‘Kind of like a marriage’
ISU facilities work to sustain campus

BY ANNELISE 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 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.

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STAY TUNED
Print coverage is over for the semester but stay up to date on everything happening at Iowa State on our website.

BY SARAH HAYS
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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 @IoWASTATEDAILY.COM

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 huddle 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 sprinkle 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 a matter of months, and it requires very little space and resources to care for the stock in comparison with the large cattle species that have dominated the farm since the emergence of agriculture in the Fertile Crescent.

Insects, like crickets, are reported to have a much more efficient feed conversion rate than standard livestock. Feed conversion ratios are ratios of the amount of plant feed it takes to feed a livestock animal versus the amount of meat that animal produces. The United Nations Food and Agriculture Organization estimates that it takes roughly 2.5 kilograms of feed to raise 1 kilogram of chicken, 5 kilograms of feed to raise 1 kilogram of pork and 10 kilograms of feed to raise 1 kilogram of beef. In comparison, it takes 1.7 kilograms of feed to raise 1 kilogram of edible cricket mass.

Livestock operations, especially in the beef industry, also require a significant amount of water to operate, especially when you factor in the water used to grow the feed that livestock are raised on. The Forestry and Agriculture Organization reports that, including water used for grain feed production, it takes on average 2,300 liters to raise 1 kilogram of chicken, 3,500 liters to raise a kilogram of pork and 22,000 liters to raise a kilogram of beef.

The United Nations predicts that by 2025, 1.8 billion people will be experiencing absolute water scarcity and two-thirds of the world population will be under water stress conditions.

Insects also don’t produce as much methane or ammonia, which both contribute to climate change.

According to Donald Lewis, professor in Iowa State’s entomology department, another area of efficiency for insect rearing is that in comparison with confined feeding operations for cattle, insects require much less attention.

“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 over the past few years and thinks that increased research in insect-based food production could help overcome some of the hurdles the planet is expecting in the next few decades.

“There’s long term issues here that I think everyone in agriculture is thinking about and is worried about. The human population is increasing, the demand for agricultural goods is going to be greater and ever more efficient and productive systems are going to be needed,” O’Neal said. “It’s going to be interesting to see if our current diet can meet that demand or if we’re going to have to bring in some novel sources of food like insects.”

Although the idea of an insect farming operation may seem like the dream of a sci-fi futurist, the truth is, it’s already happening across the U.S. — including Iowa.

Becky Herman, a former social studies teacher, was just as skeptical as any other westerner when she and her students viewed a CNN Student News special on farms raising crickets for human consumption. However, after watching the special with different classes throughout the school day, her initial reaction of disgust turned to curiosity, and she started doing her own research.

Realizing both the ecological and entrepreneurial potential, she and her husband bought an old restaurant and founded Iowa Cricket Farmer, a cricket-rearing operation in Keystone, Iowa.

“It’s a different way of thinking, and I think a lot of times we kind of get stuck in a rut as far as, ‘This is how we’ve always done it.’ This is one of those things that thinks outside of that box and brings in different ideas and things that people hadn’t thought of, at least in our country,” Herman said.

Herman and her husband have entered the ground level of the edible insect industry, taking a chance in the new frontier of insect agriculture.

Although they are one of the only licensed operations in Iowa, other farms and retailers of insect products have sprung up across the U.S. in recent years. Iowa Cricket Farmer is certainly not alone in the edible insect market.

Andrew Brentrano, 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.

Brentrano 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, Brentrano 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, seven African Americans, seven 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 30 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 see 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 part 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 being here.

“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.”

Orantes explained that by “at least, she meant not only the cost of education, but also transportation, appropriate nutrition and uniform requirements.

“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.

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.

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

4:26.18

 Larissa S Truitt, age 22, of 3681 Whispering Trls Dr - Hoff man Estates, IL, was arrested and charged with operating while intoxicated and excessive speed at 13th St and Hyland Ave (reported at 12:01 a.m.).

 Marissa Kay Brothers, age 23, of 1322 West Church St (reported at 12:01 a.m.).

 Kahli Ahmad Mclendon, age 22, of 3681 Whispering Trls Dr - Hoff man Estates, IL, was arrested and charged with operating while intoxicated and excessive speed at 13th St and Hyland Ave (reported at 12:01 a.m.).

