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A federal jury convicted Kevin Williams, 23, the suspect in an Ames shooting last August, of robbery, discharging a firearm in relation to a drug trafficking crime and a crime of violence; and felons in possession of a firearm on Sept. 12, 2017, at the United States Courthouse in Des Moines. The shooting took place Aug. 9, 2016. According to evidence presented at the trial, Williams, also known as “Splash,” and the victim set up a drug deal in Ames. The deal turned into a robbery once the two met, ultimately ending with Williams shooting the victim four times, according to police.

Law enforcement apprehended Williams in Chicago days after the shooting. The victim was Boone resident Leonard Reed III, 25, who was promptly brought to Iowa Methodist Medical Center in Des Moines, where he was in stable condition after suffering several gun wounds.

State Police Cmdr. Jason Turtle told the Daily the night of the shooting that there had been a verbal argu- ment between the victim and the suspect that led to a physical altercation and the discharge of firearms.

The Federal Bureau of Investi- gations’ Central Iowa Gang Task Force, the Ames Police Department, the Iowa Division of Criminal Investi- gation and the Bureau of Alcohol, Tobacco, Firearms and Explosives all contributed to this investigation.

By Danielle Gehr
@iowastatedaily.com

Jennifer Ives, public information officer for ISU, said the shooting happened after a domestic dispute.

Law enforcement responded to the scene at 1032 Ninth Ave. after someone called 911 at 10:14 p.m. Law enforcement arrived on the scene and found a male adult suffering from gunshot wounds.

The man was treated and immediately taken to Iowa Methodist Medical Center, where he was later pronounced dead.

At the time, Mohamed Ali was serving as director of auxiliary operations at Ohio University. Looking for new and different ways to increase student engagement and grow the campus dining program, Ali was hired as the director of ISU dining in December 2014.

Having found itself without a director in December 2014, ISU Dining spent the greater part of 2015 head hunting for potential candidates to fill the much-needed position. At the time, Mohamed Ali was serving as a director of auxiliary operations at Ohio University. Looking for new and different ways to increase student engagement and grow the campus dining program, Ali was hired as the director of ISU dining in December 2014.

As the old saying goes, the only true constant is change, and that has certainly proven true for dining services at Iowa State University over the last couple of years. "At Iowa State, change is not only expected, but it is something that we embrace," Ali said. "Whether that be changes in the menu, staff, or the dining venues, we are continually looking for ways to improve and provide the best possible experience for our students."
POLICE BLOTTER

April 21
James Lee Lum-Warner, 21, of 1419 S. Grand Ave Unit 409, Ames, Iowa, was arrested and charged with operating while intoxicated at S. 1699, Street and 5 S. Grand Avenue at 1:23 a.m.
Tristan Vanorden Adams, 54, of 3323 Tribble Street, Ames, Iowa, was arrested and charged with possession of a controlled substance at 16:33 S. Grand Avenue at 1:33 a.m.
Graham Matthew Woods, 18, of 1377 Ferdinand Court, Ames, Iowa, was arrested and charged with operating while intoxicated at 4161 Frederiksen Ct. of at 1:31 a.m.
An individual reported dam- age to a vehicle at 62 of 7th Street at 1:00 a.m.
An officer initiated a drug related investigation at 135 Wetherald Avenue at 1:00 a.m.
An individual reported dam- age to a vehicle at 112 of 3rd Street at 1:31 p.m.
An officer investigated a prop- erty damage collision at 46th Street and Beach Avenue at 1:31 p.m.
April 22
An officer assisted an indi- vidual who was experi- encing medical difficulties. The person was transported to a medical facility for treatment at Friley Hall at 12:52 a.m.
Kailey Jane Drake, 23, of 3130 Great Plains Lane Unit 5, Newhall, Wisconsin, was arrested and charged with operating while intoxicated at 440-500 with 8th Street at 1:36 a.m.
Parkers (Parks) 1: p.m. to 4: p.m. at Park Library in- side the Ames Memorial Union. The study break on campus is back. Certified therapy dogs will be available in Park Library during dead week. Follow the paw prints and use #BarkParksLibrary daily during dead week. Follow the paw prints and use #BarkParksLibrary daily during dead week. Follow the paw prints and use #BarkParksLibrary daily during dead week. Follow the paw prints and use #BarkParksLibrary daily during dead week. Follow the paw prints and use #BarkParksLibrary daily during dead week. Follow the paw prints and use #BarkParksLibrary daily during dead week.
Officers responded to a fire alarm. A discharged fire extinguisher may have been the cause of the alarm at Maple Village Apartments at 9:03 a.m.
An individual reported dam- age to a house at Maple Village at 9:31 a.m.
An officer assisted an indi- vidual who was experi- encing medical difficulties. The person was transported to a medical facility for treatment at Friley Hall at 12:52 a.m.
An officer checked on the well being of an individual at 3rd Street and Lyon Avenue at 1:22 a.m.
James Lee Lum-Warner, 21, of 1419 S. Grand Avenue Unit 409, Ames, Iowa, was arrested and charged with operating with a suspended license at 1589 S. Grand Avenue at 1:23 a.m.
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A federal jury convicted Kevin Williams, 23, the suspect in an Ames shooting last August, of robbery, drug and firearms offenses, according to a press release from the Department of Justice. Sentencing for the convictions, which include contmitment to prison, will be determined at a later date.

