Almost exactly one year after being hired, Student Wellness Center director Mark Rowe-Barth, five professional staff, two graduate assistants and 26 student employees will celebrate the one year anniversary of the Student Wellness Center launch on Feb. 23.

Housed in Friley Hall, the Student Wellness Center offers a holistic approach to student health and wellness through a variety of outreach initiatives and projects, as well as a peer-to-peer approach for students looking to utilize the wellness center's services. The program has its roots in a Wellness Task Force that former Senior Vice President for Student Affairs Tom Hill had started during his tenure to look at holistic student health at the university level, something Iowa State did not have.

“It started way before last year,” said Rowe-Barth. “It goes back quite a number of years...the Division of Student Affairs brought in [consulting group] Keeling and Associates to interview students, faculty, collect data and really look at what it would look like to build a program like this.”

The professional staff at the wellness center is comprised of Rowe-Barth, Brian Vanderheyden, Violence Prevention and Green Dot Coordinator Jazzmine Brooks and ISU Dining Dietitian Lisa Nolting, all of whom have different roots in the program and play different roles in the vision of holistic wellness. The program has Bouriished under student and professional leadership, focusing on intersectionality and accessibility when it comes to holistic student wellness, as well as partnerships with other health and wellness organizations on campus.

While Peer Wellness Educators and Green Dot are largely visible on campus, the history of the program and their initiatives, past, present and future, might not be as visible. Today, one year after their launch, they are.

Building from the ground up
Student Wellness Manager Brian Vanderheyden perhaps has deeper roots in the Student Wellness project than many, as he served on the Wellness Task Force and worked at the Thielens Wellness project when Keeling and Associates collected their data and made their recommendations on what a holistic wellness program would look like.

“The previous Senior Vice President for Student Affairs Tom Hill convened a group of faculty and staff together to really look at the university level at what we were and weren't doing related to wellness,” Vanderheyden said. “All of our peer institutions had some type of comprehensive approach or program or strategy and we were really lacking in that.”

From there, the focus was on taking the recommendations from Keeling and finding leadership to buy into the vision. Before Rowe-Barth was hired, Vanderheyden’s position had already been posted. The pair then hired students to assist in building from the ground up, and Jazzmine Brooks transitioned over from her prior position in the Dean of Students Office. As for Nolting, the original report did not have a set place for a dietician, but a strong relationship with ISU Dining made it possible.

Brooks’ position in Student Wellness remains relatively similar to her former position in the Dean of Students Office.

“My position is the same, it’s just changed slightly adapting to the program and what the campus needs,” said Brooks. “I do a lot of coordinating, that’s most of what I do—coordinating trainings, initiatives, thinking long-term.”

Even the student employees at Student Wellness encompass and embrace the many different communities that the program reaches out to.

“One of our [graduate assistants] is supported by international tuition revenue,” Rowe-Barth said. “A lot of graduate and professional students are international students, so the focus is really on having a graduate level peer versus an undergraduate level peer working on graduate, professional and international student well-being.”

“We’re fortunate to have that position focusing on those populations.”

Authenticity and the peer to peer approach
One of the main facets of Student Wellness that has held true is the peer to peer approach, with initiatives like Peer Wellness Educators and the new Cyclone Health Ambassador Team (CHAT), emphasizing how students have social capital and influence in their respective groups, and can use that influence to help one another.

The peer to peer programs also emphasize
Many different residence halls have a story behind the people they are named for, and Martin Hall, located on the west side of campus, is no exception.

Archie and Nancy Martin, an African-American couple who, with their six children, moved from Georgia to Ames in 1913. They were one of the first African-American families to live in Ames. Nancy Martin was a cook for a fraternity house on campus as well as for the Griswold family, who had convinced the pair to move to Ames when they visited them in the south. Archie Martin got a job with Chicago and Northwest Railroad as an assistant to the yard manager.

Upon living in Ames for some time and getting to know the university, the Martin couple discovered that African-American students were having significant struggles when it came to on-campus housing.

“Iowa State was always open to people of all races, but it wasn’t easy,” said Alex Fejfar from the Ames Historical Society. “The policy at the time was that a boarding house had to be filled, and if there wasn’t enough people of color to take up the living space they weren’t given one.”

