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This lyric may seem familiar if you were one of the thousands of people lucky enough to watch the viral “Hooray for Ames” video promoting our town of residence before it was tragically taken down from Youtube due to a “copyright claim” by the university. (I didn’t know deep, scarring shame could be copyrighted?) Complete with campy lyrics, liberal green-screening and grimacing professors, the video is a ridiculous, loveable mess — perhaps not an entirely off-base message for the subject matter. While the topics the video chose to highlight — great water quality, low crime rate, cultures living together “without any wars” — may not be at the forefront of college students’ minds, it does make a point. Sure, this town we call home for four years of our life isn’t a glitzy metropolis, but it still has a lot going for it. There may be a straight-up sad mall and seven Subway restaurants (why?), but those things are minor when compared to all of the good things Ames has to offer. For instance, Reiman Gardens is home to the largest concrete gnome in the world. The world! Now that is worthy of a song.

Sometimes it’s easy to complain about Ames, or really let the town have it by slapping an “L” in front of its name, but we’re here anyway, so we might as well enjoy it — or at least appreciate what the city has to offer. You might pick up on some of these things just by reading this issue of Ethos. People living here (both in town and attending Iowa State) are skilled motorheads, award-winning thespians, passionate environmental activists and forward-thinking entrepreneurs — and that’s just the start of the list. There’s also a thriving local music scene that keeps out-of-town bands coming back, and strong university traditions (some of which may be a bit overrated), and perhaps most importantly, an abundance of delicious food trucks.

Even though you may have to explain it has “about 40 miles north of Des Moines” to your out of state friends, I hope after reading this issue you’ll see that Ames has more going for it than just geographic proximity to our state’s capital. Whatever niche or group you find yourself in here, there’s a lot of cool people to meet and things to do — and these unique opportunities come with the comforting, albeit sometimes suffocating, small-town charm. Whether or not it’s worth the three-minute musical tribute, Ames is still a great town in which to spend our college years — so soak it in, and make the most of it while you’re here.

So, even if it doesn’t quite make you fist pump and yell, “Hurray” — let’s hear it for the city of Ames.
“If you’re just passing through or you’re here to stay — hooray! Let’s hear it for the city of Ames!”

This lyric may seem familiar if you were one of the thousands of people lucky enough to watch the viral “Hooray for Ames” video promoting our town of residence before it was tragically taken down from Youtube due to a “copyright claim” by the university. (I didn’t know deep, scarring shame could be copyrighted?) Complete with campy lyrics, liberal green-screening and grimacing professors, the video is a ridiculous, loveable mess — perhaps not an entirely off-base message for the subject matter.

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So, even if it doesn’t quite make you fist pump and yell, “Hurray” — let’s hear it for the city of Ames. 🎵
DON’T BE THE PERSON WHO

BY ETHOS STAFF

- Steals other people's tweets
- Uses the blender at 6 a.m.
- Orders food with headphones in
- Thinks they’re always right or dominates conversations
- Walks in the middle of the sidewalk
- Misplaces/rearranges merchandise in stores
- Still makes Harambe jokes
- Takes someone’s locker at the gym
- Gets drunk every night and then complains about grades
- Asks to go back a slide
- Is a professor who still doesn’t know how to work a projector
**TOP 10 REPLACEMENTS FOR PRESIDENT LEATH**

*OUR DREAM PICKS FOR THE NEXT UNIVERSITY PRESIDENT*

BY NIK HEFTMAN AND ETHOS STAFF

1. The owner of Superdog
2. Aaron Carter
3. The Carver Hall chess guru
4. Cy
5. 14-inch Smotharella Sticks
6. The white squirrel
7. Dr. Tin-Shi Tam (aka the Campanile musician)
8. Joe Biden
9. Monte Morris
10. Ann Campbell, Ames mayor

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**LONGSHOT**

*LOOKING FOR LOVE IN ALL THE RIGHT PLACES*

BY NIK HEFTMAN

Love is patient, love is kind, but it is also just plain hard to find. With its personal advertising section dubbed “missed connection,” Craigslist offers its users a chance at love in spite of long odds. The section was tailor made for individuals who may have been too shy to speak to someone, or too busy to exchange contact information. Check out this collection of the most intriguing local missed connections.

**Locked eyes at Jeff’s Pizza - m4w (Ames)**

We locked eyes across the dining room at Jeff’s Pizza when I pulled some soda out of the pop cooler. You got a nice face and it seemed like we had a moment.

**saw you at Walmart - m4w (Ames)**

You were checking out at Walmart and we looked at each other as we stood in line. You had amazing breasts and I’m pretty sure you knew I was thinking that! Lol Would love to see you again....

**tall dark haired woman having lunch with coworkers at The O.P. Monday - m4w (Ames)**

We locked eyes when you were on your way out and smiled. If this is you, reply with what you remember about me.

**Ames Lebeda mattress store - w4m (Ames)**

To the guy in ames who works at lebeda thank you for giving me a ride home in the rain while I was crying. Sorry I acted creepy and didn’t say anything I was super upset I don’t remember if I even said thank you but I really hope I did. That was really nice and I hope you see this btw you were so cute and I looked beyond hit and pathetic crying in the rain so I was embarrassed anyways thanks.

**hi, Sarah. - m4w (Wal-Mart)**

It was great to meet you. You have a great smile. I hope I didn’t alarm you by being so forward.

**Dark skin guy with dreads by the middle school - w4m (Ames)**

You were walking on the sidewalk on the west side of the middle school at around 530p.m. last night (Tuesday) would’ve of stopped but was running late already. You caught my eye and I caught yours...tell me what color car I was driving and send a pic to prove its you. Dark skin, tall, thin, dreads.

**Sunshine and Rainbows are better than crushed dreams - w4m (ames Firehouse Books)**

I was sitting quietly at the Library, reading Of Mice and Men when you walked by. You were holding a copy of Orwell’s 1984. I was intrigued, because there aren’t many pictures in that book, and most of the men I meet can’t read a lick. I followed you, pretending to look through the stacks of non fiction books that nobody reads. I admired your perfectly coiffed hair, your khaki pants, white socks and sweater vest. When you sneezed and wiped your hand on your pants, I knew I was a goner. I tried to speak to you several times, but no sound would come out. I almost died inside when I watched you climb inside of your Honda Civic with the passenger door held shut with bungee cords. I wrote down your license plate number, hoping to see you again soon.

My wish was granted the very next day when you walked in to Firehouse Books. My heart leapt inside my chest and I almost dropped my copy of Archie and Friends. I still didn’t get the chance to talk to you, as your phone rang and you immediately stepped back outside and disappeared.

I would love to expand on our love of books and old cars. All I need is a chance to rock your dystopian world.

Let me know it’s you by telling me what shirt you were wearing at Firehouse Books. Let’s get together.

**Caribou on Ingersoll - m4m (Des Moines)**

Hey. I’m a younger guy that tends to go to the Caribou on Ingersoll downtown quite a bit. There are a few guys there that are there a lot too, probably medical students, and we tend to make eye contact a lot. Is this you? I’d love to hang out and just chat or become friends or whatever. Hit me up if you think this could be you and a picture. I look forward to hearing from you!
To some people, driving is a chore. Cars are used to get from point A to point B, moving you and your friends to your destination in one piece. But to a group in Ames, driving is a lifestyle. Iowa State Stance is a place for the people that keep local car culture alive. Alex Bartholomew, founder of Iowa State Stance, first had the idea for a car club in 2015. He noticed a lot of people enjoyed modifying and tuning their vehicles, but no one was connected. That's when he decided to create the group's Facebook page.

Iowa State Stance is one of the biggest and most active car clubs in Iowa. Their Facebook group has over 500 members, with around 80–100 active members around Ames. About half of those members are ISU students. Meetups are usually informal, consisting of a small group of people that bring their cars, socialize, host grill-outs, and cruise around together. Once a month (usually weather permitting), the group will hold bigger, more organized events that attract drivers from all over the state. Their last big meetup in the fall had over 50 cars show up. "When we do big events we do our best to keep it civil and not piss anyone off," Bartholomew says. Respect is key — no racing, no burnouts.

Bartholomew is the proud owner of a 1999 Nissan 300zx, and he's built it to be uniquely his. It's lowered, painted dark red and sits on gold Infinitewerks wheels that the company offered him a partial sponsorship to install. "Everyone knows me as the kid with the red 300zx with the gold wheels. It's lowest and slowest, mainly because it's always broken!" he jokes. He does all the work on the car himself and takes such meticulous care of it, it's never even seen snow. (The salt used to melt ice on roads in the Iowa winters has a nasty habit of eating through metal.)

At one meetup, Bartholomew's car and another 300zx broke down within moments of each other. After watching the other car sputter to a stop, Bartholomew began to pull to the side when his car died too. "Nissans are great cars, but damn, are they unreliable," he says.

But that's what makes this group really shine. People are always willing to pull over, wait, and stay behind to help others fix whatever goes wrong with each other's rides. Co-manager Ryan Jenkins says he first became friends with Bartholomew when helping him out after another breakdown. "People might give you shit for it, but it can be midnight and if you get a flat tire and post in the page, guaranteed, someone will be out there in half an hour helping change it," Bartholomew says. For these drivers, the comradery that comes with meeting up in Walmart parking lots to diagnose problems and hone their mechanical skills is the fun of the club.