Kevin Williams

According to a press release from the Iowa Division of Criminal Investigation’s Central Iowa Gang Task Force, the Ames Police Department, the Federal Bureau of Investigation, the Iowa Division of Criminal Investigation and the Department of Justice’s Bureau of Alcohol, Tobacco, Firearms and Explosives all contributed to this investigation.

The shooting took place Aug. 9, 2016. According to evidence presented at the trial, Williams, also known as “Splash,” and the victim set up a drug deal in town. The deal turned into a robbery over the phone, ultimately ending with Williams shooting the victim four times, according to police.

Law enforcement apprehended Williams in Chicago days after the shooting. The victim was Boone resident Leonard Red II, 25, who was shortly brought to Iowa Methodist Medical Center in Des Moines, where he was in stable condition after suffering several gunshots.

State Police Crime Scene Technician Tawny Tinkle told the Daily the night of the shooting that there had been a verbal argument between the victim and another suspect that led to a physical altercation and the shooting.

The Federal Bureau of Investigation’s Central Iowa Gang Task Force, the Ames Police Department, the Iowa Division of Criminal Investigation and the Bureau of Alcohol, Tobacco, Firearms and Explosives all contributed to this investigation.

By Danielle Gehr

By Tyler Werdman

By Jake Dalbey

By Bryce Peterson

By Daniela Luna

By Emily Blobaum

By Kai Creswell

By Tyler Worsham

By Sabah Ali

By Danielle Gehr

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By Jake Dalbey
Iowa State alumni pieces together history

By Nic Wackerly

Iowa State alumni, pieces together history

By Alex Connor

Medical amnesty bill to seek House floor next year

Barks return to Parks Library

Medical amnesty bill to seek House floor next year

By Alex Connor

A campaign promise from former Student Gov- ernment president Cole Staudt will just take a little longer to become a reality due to the legislative session. Staudt, a senior with a major in criminology, was asked how the bill he authored was progressing this legislative session.

“Selecting the next president of Iowa State is very important to me. This is why I am urging the Board of Regents to give feedback. As a result of negative concerns, the Board of Regents will be asked to add these to the list of the next president of Iowa State.”

Worrell said that he knew he had to look for a story behind the bullets because he had found them. “I’d had just been there, I probably just got connected and went on with my life.” “But,” he said, “there’s always a story behind it. In my life, we do know that there are so many things that we can’t find, so much history just laying around there.”

“The problem is that we don’t know what a random piece of metal or rock could be, so we just disregarded them.”

Worrell encourages anybody who finds historical artifacts, no matter how small, to report their findings to Parks Library so that they can be found here.

Worrell said that it has been hard to piece together this information because much of it was lost in a fire and much of it has been lost in a fire. “I think there’s so many things out there with so much history just laying around, ” Worrell said. “The problem is that we don’t know what a random piece of metal or rock could be, so we just disregarded them.”

Worrell encourages anybody who finds historical artifacts, no matter how small, to report their findings to Parks Library so that they can be found here.

Worrell says that the bullets were found so near the site of shooting range coincidences.

Worrell was referring to Lincoln Way, which was there, that the area was moved must have been the bullets. Worrell said that the bullets appeared to be from the Civil War. If that were true, then the area must have been used as a historically for some time even before World War I.

“Several people stepped up after the first article was written and tried to help identify the bullets, but for the most part, those people were successful. The bullet report said that the bullets were found in a circle, but the Iowa Historical Society doesn’t have any proof that they were for the use of gun control training.”

The postcard features a number of men in uniform and uniformed dress, apparently participating in drills. The backdrop of the postcard reads: “Military drill at Ames. Commander James Rush Lincoln, a former Confederate General in command. General Lincoln is at left side of picture.”

This postcard shows military training in the area that would become Lake LaVerne. The back side reads: “Worrell, All Iowa students, Commandant Iowa State Col- lon, a former Confederate, General with flag, in command of Iowa students. Iowa State — Ames, Iowa — 1912.”

Worrell said that bullets were found near the site of shooting range. “I think there’s so many things out there with so much history just laying around, ” Worrell said. “The problem is that we don’t know what a random piece of metal or rock could be, so we just disregarded them.”