Due to the struggle of finding somewhere to live on campus, many students of color could not attend the university simply because they had nowhere to live.

Archie Martin decided to do something. According to Martin family accounts, Archie Martin met at least twice with then president of Iowa State, Raymond A. Pearson about the policy from 1912 all the way to 1926. The president agreed black students would be housed on campus on equal terms with white students. However, black students came to Archie Martin telling him problems still persisted despite President Pearson’s agreement.

When Archie Martin returned to Pearson’s office one again, colored students began to find it easier to live on campus. However, according to Fejfar, it is still very difficult to get official documentation on what happened, “All we have are family stories which has been passed down through the Martin family for generations,” she said.

The Martin house, now a historical landmark, was constructed on 218 Lincoln Way in 1919 by Archie Martin and his three sons. Black students were welcomed to live at the Martin house during their time at Iowa State. “Back then, students primarily lived in boarding houses which was run by a family,” Fejfar said. “They would charge people rent, providing them food for lunch and dinner.”

While there is no historical record of how many people the Martin family took in over the years, or no exact number of students that the Martins housed, a document provided by the Ames Historical Society lists that at least 10 students had stayed in the Martin house, and later went on to make significant contributions to society, like James Bowman, who joined the Tuskegee Airmen and became a Des Moines school administrator, and Samuel Massie, who was the first African American professor at the U.S. Naval Academy.

Among the house’s frequent guests was Jack Trice, who enjoyed visiting the students who lived at the house. Archie and Nancy Martin were two of the 4,000 mourners at his funeral.

Today, the Martin house still stands among the businesses and complexes going up on Lincoln Way, and is regarded as a historical landmark. “It is currently being fixed and is on the national registry,” Fejfar said. “As far as my knowledge goes the house is still being rented out to this day providing a place to live for anyone who needs it.”

Iowans petition for better mental health care

BY ELIZABETH JACAVINO
@Iowastatedaily.com

Iowans are pushing for legislative action over improving mental health care and accessibility in Iowa.

The Iowa Hospital Association (IHA) sent an advocacy alert on Feb. 6 urging recipients to take action for better mental health care across the state by signing a petition and calling their legislators.

The petition, which includes both individuals and organization’s signatures, states Iowa’s mental health care system is ineffective and insufficient for the state’s population.

“Iowa’s mental health care system is in crisis. Mental health treatment languishes on the edges of the care continuum as a fragmented, frustrating and sometimes deadly,” said the IHA in the email. Erin Baldwin, director of the Thielman Student Health Center, supports the petition sent out by IHA, saying it is never too early to change and create long-term change with Iowa’s mental health care.

“It has been a real struggle over the last several years,” said Baldwin. “We have seen a drastic increase of students that need mental health resources and it is really challenging to find them resources.”

These mental health resources are lacking not just in Iowa, but specifically in the Ames area. Baldwin said Ames is underrepresented and under resourced for multiple types of health care, according to the National Health Service Corps (NHSC).

“Ames is in a shortage for both primary care and mental health,” Baldwin said. “There aren’t enough mental health care providers for our area to cover the demand.”

The resources here in Ames are slim, and Baldwin said the demand for these resources has only increased. She attributes the increase of students seeking mental health care to the increase in awareness and understanding of mental health in general.

“(The) student body is more aware of the impact of mental health and we have been able to reduce the stigma around (mental health),” Baldwin said.

The NHSC works with practitioners to bring them to underrepresented populations through loan repayments, but Baldwin said this could change if federal legislature doesn’t continue to fund NHSC.

“A lot of the challenges I’ve seen is around trying to recruit qualified provider candidates that can provide mental health care,” Baldwin said. “There have been a lot of unfortunate decisions over the last few years (around funding mental health care).”

The IHA petition encourages Iowans to reach out to legislators and begin taking action toward better mental health care.

“At this moment, our state is at a crossroads — the choices are to continue talking or start taking action. We choose action,” said the IHA.

The petition has already received hundreds of signatures and is expected to be presented to Iowa legislation on Feb. 28.
Gubernatorial candidates come to Ames

When November rolls around, the voters will decide who Iowa's next governor will be.