"The great thing about this page is that if you don't know how to do something, you can post on the page and ask, 'Does anyone have any knowledge of what needs to be done?' and people will help you out," says Rodney Bartow, another co-manager. "It's a close-knit community." Blake Edgeton, another co-founder of the club, owns a 2009 Subaru WRX that he likes to call the "Rally Attack". "I bought a WRX because I like quick cars, but also because I want a car that can do almost anything and go anywhere and still be fast, agile and useful," Edgeton says. With help from other members, he changes everything from oil to brake pads to transmissions fluid to his clutch. He says he's probably saved about $1,500 in maintenance using knowledge he's learned from the club.

Members of the club say one of their favorite things is how inclusive the community is. Iowa State Stance is for enthusiasts of all levels — no matter what you drive, you'll feel the sense that you're welcome. You'll find everything from Hondas, Mazdas, BMWs, Audis, Jeeps and Fords. Even Lamborghinis and Porsches have been known to show up at the meets. Whether you're male or female, prefer imports or American muscle, automatic or manual, it doesn't matter — car culture is judgement free. For Iowa State Stance members, cars become more than just machines — they're vessels into which these drivers can imprint their personalities.
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“I wanted to start a group for car guys around Iowa State to get together and have something to do,” Bartholomew says. “This is one big page where everyone can get to know each other and grow car culture in Ames.”

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MINDING THEIR BUSINESS

STUDENT ENTREPRENEURS SETTING THEMSELVES UP FOR POST-GRAD SUCCESS

BY BRADLEY JONES PHOTOGRAPHY HANNAH OLSON DESIGN MACKENZIE GEARY

COLLEGE IS FULL OF QUESTIONS THAT DETERMINE OUR FATE FOR YEARS TO COME. THE BIGGEST QUESTION OF THEM ALL MAY BE, “HOW AM I GOING TO MAKE MONEY AFTER COLLEGE?” WHILE SOME ARE STILL SEARCHING FOR AN ANSWER, A NUMBER OF IOWA STATE STUDENTS HAVE GOTTEN A HEAD START ON THE PROCESS.

Senior Devin Wilmott began working toward owning her own business her sophomore year of college. After her struggles with excessive exercise and eating disorders, Wilmott realized that her fitness is about more than achieving a look and wanted to share this with others.

“I wanted to help people feel better about themselves. This shouldn’t be about looks, this should be about helping people,” explains Devin.

Devin held fitness camps in her hometown of Dallas, Texas while visiting her mom over the summer after her sophomore year. This led to her creating social media accounts dedicated to “TrainWithDev.” Within two years, the idea grew into a successful health and fitness business where she helps clients take small steps toward their fitness goals with healthy eating and training for their body type. Her most recent venture is her own supplement company called I Conquer Everything Labs LLC. She says her motivation comes from being inspired by watching her parents grow from having nothing to owning their own businesses.

“I don’t feel I deserve to be successful and that is what drives me. Everyday I wake up with the mindset that, at the end of the day, no one is going to stop me,” she says. “When I see other
people grow, I think to myself, "Why can’t I do the same thing?"

Senior Teodoro Mefalopulos believes to be a successful entrepreneur, you have to be willing to give things up.

"There isn’t enough time in the day to do everything," he explains. "My sacrifice was going out. I’ve never been into that lifestyle. For others it may be something else, but there is always a sacrifice to be made."

While in high school, Mefalopulos came up with the idea to sell T-shirts to his classmates. Expecting to sell a few, he was shocked to have sold out in a day. He continued to make school shirts for his classmates as well as making custom shirts. This gradually turned into a clothing line, Vyb. Due to creative differences, he has now left the company behind.

"I learned to not make your business your passion," said Mefalopulos. "Once you make it your passion, you are going to start hating it and you won’t have an interest in. Make it something you are interested in and something that provides a challenge everyday."

He went on to start Directed By Creatives, a video production company. He loves that the company is less about making a profit and more about working with others toward a common goal.

Having a business isn’t all about having a well known brand — for some it is about making a little money from a hobby. Junior Jeilah Seely took her passion for art and her drawing skills and used it to make a little extra cash to help get her through school. She got her start illustrating for a retired lawyer who was writing a book.

"HE ENDED UP PAYING ME OVER THREE TIMES WHAT I CHARGED HIM. I THOUGHT TO MYSELF WOW, I MIGHT BE PRETTY GOOD AT THIS," she says.

After this, Seely started a Facebook page for selling art.

"Most of what I get from the art goes toward the art. Whatever’s left goes toward school." Though she hasn’t sold much and is unsure about the future of this business, she plans on sticking with it for a while and seeing where it takes her.

Seely, Wilmott and Mefalopulos all have learned a lot of do’s and don’ts when starting your own business. As far as finances, Wilmott believes that something you do is invest in yourself and have a "dream fund," or "setting aside money that goes toward your dream." She advises resisting the temptation to spend anything from the dream fund because "once you take a little, you will start to get greedy." She has learned to keep her business and personal assets separate as well as to live below her means.

"Though my business is growing, I’m living off of a college student budget," Wilmott explains.

Seely says she has learned how to balance her time between school, work, her social life and working on her art. "It becomes easier when you work for yourself and have your own schedule. For example, if I know I’m going to have a busy week ahead of me, I avoid painting during that time."

Treating people with respect is important to Mefalopulos. He was influenced by Sir Richard Branson, a billionaire who has made his fortunes from selling customer service. "I believe there is a correlation between treating people well and success. [Richard Branson] treats his employees well which in turn treat employees better. I think that’s an important thing to keep in mind whenever I hire someone — there is a certain return when someone is working for you and they are happy doing it."
WHY BUGS ARE MORE THAN ANNOYING PESTS — AND MAY BE KEY TO A SUSTAINABLE FUTURE

BY LAUREN IVESON
PHOTOGRAPHY HANNAH OLSON
DESIGN MACKENZIE GEARY
Aside from the occasional butterflies that soar around campus, the only insects most students come in contact with are ants crawling on buildings and cockroaches in the dormitories. Though these miniscule creatures have most of us running in the other direction, insects are actually vital to our survival on Earth.

“We tend to focus on the one to five percent of the insects in the world that somehow cause us loss or pain or annoyance, but from a broader perspective, insects are very important for ecological services,” says Dr. Donald Lewis, a professor and extension entomologist in Iowa State’s Department of Entomology.

One of the most important ecological services that insects provide is pollination. The process, which is carried out by insects including bees, butterflies and ants, is when pollen is carried from the male flower to the female flower, which then sparks the development of seeds into the food we eat today.

To put the importance of pollinators into perspective, approximately one out of every three bites of food you eat is provided by pollinators, according to research done by Gary Paul Nabhan and Stephen Buchmann. Not only are they the sole responsibility of at least one third of our food source, they are also contributing to the global economy — nearly $217 billion to be exact, according to John Losey and Mace Vaughan in “The Economic Value of Ecological Services Provided by Insects.”

“If you want to eat, you should appreciate insects,” Lewis says.

Some crops could survive the extinction of pollinators, including corn, which is gravity pollinated, wheat and possibly soybeans. Without pollinators, however, we can wave goodbye to all other fruit and vegetable crops such as coffee, avocados, tomatoes, peaches, broccoli, raspberries and cashews.

Though pollinators play a huge role in nature, they aren’t the only insects that are of importance to our society. So are decomposers, or the insects that break down dead or decaying materials.

“[Decomposer insects] get way too little attention,” Lewis says. “If we didn’t have them then we would be up to our armpits in dead plants and animals.”

Deemed nature’s recyclers, decomposers include creatures like mites, centipedes and earthworms. When plants or animals die, these insects will break down the tissue and recycle the nutrients back into the soil. That means the piles of dead leaves you see every season and the roadkill you pass on the interstate doesn’t just disappear on its own, and without the insects to break it down, the responsibility would fall on humans to clean up the abundance of rotting material.

“The decomposers are an important part of keeping our energy cycles going round and round, and if we tie up too much energy into dead material then that’s less available for us,” Lewis says.

Insects are vital to our way of life, but one thing that has yet to become popular in western culture is entomophagy — eating insects. A delicacy in many Asian and south African countries, insects are a power source for protein. Though the insect diet hasn’t been fully adapted yet, it could soon be making its way into our food pyramid.

“One of the things that’s under development is cricket flour,” Lewis says. “You know how you grind wheat into flour? Well, you grind dried crickets into flour and it becomes a high-protein base for making things like energy bars.”

A half-cup serving of cricket flour can provide nearly three times the amount of protein that you will find in an entire sirloin steak, according to research done by Cricket Flours LLC, a brand that currently sells the increasingly popular product. Additionally, crickets are extremely easy to raise in captivity, making their species even more available for edible purposes.

“Insects are often viewed as creepy crawlies that terrorize your home, but the human race depends on them to continue living in a clean, produce-growing environment. Next time you’re wincing at the sight of an insect, remember that without it, the quality of life would drastically decrease. “There are always these dire statements that say insects would do fine without humans but humans wouldn’t do fine without insects,” Lewis says. “The loss of species could be detrimental to our food supply and the energy cycles of the world. We need that diversity to keep things going.”