Worrell encourages anybody who finds historical artifacts, no matter how small, to report their findings to Parks Library so that they can be found here.
**BARKS**

Hey Bubbas, sophomore in mathematics,

“I come every semester

because I love dogs,” Bubbas said. “I had forgotten

it was this week, that

was downstairs working

and bored a long time.

But it is not only the

students who enjoy Barks at Parks. The volunteers

who bring their own dogs, such as Jill Armentrout,

say the event was well.

“This is my fourth trip

this year and first time with Barks,” Je-

rrett Franklin said. “It’s so

by bringing their dogs to

Armentrout brought in her two black and white

husky named Bubbas. Olivia is certified by Therapy

Dogs International. Going to social events, like ones at

the library reading program at the Parks Library,

Armentrout said.

“I think at Parks Library

also volunteer their event to help with the event.

“All throughout the week there are library

events to think about, with hour at a time, who come

and just to be here and help,” Baldus said.

People, who have

everyone just has a
great time.

The event is open to all

students, just follow the

signs, or maybe the sound

of a bark. In the upper

rotunda at Parks Library.

Dogs are available to

include Jasper, Brogan,

and - all therapy dogs.

**IOWA STATE DAILY BUSINESS DIRECTORY**

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**INTERNSHIPS**

STUDENT INTERNSHIPS Graduating Students in May or June of the current school year in Education, Liberal Arts, Youth, and Human Services, or Childhood Development, are eligible to par

the University’s internship programs. The University of Northern

Iowa has agreements with the Department of Health in the

University of

the United States. Greece. Russian

University of

Parks Library.

Armentrout brought

a dog and her owner hug during Barks at Parks on

Monday at Parks Library.

A dog and her owner hug during Barks at Parks on

Monday at Parks Library.

**Summerset**

“Society may have given

up on these kids, and

come to us. We need

to have someone,”

Ryan Bretoi/Iowa State Daily
coming opportunities, he heard about the open position as the director of dining services at Iowa State and investigated whether he would be a good fit.

“I came here and I was really impressed with the school, the students and the staff here at dining,” Ali said. “That really caught my attention and as a food person, I was really surprised me was the city of Ames. It can seem smaller.

Liking what he saw and realizing that he was the right man for the job, he applied for the position. He was hired to be the university’s new director of dining services in January 2016.

Marketing coordinator Brittany Rutherford said she was glad to see dining without a permanent leadership because when you’re under transitional leadership it’s encouraging to have that permanent person was hired, it was really exciting.

Rutherford said she was glad to see the director role finally filled. “Dining was without a permanent director for a while, and when a new person was hired, it was really exciting.”

Despite 24 years of experience in the food service industry, it would be difficult for anyone to operate in food service was always his first love, Ali said. He had initially hoped to be an engineer if his first love came to the United States.

Plans changed, however, and even though life took him down a different path, he didn’t wish that for what could have been. Food service became a passion.

“My father used to own a restaurant at one time, and my uncle owned restaurants,” Ali said. “I realized that food was in my blood. That’s how it started and I never left it. Now I’ve been working for so many years that it’s a part of me. I think that’s what drew me to a director. Ali’s ultimate goal at Iowa State was to promote his vision for constant improvement and innovation in the quality of food and the services that allow them to make dining at Iowa State one of the best in the nation.

Al’s experience in the industry has taught him that providing the best food and service possible is about understanding the “food is about people.”

For Ali, getting to know the students, staff, faculty and culture is essential to understanding and meeting their needs. Ali said that even though this can often times be one of the greatest challenges of the job, it is one of the greatest rewards.

Attending hall meetings and receiving direct feedback from students has become essential to the changes that have been made and will continue to be made in the future, Ali said.

“One of the ways in which ISU Dining continues to reflect student feedback is in its changing menus, food plans and operating kitchens. ISU Dining has taken advantage of the services provided by its staff dietitians to identify the needs of those with food allergies and strict diets and help make sure those needs are met.

“This is very important, but it also important to work closely with the staff to see where new menu and equipment may be able to ensure that operations and quality of food are the best they can be.”

The challenges many of our dining areas to improve the quality of food by re-evaluating recipes, focusing on higher quality ingredients and rethinking our menus,” Bergstrand said.

Rutherford said making sure there are staff, housemade foods with more natural ingredients that are prepared as efficiently as possible are very important to Ali’s agenda.

“As a manager, you want food very quickly. Fast, but you might not
By Stephanie Gehr
@iowastatedaily.com

A federal jury convicted Kevin Williams, 23, the suspect in an Ames shooting last August, of robbery, drug and firearms offenses, according to a press release from the Department of Justice.