Gubernatorial candidates are heading to Iowa State to make sure voters make an informed decision. At 5 p.m. on Saturday, Feb. 24 in the Dolezal Auditorium in Curtis Hall, Democrats Cathy Glasson, Jon Neiderbach and Ross Wilburn, and Libertarians Marco Battaglia and Jake Porter will be answering questions and talking platform. Iowa State sophomore in computer science Lance Leski will moderate the event.

COURTESY OF CATHY GLASSON CAMPAIGN

COURTESY OF JON NIEDERBACH CAMPAIGN

COURTESY OF JAKE PORTER CAMPAIGN

COURTESY OF ROSS WILBURN CAMPAIGN

COURTESY OF MARCO BATTAGLIA CAMPAIGN

>> Cathy Glasson, Democrat

Cathy Glasson has a “bold progressive plan” for Iowa. On issues regarding health care, the minimum wage and unions, Glasson believes she can help Iowans the most.

Glasson says her former experience as a nurse and health care union leader has prepared her to reform Iowa’s healthcare system. She would start by moving away from Iowa’s current privatized Medicaid system to a universal single payer system. As the federal government hasn’t implemented a system like this, Glasson says, “Iowa must be ready to lead the way” to universal health care.

Glasson also supports an immediate increase in Iowa’s minimum wage. Her plan is to support legislation on day one that would raise the minimum wage to $15 an hour over three years and then tie it to inflation. Glasson uses this policy to distinguish her plan from other candidates saying “workers can’t wait five or ten years for this to happen.”

Finally, Glasson plans to strengthen unions in the state. She would start by restoring chapter 20, which affected the bargaining rights of 184,000 Iowans. To help unions and their workers, Glasson would also get rid of “right to work” laws in the state.

>> Jake Porter, Libertarian

Porter wants to focus on “All your freedoms, all the time” as he runs for Iowa governor.

On his website, Porter laid out what he wants to accomplish in his first 100 days including restoring the right to vote to those who have been incarcerated and have paid their time.

He also wants to cut government waste, modernize Iowa’s education system and give medical freedom by legalizing medical cannabis.

Over his entire term as governor, Porter laid out other objectives such as criminal justice reform, economic prosperity and civil liberties.

>> Marco Battaglia, Libertarian

Battaglia, a Libertarian, is focusing on medical, agicultural and economic freedom as he campaigns to be Iowa’s next governor.

“My platform will simplify and reduce taxation for all Iowans,” his website states. “It will balance the budget, reduce debt and reduce the size of government without cutting the social safety net or ending services that Iowans rely on.”

“My platform will restore and improve access to mental health services. It will increase revenues, decrease inequality, reform civil justice and first and foremost, restore freedoms for Iowans while protecting their civil liberties.”

Key points of his campaign are ending prohibitions to medicinal plants and improving mental health care in Iowa.

He believes by legalizing cannabis the police will also be able to focus their resources on violent crimes. Battaglia is a native Iowan who graduated from the University of Northern Iowa. He has experience working in banking, insurance, home mortgage and radio.

>> Jon Neiderbach, Democrat

Jon Niederbach gives two promises which he plans to follow during his campaign and if he is elected governor.

The first promise is he’ll except no more the $500 from any donor in the primary.

“The second is that nobody you can vote for in 2018 will do more to shake up Iowa government to make it more efficient, effective and responsive to the needs of Iowans,” his website states. “I have the passion, knowledge and skills to go after every sacred cow, every outdated policy and every wasteful practice in order to improve government services, save taxpayer money and most importantly make a better life for all Iowans.”

He also believes taxes should be progressive, “levied according to the ability to pay.” He also condemned discrimination and bigotry and said these issues should be identified and addressed.

“This is an ambitious list, and it will not be entirely accomplished in one year or even four,” Niederbach wrote. “But in decades past we were not afraid to be bold and ambitious, indeed we embraced the challenge and knew that the journey to achieve such challenges made us better.”

Niederbach’s website states he has a combination of experience, knowledge and new ideas with 14 years with the Legislative Fiscal Bureau and 15 years with the Iowa Department of Human Resources.

>> Ross Wilburn, former Iowa City mayor

Wilburn, former Iowa City mayor, is saying “Let’s be Iowa” as he looks to become Iowa’s next governor.

