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STATE DAILY
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BY ANELISE WELLS
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The Iowa State Compost Facility receives four to five tons of food waste from campus dining centers almost every other day.

These food scraps travel from the dining centers to the facility located less than ten minutes from campus. The Compost Facility is one of Iowa State’s research farms and is located west of the dairy farm, right across the road from the student-run Ag Studies 450 farm.

Steve Jonas, manager of the Compost Facility, said the workers at the nearby farms all do their own thing but are still able to collaborate as a team. Collaboration is especially key for the Compost Facility in relation to Iowa State’s Dairy Farm.

The facility was originally built to handle waste from when the Dairy Farm was newly opened. There needed to be a way to repurpose the large amount of cow manure instead of just wasting it.

Miguel Luis Rangel-Mendez, program coordinator in the animal science department, has been managing the Dairy Farm for three months.

“We don’t have enough land for the manure, so we need the compost facility to compost some of the manure,” Rangel-Mendez said. The Dairy Farm is benefited by having the facility on campus, but its close proximity makes it that much more convenient.

“Iowa State wanted to add a compost facility, so it worked perfectly to add the facility that we needed right next to the Dairy Farm,” said Leo Timms, Morrill professor and extension dairy specialist.

Steve Jonas is an agricultural specialist as well as the manager of the facility. He has been managing the farm since 2009. The facility was built in 2008 and is coming up on its 10 year anniversary.

In the beginning stages of the compost farm, it took a little while to see what would be the most efficient way to get the right results.

BY SARAH HAYS
@iowastatedaily.com
For a select few students at Iowa State University, mornings start as early as a rooster’s crow.

At the crack of dawn, some employees and students at Iowa State head out to the ISU Dairy Farm. About 10 minutes south of campus, as soon as the sun rises students are milking cows in the early morning hours of the day.

From 4 a.m. to 10:30 a.m. every morning, about 1,000 pounds of milk are removed from cows at the ISU Dairy Farm. The process is efficient and fast, getting the cow in and out of the milking station as fast as possible.

“The cows are attached to vacuums to take the milk. Once the milk is not flowing from the cow anymore, the vacuum withdrawals automatically,” said Miguel Luis Rangel-Mendez, program coordinator and manager of the Dairy Farm.

Rangel-Mendez has worked at the Dairy Farm for three months, and prior to that he worked a lot with calves and cattle.

But once the milk is out of the cow, where does it go?

Once processed, the cow’s milk is sent to Prairie Farms, a company that processes the milk and puts it in stores. The milk does not go to Iowa State, since there is no processing plant for it.

The milk leaves Iowa State property, but all of the dairy cows are from within the Iowa State herd, said Hugo Ramirez-Ramirez, assistant professor in animal science and extension specialist.

While finding a place for the milk to go is not a problem at all, there is something else that needs to be stored once it leaves the cow. Since the cows are large and there are many — 400 dairy cows to be exact — the cattle secrete a lot of manure.

A large amount of the manure the cows leave is used for fertilizer for...
Insects could fix food security

BY KEEGAN KEARNEY
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In a bustling Thai marketplace, the aroma of traditional street food fills the air and draws hungry shoppers and bar-goers to the sizzle of frying pans generously seasoned with oils and spices.

The vendors line their tables with a variety of exotic snack foods and customers exchange baht, the local currency, for plastic bags heaped with fried delicacies to satisfy their craving for a crisp, salty and savory snack to munch on as they go about their shopping or hobble home from a drink with friends.

When the typical American tourist approaches the stand, their first reaction may be one of shock and disgust when they peer into the pan and see a jumble of giant grasshoppers frying in the oil and silkworm pupae speared on sticks.

However, if the tourist feels adventurous and allows the vendor to give the snack a sprinkling of soy sauce and a dash of salt and pepper, they’ve now become privy to a cultural cuisine absent from most markets in western countries—a cuisine that some experts tout as a solution to rising food insecurity.

To be technical, the scientific name for the consumption of insects is entomophagy. For a large number of cultures in East Asia, Africa and South America this is just food, and another way that the hungry populations meet their nutritional needs.

That’s not to say the practice hasn’t gained traction in Western countries; in fact, the number of insect rearing operations in the U.S. is rising as curiosity and environmental concerns inspire entrepreneurs to lay the foundation for a new trend, a new frontier, in western agriculture.

The benefits of utilizing insects as an agricultural product are extensive. The biggest boon to adopting insects into our food supply is that they are incredibly efficient at reproduction. Multiple generations of full-grown crickets can be bred in an enclosed bin together are much easier to monitor, and they have much less work on their hands than the rancher with hundreds of acres of cows to keep track of.

“From a confined animal point of view, there are benefits,” Lewis said.

The behavior of pigs has to be closely monitored for behavior and physical ailments. Crickets raised in an enclosed bin together are much easier to monitor — there’s a much smaller area to watch.

Cricket farmers have much less work on their hands than the rancher with hundreds of acres of cows to keep track of.