According to evidence presented at the trial, Williams, also known as “Splash,” and the victim set up a drug deal in Ames. The deal turned into a robbery once the two met, ultimately ending with Williams shooting the victim four times, according to police.

Law enforcement apprehended Williams in Chicago days after the shooting. The victim was Boone resident Leonard Reid III, 25, who was immediately brought to Iowa Methodist Medical in Des Moines, where he was in stable condition after suffering several gunshot wounds.

Iowa Police Chief Jenni Trelfa told the Daily the night of the shooting that there had been a verbal argument between the victim and the suspect that led to a physical altercation and the shooting.

The Federal Bureau of Investigation’s Central Iowa Gang Task Force, the Iowa Police Department, ISU Police, the Iowa Division of Criminal Investigation and the Bureau of Alcohol, Tobacco, Firearms and Explosives all contributed to the investigation.

By Tyler Winstead
@iowastatedaily.com

As the old saying goes, the only true constant is change, and that has certainly proven true for dining services at Iowa State University over the last couple of years. Finding itself with a director in December 2014, ISU Dining spent the greater part of 2015 head hunting for potential candidates to fill the much-needed position.

At the time, Mohamed Ali was serving as director of auxiliary operations at Ohio State University. Looking for and different from his predecessor, the university worked to find a candidate with a background in the field and with experience in management roles.

Mohamed Ali is the director of ISU Dining. “I came here and I was really impressed with the school, the students and the staff here at dining,” Ali said.

Perhaps the biggest change that Dining Service at ISU went through was the decision to hire an external candidate for the position. When the position was introduced to the board’s June meeting, the board voted 6-1 to hire an external candidate. Dining at Iowa State will be using a search firm to look for a new director, and the board will be deciding which direction to go by May 1.

The second increase would build on top of the already approved 2-2% model. Within this model, a 2-2% increase would follow every two years as state funds also increased by 2 percent.

”I think the $300 million won’t be enough, after the cut in February, that will be hard for the universities to absorb,” Barsemian said. “Clearly the 2-2% isn’t going to work, so we asked the board to come back and look at a model to bring up tuition all the way back to what it was in 2013.”

Though the increase is a result of $21.4 million lost by the three Iowa public universities in state appropriations, Bruce Rastetter hopes the task force will allow for more input from the regents and university boards.

“Tuition will have to increase, not all regents are going to agree with that,” Barsemian said. “But we think higher education is a great investment and that there should be a tax and funding increase. I think the $300 million won’t be enough, after the cut in February, that will be hard for the universities to absorb,” Barsemian said. “Clearly the 2-2% isn’t going to work, so we asked the board to come back and look at a model to bring up tuition all the way back to what it was in 2013.”

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“This is the new reality, budget cuts are the new reality,” Rastetter said. “It’s hard enough to make ends meet, so it’s going to be hard for the universities to absorb.”

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Iowa State alumnus pieces together history

As the world was on the brink of its biggest conflict to date, the Lake LaVerne area was used for training and drills.

That is what Benjamin Worrell, former Iowa State student, discovered after finding bullets while metal detecting in 2015.

The Daily has previously reported on Worrell’s findings, but since then, he has uncovered more information relating to the subject in the form of a postcard.

“One thing’s for sure, I was surprised that he was there, but the trail we moved must have continued for the bullets,” Worrell said that the bullets appeared after the Civil War. “It doesn’t mean, then the area must have been used as a shooting range for some time even before World War I.

“Several people stepped up after the first article was written and helped identify the bullets, but for the most part, they were unidentified,” Worrell said. “But, the Iowa Historical Society where I work has taken pride in showing the Lake LaVerne area being used for combat training.”

The postcard features a number of men in military uniform holding guns, apparently participating in drills.

The back of the postcard reads: “Military drill at Ames. Commander James Bath Lincoln, a former Confederate, General with flag, in command. General Lincoln is at left side of picture in front of troops. Picture taken probably in 1912 or 1913.”

Worrell said that it has been hard to piece together this information because much of the work is on a field, rather than in a library.

“General with flag, in command. General Lincoln is at left side of picture in front of troops. Picture taken probably in 1912 or 1913.”

Worrell encourages anybody who finds historical artifacts, no matter how small, to register their findings as an artifact.

“Just disregard them.”

“I think there’s so many things out there with so much fantasy just laying around. Worrell said. “The problem is that we don’t know what a random bullet of metal or rock could be, so we just forgotten about them and went on with our lives.”

Worrell said that he knew he had to look for a story behind the bullets because he had found so many of them.

“It had just been cool, I would have just forgotten about them and went on with my life,” Worrell said. “But there’s so many stories out there for them or in for a coincidence.”

Worrell said that the bullets were found near the road.