He called Iowa a leader in education and civil rights, according to his campaign website.

“Despite the current political climate of fear, greed and ignorance, Ross Wilburn has a true vision of what Iowa has always been and what Iowa can be;” the website states. “Ross is entirely committed to leading an Iowa that is just, smart, forward-thinking and truly ‘Iowa nice.’”

Wilburn is currently the diversity officer and associate program director for community and economic development for Iowa State University Extension and Outreach.

He believes all Iowans should have equal access to shelter, nutrition, justice, education and health care.

His priorities are to make Iowa healthy, prosperous and inclusive.

“Developing a strong and sustainable economy from rural to urban communities that provides ample work as well as accessible, affordable education to lift all Iowans,” Wilburn’s website states.

“Wilburn will focus on Iowa’s K-12 system as well as its colleges and universities, ensuring education that once again is recognized as the best in the nation as well as strengthening connections with employers to ensure that the next generation of Iowans is prepared for success.”
HOPPING AGAINST THE HORNED FROGS

Redshirt freshman Cameron Lard blocks an opponent during the game against the TCU Horned Frogs on Feb. 21 at Hilton Coliseum.

POLICE BLOTTER

2.21.18

An individual reported an attempted theft at 44 Schilletter Village (reported at 12:08 a.m.).

An officer initiated a drug related investigation at 44 Schilletter Village (reported at 10:02 a.m.).

An officer investigated a personal injury collision at Union Dr (reported at 6:30 p.m.).

An officer assisted an individual who was experiencing medical difficulties at Lot B2 (reported at 9:15 p.m.).

Jose De Jesus De Alavezeperez, age 23, of 420 S Walnut Av Unit 2 - Ames, IA, was arrested and charged with possession of drug paraphernalia, and operating non registered vehicle at Stange Rd and Hawthorn Court Dr (reported at 10:44 p.m.).

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CORRECTIONS

In yesterday’s front page story, the Daily incorrectly named the sorority as Theta Lambda Alpha. The correct name of the sorority is Lambda Theta Alpha.
Choose news on social media

Social media, whether you like it or not, has revolutionized how we communicate with one another. There is so much information and content at our fingertips that it can be difficult to sort all of it out. You can get your news and entertainment from almost any social media platform, whether that is Snapchat, Twitter or Facebook. It is all there.

But we see social media platforms trying to decide for us what we should see.

The most recent form of this is the terrible Snapchat update. Almost unanimously, everyone hates the new update to the popular messaging app. It is clunky, confusing and directs you to stories you didn’t ask to see.

And that’s the bigger issue the Editorial Board wants to direct your attention to. Social media apps will often promote fluff pieces over actual news sources. Everyone knows the Daily Mail will always come up on Snapchat before the Wall Street Journal. It is easier to get clicks on bikini pictures versus bombings in Syria.

Important news is considered boring and stuffy, while celebrity photos and gossip is put at the top of the page so you don’t miss it.

Being informed about the important issues is worth more than knowing which Kendall is pregnant. We seem to be valuing the wrong things when it comes to how we prioritize our news.

People need to be more careful when flipping through Twitter and Snapchat to not get caught in the trap that is fluffy entertainment news while missing important stories that might affect our lives. Entertainment can be enjoyable, but it can also be distracting. Make sure you look at the important news as often as you can.

The media’s job is to make sure the populace is informed about the world around them. The populace just has to decide to click on the news.

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

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

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

By Sandeep Stanley
@sandestanley

Earlier this week, LeBron James and Kevin Durant participated in an interview with Uninterrupted, where they criticized Donald Trump for saying his presidency is discouraging for them and other people of color. Laura Ingraham of Fox News responded by saying James and Durant should “shut up and dribble.”

It’s hard to decide where to begin when looking at why this is such an incredibly foolish and ignorant statement.

First of all, the blatant hypocrisy of Fox News here must be addressed. In the segment, Ingraham says it’s “always wise to seek political advice from someone who gets paid a hundred million dollars a year to bounce a ball.” Well, let’s take a look at some of the political commentators Fox has invited on — courtesy of Eagle’s defensive end Chris Long.