“Cricket flour and grasshopper flour are not too far away from being in the food you buy,” Lewis says.
While food trucks in the U.S. have been serving delectable food on-the-go for over a century, their popularity began to soar in 2008 with the opening of the Kogi BBQ Truck in Los Angeles, CA. Since then, foodies have flocked to the streets to eat everything from tacos, to ice cream, to gourmet grilled cheese. This food truck craze has spread all over the U.S., and Ames is no exception.

Many ISU students are familiar with the iconic Super Dog stand after a night out on Welch or Main St., but there are various other food stands and trucks in town offering a variety of both international and American cuisine. Here’s our guide to the various food trucks in the area.

**Cravin Cuban?**
What it is: Macubana opened in 2014 and has been serving customers in the Ames area ever since. With a menu including empanadas, Brazilian burgers, Belgian fries, Greek gyros, slow-roasted pork cubano sandwiches and a deep-fried mac & cheese creation called “tempura mac attack,” this multi-cuisine food truck offers not only Cuban food, but various other cuisine types as well, including newly-added vegetarian options. Customers are able to order at the company’s truck, an International Harvester Metro Van from 1955 — a model designed by Raymond Loewy, who also designed the Coca-Cola bottle — or place orders online for pickup at a specific desired time.

Where to find it: 11 a.m. to 2 p.m. Monday-Friday between Carver and Beardshear Hall on campus
10 p.m. to 2 a.m. Thursday-Saturday at the intersection of Stanton Ave and Chamberlain Ave., near Aj’s
5 p.m. to 9 p.m. Friday-Sunday at Alluvial Hall on campus

**Good for:** Lunch or supper on the go

**Classic Cuisine**
What it is: In 2012, Finley’s Curbside Beastro/Pizzeria became the first food truck on Iowa State’s campus. The original truck, which served American classics such as burgers, hot dogs, pulled-pork sandwiches and chicken nuggets, went out of commission after it caught fire about three years ago. After the fire, the company began using a smaller truck and temporarily downsized their menu to offer primarily pizza, wraps and sandwiches, but will soon be opening a new truck that will offer both pizzeria and bistro cuisine. Among the new menu items will be innovative burgers such as “The Elvis,” which will have peanut butter, crumbled bacon and fried bananas. The new truck is set to open this spring.

Where to find it: 10 a.m. to 2 p.m. Monday through Friday in the parking lot by Kildee Hall on campus.

**Good for:** Lunch on the go

**Taco Time**
What they are: Feelin spicy? Stop by any of the various Mexican food trucks in town for a bite of Mexican cuisine with our without extra heat. With menu items including tacos, nachos, burritos, quesadillas and more, Rico’s Tacos, Carlos Quesadilla’s and

**Superdog**
What it is: Campaniling at midnight, this multi-cuisine food truck offers not only Cuban food, but various other cuisine types as well, including newly-added vegetarian options. Customers are able to order at the company’s truck, an International Harvester Metro Van from 1955 — a model designed by Raymond Loewy, who also designed the Coca-Cola bottle — or place orders online for pickup at a specific desired time.

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**Good for:** Lunch or supper on the go

**German Gems**
What it is: After a long morning of classes, Superdog leaves after 2 a.m. (depending on location) until close -Hungry Bros: 8 p.m. to 12 a.m. at Kildee Hall and at the Ames’ Farmers Market Tuesday–Friday in the parking lot by Kildee Hall and at the Ames’ Farmers Market Tuesday–Friday in the parking lot by Kildee Hall
-Remos Kebab: 4 p.m. to 12 a.m. Monday–Friday in Campustown and on Main Street.
-The German Gem: 11 a.m. to 10 p.m. in the parking lot by Kildee Hall and at the Ames’ Farmers Market Tuesday–Friday in the parking lot by Kildee Hall and at the Ames’ Farmers Market Tuesday–Friday in the parking lot by Kildee Hall

**Good for:** A late-night snack or meal

**Bestia**
What it is: Bestia offer everything from tacos, to ice cream, to gourmet grilled cheese. This food truck craze has spread all over the U.S., and Ames is no exception.

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Hungry Bros. all serve authentic Mexican food items with their own twist. The trucks, which can be easily spotted with their orange and red colors, are arguably most known for their homemade sauces unique to each truck.

Where to find them: Hungry Bros: 8 p.m. until 3 a.m. Wednesday through Saturday in Campustown
- Rico’s Tacos: 11 a.m. until 8 p.m. Monday through Saturday (except Wednesday) at 605 E. Lincoln Way and 11 a.m. until 8 p.m. on Saturdays at Torrent Brewing Company
- Carlos Quesadillas: 11 a.m. to 7:30 p.m. Monday through Friday 9 a.m. to 3 p.m. in the parking lot by Kildee Hall

Good for: A quick snack or lunch or supper on the go

Chips or fries?

What it is: Serving up British classics such as bangers and mash, steak, chicken curry, Guinness pie and of course, fish and chips, “The Mallard,” Mucky Duck’s green food truck, serves almost everything available on the menu at their pub location on Duff Avenue. While the green truck, commonly sporting multiple countries’ flags, cooks up a variety of entrees from across the pond, it also offers items outside of the typical British cuisine realm such as cheeseburgers and tenderloin sandwiches. How can you spot them? By their various flags flying high off the top of the truck. Cheers!

Where to find it: This truck primarily is only used for catering needs or at events in the Ames and Des Moines area

Good for: Catering or supper on the go

German Gems

What it is: After a long morning of classes, you’re hungry for a salty snack when the bright red Salt & Pretzel Company food truck catches your eye. You order a soft pretzel with cheese and as your food is handed to you, you realize that it’s missing the salt! Your heart sinks slightly, until you learn that the company makes traditional German pretzels, which are soaked in milk and lye baths to give them a uniquely salty flavor. The company also offers a variety of other German cuisine items including a range of sausages and bratwursts.

Where to find it: 10 a.m. until 2 p.m. Tuesday–Friday in the parking lot by Kildee Hall and at the Ames’ Farmers Market

Good for: A quick snack or lunch on the go

Superdog

What it is: Campaniling at midnight, sprinting from Curtiss to Beardshear, walking around Lake LaVerne three times with your soul mate — these well-known Iowa State “traditions” have been done by many students desiring to become true Iowa Staters. Among these activities unique to Iowa State may be the act of devouring a Super Dog after a night out on Welch or Main Street. The local delicacy — a creation of beef hot dogs and various other ingredients including five sauces, potato chips and more — are sold at carts owned by the Smiles and Gyros Company. While the exact ingredient list is unknown to many fans of the dogs, the customer who asks to “hold the pineapple” will surely be met with with dirty glances and an array of protests by others in line who will probably argue that the popular dog must be eaten with all the ingredients. The company also has a cart that offers beef, chicken and vegetarian gyros and one that offers both gyros and superdogs, plus grilled cheese.

Where to find it: Between 9:30 p.m. and 11 p.m. (depending on location) until close (which is 5 minutes after the last customer leaves after 2 a.m.) in Campustown and on Main Street.

Good for: A late-night snack or meal 😋
Workout for the Average Joe

BY ERIN HOOKER
DESIGN KALEY LEMPKE
PHOTOGRAPHY HANNAH OLSON

Disclaimer: I am not a normal person.

As an athlete on the Iowa State cross-country team, I run a minimum of 70 miles each week. I’m also a member of the track team, so that treasured “off” season so many athletes talk about — yeah, I’ve never experienced one of those. With yearlong training and competing, I needed a go-to workout that is ideal for off days from practice, or on busy days when school and life got the best of me.

I wrote a workout that anyone can do, and I’m sharing it.

Before you shut down this article, or assume the workout will be too hard, trust me!

I relate to not feeling motivated. I don’t enjoy every mile I run. So, on those tough days I simplify fitness.

At the heart of a good health and fitness routine is consistency. You don’t have to make a major life change for health improvements. There is no need for sexy workout gear and I definitely don’t encourage throwing out the beer and brownie mix from your pantry. So, here is fitness — super simplified.

1. Consistency

Working out for 20 minutes each day is better than working out for one hour, one day a week.

2. Variety

Don’t feel pressured into committing to a label of “runner,” “yogi,” “biker,” or “lifter.” Try new activities.

3. Prioritize

Maybe a job takes priority in your life or friends or an internship. I get it. So instead of feeling guilty for not prioritizing health and fitness every hour of the day, simply prioritize your body for 30 minutes. Then, move on with everything else that is most important to you.

4. Don’t buy in.

Blender bottles, protein shakes or supplements don’t give you a good body — it’s the exercise you do. If your main goal is just to run at the gym five days a week, then run five days a week at the gym. Save money and ditch the fitness products.

5. Do You

Plug in and listen to your favorite podcast. Wear some retro, vintage gear or show off that thigh tattoo. Make working-out an enjoyable part of your day.