“In some ways this is a brilliant idea, and it’s catching up with what the rest of the world already does,” said Matthew O’Neal, a professor of entomology in Iowa State’s sustainable agriculture department.

Most of O’Neal’s work is in integrated pest management. He spends more time figuring out how to reduce the presence of harmful insects in farm fields as opposed to raising them. However, he said he’s seen the edible insect trend emerging in recent years. Iowa Cricket Farmer is certainly not alone in the edible insect market.

Andrew Brennans, CEO of one of the most successful insect operations in the country, said he thinks the industry is well on its way to becoming a major market force.

Brennans and his team founded Tiny Farms, an agricultural technology company producing food-grade crickets, to streamline the efficiency of insect rearing operations as a solution to the impending environmental crises foreseen by studies on water consumption and land use across the world.

After the end of the Syrian Civil War, which emerged among tensions stemming from drought and food shortages, Brennans and his colleagues...
In fall of 2017, the Iowa State College of Veterinary Medicine had a 26 to 518 minority to majority student ratio, or a 0.05 percent minority student population.

Statistics from the Iowa State University Registrar's Office say that of the 544 students enrolled in the Vet Med college that semester, there were two American Indians or Alaskan Natives, zero African Americans, seven Asians, zero Native Hawaiians or Pacific Islanders, 15 Hispanics/Latinos and two students of two or more races.

Iowa State, and the veterinary medicine profession as a whole, have been working to increase these low percentages.

According to the Association of American Veterinary Medical Colleges (AAVMC) website, "contrary to societal trends, veterinary medicine remains one of the least diverse professions in the United States."

The AAVMC has an effort called the DiVersity Matters Initiative, which is intended to increase diversity in veterinary medicine programs by conducting career fairs, presenting at key diversity meetings and conferences and working to generate interest in veterinary medicine, among other things.

According to the AAVMC website, since the 2005 launch of the DiVersity Matters Initiative, the number of racially and/or ethnically underrepresented students has increased 134 percent and currently stands at 17.4 percent of total enrollment.

Despite such initiatives, the Iowa State University College of Veterinary Medicine's diversity figures remain low.

According to Patrick Halbur, the current interim dean of the College of Veterinary Medicine, Iowa State currently ranks dead last in diversity among the other 39 veterinary medicine colleges in the nation.

"I guess it doesn't bother me too much, but that is because I was in a predominately white undergraduate program, as well," said Vet Med student Graciela Orantes on the lack of diversity in the vet school.

"I went through my adaptation process there. I think currently I'm at a point where I accept myself for who I am without the need of others' approval."

But Orantes explained at times, the 'imposter syndrome' still hits her hard. She explains the imposter syndrome as "where you look around and are in the minority and wonder, Gosh, was it an accident that I'm here?"

Orantes said while at school, vet students are so busy and stressed that minority does not play a large role. Outside of the classroom is where she finds it difficult to bond, possibly because the majority forgets to learn about the culture of the minority.

"Maybe it's just because we are in a heavy and rigorous program with a limited free time environment, but it can make me feel isolated at times. Sometimes it's easier to bond over past jobs or physical activities than over cultural identity," Orantes said.

The recent presidential election and offensive posters found around Iowa State's campus make Orantes wonder how her classmates really feel about her here.

"In a way, I understand that it's a very heavy and rigorous program with a limited free time environment, but it can make me feel isolated at times. Sometimes it's easier to bond over past jobs or physical activities than over cultural identity," Orantes said.

According to Greenlee, in an effort to increase engagement of the undergraduate population, the college will be hosting a program called vet camp where eight undergraduate students will spend the summer learning about veterinary medicine. The college has also been attending local high school career fairs to get the word out to high school students.

"I think if [the Vet Med college] opened pathways or recruited interested students from inner cities, we could increase the diversity in the school," Orantes said.

Additionally, Greenlee said the college is examining its policies to make sure that they are not inappropriately favoring one group or another in admissions.
POLICE BLOTTER

4.26.18

Larissa S Truitt, age 22, of 3681 Whispering Trls Dr - Hoffman Estates, IL, was arrested and charged with operating while intoxicated and failure to use headlamps when required at 13th St and Stange Rd (reported at 9:16 p.m.). An officer investigated a property damage collision at Lot 33 (reported at 1:25 p.m.). Officers checked on the welfare of an individual at Student Gardens (reported at 1:28 p.m.). An officer investigated a property damage collision at Lot 33 (reported at 8:30 p.m.). An officer investigated a property damage collision at 13th St and Stange Rd (reported at 9:16 p.m.).

Kahlil Ahmad McIendon, age 19, of 815 Pinon Dr Unit 205 - Ames, IA, was arrested and charged with failure to have a valid license or permit while operating a vehicle, possession of a controlled substance, and possession of drug paraphernalia at Mortensen Rd and South Dakota Ave (reported at 3:26 a.m.). An officer investigated a property damage collision at Lot C6 (reported at 12:08 p.m.). An officer investigated a property damage collision at Reiman Gardens (reported at 1:25 p.m.). Officers checked on the welfare of an individual at Student Services Building (reported at 2:41 p.m.). An officer investigated a property damage collision at Lot 100 (reported at 7:00 p.m.). An officer investigated a property damage collision at Lot 33 (reported at 8:30 p.m.).