This is an unbelievably illustrious list that includes such visionaries as Kid Rock, Chuck Norris, Clint Eastwood, Curt Schilling and basketball coach Bobby Knight. It’s shocking Fox thought they had any room to talk.

Let’s also look at what Ingraham has done in the past. The more one looks at her background and the statements she’s made, the clearer it is that she is an absolutely reprehensible individual who should not be allowed within fifty yards of a microphone. In 2013, she used a recording of a gunshot to cut off a sound bite of civil rights leader Rep. John Lewis — whose skull was fractured by a state trooper in Selma, Alabama in 1965. In the wake of the London Bridge terror attack, she stated on air that terrorism is “the price… to pay for multiculturalism.” And who could forget her infamous Nazi salute at the Republican National Convention just a month after that?

The point is, her response that the remarks were not racial in nature is absolutely unbelievable. It’s very important to emphasize this because James and Durant are both stellar examples of self-made men — the right-wing dream. James’ mother was 16 when he was born, and by the time he was in fourth grade, he had spent two-thirds of his life without a home. Durant’s father left his mother when he was an infant, and he was mostly raised by his grandmother. Despite the hardships of their early lives, they worked incessantly and blossomed into the two best individuals at their craft in the world. Ingraham said, “there might be a cautionary lesson in LeBron for kids. This is what happens when you attempt to leave high school a year early to join the NBA.” Ignoring the fact that LeBron actually finished high school, what exactly is the lesson to be learned here? That if you work in day and day out, you can raise yourself out of the gutter and become one of the most successful people in the world? Doesn’t sound too bad to me.

However, the funniest part of her statement is the implication that individuals without a college degree aren’t qualified to comment on political matters. A study of the composition of the electorate in 2016 showed that white voters without a college degree comprised 48 percent of Trump’s voters, while they only accounted for 20 percent of Clinton’s votes. Ingraham just insulted almost half of Trump’s voting base, which is the base she will need to court on if she makes a 2018 run for the Senate. Without even considering the fact that she just attacked the two of the highest-earning NBA athletes, one of whom directly called Trump “a bum” on Twitter, she can ill afford to already be eroding her support.

LeBron James is the epitome of the American dream. He was dealt a bad hand in life, but through his own hard work and dedication, he rose up and became one of the best, if not the best, at his craft in history. In this age of social media and increasingly invasive journalistic techniques, an era where everything is eventually revealed for the world to see, he has stayed completely scandal free.

This actually surprised me so much, I had to do some digging; the only thing I could find is some controversy over an SUV his mother gave him in 2003, when he was still in high school. The worst moment in his entire career was when he announced that he was taking his incredible talents to work in Miami, through a TV special that raised over $3 million for charity.

LeBron James, in other words, has earned the right to respect.

Belittling him in such a demeaning way is not as simple as engaging in a civil debate. It is a blatantly racist ad hominem attack, which is not difficult to see. Ingraham couldn’t refute his argument, so she attacked him instead. What sets his story apart from the sacred ideals that far-right mouthpieces, like her, hold? Nothing, except for the color of his skin.

LeBron James absolutely should not “shut up and dribble.” Instead, he should keep using the platform he has worked so hard to gain.

悭ian Waiiilman, community member

Feedback policy:

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.

EDITORIAL

Choose news on social media

BY SANDEEP STANLEY

@sandestanley

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LeBron James absolutely should not “shut up and dribble.” Instead, he should keep using the platform he has worked so hard to gain.
To understand Ariana Orrego’s experiences, you have to start in Brazil, under the bright lights, between the never ending green walls, on the world’s biggest stage — the 2016 Olympics in Rio de Janeiro.

But to understand who Ariana Orrego is, you have to start here, in Orrego’s 10 a.m. class — Agricultural and Biological Systems Engineering 160, officially known as ‘Systematic problem solving and computer programming.’

Dozens of students sit in on the lecture inside Sukup Hall, but Orrego said she doesn’t think any of them know who she is or what she’s accomplished. They don’t know that just 18 months ago she made history as the first female gymnast to compete at the Olympics for her home country of Peru. She isn’t going to tell anyone, either.

“I don’t really like saying it,” Orrego said. “It feels weird.”

When she is asked to introduce herself in classes, she just says her name and that she’s from Peru. The single greatest accomplishment of her life doesn’t come up.