 A 17 year old female was referred to Juvenile Court Services

For possession tobacco under age 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 Reim Garden (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.).
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 conversation around gun violence by banning military-style assault and asking for background checks when buying guns. We supported the March and continue to advocate for reasonable gun control.

However, there is still an enormous amount of work that needs to be done. Gun violence continues to be a polarizing topic that hasn’t seen a clear solution. We must continue to advocate for reasonable gun control.

Sexual misconduct and #MeToo

This year we focused on raising awareness about the pervasiveness of sexual misconduct. We talked about the #MeToo movement and the power it gives survivors. We questioned why we are still blaming survivors of sexual assault for what happened to them. We looked at Iowa State’s new sexual misconduct training and felt it did a much better job than the previous one of placing blame on perpetrators, where it belongs. We discussed calculating and how it’s simply not a compliment, but rather it’s harassment.

Leaders on campus need to continue or start taking this issue very seriously. No one should have to experience sexual violence or harassment. We must continue to place blame on perpetrators and support survivors. And most importantly, we need continuous, proactive education because everyone should know how to combat this issue.

Funding the Leopold Center

Recently the New York Times Magazine dedicated their issue to the question “Can dirt save the earth?”

First, any student in the College of Agriculture and Life Sciences will tell you that it is soil and not dirt. Second, there is already significant research, some of which was completed on this campus, indicating the soil’s ability to be a carbon sink. That is to say the carbon dioxide in the atmosphere that is acting as a greenhouse gas, can be trapped in the ground using the plant’s own photosynthesis and sustainable agricultural practices.

We cannot control the plant’s natural functions, but we can change our agricultural systems to be more sustainable for our local environments and the global climate.

This requires organization and outreach efforts from a multifaceted institution that has the farmer’s best interests in mind. It requires the Leopold Center for Sustainable Agriculture.

Last year legislative Republicans voted to defund the Leopold Center and instructed Iowa State to close the center.

Then Gov. Terry Branstad line-stripped the part about closing the center, but the funding was still absent. This is an injustice that goes against our state values.

The Leopold Center helped fund graduate research at Iowa State that focused on making farmers in Iowa and across the world more productive and sustainable. Then, they used that research to help farmers through extension and outreach. Now, with the major funding cuts by the state, the Leopold Center is forced to scale back to the detriment of Iowa farmers.

Funding the center to protect Iowa’s farmers and environment should be the top priority for legislators next session.

Despite the challenges and setbacks, we remain hopeful for the future. We believe that with continued efforts and support, we can make positive strides towards a brighter tomorrow.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

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

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published. Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.
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. 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 is 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 crickets ground up into a fine powder that carries all of the nutritional properties of the cricket while remaining inconspicuous 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 know 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 — but why? 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 Forestry 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 “Bratz: Atheraphobia” 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 most high-end meat products, as 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 exoskeleton and antennae of a “The more things change, the more they stay the same.” You’ve probably heard that saying before. When it comes to food, it may only be a matter of time before the American public catches on. 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 as a year-round food source unsustainable. Insects also don’t have many applications as meats of humans 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 won’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 cricket and tuffle bottle meashworm 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.

**COMPOST pg1**

It was a lot of trial and error to see what worked at first, Jonas said.

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. Jonas uses a compost turner to incorporate the compost from the university and charges a small fee on whatever enters the farm. 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 piles. 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 helps to make Iowa State be as sustainable as possible.

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

**DAIRY pg1**

crops or recycled into bedding for the cattle. But since there is so much manure, the leftovers are given to the ISU Compost Facility, located just west of the dairy farm.

“We use some manure that doesn’t go to the compost facility for bedding and other things for the cows. It is all completely recycled,” Rangel-Mendez said.

The manure originally has a muddy and wet texture, but after setting outside for a bit, it dries up and molds into a perfect bedding material.

When the extra manure reaches the compost facility, it is combined with ISU Dining’s food compost, greenhouse materials and corn stalks. After the manure blends with the other compost, it morphs into healthy soil. The fresh soil is used for things such as landscaping, construction, horticulture and many other situations. Without the compost facility, the dairy farm would have excess manure with no place to put it. And without the dairy farm, the compost facility would lack healthy nutrients.