A 17 year old female was referred to Juvenile Court Services for possess tobacco underaged and possession of a controlled substance at Mortensen Rd and South Dakota Ave (reported at 3:26 a.m.). An officer investigated a property damage collision at Lot C6 (reported at 12:28 p.m.). An officer investigated a property damage collision at Reiman Gardens (reported at 1:25 p.m.). Officers checked on the welfare of an individual at Student Services Building (reported at 2:41 p.m.). An officer investigated a property damage collision at Lot 100 (reported at 7:00 p.m.). An officer investigated a property damage collision at Lot 33 (reported at 8:30 p.m.). An officer investigated a property damage collision at 13th St and Stange Rd (reported at 9:16 p.m.).
The case for year-round school

BY EILEEN TYRRELL @iowastatedaily.com

Few things are more sacred to American students than summer vacation.

Each year, as the weather becomes balmy and the skies clear, a veritable buzz of excitement takes over campus, visible in the crowds of students hammocking by the campanile or tossing a Frisbee outside of Parks Library. Most of the excitement about summer break stems from the tantalizing thought of three months without school. Warm weather, more free time, no stress over tests and grades—what could be better?

The real word: Year-round schooling.

Hear me out. “Year-round” doesn’t literally mean school is in session for the entire year; in most cases, it means that the academic year is divided into quadrants of 8 or 9 weeks with 2 to 4 week breaks in between.

The idea of being in school throughout the entire calendar year might sound wildly unappealing, but there are so many positive benefits from this type of academic planning that it ultimately makes more sense.

This system benefits teachers, parents and most of all, students.

One of the biggest ways income disparity affects education takes place over the summer, when low-income students are likely to lose over two months of reading improvement, while middle and upper-income students continue to make gains in their reading abilities.

Eliminating a long summer break that academically favors wealthier students is an easy way to reduce the poverty gap. And all students experience a decline in math skills over the summer, getting rid of such an extended break would help students retain their math skills better.

Additionally, spending less time out of class means that teachers will spend less time in class reviewing old material. Students will learn at a quicker pace, and teachers will have more time to focus on quality teaching rather than desperately trying to get through all the course material.

Year-round schooling also has huge benefits for parents, especially parents trying to juggle full-time jobs with the schooling and activities of multiple children.

A more consistent school calendar will mean that parents only have children home all day for a couple weeks at a time instead of forcing them to spend thousands on nannies, daycare or summer programs to take care of their kids during the summer while they’re working. And here at Iowa State, year-round schooling might make it easier to fit in a study abroad or co-op term, or reduce credit assignments each semester so that students have more time to be involved in other activities.

It will also make it easier to come back after each break with the previous terms classes still somewhat fresh in your mind.

At first glance, year-round school might sound like a nightmare, but it has a surprising amount of benefits. Judging by the pace of change in this country, it’s going to be a while before the school calendar changes to reflect this smarter option. But hopefully we’ll get there someday soon.

An end-of-the-year reflection

This past year has been an eventful year. Here are some of the issues that we covered that have seen a positive improvement, and some issues that still need to be addressed.

Gun violence

The ISD Editorial Board talked extensively about gun violence after the Parkland shooting. We saw the March for Our Lives that tried to change the narrative around gun violence by banning military-style assault and asking for background checks when buying guns. We supported the march and banned military-style assault and asked for Our Lives that tried to change the narrative around gun violence after the Parkland shooting. We saw the March for Our Lives that tried to change the narrative around gun violence by banning military-style assault and asking for background checks when buying guns.

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Students will learn at a quicker pace, and teachers will have more time to focus on quality teaching rather than desperately trying to get through all the course material.

School calendar changes to reflect this smarter option.

But hopefully we’ll get there someday soon.
became more aware of the impact that climate change and current means of agricultural production had on every level of human life. They began looking for a solution, and in their research stumbled upon the prospects of insect farming as a way to address some of the major issues in food sustainability.

“There wasn’t really an industry when we started,” Lewis said. “We started the company in 2012 based more on an understanding that there was an impending need for these kinds of solutions rather than any sort of market,” Brentano said. For Tiny Farms, business is booming. In fact, Brentano said the main problem they are facing in the industry is keeping up with the demand, a problem that Iowa Cricket Farmer also faces. Both operations are searching for ways to increase their output to fill the backlog of orders from distributors.

However, despite the current demand from niche markets, Professor Lewis pointed out that a major obstacle for any prospective growth in the industry is still reaching the average consumer.

“It turns out, in the Western cultures, we don’t want to eat things that look like insects,” Lewis said.