Fitness is simple. We are bombarded by hardcore phrases surrounding fitness such as no excuses, just do it, etc. The intense environment at the gym might drive us away but it doesn’t need to. All we need is a fitness formula, a workout we plan on completing in a certain amount of time. This workout emphasizes consistency, incorporates variety and requires less than an hour each day.
Disclaimer: I am not a normal person. As an athlete on the Iowa State cross-country team, I run a minimum of 70 miles each week. I’m also a member of the track team, so that treasured “off” season so many athletes talk about — yeah, I’ve never experienced one of those. With yearlong training and competing, I needed a go-to workout that is ideal for off days from practice, or on busy days when school and life got the best of me.

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Enjoy!

The Workout: 30 minutes
Run/Bike/Elliptical – Choose Two
15 minutes of first pick
15 minutes of second pick
First exercise: Five-minute warm up
10-minute workout [One minute hard/ One minute easy]
Second exercise: 10-minute workout [One minute easy/One minute hard] Five-minute cool down

Directions:
The first five minutes of the first pick is warm-up and last five minutes of second pick is cool-down.

For the remaining 10 minutes of the first pick after the warm up, increase heart rate by going hard for one minute and then going easy for one minute, repeat five times for the full 10 minutes.

Then, hop on the second machine pick. Begin with one minute easy to warm-up into the new exercise. Then, go one minute hard, one minute easy for nine minutes. You should end on one minute hard before the five-minute cool down.

Adapt this workout for any two exercises, or for a 30-minute walk/run.

Stuck at home?
Pick five of your favorite body weight exercises such as pushups, sit-ups, plank, squats and lunges. For the warmup, I recommend an old-school elementary throwback exercise: jumping jacks.

Warm up: One minute of jumping jacks

Workout: Spend six minutes on each exercise alternating one minute doing the exercise, one minute resting. For example:
1 minute of plank, 1 minute rest, 1 minute plank, 1 minute rest, 1 minute plank, 1 minute rest, then move onto the next exercise.

Between each exercise, do one minute of jumping jacks for increased heart rate.
AN IN-DEPTH LOOK AT ONE OF THE MOST UNDERRATED MAJORS AT IOWA STATE UNIVERSITY.
Passionate Performers

AN IN-DEPTH LOOK AT ONE OF THE MOST UNDERRATED MAJORS AT IOWA STATE UNIVERSITY.

BY ALYSSA PRIEBE

DESIGN ALIXANDRIA COLLINS

PHOTOGRAPHY HANNAH OLSON

MORGAN DARROW, WHO PLAYS THE ROLE OF MEG MARCH, REHEARSES A SWORD-FIGHTING SCENE WITH KEATON LANE FOR ISU THEATRE'S PRODUCTION OF LITTLE WOMEN.
“With only 40 students enrolled in the performing arts program... small numbers don’t measure the success of the department. In fact, some believe it’s one of its biggest strengths.”

Keaton Lane sat next to his sister, his grandmother speaking to them from the other side of the dining room bar in her small house in Cascade, Iowa.

“Are you enjoying your classes?” she asked.

“Yea, I’m taking script analysis, acting and musical theater,” he responded. “I added a double major in performing arts.

She looked at him confusedly.

“What do you mean you’re studying performing arts?” she questioned.

“What’s that?”

It was a long conversation with Lane trying to explain what exactly it meant to study theater at Iowa State. Something he says tends to come up whenever he tells anyone his major.

“Most people I speak to don’t know you can major in theater,” he says. “Or that Iowa State even has a theater department.”

With only 40 students enrolled in the performing arts program, it’s not surprising stories like Lane’s are common. But small numbers don’t measure the success of the department. In fact, some believe it’s one of its biggest strengths.

“There are advantages to being small,” says Beate Schmittmann, the dean of the College of Liberal Arts and Sciences. “Students get a much better grasp on all the puzzle pieces that make theater work.”

Students experience these “puzzle pieces,” such as costuming, set design and directing, through six yearly Iowa State productions on Fisher Theater along with multiple, smaller, student-produced shows held in Pearson Hall.

Adam Kroksh, a senior in performing arts, says it’s something not all students from other universities get to experience.

“We take our work very seriously,” says Kroksh. “Since we are so small, we get multiple opportunities other students don’t. The collaborative effort the entire department puts in is really remarkable.”

All Majors Allowed

Unlike many other universities specializing in theater, all Iowa State students are encouraged to participate in shows and take performing arts classes — regardless of their major.

Michael Clinkscales sat in his dorm room wondering what was missing. Sure, he enjoyed his psychology courses and knew he wanted to help teens recovering from substance abuse, but something was still missing.

He thought back to his high school days when he acted in school plays and performed during speech competitions. He decided to look into performance opportunities at Iowa State. Then, he found an audition announcement for “Amadeus.”

He walked into 2140 Pearson, the program’s audition room, feeling an air of intimidation. He knew multiple students majoring in theater were auditioning, and was unsure how to compete with them. But he performed his prepared monologue, filled out the form and read a scene in front of the director, Jane Cox. After about five minutes, he heard the words ever actor experiences.

“Thank you, we will let you know.”

Clinkscales left, and began the waiting process. About a week later, he received an email from the Theatre Department at Iowa State University.

His eyes scanned over the show information until finally, he landed on his name.

“Michael Clinkscales, Joseph II.”

He felt surprised and excited.

“There’s a huge level of intimidation getting involved in theater in college,” he says. “I thought about how I was going against people who live and breathe it, so when I got a part I was surprised.”

He attended rehearsals five times a week and quickly remembered what he loved about theater to begin with: he got to bring stories to life. He also found himself accepted by all the performers — regardless of their majors — and inspired by Cox, the director of theatre at Iowa State.

After the show ended, Clinkscales decided to continue auditioning for different productions and take some theater courses — something he says a lot of other students do too.

“It’s rare to see someone do just one show,” he says. “There’s such an inviting and welcoming environment. It doesn’t matter which major you’re in. It’s a collective experience of people who are enthusiastic about the same desire: to create.”

As a senior, Clinkscales will graduate with 45 credits from the performing arts department. But he says he never thought to minor or double major because he wanted the freedom to take the classes he saw benefiting his future the most.

“I do want to pursue theater when I graduate,” he says. “But I’d rather take musical theater and directing — or other classes I feel most benefit me. They teach more than just facts. They teach me how to be a professional.”

Brad Dell, an associate professor of theatre, noted that many of students enrolled in his classes aren’t majoring in the program.

“Virtually every class and production is filled with majors and non-majors, which is a testament to our program,” he says. “We help the ISU student body become compassionate, empathetic, creative citizens.”

Award-winning Program

Every year, Iowa State students and faculty take part in the Kennedy Center American College Theater Festival (KCACTF) which not only offers numerous workshops and competitions, but brings a representative to present feedback serves after each ISU production.

Following the audience’s thunderous applause, Kroksh headed into the basement of Fisher Theater. He and the fellow cast members of “Mr. Burns” listened as the KCACTF professional talked about what worked and didn’t about their most recent performance.

“I think the first and third acts were the strongest,” she said. “I especially liked their different tones.”

The cast members listened intently, and the representative continued, her voice echoing off the concrete walls.

“I want to ask you guys, how did you go about approaching the script for this adaptation?”

She talked for about 45 minutes, sharing insight and asking the performers their opinions. After she left, their director Amanda Petefish-Schrag, an assistant professor in music and theatre, spoke a few last thoughts and sent the cast on their way, ready to start again the next day.

Kroksh says he’s grateful that Iowa State submits each production for KCACTF because of the valuable feedback the cast receives at the end of each show.
It’s super-duper helpful,” Kroksh says. “In the real world we are not going to get critique like this. So hearing what a professional thinks worked or didn’t is super helpful and beneficial for [our] future [careers].”

Students take the feedback the professionals provide and bring it back to their competition performances at KCACTF. This year, 44 students and faculty represented Iowa State at the 49th Festival held at the Downtown Marriott in Des Moines, Iowa in late January, including Kroksh.

Kroksh has attended KCACTF all four of his undergraduate years. This year, Taylor Millar took first place in KCACTF Region 5 Society of Directors and Choreographers Directing fellowship, Hannah Rublaitus earned first place in Dramaturgy for her project on “Mr. Burns, A Post-Electric Play” and Cook tied for 2nd place in the Society of Directors and Choreographers Directing fellowship. In addition, several faculty members also received awards for their directing throughout the years.

But competing isn’t the only reason theater enthusiasts pay the $80 ticket fee and return to the festival year after year.

“For me, going to the competitions and watching others present work they’ve been doing for so long is the best part,” Clinkscales says. “Theater will forever be a work of collaboration. It’s always learning from others, so watching these new performances is the most important part.”

“It’s about way more than winning awards,” says Dell, who serves as the chair of KCACTF Region 5. “It’s a nation-wide organization that celebrates and fosters excellence in theater.”

More than a Job

The stigma surrounded by jobs in art fields: they make little money. But generally, that’s not why artists choose their path. It’s not about the career; it’s about the chance to create.

Kivan Kirk’s gray 2002 Ford Focus cruised along U.S. 30 East. His 15-year-old hands reached for one of his favorite soundtracks. Soon, Johnny Depp’s voice blasted from the speakers, singing about how there’s no place like London. Kirk scream-sang along for the hour between Tipton and Clarence, Iowa.

He had never participated in chorus, or received any artistic education, but something about those days driving to and from work jamming out to his favorite musical numbers helped spark his life’s true passion: theater.