“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.”
Fonoti transitions to Iowa State

BY SPENCER SUCKOW
@Iowastatedaily.com

Assistant volleyball coach Fiona Fonoti watches the Cyclones go through their pregame routine prior to the Iowa State spring tournament on April 7, 2018.

Fiona Fonoti College: University of Nebraska Years played: 1995-1998 Position: Setter Awards and Recognition:
- Three-time All-Big 12 First Team (1996-98)
- Three-time American Volleyball Coaches Association All-America honoree (1996-98), Big 12 Player of the Year (1998)
- Finalist for the NCAA Player of the Year (1998) and Honda Broderick Award (1998)
Before Iowa State:
- Taught math and special education for 15 years
- Assistant varsity girls coach at Punahou School in Honolulu, Hawaii
- Personal setter coach at the Elite Setting School in Honolulu, Hawaii
- Head coach for the Lil’ Spiker Academy in Pearl City, Hawaii

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.”

The reason Fonoti loved it so much was because of how long it had been since she’d last seen snow. After an illustrious playing career at the University of Nebraska, where she was a three-time All-American at setter and the Big 12 Player of the Year in 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.

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, I’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’d last seen snow. After an illustrious playing career at the University of Nebraska, where she was a three-time All-American at setter and the Big 12 Player of the Year in 1998, Fonoti finished her undergraduate degree in secondary education and moved back to her home state of Hawaii.

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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 traveling, 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 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.”

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 onto 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.

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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.”
When gymnastics ends and life begins

BY AUSTIN ANDERSON
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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 in on this day. Before spring break, when her school week 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 teammates, 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 of something, but rather the beginning of something else.

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

“I can’t even explain it,” Green said. As the clock ticks down, right before the timer goes off and sends a beep throughout her apartment that would likely wake her up immediately, 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 would willingly wake up at four in the morning. If you dive into where she came from, and how she got to Iowa State, the answer appears to reveal itself.

It’s all she’s ever known.

Her mom was a sergeant lieutenant in the Army. By the time Green was 18 years old, she had lived in nine states and two countries. She lived in Washington, Alaska and Louisiana before she left the country.

In first grade she lived on a base in Germany. She attended second grade in Texas before a little bit of stability if you can call it that came to be in North Carolina. She lived in North Carolina from third through seventh grade, but her mom would deploy periodically. When her mom deployed, Green would live with her grandmother in Minnesota.

During the second half of her elementary school years, Green spent half her time in North Carolina and half in Minnesota.

“It was fine when I was younger,” Green said. “Then I got to a moment where my mom deployed for a year. I made a really good group of friends. I was told I had to leave, of course, when she got back, and that was really hard.”

Green had been all over the world, making friends she knew she was going to have to leave for good at any time. She said she closed herself off.

She focused on school and gymnastics, which at the time seemed like a coping mechanism, but looking back, shaped her into who she is now.

Green is on scholarship at Iowa State as a gymnast, and she’s been a key part of the team since she arrived on campus.

But it remains to be seen whether her legacy on Iowa State’s campus will be remembered more for what she did in the gym or out of it.

In the gym, Green was a two-time Big 12 event specialist of the week this season. Outside of the gym, she was on the Big 12 Commissioner’s honor roll every semester of college.

She is currently in grad school as a dietetics major where she is conducting a study examining the impact of post-exercise egg consumption on inflammatory response markers.

“When someone says ‘Hilary Green,’ I think determined,” Ronayne said.

Green will still be around Iowa State next year finishing up her master’s degree. She has a dietetics internship to be a registered dietitian. Then she might dive into helping collegiate athletes in aesthetic sports like gymnastics or track to help maintain their bodies, but only part time. She has other hopes to teach nutrition overseas.

“When I close one door,” Green said, “another one opens.”

But for now, she’s in Ames waking up in the middle of the night to read scripture, drink coffee and make sure the microwave stops with one second left so she can start her day.

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, our 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.