So far, the industry has been able to circumvent the visual aspect by processing the whole cricket into a more palatable form. A quick Google search shows that most of the business for insect operations in the West today, including the customers of Iowa Cricket Farmer and Tiny Farms, is in cricket flour, whole cricket ground up into a fine powder that carries all of the nutritional properties of the cricket while remaining inedible and much more appetizing to the average consumer. The flour is most often used to fortify baked goods, smoothies and protein bars, hiding all the legs, wings and antennae from the consumer. Although this is a very limiting way to use crickets in comparison with some of the exotic dishes common in other countries, it has created an entry point for insect products in western markets.

“We may never be to the point of some cultures of looking at a plate of cicada nymphs and saying ‘Boy doesn’t that look like a lovely meal? but if the ingredients going into a product are not known to us, we’ll probably accept it much better,” Lewis said.

The visual element of insect cuisine still stands in the way of incorporating insect cuisine in a meaningful way—why but? If insect rearing is so well-accepted in other countries, why not here? The answer may lie in the unfamiliarity western consumers feel at the sight of a roasted cricket.

A study from the United Nations Foresty and Agriculture Organization postulates that western people’s unfamiliarity with insects leads to feelings of disgust and, consequently, moral judgements. To eat what we have generally considered to be vermin invokes a sense of immorality or savagery to audiences raised in cultures unaccustomed to the practice.

One only has to look at our media to see where insects became associated with the “foreign,” stories like Kafka’s “Metamorphosis” and horror films such as ArachNOPHOBIA and “The Fly,” all showcase arthropods as dangerous, unclean alien creatures to be avoided at all costs.

The stigma around arthropods like crickets, grasshopper and spiders is especially puzzling in the face of some of the West’s more high-end meat products like shrimp, lobster and crab.

“To me, they’re exactly the same,” said Erin Hodgson, another entomology professor in the sustainable agriculture department. “They’re closely related animals.”

Hodgson pointed out that all crustaceans are actually arthropods too, making them much more closely related to a cricket than to a cow. A look at the euskeleton and antennae of a boiled lobster is all it takes to realize that the outward appearance of a cricket really isn’t as exotic as it may seem.

Some insects are actually said to have a similar taste to seafood.

According to the Forestry and Agriculture Organization study on edible insects, which examines insect agriculture and its applications, the reason that insects face a stigma in the West is because they haven’t traditionally held a place in large scale agriculture.

One reason insect rearing may not have taken off with the rearing of mammalian livestock at the beginning of the Neolithic agricultural revolution is that the seasonality of insect breeds in certain areas made harvesting them a year-round food source unsustainable. Insects also don’t have as many applications as beasts of burden or sources of raw material for products like leather and wool, making them less versatile in ancient societies that laid the groundwork for western farm practices.

Food plays a huge part in the recognition of one’s culture, and since the Western tradition has never called for the culinary application of insects, it becomes instinctively offensive. However, with the rise of the $33 million edible insect industry, the crunch of a roasted and seasoned cricket may become yet another familiar sensation in the American palette.

Although the introduction of insect products as a supplement to the protein intake of western nations would reduce the demand for meat products, as well as provide more efficient operations for producing feed for livestock animals, it may be unrealistic to plan on any major changes to the staple western diet in the near future—most people probably wouldn’t replace their steak with a serving of crickets.

However, with the rise of niche restaurants like Don Bugito in San Francisco, which serves an array of artisan ento-meals such as chilli-lime crickets and tuffer bottle melashroom ice cream, it may only be a matter of time before legs, wings and antennae become accepted into the West’s mental conception of what a meal can be.
postable materials are all put together in this hoop to blend together. Pictured here is the hoop that all the compost first enters. Food, grass, manure and other compostable materials are all put together in this hoop to blend together.

Jethro’s

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Green Beans  Mashed Potatoes & Gravy
Fresh Fruit  Bread Pudding  Strawberry Shortcake
Cheese Cake  Brownies  Cookies  Muffins  Toast
And Many More Jethro’s Favorites
1301 Buckeyes Ave  515-598-1200
Call for Reservations of 6 or More

SARAH HAYS/IOWA STATE DAILY

Today, the facility handles more than 10,000 pounds of compost waste every year. The food scraps from ISU Dining are then combined with waste from other places around Iowa State. Campus greenhouses, other research farms and Jack Trice stadium all contribute waste to the compost farm. The facility only takes waste that comes from the university and charges a small fee on whatever enters the farm. The waste from around campus is then combined with manure and cornstalks. The cornstalks create the major source of carbon for the compost, Jonas said. This combination is then put into long rows called “windrows” underneath large hoop barns. These barns help to protect the compost from the weather and keep the temperature at 140 to 160 degrees.

“Keeping them in windrows helps the pile to breathe,” Jonas said. There are three separate windrows inside each barn. Jonas uses a compost turner to incorporate even more air into the pile. The compost facility is open all year long. However, winter and spring can cause issues with the often unpredictable weather. There needs to be the right balance of moisture within the compost in order for the waste to decompose properly.