A few years later, Kirk started studying criminal justice at Kirkwood Community College. He decided to audition and received the lead role in “Lemon Sky.” After a few more productions, Kirk attended KCACTF and saw performances by Iowa State. After that, he decided to transfer to ISU and major in performing arts.

Kirk graduated from the program in 2015 and currently works in Des Moines, directing multiple children’s theater shows and acting in his free time. Although he doesn’t receive thousands of dollars for his work, Kirk says he loves his career path.

“The world runs on money,” he says. “You have to be financially well-off — not just comfortable — to be considered successful. It’s awful. For me, I do theater because art shapes life. Every production taught me something new about society and myself.”

Kroksh shares Kirk’s enthusiasm.

“Financi ally speaking it isn’t the most secure profession,” he says. “But I think the performing arts are necessary. We need art in life.”

Cox says this is the kind of thinking she tries to enforce through her classes.

“College is about teaching different ways to think about something,” she says. “It’s not about memorizing facts. It’s about how to learn and that’s what the performing arts do.”

Dell agreed with Cox’s approach.

“It is a wild myth that after college you will have a stable career,” he says. “The point of college is to grow, learn and help you become an individual. There shouldn’t be one path, but 100. I view theater as one way to prepare students for that element.”
Why is theater important?

“What kind of world would we live in without the arts? They are vitally critical in any society.”
– Brad Dell, Associate Professor of Theatre

“Functionally people need food and shelter, but people thrive off stories. Regardless the medium — dance, theater, painting — without the arts you’re just surviving not thriving.”
– Adam Kroksh, senior, performing arts

“It’s a look into the lives of other people and the similarities between us. It teaches empathy and understanding.”
– Keaton Lane, sophomore, performing arts

“It’s a healthy program that creates experiences for students to remember Iowa State for the rest of their lives.”
– Dean Schmittmann, Dean of the College of Liberal Arts and Sciences

“The chance to tell stories honestly and through a unique lens is what attracted me to the arts. The messages move me.”
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COSTUME-PLANNING COLLAGES FOR ISU THEATRE’S PRODUCTION OF LITTLE WOMEN PINNED UP IN THE BASEMENT OF FISHER THEATER.
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While some revel in the single life, these students are preparing for lifetime commitments.

More than two million people are married in the United States each year, but with hookup culture becoming increasingly popular, the average age for millennials to wed continues to get higher. Only 26 percent of 18 to 33-year-olds are married, according to a 2014 study by the Pew Research Center. For some couples, however, they’re wasting no time saying “I do.”

Take Nate Halstead and Maggie Van Roekel, for example. The couple met in 2015 during their sophomore year of college. Halstead’s roommate at the time had taken an interest in Van Roekel, but it didn’t take long for her to notice Halstead’s goofy personality.

“He walked in the room and was wearing a dad vest and no shirt underneath and I was like ‘What on earth is this kid doing?’” Van Roekel says. “He was really spazzy and talkative, so I wouldn’t say I was interested, but I was more intrigued.”

“Oh, you were interested,” Halstead jokes. Halstead and Van Roekel had to work through trials just like most relationships, but because of months spent apart due to study abroad programs and mission trips, the duo’s relationship moved much faster than they both anticipated.

“We had to take a quick start to our relationship and right before I went abroad I thought to myself that I was going to have to decide if I want to pursue this long-term or not,” Van Roekel says. “I knew pretty early that I wanted to marry him.”

Fast forward to September 2016 and the couple was engaged with a romantic coffee shop proposal. They immediately booked the big ticket items necessary for a
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Fast forward to September 2016 and the couple was engaged with a romantic coffee shop proposal. They immediately booked the big ticket items necessary for a wedding, such as the venue, photographer, DJ and various vendors.

“The things that are mandatory to have a wedding we got right away,” Van Roekel says.

So what is it really like to plan a wedding in college? Most people would call it an “organized mess” due to tight budgets and a balance between school, part-time jobs and wedding planning. However, it’s actually a lot less complex than that. With flexible schedules and free periods throughout the day, more time is available for college students planning their special day compared to if they were professionals working 40-hour weeks, Van Roekel says. Though time doesn’t seem to be a problem for young lovers, money is. Luckily, supportive parents seem to be the key in affording the hefty costs of throwing a wedding.

“My parents paid for the majority of the wedding and his mom helped a little too,” says Laura Schmitt, a junior at Iowa State University. “[Hunter] and I were really blessed, but we did have a really tight budget.”

And tight it was. The average American wedding costs just over $35 thousand, according to a 2016 survey by The Knot. With college loans, living expenses and other money-guzzling circumstances, there is often not much left over for college students to save. With that in mind, Hunter and Laura Schmitt’s budget was set at $5 thousand.

Married in 2016 at the ages of 20 and 22, the couple found ways to cut costs on their big day. Some of these things included forgoing a dance with a DJ, buying all of their food from Costco, reusing a family day compared to if they were professionals working 40-hour weeks, Van Roekel says.
friend’s wedding decor and simplifying wedding dress visions.

“I bought my wedding dress for 38 dollars and had it tailored for 100 dollars,” Laura Schmitt says. “Every girl dreams about her wedding dress and that’s one thing I wish I could’ve splurged on, but it was the first dress I tried on and I liked it enough.”

Hunter and Laura Schmitt both say they have no regrets about their saving decisions, and that it’s necessary to make compromises when only a limited budget is available.

“At the end of the day I walked away his wife and that was the most important thing.” Laura Schmitt says. “I had to keep reminding myself [the wedding] was one day and our marriage will last a lifetime.”

On the other side of the spectrum, Trey Achterhoff and Kenzie Mulder’s parents, who are also financially supporting their wedding, constantly remind them that they will only be married one time. They say that though it’s important to keep a budget in mind, it’s also okay to splurge on certain things that will make their experience that much more special.

“There’s been a couple of circumstances where we’re willing to do something cheaper and our parents have pushed us toward something a little nicer,” says Achterhoff, senior at Iowa State University. “Maybe that’s something from our college mindset; being willing to save and pitch pennies because we’ve had to do that as college kids.”

With a July 2017 wedding in the works, Achterhoff and Mulder’s stressors lay more in the details, such as finding a venue that could support the approximately 300 guests they plan to have.

“The most important thing for us is who’s there on the day,” Achterhoff says. “We want as many people [at the wedding] as would want to attend, so our priority is getting people there. We’re willing to go cheaper on certain things in order to make that happen.”

The venue, a barn-styled building on the outskirts of Sioux Falls, South Dakota, caused anxiety for the duo because they reserved it before ever seeing it.

“We booked our venue 15 months out as a hole in the ground, so there was nothing to look at,” says Mulder. “They were building it and we really had to take a leap of faith because it was the last weekend they had available.”

Though the venue, dress, and delicate details play a role in each couple’s wedding experience, they all agree on one thing--none of that truly matters. What does matter, however, is the person standing across from you at the alter.

“You have to have someone that you can make that commitment to,” Achterhoff says. “It’s not always going to be a feeling [of love], but sometimes a choice.”

Young love comes hand-in-hand with an abundance of criticism, and many times has people asking “why?” Each couple typically has a routine response to anyone who may express doubt, but ultimately it comes down to the classic cliche-- when you know, you know.

“I had a friend the first month we were dating get engaged young and I was like ‘Oh my gosh, what are you doing?!’ Van Roekel says, “but it doesn’t really make sense unless it’s you, and then it couldn’t possibly make anymore sense.”

Van Roekel and Halstead both expressed that they had no intentions to be engaged during college, but for some, young marriage is what they have always wanted.

“I knew when I was 15 years old and I never doubted it, not for a second,” Laura Schmitt says about marrying her husband.
“It’s rare for that. We didn’t talk about it with others a lot because we didn’t want people to think we were nuts.”

Fortunately, Hunter Schmitt was on the exact same page.

“As a junior in high school I thought, ‘man, am I ever going to date anyone else,’” Hunter Schmitt says, “but the first girl I dated I loved like crazy, so it wasn’t really a concern.”

Something that is commonly associated with young marriage is a certain lack of maturity, but it can actually be quite the opposite in many cases. For example, Laura and Hunter Schmitt wanted to get married when she was only 19. While many outsiders viewed them as kids blinded by love, they made it a point to show rather than tell others that they were ready for marriage. This included looking at their financial stability, communication abilities, individual emotional intelligence, and assuring that their future plans aligned. For them, they saw no need to wait.

“It’s a societal thing,” Laura Schmitt says. “It’s really easy to judge from the outside, so I’m not mad at people who question our marriage.”

Another issue many people have with young marriage is the idea that the couple is settling. With divorce rates at nearly 50 percent (according to the American Psychological Association), individuals are taking more time to establish a career as an independent before they decide to tie the knot. However, Van Roekel and Halstead argue that marriage doesn’t necessarily mean they lose their independence, but instead they gain a partner to go through life’s hardships with.

“This is such a weird transitional stage where everyone is getting ready to move on to the next thing, but the only difference for us is we’re getting ready to get married and move on,” Van Roekel says. “If neither one of us wanted to get married then we wouldn’t be planning a wedding during college. It’s the stage of our lives we’re in and we just happen to be in college during it.”