**TREE TOWN MUSIC FESTIVAL**

Only five years old, the Tree Town Festival is not one to miss. Averaging 20,000 attendees, it quickly became one of the top ten best country music festivals in the United States by Country Living Magazine in 2016.

“When you walk out to Winnebago Park Grounds, you know it is going to work,” said Lex Chamryk, the business development representative of Tree Town. Not originally from Iowa, Chamryk understands how Iowa feels like one big, small town.

Setting its heights for new additions, the fifth anniversary will feature a four-day festival with headlining acts like Keith Urban, Cole Swindell and Alabama.

Tree Town always opens their first night with a “Rock-and-Roll” night. This year will feature Eddie Money. The rest of the artists are selected carefully, choosing current and classic artists.

“Keith Urban is undeniably one of the biggest country artists in the world right now,” said Chamryk. Urban is currently pushing boundaries and growing, receiving the Vocal Event of the Year Award at the American Country Music Awards with Carrie Underwood this year.

Tree Town is well known for their campsite. The festival offers many features other festivals do not. Showers and restrooms are available at no charge for campers, as well as plug-ins for RVs. But if you don’t have a RV, do not worry because you can rent one from Tree Town or bring a tent. With the rental of an RV, you can be entered to win a meet-and-greet with one of the artists. Unable to buy a pass because you can rent one from Tree Town or bring a tent. With the rental of an RV, you can be entered to win a meet-and-greet with one of the artists. Unable to buy a pass because you can rent one from Tree Town or bring a tent.

Tree Town is currently revamping their site map. They will introduce a new section called “Platinum Suites” which will offer a raised area off to the side with a bar and restroom trailer.

Tree Town is looking to partner with vendors that specialize in beer, burgers, hot dogs, ice cream and other popular festival foods. They will offer a wide variety of retail as well.

“They 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 Screamer Zip Line, and more.

The outdoor concert main stage venue is expected to accommodate over 16,000 people.

The Cedar Screamer Zip Line will be open for the public from the beginning of May to early August.

The budget for newbo evolve is to be “in the neighborhood of $4 million or $5 million according to the chief development representative for the festival.

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 mix-gendered pop group. Pop star Kesha will headline alongside electronic duo Phantogram.

“With Kesha’s Grammy moments and events like the #MeToo movement year last, 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 “mother 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.

**NEWBO EVOLVE**

New to the Iowa music festival scene, Cedar Rapids will be kicking off the new to 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 New Bohemia, “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 Mansons 5 and Kelly Clarkson as the two headliners. Both these performers have a broad audience that will reach more people.

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The budget for newbo evolve is to be “in the neighbor- hood 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 Sculp- ture 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 will- ing 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 Janin Hart, the executive director of the Des Moines Music Coal- ition. 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 instal- lations. 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 Co- alition. “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 mix-gendered pop 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.”

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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.

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

**WHEN:** July 6 and 7

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

**WHY:** This year will be the first year that will headline with a woman and a mix-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, eventually 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 Ninefall 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 deals to volunteers and ambassadors. For the festival to efficiently run, they need the help of volunteers to park cars, set up and more.

Summers 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 add to the experience,” said Summers. Hinterland looks to make everything relevant to the festival. Focusing on keeping the same vibe throughout, they carefully select artists and vendors.

“We try to find food and craft vendors that are complimentary and make sense to the festival, and keep it politically neutral,” said Summers.

You can buy tickets online at Hinterland’s website.

**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:** $95 for 2 days

**VIP:** $259 for 2 day

**Camping:** $25-$35 per person

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**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 from coast to coast. 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, Bassnectar and RL Grime

**WHEN:** Aug. 17 and 18

**WHERE:** Water Works Parks, Des Moines

**WHY:** Iowa State Alum will continue the largest running festival in Iowa

**GA:** $79

**VIP:** $129

**Camping:** $39, Age 18+ Only

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**GUTHRIE’S RIVER RUCKUS**

Iowa State alumns Adam Faucher and his childhood friend Grant Sheder 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 Lanco. 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 get 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 Lanco’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, Lanco, 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 Admission:** $75

**Seated Tickets:** $110

**VIP:** $175

**Camping:** $80

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**Foxygen performs during day one of Hinterland music in Saint Charles, Iowa. Foxygen 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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