“We usually have an issue of too much moisture if anything,” Jonas said. At the end of the process, the compost is mixed with topsoil. It is lighter, softer and drier than it was a couple of months ago. Then it is screened to make sure no rocks or other large items are in it.

The whole process takes around four months. The final product is not available to the public. It goes back into Iowa State and is used for construction projects, gardens or anything the university needs.

“We use manure in the field to fertilize. And the compost facility, they use that compost, manure to fertilize campus,” Rangel-Mendez said. By only taking waste from Iowa State, farming it all on campus, and then giving it back to only university-related needs, the compost facility aims to help Iowa State be as sustainable as possible.

“It's the recycling aspect of it,” Jonas said. “It all stays within the university.” “It's the recycling aspect of it,” Jonas said. “It all stays within the university.”

The compost facility and dairy farm are kind of like a marriage. They need each other,“ said Leo Timms, Morrill professor in animal science and extension dairy specialist. The impact the dairy farm has on Iowa State and its students may not be as direct as the compost facility, where compost is only returned to ISU grounds. But Timms said the education students are getting from the farm may just be the most vital part.

“We wouldn't have research, teaching, extension and demonstration if we didn't have a herd of healthy, well-managed, high producing cows with high quality milk,” Timms said.

Rangel-Mendez also stressed learning experiences and education are one of the most important aspects the farm holds. He even stated one of his main goals is setting an example for students and their future careers.

“My plan is to make Iowa State University’s dairy an example of how things should be done instead of how they shouldn’t be done,” Rangel-Mendez said. “I want our students to be proud of what they do here, to feel like they are learning and committing to doing a good job.”
BY SPENCER SUCKOW
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In your head, briefly think of yourself standing outside and watching a steady stream of snowflurries fall to the ground in the middle of January.

If you spent this semester at Iowa State, you may have felt uneasy or even cringed at the thought of that sight. It'd be hard to blame you for feeling that way, given how long and brutal the Ames winter seemed in 2018.

With snowstorms pelting central Iowa until mid-April this year, it’d be understandable if someone doesn’t even want to think about that experience. When new Iowa State assistant volleyball coach Fiona Fonoti thinks of it, however, she can’t help but remember how perfect it was.

“I’ve got to tell you, I loved it,” Fonoti said of the snow. “My family came up to visit one weekend and it was great. I’m probably the only one in Ames that thought that.”

The reason Fonoti loved it so much was because of how long it had been since she last saw snow. After an illustrious playing career at the University of Nebraska, where she was a three-time All-Big 12 Player of the Year (1998), Fonoti finished her undergraduate degree in secondary education and moved back to her home state of Hawaii.

There, she managed to stay out of the cold for 15 years while working as a math and special education teacher. She didn’t stay out of the game, however. During that time, Fonoti worked as a coach across several capacities.

Among these include being an assistant varsity girls coach at Punahou School in Honolulu, Hawaii, a personal setter coach at the Elite Setting Academy in Pearl City, Hawaii, and head coach for the Lil’ Spiker Academy, among others.

Combine that coaching experience with her decorated playing career, as well as a decades-long friendship with Iowa State coach and former Nebraska teammate Christy Johnson-Lynch, Fonoti made for an ideal candidate to fill the void left by the departure of Dawn Sullivan on Iowa State’s coaching staff.

“One of the reasons I really did want to hire [Fonoti] is because I knew what we’d be getting,” Johnson-Lynch said. “When you know exactly what to expect from that person, if they’re going to work hard, what they’re going to do when times are tough, if they’re a team player, I knew all that and I really liked what she had.”

Much like with the weather from Honolulu to Ames, though, there’s a similarly large transition Fonoti is going through in replacing Sullivan.

Before taking the UNLV head coaching job this offseason, Sullivan spent the past 14 years with the Cyclones and formed many tight relationships with the team’s current roster.

None of those relationships were as close as the one that Sullivan had with Johnson-Lynch, however. According to the Cyclones’ head coach, the two were together so long that it almost felt like a divorce when Sullivan left for Las Vegas.

Because the two were so familiar with each other, Johnson-Lynch says that there have been some noticeable adjustments and growing pains with having a new coach on staff.

As if replacing an established coach and working with new players, as well as performing other job aspects like recruiting and travel, weren’t daunting enough tasks on their own, Fonoti is also facing these challenges without her family in Ames to support her. Fonoti’s husband and kids stayed back in Hawaii when she took over as assistant coach.

All of that at once sounds like a lot for anyone to deal with, but Fonoti is currently taking everything in stride by ensuring that the Cyclones get the most out of the family.

Going back to Fonoti’s energy, though, that’s one detail of her personality that seems to have struck a major chord with the Iowa State players and coaching staff.

Fonoti has earned nothing but adoration from the team since stepping on campus, and several players mention her energy and demeanor as a major reason why. Those traits, perhaps as much as anything else, seems to have significantly helped with the overall transition.