Dealing with wedding stressors, negative comments from peers and the entrance into a new stage of life takes its toll on couples, but knowing you will always have that one person’s constant encouragement and love makes everything worth it.

“I’m so pumped to see him five, 10, 15 years from now and learn that I love him so much more than I did the five years before. The more we grow and learn things together, the more we’re going to love each other and that just constantly continues. There will be hard times, but that means the sweet things will be even more amplified.”
MEETING THEIR MATCH

IOWA STATE RUGBY PLAYERS FINDING A LOVE FOR A NEW SPORT — BUT NOT PERCEPTIONS THAT CAN COME WITH IT

BY ALEX IVANISEVIC
DESIGN ALIXANDRIA COLLINS
PHOTOGRAPHY HANNAH OLSON & EMILEE DROST

It’s Wednesday night, and under the fluorescent lights of Lied recreation center, rugby teammates line up parallel to each other. On the coach’s call, one charges toward the other and hooks an arm under a leg while thrusting a shoulder into the torso — the teammate is pinned to the ground. They get up from the turf laughing, the charger helping her teammate up. Then they switch positions, the charger preparing for a turn as the tackling dummy.

Safe tackling is just one of the many techniques the team does drills to perfect at their practices. The Iowa State Women’s Rugby Club practices inside Lied and outside on the rugby field, when weather permits, twice a week throughout the majority of the year. They have a fall and a spring season.

“In the fall it is our competitive season, so we play teams around the midwest and we can advance to playoffs to go to nationals,” says Elizabeth Reding, a senior studying biology and history, member of Alpha Phi sorority and captain of the women’s rugby club. “In the spring we get to play a lot of our tournaments, so it is definitely more of our fun season.”

Reding says that the team of about 30 players plays in the Division 1 league against many schools in the midwest conference. Saturdays are game days for the rugby team. There is an organized schedule for the club’s practices and events, which makes it easy to share the field, practice and play times with the boys rugby team. In the spring, they have tournaments on most weekends and are currently planning a trip to Nashville, Tennessee. The teammates get used to spending a lot of time together.

“It definitely takes a little bit more of an outgoing person to join [rugby] initially,” claims Reding. “We have had some shy girls come on this team and find their voice — they blossom into young, confident people who really know what they want in life.”

Destination Iowa State is a major time for the club to recruit new members and interested players. Clubfest is also a way they have attracted students. It provides time for them to talk about the team and what the sport is like. They recruit both girls who have played the sport before and girls who have never played, nor even know the rules of, the game — rugby remains an unfamiliar sport to many people.

“It’s not something you grow up with, we see football all the time and it’s hard hitting and there are injuries but you don’t really think about it as much because it’s a game you know,” says Reding. “Not only is rugby a little bit more daunting in the way that we tackle, but also that no one really knows the rules and it is unfamiliar.”
It's Wednesday night, and under the fluorescent lights of Lied recreation center, rugby teammates line up parallel to each other. On the coach's call, one charges toward the other and hooks an arm under a leg while thrusting a shoulder into the torso — the teammate is pinned to the ground. They get up from the turf laughing, the charger helping her teammate up. Then they switch positions, the charger preparing for a turn as the tackling dummy. Safe tackling is just one of the many techniques the team does drills to perfect at their practices. The Iowa State Women's Rugby Club practices inside Lied and outside on the rugby field, when weather permits, twice a week throughout the majority of the year. They have a fall and a spring season.

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With rugby, your body is your weapon, but your body is also what’s there and willing to help with injuries. A key to channeling and maintaining a regulated level of aggression is a very important skill that you learn. It is an important aspect of rugby.

People might have some misconceptions about the sport. She thoroughly enjoys the sport for the experiences it has given her. It is a really social sport. For more than a couple of reasons you think it is, and look at the reasons to stay. She continues, “It is a tough sport! But there is another side to it, and it is such a healthy way to relieve stress and aggression.

She says that when you are on the rugby field playing in a match, you leave any tension that occurs during the game on the field. She says, “Stereotypes are a struggle with me sometimes, the sport comes with stereotypes. Often, the padding or helmets worn, might come as a bit of a surprise. Often, some getting used to, but to some people the fact that females play the sport as well and with the same rules as the boys, no matter if you are a beginner, then build up to teaching tackling and defence. Strausskopf says they begin by explaining the rules of the game and demonstrating simple passing techniques to beginners, then build up to teaching tackling and defence.

The president of the women’s rugby club Maureen Booth agrees with Reding and Schwartzkopf about fighting irritating stereotypes, and learning to enjoy rugby for what it really offers.

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The thing is, there is no “type.” We get girls from all walks of life. For the most part we get girls with some athletic experience in sports, but we had some beginners, then build up to teaching tackling and defence. We get girls from all walks of life. For the most part we get girls with some athletic experience in sports, but we had some beginners, then build up to teaching tackling and defence.

DOES NOT KNOW THE BASICS OF THE SPORT.

THE TEAM WELCOMES ANYONE, EVEN IF SHE DOES NOT KNOW THE BASICS OF THE SPORT.

PAYTON GARTIN IS LIFTED BY HER TEAMMATES DURING AN INDOOR PRACTICE AT LIED RECREATION CENTER.
In some ways rugby can be seen as a relatively new sport to American turf. Not only is the game something that might take some getting used to, but to some people the fact that females play the sport as well and with the same rules as the boys, no padding or helmets worn, might come as a bit of a surprise. Often times, the sport comes with stereotypes.

Reding says that being a rugby player “is another part of your identity and [telling people that] does conjure up certain images and stereotypes.” She explains with amusement, “If I tell people I play rugby some will ask, ‘Oh can you tackle me right here?’ and I say no, no I will not tackle you because I am a civilized person, in a civilized place!”

She says that when you are on the rugby field playing in a match, you leave any tension that occurs during the game — that is something they are very strict about. Whether the Iowa State rugby team is hosting a team or are playing away at another school, after the match takes place, the home team provides food for everyone and all the players get to know one another. It is a bonding experience as much as it is an athletic event.

“You all sit in a big circle and you get to know people, and all the competition from the field really goes away and you really get to know these girls as people, not just as competitors,” says Reding. “It is a really social sport.”

Reding has been playing rugby since she was in high school and thoroughly enjoys the sport for the experiences it has given her. People might have some misconceptions about the sport. She explains, “You don’t really know what rugby is. Come out, try it and see everything past the tackling and everything past what you think it is, and look at the reasons to stay.” She continues, “It is a tough sport! But there is another side to it, and it is such a bonding sport with a close knit society behind it.”

They see the sport as a great way to make friends, as well as a healthy way to relieve stress and aggression.

“This is definitely a space where we encourage that aggressiveness, but we channel it into appropriate channels and we talk about it — being aggressive on the field then being able to switch it off,” says Reding. “To be able to regulate your aggression is a very important skill that you learn. It is an important aspect of rugby.”

A key to channeling and maintaining a regulated level of aggression, and attempting to keep players as injury-free as possible, is continuously practicing safe tackling and falling methods. They are adamant about playing this unavoidably rough sport as safely as possible. Every girl gets a concussion test before playing and if anyone feels injured, there is no hesitation to take her out of the game and give her the proper attention to ensure she is okay. Reding says the trainers are great and are always there and willing to help with injuries.

"With rugby, your body is your weapon, but your body is also what takes the hits,” explains Reding. "So you’re only going to take the hit as hard as your body is going to let you.”

Liesel Schwartzkopf, the team’s membership chair, strongly agrees with Reding’s thoughts on the positive bonding experience that rugby has given her during her three years on the team.

“I think I have made some lifelong friends being on the team,” says Schwartzkopf. “We have all developed a friendship where any one of us out on that field can pick one of the teammates and we could hang out for the day with no problem.”

With the position she holds in the club, she recruits interested players who would like to get involved with the team or makes her contact information available to them. Schwartzkopf is able to get a first hand observation of what types of girls typically show interest. The thing is, there is no “type.”

“We get girls from all walks of life. For the most part we get girls with some athletic experience in sports, but we had some girls that all they knew from when they were younger and in high school was dance and cheerleading, then they came here and tried out rugby and thought ‘Oh wow this is a great sport!’ so we get a wide spectrum,” says Schwartzkopf. “The hardest part of coming onto the team is the possibility of not knowing anyone on the team, and that presents the biggest challenge.”

The team welcomes anyone, even if she does not know the basics of the sport. Schwartzkopf says they begin by explaining the rules of the game and demonstrating simple passing techniques to beginners, then build up to teaching tackling and defence.

She experiences similar things to Reding when faced with the stereotypes associated with female rugby players.

“I will go out to the bar and if someone asks me, ‘Do you do anything?’ and I will say that I play rugby, and a guy will then say, ‘Oh I bet you can beat me up!’ and I’ll be like ‘Umm maybe,’” Schwartzkopf says, shaking her head. “They automatically assume you are super strong and aggressive.”

She says that sometimes people will go to the extent of stereotyping your sexuality as being bisexual or homosexual based on the fact that they only associate playing rugby with intense masculinity. But that is not a fair assumption to make.

“We are just like any other women out there, we are doing something we love to do, we can put on a dress and high heels and look like we came straight from the dance floor… we can pay attention to our academics or anything like that,” she says.