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“My theory now is that when Lake LaVerne was built, the Upper Rotunda of the second floor of the library was not there, then the trail we moved must have continued for the bullets,” Worrell said that the bullets appeared after the Civil War. “It doesn’t mean, then the area must have been used as a shooting range for some time even before World War I.

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“My theory now is that when Lake LaVerne was built, the Upper Rotunda of the second floor of the library was not there, then the trail we moved must have continued for the bullets,” Worrell said that the bullets appeared after the Civil War. “It doesn’t mean, then the area must have been used as a shooting range for some time even before World War I.

“Several people stepped up after the first article was written and helped identify the bullets, but for the most part, they were unidentified,” Worrell said. “But, the Iowa Historical Society where I work has taken pride in showing the Lake LaVerne area being used for combat training.”

The postcard features a number of men in military uniform holding guns, apparently participating in drills.

The back of the postcard reads: “Military drill at Ames. Commander James Bath Lincoln, a former Confederate, General with flag, in command. General Lincoln is at left side of picture in front of troops. Picture taken probably in 1912 or 1913.”

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Horoscopes by Linda Black

BARS p3

say Bakala, supreme in mathematics.
I’ve come every semester
because I love dogs,” Bakala said. “I had forgotten
it was this week, that
I was downstairs working
and then a dog barked
But it is not only the
residents who enjoy Bark
at Parks. The volunteers who
bring their dogs, such as Jill
Amstrong, say the event is well.
“Tis my fourth trip (to Bark at Parks) and first
time with Olma.” Je-
motional to see other
dog owners doing the
same thing.

Amstrong bought
2-month-old, and
husky named Olma.
Olma is certified by
Therapy Dogs Interna-
tional to go to events,
like ones at the
Community Reading Pro-
gram. Armstrong
said she and
Parks also volunteer
their time to help with the
event.

“All throughout the
week there are library
events scheduled. I stop for
an hour at a time, who come
up with the Crossing,
and just to be here and help,” Armstrong said.

She said, “Today and talking
about the Crossing, and
everyone just has a
great time.”
The event is open to all
students. Just follow the
signs, or maybe the sound
of a bark. In the upper
rotunda at Parks Library.

Dogs included: Jasper, Brion,
who are all therapy
dogs.

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SUMMER JOB EARN

BROGAN

SASUMMERAVG.

STUDENT INTERNSHIPS Students Graduating in May/June or
Internships are in Germany, Italy, and sites in the U.S.
Students Graduate in May/June or

Dogs: Needing mending

67 Needing mending

44 Potpourri

43 __-dried tomatoes

classroom

be “heaved” in a

39 Sound that may

38 Nolan

37 Federal property

31 Ex-NBA star Ming

29 Fill completely

28 Greek “H”

27 Polite rural reply

25 Hammer or anvil,
amends

24 Be in complete

23 Exit door

22 Ancient Greek city-

21 Behaves

20 Item on a business

19 Letters from one

18 “Waiting for your

17 “Curved molding

15 “The final frontier,

14 “Waiting for your

13 “Alphabet series”

12 Geese formation

11 “Curved molding

10 “Waiting for your

9 “Sorority & Fraternity

8 “Sorority & Fraternity

7 “Sorority & Fraternity

6 “Sorority & Fraternity

5 Classic grape sodas

4 Behaves

3 Exit door

2 Ancient Greek city-

1 “Alphabet series”

IU/1. Release old habits that no longer serve, especially with family.
Revise, review and double-check work before presenting, especially

BARKS p3

Complete the grid by

8/1. Release old habits that no longer serve, especially with family.
Revise, review and double-check work before presenting, especially

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8/1. Release old habits that no longer serve, especially with family.
Revise, review and double-check work before presenting, especially

BARKS p3
Planning changed, however, and has shown that he is very focused on our customers and puts a lot of importance on ensuring that students and employees are receiving the best food and service possible is Ali’s greatest accomplishment, agreed that Ali’s greatest accomplishment was the way he worked with the staff to make sure that they could do their job and that they were happy doing it. Bergstrand said.

Throughout his tenure, Dining has made changes to dining menus and as long as they needed to be, so he could continue to be made in the future. “I think we’ve learned a lot from the changes that have been made and working to meet their needs,” Ali said.

One of the ways in which ISU Dining has taken advantage of the services provided by its staff is to ensure that the needs of those with food allergies and strict diets are met. Bergstrand said that ISU Dining has taken advantage of the services provided by its staff to ensure that the needs of those with food allergies and strict diets are met. Bergstrand said.

Attending hall meetings and receiving direct feedback from students has been essential to the success of ISU Dining, according to Ali. “He challenged many of our dining areas to improve the quality of food, and rethinking our menus,” Bergstrand said. “He challenged us to think about people.”

Ali emphasized that Friley Windows is a place where students can see where new training and equipment is needed to ensure that operations and quality of food are the best they can be.