“I’m obviously really sad to see Dawn [Sullivan] leave because she had such an impact on my life as an outside hitter,” said senior outside hitter Joss Schaben. “But Fiona has been such a huge addition to our team. She has this positive energy and she knows a lot, especially about the setting game.”

Using that setting knowledge has been the primary focus of Fonoti’s biggest task since joining the coaching staff, which is ensuring that the Cyclones get the most out of sophomore setter Piper Mauck.

It’s been documented that Mauck is expected to break out this season, and Fonoti is ensuring that happens by giving Mauck extra attention during practice and working through drills with her after practice. Despite just meeting each other recently, Mauck has been very receptive of her new coach and offered praise for Fonoti’s style and approach.

“[Fonoti’s] fun to play with, really creative and has a whole new perspective,” Mauck said. “She’s been awesome.”

All in all, the praise for Fonoti and the willingness from players and coaches to listen to her suggestions has helped create a welcoming environment for her in a short amount of time.

One that Fonoti says she’s happy and proud to be a part of.

Not everything will be perfect right away and it will take awhile to get fully acclimated, but the newest member of Iowa State’s coaching staff already feels as if she’s right at home (even if the thermometer may sometimes say otherwise).

“It’s been pretty awesome. [The team] has just kind of accepted me in,” Fonoti said. “Honestly, it just feels like I’m part of the family.”
It’s 6:45 a.m. on an early April morning, and Hilary Green is staring at the clock on her microwave.

She’s been awake for an hour. She already drank her coffee and sat under her lamp in the corner of her apartment reading scripture and journaling her thoughts. She actually got to sleep on this day. Before spring break, when her school work was really busy, she would wake up at 4 a.m., work on homework for an hour, then fall back asleep for a quick 15-minute nap at five in the morning.

She averages “about” seven hours and 26 minutes of sleep each night, she said, as if that isn’t the exact amount. It’s a vital part of her daily routine. She watches the digital numbers dribble their way toward zero on the corner of the microwave, where her daily bowl of oatmeal sits inside. Last year she would stop the microwave at 10 seconds, but this year she waits.

Green doesn’t know it yet at this point, but in a few weeks her team will fail to qualify for the national championships. Her season will come to an end, and with that, so will her gymnastics career.

The end of an athletic career for any collegiate athlete is hard, but the end of the road in gymnastics can be particularly challenging. Most gymnasts have been competing for as long as they can remember.

Green’s teammate, Meaghan Sievers, traveled 100 miles each way to practice in high school. When Haylee Young was 10 years old, she woke up at 5 a.m. for practice every weekday morning. Green herself has competed at five different gyms.

Then one day, sooner or later, the careers of these athletes inevitably end, and a new part of life begins.

“When retirement comes, the main question is, ‘who am I?’ said Iowa State coach Jay Ronayne. “I don’t think she’s dealing with that in the same crushing reality that most do.’” Green has been focused on that moment for awhile. She doesn’t want this to be an end, but rather the beginning of something else.

So, in the early morning, Green watches the microwave timer in her kitchen.

“The clock ticks down, right before the timer goes off and sends a beep throughout the room that would likely wake up her roommate, she hits the button to stop the microwave with exactly one second left, right before it ends.

Maybe Green can’t explain why she stops the microwave on one second every time she cooks oatmeal, or why any college student

Hilary Green competes on the uneven bars during the first home meet of the season against Arizona Jan. 12 in Hilton Coliseum. The Cyclones defeated the Wildcats 195.45 to 194.975.
Imagine this: finals are over, its 75 degrees and not snowing outside, and you have nothing to do all summer. No matter where you live in Iowa, there is going to be a festival close by. Ranging from country to alternative to electronic, the Iowa festivals will feature many genres. Introducing new events and bringing back some of the classics, your summer will be a busy one. Iowa might not have Bonnaroo or Lollapalooza, but here are the festivals that prove that Iowa’s festival scene is underrated.

**Summer Festival Rundown**

**NEWBO EVOLVE**

New to the Iowa music festival scene, Cedar Rapids will be kicking off the newbo evolve festival. Nine years ago, major floods damaged parts of Cedar Rapids and forced the city to rebuild and evolve. One of the up-and-coming neighborhoods, known as NewBohemia, “Newbo” is being transformed into a creative center for the arts.

“We’ve got this beautiful five-hour circle where it seems like every major city in the Midwest is just five hours away,” said Cedar Rapids Mayor Brad Hart. “So hopefully our reach goes out that far. We’re going to be bringing some people in to show them how great Cedar Rapids really is.”

“The festival curators have chosen Maroon 5 and Kelly Clarkson as the two headliners. Both these performers have a broad audience that will reach more people. There are acts that a 60-year-old to a 12-year-old and everyone in between will enjoy,” said Jennifer Pickar, a media representative for the festival.

The 3-day passes are totaling $375. Passes will be “worth it” according to the Des Moines Register. The pass will include guaranteed tickets to both headlining concerts, access to the keynote speakers, discounted tickets to the Cedar Screamazine Zip Line, and more.