Schwartzkopf believes a great way to counteract the stereotypes is to show people what the sport is about and how the teammates are off the field. She says, “Stereotypes are a struggle with many women sports; I think they all struggle with that. It is the unfortunate thing that goes with it.”

The president of the women’s rugby club Maureen Booth agrees with Reding and Schwartzkopf about fighting irritating stereotypes, and learning to enjoy rugby for what it really offers.

“Rugby is a sport for any shape and anybody, any athletic ability too,” Booth explains. “People assume it is just a masculine sport, but we have players who are really feminine. Rugby is for anyone!”

THE TEAM WELCOMES ANYONE, EVEN IF SHE DOES NOT KNOW THE BASICS OF THE SPORT.
PROTECTING THEIR LAND

IOWANS OF DIFFERENT BACKGROUNDS HAVE UNITED TO PROTEST A NEW OIL PIPELINE

WRITTEN & PHOTOGRAPHY BY JESSICA DARLAND
DESIGN ALIXANDRIA COLLINS
Environmentalists, the Sioux tribe, and rural farmers.

Three groups that may not always have a lot in common have been coming together to protest the Dakota Access Pipeline, also known as the Bakken Pipeline.

The Dakota Access Pipeline begins in northwestern North Dakota, runs 1,172 miles across South Dakota and Iowa, and ends in southern Illinois. The underground pipeline was announced in June 2014 and will be transporting crude Bakken oil across many rivers and lakes, under farmland, near Sioux tribal land and about six miles west and south of Ames, Iowa. People have been opposed to the construction of the pipeline for environmental reasons, a concern that it is disrespecting treaties with the Sioux, as well as the eminent domain issue and disturbance of farmland.

Others say the pipeline is a good thing that brings jobs across the Midwest, helps give the U.S. oil independence and frees up railroads for farmers to ship produce. Supporters of the pipeline have said it is in the nation’s interest for it to be built.

However, the resistance in central Iowa has been strong. With the pipeline passing between Ames and Boone, some are worried about the effect it could have on the community’s farmland and water. There have been many protests, rallies and gatherings in opposition around central Iowa. Sunday, February 12, pipeline opponents gathered at the Ames Public Library to sign a petition, eat pizza and pie, and write postcards to government officials urging them to stop the pipeline. Children, Iowa State University students and other residents from the area wrote their messages for different reasons but all for a common goal.

Zoey Mauck, senior in landscape architecture, voiced her concern for environmental impacts due to a potential future pipeline burst.

"The amount of things that could happen throughout the nation, it's scary to think about," says Mauck.

Environmentalists and farmers are concerned about the pipeline's effect on the Midwest for similar reasons. Boone County resident April Burch has been trying to get her fellow central Iowa residents to see the potential damage for over a year and show them how these groups can come together.

"The catastrophic pollution that could result from a 2–3 million gallon spill anywhere in the Des Moines River or even the Mississippi River Watersheds could destroy some of the richest remaining farmland in the world and contaminate our ground and/or surface water for decades to come," Burch says. It is estimated that the pipeline will transport around a half a million gallons of crude oil per day.

Burch says her passion and opposition to this pipeline comes from being born and raised in the area and a concern for her children’s future.

"I've spent most of my life drinking water from the Des Moines River and I'm grateful for her gifts to us. That river made my bones and my flesh and has given me everything I needed to survive. It is appalling to me that our people would allow an assault of this nature and potential devastation to come to the very source of our lives," says Burch.

Iowa State student and senior in environmental science Megan Koppenhafer says she is mostly opposed for environmental reasons, as well as the Sioux tribe potentially being affected.

"I support their right to say no to this. They don’t deserve to bear the brunt of the environmental consequences of this pipeline," Koppenhafer says.
“THIS IS SETTING A PRECEDENT BECAUSE THIS IS THE FIRST TIME THIS TYPE OF PIPELINE HAS BEEN ALLOWED TO GO THROUGH IOWA, NOW THAT PRECEDENT WILL AFFECT EVERYTHING ELSE.”
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A large reason the Sioux and supporters of their tribe are fighting the pipeline is because of a treaty made in 1851 reserving land for the Sioux tribe in the Standing Rock reservation. However, there is controversy over this because some argue that the pipeline is about half a mile north of Sioux land and does not actually run through it.

“I was always against it from the beginning because of the environmental impact and eminent domain abuse that happened here in Iowa,” says Lisa Lai, a member of Iowa Citizens for Community Improvement (CCI). She says what really pushed her to get involved were the protests and activism that happened in Standing Rock. Lai has visited Standing Rock twice and was displeased with the way the protests were suppressed. During her first visit, pepper spray and attack dogs were used to ward off protesters. At the time of her second visit a mass arrest occurred at the protest site.

The Sioux are also concerned about the potential polluting of the Missouri River if a spill occurred, and that the route is under Lake Oahe in North Dakota. Construction was temporarily halted in December due to protests and the need for an environmental impact survey conducted by the Army Corps of Engineers. On February 8, 2017, the Corps approved the construction of the remaining portion of the pipeline.

Others are concerned about the impact of rural communities in general, not just Standing Rock. The pipeline’s route was originally planned to go near Bismarck, North Dakota, but was rerouted when the Army Corps of Engineers said it was too close to the city’s water supply. However, the route is now going near many other smaller community’s water sources. Brenda Brink, member of CCI, is concerned with how little many people know about the pipeline, even though it may be going right past their home or through their drinking water.

“They didn’t take into account anything related to rural communities,” said Brink, “They did the very minimum, minimum, minimum evaluation that they could environmentally, and they got away with it. But it’s not right.”

Rural communities include farmers and their families as well. The pipeline goes through farmland in Boone, where there are semi trailers set up with the message “stop eminent domain abuse.” The company has been allowed to sequester private property for the pipeline to pass through over 1,000 landowners’ property in Iowa. While some have voluntarily let the company run the pipeline through their land, others have protested their private property being taken and used for this.

Oil is scheduled to begin flowing through the Dakota Access Pipeline during the spring of 2017, but opponents are still protesting and threatening lawsuits against the company which has caused uncertainty of when exactly that oil will flow. Concerns about water safety, environmental impacts, and the effects on future generations are still high.

“I have five children who I pray have the ability to build a life here too if they choose. I speak out for them and their futures,” says Burch.

Although construction of the pipeline near Ames is complete, some Iowans are still fighting and fear what the Dakota Access Pipeline means for the future.

“This is setting a precedent because this is the first time this type of pipeline has been allowed to go through Iowa, now that precedent will affect everything else,” Brink says. 

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When you think about cities or towns with fantastic music scenes, places like Nashville, New Orleans, Memphis, and Los Angeles probably come to mind. Music in Ames may not fill the Rose Bowl Stadium, but that doesn’t mean it’s not thriving.

Blake Delaney, owner of the Vinyl Grind, previously known as the Vinyl Café, describes the Ames music scene as, “Underrated. Developed, but not recognized very much.” Delaney says he thinks many Ames musicians, could make it at the top, but it’s hard because there’s so many great musicians everywhere. “Our music scene, I’d put the talent we have here up against anybody. We might not have as many musicians but the musicians we have are straight up solid, solid, solid,” says Delaney.

The Vinyl Grind is an important asset to the music scene in Ames. Located in the historic downtown area, you can find coffee and vinyl records for sale in a colorful cozy shop that is also host to concerts a few times every month and an open mic night every Sunday. The musicians usually have an acoustic set up in the corner of the shop facing a few rows of chairs with others standing behind to watch the show. "We’ve had bands that will come into this shop, which will fit maybe 40 people, and sell more records here than at a venue of two or three-hundred people," says Delaney, “And I think that speaks for how influential small venues can be to sales and to appreciation.”

Shows at the Vinyl Grind are for all ages and are typically funded by a “pay what you can” donation bucket for the artists. People mingle, buy vinyls, drink coffee and listen to music ranging from bluegrass to rock.

Down the road you can find DG’s Taphouse, a relaxed bar and music venue on Main Street that hosts local and touring bands. Since it’s a bar the shows are 21+, and they offer a large selection of beer, as well as pool tables and darts. DG’s is perhaps the most common venue for music in Ames, with shows four to six days a week. There are chairs and tables set up in front of a stage with audio equipment and lights. Depending on the musicians playing, you can expect to see college age students, middle aged music lovers, and older adults enjoying the free shows and drinks at DG’s.

Burgie’s Coffee and Tea Company has more recently begun to get involved in the Ames music scene. With espresso, food, and local craft beer available, people of all ages come to hear mostly local musicians of many genres exhibit their music at Burgie’s. The tables are moved and chairs are set up for an easier view of the shows, but people still have room to enjoy their coffee and chat with others there. “We really want to open up Burgie’s to be another scene for live music weekly if the presence is there and people are eager to play,” says Jordan Burgason, whose family owns the coffee shop.