The challenges of many of our dining areas to improve the quality of food preparation to better reflect the wants and needs of the various student customers.

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Less testing, more earning

Prioritizing exams is backward way of educating students

By Isaac Simon
#iowastatedaily.com

As a recent high school graduate, I now firmly believe the taking of a seemingly endless number of tests is not as bad as it seems. There were enough tests to make anyone’s head spin off its axis. It became a vicious and unending cycle of quizzes and exams, week after week.

There is no question that U.S. schools are testing children more frequently than ever before. Even since the No Child Left Behind Act was passed in 2002, a bill that requires states to test students more, “annual state spending on standardized tests rose from $423 million to almost $1.1 billion in 2008. Now the average student has to take nearly 630 tests, an average of 112 mandated standardized tests between pre-kindergarten classes and 12th grade, which takes up to 20 to 25 hours each school year.” This is an absurd amount of tests, as it benefits neither teachers nor students. They would have had more quality time and would focus more on learning the material rather than passing the next four exams, taking that much time and energy to review and taking, with very little time left for constructive learning.

Standardized tests can also be extremely stressful for students. I know I’ve had many occasions in my career where my stomach was going into overdrive. I’ve taken. Even if I’ve studied and done the work, there is still a high level of stress that comes with testing. Testing has been shown to produce “pressure, anxiety, and even the slightest hint of worry that students are not prepared even though the brightest students and causes some young children to vomit or cry, or both.” Tests are inherently high-stakes events, and a mild level of anxiety can be a great motivator, schools do constantly stress with an overwhelming amount of tests. An argument could be made that these tests would mean that there would be more importance and higher stakes put into the reduced amount of tests. Although this is true, students would theoretically be more prepared and more effective.

The Iowa Senate last Wednesday has a resolution brought before the Iowa Union. Although the particular resolution brought before the Senate is not mentioned, I vividly remember a recent high school graduate that came from a high school that had a 15 percent of teachers believe that students to be taking every year, and an outlandish amount of tests for students to endure. This comes from an extremely stressful for students. I know I’ve had many occasions in my career where my stomach was going into overdrive. I’ve taken. Even if I’ve studied and done the work, there is still a high level of stress that comes with testing. Testing has been shown to produce “pressure, anxiety, and even the slightest hint of worry that students are not prepared even though the brightest students and causes some young children to vomit or cry, or both.” Tests are inherently high-stakes events, and a mild level of anxiety can be a great motivator, schools do constantly stress with an overwhelming amount of tests. An argument could be made that these tests would mean that there would be more importance and higher stakes put into the reduced amount of tests. Although this is true, students would theoretically be more prepared and more effective.

Until we have a more effective form of assessing students’ knowledge — which is an empty threat — we should drastically reduce the amount of standardized tests, and people are often resistant to change. However, without a more effective form of assessing students’ knowledge, every test is our best option. We just need fewer of them."

Government argues that while standardized exams are currently the best option for assessing students’ knowledge, there are new tests for each subject.

The 2017 session of the Iowa Legislatve Assembly was a fast-paced morning with a last-ditch effort to pass a proposed constitutional amendment. The Editorial Board would like to reflect on the last session’s successes and highlight what lawmakers will need to address next session.

The GOP and majority in both the House and the Senate controlled the governance. This is for Iowa since 1998. The Legislature’s last op- position to the Iowa Senate and House focused on Iowa schools. Earlier in the session, lawmakers limited collective bargaining for public employees and banned individuals from tampering with a new statute to implement a higher minimum wage. Opponents included Republican legislation in Iowa after 1982 while curtailing public funding to the Public Policy, and contractors that offer abortion ser-

Public schools in Iowa had quite the session this year, and highlight what lawmakers will need to address next session.

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The Daily encourages discussion but does not tolerate personal attacks, vulgarity, profanity, obscenities, racist or sexist remarks. The Daily reserves the right to remove any comments deemed inappropriate. The Daily is not responsible for the content of any comment.

Our advice to the people of Iowa is to continue to support the Arnie Kuenzi administration’s efforts to improve Iowa’s water and agricultural lands. Instead, Republicans cut $2 million from the.googleapis commen
techarya@gmail.com

Letters must include the name(s), phone number(s), and address of the writer. Letters with multiple names will be published. Letters must be submitted no later than 4 p.m. the day before publication. Submissions are subject to editing for clarity, brevity and space.

Send your letters to letters@iowastatedaily.com.

Governors dominate legislative session

By Margaret Blakely
Editorial Board Correspondent

Last week, Iowa’s governor signed several bills that will impact the state’s schools and universities.

In May, Gov. Terry Branstad signed a bill that will allow Iowa State University to impose a $600 fee on students who register for the University’s law school.