Orrego speaks English well, but she chose to major in engineering, in part, because she doesn’t have to do much talking, and that’s the way she likes it. Her red Nike backpack, the one most athletes on campus wear, might draw a few eyes but Orrego herself goes unnoticed.

A far cry from the pool of reporters and fans who tracked her flight and were waiting for her in her hometown of Lima, Peru, when she returned from the Olympic Games. The Olympics were only the start of the legacy Orrego started to build in Peru.

This past October, The Ariana Orrego Gymnastics Cup debuted in Lima. The international event, named in Orrego’s honor by her elite coach Gustavo Moure, handed out 3,000 medals to gymnasts from all over the world.

After Orrego was broadcast at the Olympics to spectators in Peru, the excitement around the sport increased, resulting in a brand new national team gym with six floors, a large improvement from where Orrego trained growing up.

But here in class, the most famous female gymnast in Peru’s history sits in her seat learning about the basic principles of statics, projectile motion, conservation of mass and energy, and electricity and magnetism. She quietly blends in with her fellow Iowa State students, and she wouldn’t have it any other way.

Orrego was competing in Peru when she was invited by coach Moure to take part in one of his international meets in Virginia Beach, Virginia, in 2011. She had already been a part of the Peruvian National Team since she was 10, but this would give her an opportunity to compete in the United States. She competed at the meet and stayed an additional two weeks to train with Moure. The training was excellent, better than anything she had received in Peru. Orrego returned to compete in the meet in 2012 and 2013 before Moure made a proposition.

He told her she should move to Virginia if she wanted to keep improving.

At 14, Orrego loved the idea. The improvement she experienced when she spent time in Virginia was substantial. Her parents were hesitant.

“If I really want to make it,” Orrego said she told her parents. “I have to do it.”

At 15, Orrego left her home to dedicate her life to the only sport she’s ever known.

“The hardest thing to do was leaving my family,”
Winner to be named at Varieties finals

BY EMILY URBAN
iowastatedaily.com

Varieties will be hosting their finals this Friday and Saturday night in the Great Hall in the Memorial Union. Four mini-musicals and four vignettes will be performing for the chance to win.

Varieties has been around for 87 years, yet the heart of the show has remained to same, according to "The Final Rose" co-chair Kaitlin Hora.

"It is one of those things that has stayed true to the Iowa State greek system. It hasn’t really changed very much. There have been other traditions that stayed, but they change from year to year, and this is one of the things that has stayed the same," Hora said. She remembers her mother participating in Varieties as well as her sister.

Having worked with Varieties since her freshman year, Hora has had many favorite aspects of Varieties.

From the multitudes of friends she’s made to the replaced lyrics of popular songs sung by those in the show, there is one aspect about Hora’s experience this year that is her favorite: She now has the opportunity to lead the pairing with her older sister.

"It’s really fun to be able to have that experience, to do something that I love with my older sister. And then my younger sister is also in the same house as I am ... It is really fun to pull the family aspect together," Hora said.

Working with Varieties is not always easy, according to Alyssa Klahsen, the director of Varieties. There are so many different pieces that go into making a show this challenging. There are so many moving parts that go into the show.

"Sometimes you just lose that (big picture thinking)," Klahsen said. Hora and Klahsen also brought up the difficulties of getting so many minds focused on one goal and working together.

For Klahsen, the work pays off when she gets to see the progression of the performances. Her favorite part of seeing the difference between the acts in November to the finals this weekend.

"(It’s) really rewarding to know that your hard work is impacting someone. It is really making their performance come to life, and making them continue that love of being on stage," Klahsen said.

Both Klahsen and Hora were involved in similar performances in high school that moved them to become a part of Varieties in the first place.

Klahsen participated in show choir, which lead her to Varieties. Hora was a dancer drawn in by the possibility of dancing on stage once again. Now both are leaders, not performers, but neither regret this change.

"I miss the performing aspect of the skits and Varieties, but it has definitely been fun to kind of learn the behind the scenes," Klahsen said. "I didn’t even realize all the things that come together that make this performance happen. So again, it has been a lot of fun (organizing that tradition)."