“The outdoor concert main stage venue is expected to accommodate over 16,000 people. The Cedar Screamazine Zip Line will be open for the public from the beginning of May to early August,” Redd co-founder Alexis Ohanian is currently booked for one of the keynote speakers. Screenwriter and film director, John Waters, will perform one man, spoken word lectures. There will be many panel sessions over the course of the three days. Currently there will be sessions on dance, fashion, gardening, cooking and many more. Each session will last anywhere from 60 to 90 minutes.

“The budget for newbo evolve is to be “in the neighborhood” of $4 million or $5 million according to the chief executive officer of GO Cedar Rapids, Aaron McCreight. Cedar Rapids has been receiving money annually from hotel tax grants.

Anticipating reaching college students, newbo evolve is currently hiring for summer positions including internships in marketing and assignments the week of the festival. Check out the website for more information.

You can buy tickets at GO Cedar Rapids’ website.

**80/35 MUSIC FESTIVAL**

Returning this year on July 6 and 7 in the Pappajohn Sculpture Park, the 80/35 Music Festival will feature regional and local artists in the heart of Des Moines.

Hosted by the Des Moines Music Coalition, the group focuses on enhancing the music scene for all individuals. The coalition has created music education programs as well as a music fellowship program to help make bridges between struggling artists and possible resources.

“Des Moines is lucky to have an institution not only willing but focused on elevating our town’s music scene,” said Trevor Holt, a Des Moines Music Coalition music fellowship participant.

The two-day festival was created in 2008. Relying heavily on volunteers, they work to host over 33,000 attendees every summer.

“We want to showcase diversity across a board,” said Jani Hart, the executive director of the Des Moines Music Coalition. The event is filled with organization’s booths, interactive art, food, beverages and more.

This year the festival will feature many new aspects. Hart and the rest of the coalition are looking to add more art installations. These installations will bring new artistic dynamics and enhance the festival experience.

“There is nothing wrong with making money,” said Amedeo Rossi, the project manager for the Des Moines Music Coalition. “But our objective is to invest in the music scene.”

The festival will feature two free stages that will be open to the public and one stage that is ticketed. For the first time in its 11-year history, the 80/35 Music Festival will headline with a woman and mixed-gendered group. Pop star Kesha will headline alongside electronic duo Phantogram.

“With Kesha’s Grammy moments and events like the #metoo movement last year, we are happy to bring a wide variety of talent,” said Rossi. “It seemed like a good year to break through and bring some quality acts.”

The self-proclaimed “another f———woman” will perform at two locations in Iowa this summer. Fresh from the Battery Park outdoor concert in Sioux City, Kesha will head to the 80/35 Music Festival to feature new hits like “Rainbow” and “Praying.”

The 80/35 Music Festival will offer an ambassador program. The program works where if you sell five tickets, you can receive one free, general admission ticket. Sell five more tickets, and you can receive a VIP pass. The rest of the lineup will be released in May. You can buy tickets at 80/35’s website.

**WHAT:** Indie music festival in the heart of Des Moines featuring diverse, local art

**HEADLINERS:** Kesha, Phantogram, Courtney Barnett, and Car Seat Headrest

**WHERE:** Pappajohn Sculpture Park, Des Moines

**WHY:** This year will be the first year that will headline with a woman and a mixed-gendered group.

**Single Day Ticket:** $49

**2 Day Pass:** $75

**VIP:** $195
HINTERLAND MUSIC FESTIVAL

The fourth annual Hinterland Music Festival will premiere in St. Charles again this year. With a lineup including Sturgill Simpson, Band of Horses and CHVRCHES, Hinterland will have no problem upholding their reputation.

Located about 30 miles south of Des Moines, the two-day festival will host over 18,000 people. Focusing on the outdoors and music, Hinterland hopes to be an escape for those looking to explore new music, craft, art, family engagements and more.

Hinterland is organized by one of Iowa State University's very own, Sam Summers. Graduating from Iowa State with a double major in marketing and economics, Sam had no problem finding his way to the creator of Hinterland.

Summers spent his nights during school booking concerts and running them, evidently creating his first music promotion company, First Fleet Concerts. After Summers graduated, he launched the Wooly’s concert venue in Des Moines in 2012 and partnered to produce Nifflin’ on the River. Looking to create an experience that followed his passion, Summers created Hinterland in 2015.

“Taking the literal translation of Hinterland in German, ‘the land behind,’ the festival has always looked to keep an outside festival overlooking Iowa’s beauty. Hinterland was originally set for Water Works Park in Des Moines, but due to a rain delay, it was moved out to St. Charles the first year. The festival has stayed out in the country because of the connection between Summers’ view and the Iowa’s beauty.

“If you’re in the middle of Water Works [Des Moines], you don’t feel like you’re in a metropolitan area. Once we moved it down [to St. Charles] it was magic and was a blessing in disguise,” said Summers.