The law school fee will go toward the cost of renovating the law school’s facilities.

The fee will be in addition to the $600 fee that ISU charges all students.

The fee will go into effect in the fall semester of the 2018 school year.

The fee will be used to fund the law school’s renovation project.

The law school is one of the state’s leading law schools.

The fee will help the law school increase its capacity and improve its facilities.

The fee will also help the law school attract more students.

The fee will help the law school improve its facilities and attract more students.

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The Iowa State volleyball team has called on the first day of competition at the Big 12 Championship in San Antonio, Texas, to finish in second place, the team’s best finish in program history.

The Cyclones stared a final round of 292 to end the competition (102), trailing by seven strokes behind champion Texas (104) and ahead of third place Texas Tech (104) by two strokes.

This is the highest placing for the Cyclones in Big 12 Championship history, as they won the Big 12 regular season title in the 1999-2000 season.

Since the 2006-07 season, the Cyclones have finished in the upper half of the Big 12 Championship.

Baylor’s Dylan Kim won the tournament out of 45 entries, earning a 214 (71-75-68). Trailing those three strokes was Texas’ Enmélie Hoffman, who shot a 217 (75-75-75).

Tied for third place was Cyclone Cayth Wangmahaporn, who shot a 219 (75-77-77-77).

The Cyclone’s 15th win since the 1984-85 season, the Cyclones collected their first-place Big 12 title in conference play since 2008.

The Cyclones needed to regroup quickly.

"Iowa State couldn’t get it done, so No. 1-1. We didn’t do it, so the No. 2 win, but I think the No. 3 win at 5-1."

The Cowgirls officially claimed their second straight Big 12 regular season championship and their fifth straight sweep.

The Cowgirls still have business to tend to when they ship off to the Big 12 Championship.”

Baylor’s Dylan Kim won the tournament out of 45 entries, earning a 214 (71-75-68). Trailing those three strokes was Texas’ Enmélie Hoffman, who shot a 217 (75-75-75).

Tied for third place was Cyclone Cayth Wangmahaporn, who shot a 219 (75-77-77-77).

But Iowa State couldn’t get it done. The Cyclones needed to regroup quickly. Hillmer and Phillips both added singles to complete their conference campaign, including receiving a spot on the all-Big 12 team by the Big 12 Committee.

"I think we’re in a good spot."
**LETTER**

**Help yourself by helping others**

By Sam Van Gillen, Graduate student in education

Monteith-Webster defines altruism as an unconditioned regard for our devotion to the welfare of others, which aligns with this week’s act of committing conscious acts of kindness.

We can be kind by reaching from physically helping a stranger in need of a listening ear or a friend. Intuitively recognizing that others have friends and goals helps us to become more conscious of these issues and can make it easier to act altruistically by making a difference in the lives of others, even if seemingly small.

In addition to helping others, research shows that such acts of kindness are also connected to the well-being of people who act kindly themselves.

The work of Post illustrates that altruistic acts can promote emotional well-being and decrease depression. The work of Schwartz and colleagues found that “giving helps move a person’s priorities” toward the positive. Thus, sometimes people think acts of kindness are unnecessary steps in their day-to-day lives; there is someone who benefits (the producer) at the cost of another (the recipient). But in the long run, the producer also benefits. Research shows that engaging in altruistic acts can promote mental well-being to the producer as well.

The reflections from the participants during this week were interesting. Several participants believed that this was a difficult activity. Committing conscious acts of kindness can be difficult, but perhaps sometimes we overlook it. It may be that we are so focused on the little tasks we can do that these tasks can be small but meaningful actions. These seem easy from person to person and context to context depending on the type of altruism, not only from the perspective of the person but also from the perspective of the recipient, who may not notice it. We can recognize that through helping others we can also help ourselves.

This seems like a good deal to me.

— Emily Hammer

**REFLECTIONS**

Four Daily staffers and four members of the community are on a mission to help students find their happiness. Find their full reflections and videos online.

**A final workout for dead week**

*By Amanda Wymore*

@iowastatedaily.com

It’s possible working out can make or break your final week. Your schedule may seem chaotic enough, and when you’re crunched for time, chances are you’re most likely to give up on working out. Shadow boxing is essential, so what’s the harm in emptying your schedule so you can break up with some cardio before jumping into an interior workout. Instead of running in place, step onto an elliptical, treadmill or bike machine and begin. It may seem hard to do, but you really feel you can’t get away from your textbook, bring one with you and read while you run.

**THINK PLANK (2 MINUTES)**

Planks are hard, but studing without breaks is harder. You can split this into two or two types of intervals depending on your skill level. Use eight 15-second planks, four 30-second planks or two continuous minutes planks. Keep your shoulders over your elbows, your back and legs straight, your head level with your knees. Let your mind wander.

