country. A student ticket will run for $35, with public admission reaching $50. Jennie Norris is the president of SUB and was integral in determining a fair price for the event. "Since this is a university event, we wanted to make tickets reasonably priced for college students,” Norris said. “We determined the prices by past experiences with concerts and to supply the funds for future concerts.

“Between all the facets of organizing an event of this scale and magnitude, it’s important to dispense the $190,000 in a correct manner. The money for the show is all from the initial pool allotted by Student Government, and when the public only sees the lump sum, it’s easy to forget how much money is spent on features other than the performers. “The money will apply to the artists, logistics of the concert, security, lighting, and the stage, among other things,” Norris said. “In the end, our goal is to provide an entertaining experience for the student body, just as we aim to do with every other event.”

“[Cudi] has helped me out in my dark times and I respect his artistry. From the way he performs, sings, his video, he is the complete package,” KYLÉ said. “I would love, love to make a song with [Cudi].”

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"I guess you can say performing with Fetty Wap is as important as Saturday is for the boys," Russell said. KYLÉ, who sometimes goes under the moniker SuperDuperekyle, will also be making his Ames debut. "I've driven through here a bunch of times, but ... now I finally have the opportunity to perform here," KYLÉ said. KYLÉ, who is performing Friday night at the second weekend of Coachella Valley Music and Arts Festival, draws heavy influence from Kid Cudi.

Popular KYLÉ songs include "iSpy," "Doubt it" and "Keep it Real."

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Recruiting in college gymnastics continues to begin earlier and earlier in high school. Sievers’ sister, for example, is committed to the University of Nebraska-Lincoln as a high school freshman. When Sievers was a sophomore, she knew everyone.

Starting her sophomore year of high school, Sievers would have to travel 100 miles each way for practice, six days a week. Monday through Friday, Sievers and her sister would leave school early at 2 p.m. and get home around 10 p.m. Saturday’s practice would take them away from home from 7 a.m. to 3 p.m.

The change seemed to be effective.

Sievers’ assistant coach at her new gym competed with former Iowa State assistant Katie Minasola in college. Sievers inquired about any possible spots being open for camp with Iowa State, but they had all been filled. Minasola came to visit Sievers at her home gym two weeks later. Another two weeks after that, the coaches asked Sievers to come visit Iowa State. Iowa State was looking for vaulters and that was Sievers’ specialty. Iowa State didn’t have any scholarships available for her freshman year, so Ronayne asked her to walk on for the first year and they would try to find a scholarship for her after that.

On the car ride home from her visit, Sievers called the Iowa State coaches and accepted the offer to walk on with them.

She had qualified with a score of 9.900 in the regional, good enough to tie for first place. Yet, she still wasn’t sure she belonged.

“While I was there, I was like ‘Holy cow, I’m here,’” Sievers said. “It was such a surreal experience. Everyone wants to go to Nationals but once you’re there, it left me even more hungry to want to go back.”

Her freshman year, she said, she felt lucky to be at the National Championships. But that’s not the case this season.

“This year, I feel like I’ve earned it,” Sievers said. “I’ve put in the work and the turns, so it wasn’t just pure dumb luck that I qualified and that I had a good vault at regionals.”

Before Sievers took off on the vault routine that qualified her for nationals, she knew what score was going to be necessary to qualify for nationals. The Cyclones’ last event was the vault, so she saw that a 9.900 or above would do the job.

She told herself that she needed the best vault routine of her life. At a regional that featured the two time defending national champions, Oklahoma and more, Sievers was the one who finished in first. When she looks down the vault runway on Friday night, she might have to tell herself the same thing. If she finishes in the top 16, she’ll become an All-American.

“‘She has a shot at it,’” Ronayne said. “A real shot.”

With all the possibilities at stake, the pain she endures in her ankles won’t be felt. Adrenaline will cover that up. If the night goes according to Sievers’ plan, the feeling of accomplishment will overcome it all.

Meaghan Sievers also went to the national competition her freshman year.