Hinterland offers many unique aspects that distinguishes them from other Iowa festivals. For example, one of the perks of being a parent and wanting to go to Hinterland, you can bring your child with and have them explore Hinterkids.

Only hosting one stage, Hinterland manages to bring in a huge crowd. Last year Hinterland drew from 38 states and 5 countries around the world.

If you are looking for discounted or free passes, Hinterland offers special deals. For example, before the festival, you can head to Hinterland’s website and get a 30% discount on your tickets.

Summer currently owns the Up-Down Arcade in Des Moines. He hopes to incorporate a “pop-up,” arcade in Hinterland, but is currently working on the logistics. As to expanding, Summers isn’t interested in volume and mass.

“I don’t want to make [Hinterland] bigger, but rather more focused on the music scenes. We try to find food and craft vendors that are complimentary and make sense to the festival, and keep it politically neutral,” said Summers.

Hinterland offers music stages online at Hinterland’s website.

WHO: Hinterland
WHAT: Indie/Alternative Festival
HEADLINERS: Sturgill Simpson, Band of Horses, CHVRCHES and Tash Sultana
WHEN: Aug. 3 and 4
WHERE: Avenue of the Saints Amphitheater, St. Charles
WHY: Iowa State alum curates for those who love music and the outdoors. The festival features a blend of music, camping, art, craft vendors, family engagement and more.
GA: $55 for 2 day
VIP: $255 for 2 day
Camping: $25–35 per person

515 ALIVE

Beginning as a block party in Des Moines, the 515 Alive Festival has grown into one of Iowa’s largest electronic music scenes.

The festival is breaking barriers between musical styles while showcasing urban artist and music in the new location of Water Works Park in downtown Des Moines. This year will feature the largest lineup in the 16-year history. 515 Alive will be supported this year by bigger stages and sound systems with more lighting and laser shows.

Fresh off appearances at festivals like Bonnaroo, the headliners this year will include Future and Bassnectar. 515 Alive has had no problem bringing in bigger names. In previous years, they have featured artists like Machine Gun Kelly, Waka Flocka Flame and Gucci Mane.

Last year the festival brought in over 27,000 people in just two days.

“We have lots of music festivals, and this one is actually the longest running, it’s the 15-year anniversary and it’s the largest musical festival,” said Tom Zmolek, the 515 Alive event manager, on last year’s festival.

Focusing on expanding the festival and making it more than a Midwest event, co-owner and director Dan Green, an Iowa State University alum, wants the event to buzz with country music and camping.

Green attended and performed at 515 Alive after graduating, before making connections to co-own the festival. You can find tickets at 515 Alive’s website.

WHO: 515 Alive
WHAT: Electronic Music
HEADLINERS: Future, Bassnecter and RL Grime
WHEN: Aug. 17 and 18
WHERE: Water Works Parks, Des Moines
WHY: Iowa State Alum will continue the longest running festival in Iowa
GA: $79
VIP: $129
Camping: $39, Age 18+ Only

GUTHRIE’S RIVER RUCKUS

Iowa State alumni Adam Faucher and his childhood friend Grant Shredder created Guthrie’s River Ruckus music festival while attending Iowa State University. Based out of their hometown, Guthrie Center, the country music festival will celebrate its 10th anniversary this year.

Faucher is an engineer by day and a country music promoter by night. Faucher has brought in huge names like Chris Young, Dustin Lynch and Lee Brice over the last 10 years.

“I could hardly believe we got artists from Nashville to come up to Guthrie Center,” said Faucher on his first-year act, Chris Young.

The artists featured this year will include 38 Special, Jake Owens and LANC0. The festival has averaged bringing in 20,000 people a year to Guthrie Center, a town that has a population of only 1,207.

If you can’t go without 4G cell reception, don’t fret. Guthrie’s River Ruckus will be inserting a cellular tower on the grounds for the 2018 festival.

Hesitant to spill the beans on the new additions this year, Faucher dropped hints like a breakfast addition and a new setup for daytime activities. You can find the new additions announced on Facebook leading up to the event.

Faucher and the rest of the River Ruckus crew are excited to see Jake Owens and to hear LANC0’s new album, “Hallelujah Nights.” All artists playing this year will be new to the Guthrie’s River Ruckus family.

You can buy tickets at Guthrie’s River Ruckus’ website.

WHO: Guthrie’s River Ruckus
WHAT: Country music festival in a typical Iowa town.
HEADLINERS: Jake Owens, LANC0, and 38 Special
WHEN: July 27 and 28
WHERE: Guthrie Center Country Fairgrounds
WHY: Celebrate this two day festival’s 10th anniversary with country music and camping
General Admissions: $75
Seated Tickets: $110
VIP: $175
Camping: $80

Foxyn performs during day one of Hinterland music in Saint Charles, Iowa. Foxyn is an indie rock duo from California. Thousands of music lovers camp on the grounds between the two days of music. This will be the fourth year of Hinterland.
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