**BRIIDGE TO SUMMER**

Do this two-part series: glass bridge and glass back. Glass bridge. Lie down on your back with your feet flat and shoulders wider apart. Putting the weight in your head, push your body up. Squeeze your glutes at the top of your bridge and then slowly bring your hips back down to the ground. Glass back. Lie down on your stomach, place your hands and knees on the ground in an initial pushup position. Bend your right knee so that there is a 90-degree angle between your hamstrings and glutes. Push your leg out, squeezing your bottom for one second. Then return to the original leg. Repeat for your left leg.

For both exercises, do 15.

**UP YOUR GRADES**

Similarly with planks, break this up into different intervals depending on your skill level. Modify your position if the traditional pushup is too challenging. Use a different set of hands and knees on the ground in an initial pushup position. Bring your right knee to your nose for one second, then back to the starting position. Repeat for your left knee. The Super- man.

If you’re going to get through this semester, it’ll take a Superman. The Super- man exercise is extremely useful for building overall back strength. Lie on your stomach. Fully extend your arms and legs to the sides, each four definite times. Hold for a full minute or until your back begins to tuck. Finish with some squats or pushups. If you fit in 15 minutes of activity every day for a full month of study ing, you’re already worked out for the rest of the month.

**HAPPINESS: THE IOWA STATE OF MIND**

**This was the final week.**

But just because we won’t be leading the exercises doesn’t mean you can’t continue these studies to increase your own happiness.

We tried daily meditation, adding ex ercise, conscious acts of kindness and a gratitude journal.

But there are many more options out there to try, like yoga, drinking less caff ine, spending actively or having time with friends every day.

**What’s the main benefit from this activity was that I just thought about what I can do to help. Often, people get so wrapped up in their own lives that they don’t even think about what others have to deal with. This gave me the opportunity to get out of my own head and also made me feel good. In this end, all this selflessness turns out to be pretty selfish.**

**The things that I went out of my way to do were mainly compliments. I tend to notice haircuts and things too. I made sure to compliment two of my peers on their hair (not as a white lie, they looked good.) A small act of kindness could be the difference between a good day and a terrible one. I hope I’m brightening people’s days with small but I made sure that I went out of my way to do something nice.**

**I never minded being nice. I can’t imagine not trying to get on most people’s good side. But sometimes I wonder if there’s a limit to how many random conscious acts of kindness we can do. Perhaps it depends on most people’s good side. But maybe I am like reflecting on myself. Call it narcissism, call it meditation, I think I know what works for me.**

**SUPERMAN**

Sophomore in biological systems engineering.

**The kinds of things I did were small but I made sure that I went out of my way to do something nice. For example, if I went into a store and buy a drink from the store, I would go out of my way to clean my dorm when my roommates won’t there without them asking. Doing these things are rewarding just because it’s nice to be kind to others.**

— Sam Von Gillern

SAM VON GILLEN, a graduate student in education, followed along with the random conscious acts of kindness. Those who followed along gained some insight into the daily lives of others. This included holding the door for several people in a row, being someone a coffee at any other activity the participants were involved in. Read here about their thoughts on doing these acts of kindness.

— Emily Hammer
Ali's experience in the food service industry, a world he entered at a young age, has taught him that providing the best food and service possible is essential to understanding that "food is the best medicine," Milton Bergstrand, director of ISU Dining, said.

"For Ali, getting to know the students, faculty and staff is a great opportunity. Ali said, "I called the food part of my blood system. That's how I started, and I never left it. Now I'm here working for so many years that it's a part of me."

Coming into his role as director, Ali's ultimate goal at Iowa State was to "put honesty first." Bergstrand said. "Ali received complaints that students were losing meals and that some dining centers were not open as long as they needed to be, so he realized that food was in my blood and that I never left it. Now I've been working for so many years that it's a part of me."

"I'm very focused on understanding and meeting their needs," Ali said.

Ali emphasized that Friley Windows, one of the upcoming projects and notable features of the dining center to-open Friley Windows, said other Dining centers since Ali's appointment, agreed that Ali's greatest accomplishment has been the bakery and commissary are very important to Ali's agenda. "Food is of the highest quality. The food is made with homemade, natural ingredients," Bergstrand said.

For all the plans in place for the future, Ali emphasized the constant need for student feedback. "If our customers are not happy, then we are in trouble," Ali said. "I challenge many of our dining areas to improve the quality of food by evaluating recipes, focusing on higher quality ingredients and rethinking our menus," Bergstrand said.

...system. That's how it started, and I never left it. Now I'm working for so many years that it's a part of me."

"I'm very focused on understanding and meeting their needs," Ali said. "I'm very focused on students and their needs. I'm very focused on students and their needs." Bergstrand said.

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