Hora had a similar sentiment when she said, "I definitely have a better perspective of what is going on on stage versus when I am up there in the midst of all of the commotion. I don’t really have a true vision of what is happening. It is nice to be able to just sit back and watch it and be able to go through what needs to be worked on."

While these two women have grown in their love of Varieties since their freshmen year, each has their own experiences in the show, but each share the dedication to one of Iowa State’s oldest traditions that combines the greek and non-greek communities.

Varieties finals will be held at 7 p.m. on Friday and Saturday nights in the Great Hall. Tickets are $8 with a student ID and $14 for the public.

Tickets can be purchased at the door or online via Midwestix.
**WELLNESS**

Orrego said. In Virginia, she moved in with a host family and became home schooled. She could understand what everyone was saying in English, but didn’t already know how to respond.

She had gymnastics practice, at times, for eight hours a day, but she loved it. Orrego won eight Virginia State championship titles, but that was only the beginning.

She participated in the 2014 World Championships where she qualified for Worlds 2015 which led to her qualifying for Rio in April of 2016.

She had to be in the top 24 gymnasts in order to make it. Orrego said. “Everything happened so fast but I’m glad I made it.”

She also saw someone who would help her realize her second biggest accomplishment. Current Iowa State assistant coach Nilson Medeiros Savage was there coaching gymnast Jessica Lopez, who finished seventh in the all-around.

The two had met before. Medeiros Savage was close to accepting the Iowa State job and told Orrego the Cyclones would be interested if she decided to come compete in college, a route she didn’t know if she was planning to take.

“She has a whole lot of toughness. She can turn it on and you can’t have anything but to react because you don’t have access to a microwave,” Rowe-Barth said.

“If you don’t have access, it can be challenging,” Vanderheyden also said.

Increasing access to microwaves in various locations on campus is only one of the 50-odd projects the student employees are working toward this semester and beyond.

New projects, new ideas
“Sometimes I’m like ‘did I really do that?’” Orrego said. “Everything happened so fast but I’m glad I made it.”

“The course is meant to be thinking about leadership in general — how are students looking at supporting another,” Brooks said. “A lot of it can translate to other work environments, so it’s not meant to solely be a class to help our [Peer Wellness Educator] program… they’re getting the Green Dot training, learning ways to engage, helping skills, how to help a friend.”

“Not to say the professionals don’t aid in project management, but it is the students who see the needs of others and develop initiatives to make their lives a little easier, from working with the colleges to increasing access to microwaves on campus.

“It can be hard if you’re bringing lunch and you’re hungry and you can’t have anything but to react because you don’t have access to a microwave,” Rowe-Barth said.

“If you don’t have access, it can be challenging,” Vanderheyden also said.

**OLYMPICS**

**HOW GOOD CAN ORREGO BE?**

“Sometimes I’m like ‘did I really do that?’” Orrego said. “Everything happened so fast but I’m glad I made it.”

She has the potential to be an All-American according to Ronayne. “She could be a superstar all-rounder,” she said. “I see her graduating with a whole lot of accolades.”

Orrego has been all over the world thanks to gymnastics. From the Olympics to World Championships to competitions when she started doing gymnastics at 5-years-old, she’s always been competing on her own. That’s not the case at Iowa State.

She’s a part of a team now, and that’s just the way she likes it.

“I look back and I think just how quickly time has gone by and what has changed, it’s gone by so quickly but sometimes it feels like years that I’ve been here,” Rowe-Barth said. “I think it was hard to know exactly when you’re starting something from scratch how things are going to go — there’s tremendous support which helps that we have that kind of wind pushing us, allowing us to really soar.”

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The two had met before. Medeiros Savage was close to accepting the Iowa State job and told Orrego the Cyclones would be interested if she decided to come compete in college, a route she didn’t know if she was planning to take.

“I mentioned to her at some point in time,” Medeiros Savage said, “If we could have you at Iowa State, that is something I would like you to think about. The doors are open and we may come up with a scholarship that may help you.”

Orrego came to visit and called her mom after it was done. Iowa State was where she wanted to be.

“She has the potential to be an All-American on a couple of events,” said Iowa State coach Jay Ronayne. “She could be a superstar all-rounder. I see her graduating with a whole lot of accolades.”

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