With so many local venues to choose from, musicians in Ames get the chance for their music to be heard by thousands of college students as well as Ames and central Iowa locals. Although open to all ages, a common place to find mainly college students in attendance is the Maintenance Shop. The “M-Shop” is located downstairs in the Memorial Union and is a music venue run by Iowa State’s Student Union Board that hosts touring bands a few times a month. Shows at the M-Shop are typically under $20 and there’s a small bar with drinks for sale for 21+ concert goers. It also doubles as an area for students to hang out or study during the week.
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With so many local venues to choose from, musicians in Ames get the chance for their music to be heard by thousands of college students as well as Ames and central Iowa locals. Although open to all ages, a common place to find mainly college students in attendance is the Maintenance Shop. The “M-Shop” is located downstairs in the Memorial Union and is a music venue run by Iowa State’s Student Union Board that hosts touring bands a few times a month. Shows at the M-Shop are typically under $20 and there’s a small bar with drinks for sale for 21+ concert goers. It also doubles as an area for students to hang out or study during the week.

“PEOPLE COME FOR THE MUSIC AND STAY FOR THE CONVERSATION,” SAYS DELANEY, “YOU’LL HAVE SOMEBODY WITH A MOHAWK NEXT TO A GUY IN A SUIT AND THEY’RE JUST TALKING, IT’S JUST A VERY OPEN ENVIRONMENT WHERE PEOPLE FEEL SAFE.”
Ames resident Luke Wilson has attended seven shows at the M-Shop. "You pretty much see the same type of people at every show," says Wilson. He says he knew about the shows going on because he would look online and find them. "I feel like a lot of people probably did the same thing, and were probably interested in the same music. It's a friendly place, it's small, I always meet someone new there," says Wilson.

Some acts that have played at the M-Shop in the past include Twenty-One Pilots, Kaleo, Rainbow Kitten Surprise, Andy Grammer, and Aaron Carter. The venue also offers an open mic night for ISU students to share their talents.

A venue known more to Ames locals than to Iowa Staters is The Record Mill. Donna Miller is a homeowner in north Ames and decided to open her doors to music lovers after her son joined a band. "He's still 19, so three years ago [the members of the band] were even younger and didn't have anywhere to play, so we said 'you can have some friends over and have a little mini concert down in the basement,'" said Miller.

Since then, the basement has transformed into an important place for many involved in music in Ames as both a venue and a recording studio. Miller allows attendees to hang out in her living room upstairs before the music starts and between sets. Once the bands are ready, everyone crams downstairs and gathers around local or touring bands surrounded by sound-proofed walls, an ample audio system, and go-pro cameras recording the event. There is normally a mix of local and touring bands during a show at The Record Mill with an array of genres.

"I'VE SEEN A LOT OF DIFFERENT BANDS COMES THROUGH HERE FROM REALLY HEAVY TO INDIE, POP, WE EVEN HAD A FOUR PIECE COUNTRY STRING BAND COME THROUGH HERE ONE TIME, WHICH IS AWESOME, I THINK. THE DIVERSITY IS GREAT," SAYS MILLER.

Tyler Stodghill plays for an Ames-based band called Stars Hollow, which he describes as "emo-indie-screamo." He also helps out during shows at The Record Mill. "It's almost always $5 or $10 for touring bands. People are allowed to drink here if they're of age; it's BYOB," says Stodghill. Stodghill has been involved with the Ames music scene for a little over two and a half years and says they try to play many local shows but have also been touring around the Midwest and other areas of the country.

Jon Marko Correa is a musician that's been involved in music around Ames for a few years as well. Correa is originally from Puerto Rico, but moved to the area as a child. Him and his bandmate Jeff Livengood started their current band "Jon Marko and The Good Cooks" about three years ago after finding that they worked well together. Livengood moved from the Omaha area to Ames to pursue his music career with Correa.

"I was really bad at first, and I took some vocal lessons," says Correa. After he felt confident enough with his voice, he began composing. "I've always loved composing. I've always been comfortable on stage. I don't get stage fright or anything like that, it just feels like that's where I should be at that time," says Correa. The band released their first full album in December and has been touring around Iowa and some of the Midwest. They plan to

JON MARKO AND THE GOOD COOKS PLAY AT DG'S TAPHOUSE ON FEBRUARY 10.

A MEMBER OF KANSAS CITY BAND RIALA COMES UP THE STAIRS FROM THE PERFORMANCE AREA OF THE RECORD MILL TO THE LIVING ROOM BETWEEN SETS.
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continue touring and would eventually like to share their music on a national scale.

Correa sings and plays guitar, harmonica and some piano, while Livengood, who is classically trained, plays drums, violin and dabbles in guitar, bass and viola.

The two say the goal for their music is to be true to themselves and do everything they can with the love in their hearts.

“Every time I take a little side note, music pulls me back in. When you have a crowd of people up front and they’re just grooving to your music, nothing’s better in the world,” says Livengood.

Correa says they have jobs in Ames, but their jobs are mostly to fund their music career until it funds itself.

“Being rich, you know, that would be cool, but it’s not as important as fulfilling that passion and letting that passion die would be grievous,” says Correa, “At the end of the day we’re just musicians, and we’re just there to make sure people are having a good time. When I’m up there I’m not thinking about anything else. You get to see things that you create come to life, and sometimes people don’t like it and sometimes people love it and it touches them.”

The band says they’ve played just about every nook and cranny in Ames, and describe the Ames Music Scene in a similar way to other members of the community.

“It’s a tight-knit circle but they’re always so welcoming. It’s a very welcoming community,” says Correa.

Stodghill says the Ames musicians and local music lovers are supportive. “You can always expect to see familiar faces. Everyone gets that it matters.”

Delaney says as long as you have something to offer, it’s easy to become a part of music in Ames because of how amicable the community is.

“I feel like I’m part of a fabric, I feel like I’m part of a purpose. I think more people in Ames need to get out and experience what this downtown has to offer, for me it opened up my world,” says Delaney. “I see my friends every single day, I listen to music, I make coffee. I’m part of a scene down here.”

He also says that touring musicians find Ames to be a comfortable place to play that makes them want to return.

“I think when bands come from out of town and see the love and support they get in this town, they want to come back. Even if they’ve only played to ten people, they’re welcomed so warmly that it becomes a place you wanna come back to,” says Delaney.
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TOP: STUDENTS AND OTHERS GATHER CLOSE TO THE STAGE DURING THE RAINBOW KITTEN SURPRISE CONCERT AT THE M-SHOP ON FEBRUARY 3.

BOTTOM: PENNSYLVANIA BAND KISSISSIPPI PERFORMS THEIR SET AT THE RECORD MILL ON MARCH 7.
TRYING OUT TRADITION
EVALUATING THE CURTISS TO BEARDSHEAR RUN AND ITS PLACE IN THE "IOWA STATE EXPERIENCE"

BY ZAC NEUENDORF
PHOTOGRAPHY HANNAH OLSON
DESIGN MACKENZIE GEARY
A YEAR PRIOR TO BEGINNING AT IOWA STATE, I VISITED A FRIEND ON THE CAMPUS TO WARM UP TO THE ATMOSPHERE AND DIP MY TOES INTO WHAT WOULD END UP BEING THE MOST DRAMATIC SHIFT IN MY LIFE UP TO THAT POINT. MY FRIEND SPRINKLED INFORMATION ABOUT IOWA STATE-SPECIFIC TRADITIONS THROUGHOUT THE DAY, AND THE IMAGERY OF THE ZODIAC, STUDENTS RESTING IN HAMMOCKS HANGING BETWEEN TREES, AND PARTICULARLY THE CAMPANILE AND ITS RESOUNDING BELL WERE SINGED INTO MY MIND.

JUMP FORWARD TO THE PRESENT, AND I AM ROUNDING OUT MY FOUR YEARS AS A COLLEGE STUDENT HERE AND THE TRADITIONS THAT MARK THE EXISTENCE OF ANY SOCIALLY-CONSCIOUS STUDENT HAVE NOT BUDGED, EXCEPT THE TERMINATION OF VEISHEA — STILL A SORE SPOT FOR SOME WHO GOT A TASTE OF IT FRESHMAN YEAR BEFORE IT WAS STRIPPED AWAY FROM US. PERSONALLY, ITS CANCELLATION ELICITED PERHAPS A SHRUG OF THE SHOULDERS AND A MEEK “THAT’S TOO BAD.” I HAVE LARGELY AVOIDED PARTICIPATING IN ANYTHING THAT WOULD CALCIFY A CYCLONE IDENTITY AROUND MYSELF, SINCE SCHOOL PRIDE HAS NEVER BEEN A FEATURE OF MY PERSONALITY.

I never walk around the zodiac, instead I dart right on top of it, taking pleasure in stomping the snow off my boots on the taurus, my astrological sign, and my test scores have not sunk to failure territory in response. Also, the super dog seems fine in theory, a smashing together of recipes that individually satisfy, but in performance during a drunken haze, the super dog ultimately underwhelms and the line is always too long anyways.

The crowning tradition that sparks most chatter and is probably first what comes to mind when the word ‘traditions’ secedes ‘Iowa State’ is, of course, the Curtiss to Beardshear Run. For those who have been prevailing under a rock in between classes, the run is when a student bolts from Curtiss to Beardshear, in the buff, all loose parts a-jangling across Central Campus. Usually this is accomplished in the middle of the night and in small packs, as to avoid gawking onlookers. Also, I have heard a handful of secondhand accounts where the naked miscreant is tackled by the Iowa State police because public nudity at night is very bad for some reason. I am skeptical of these charges, though — it’s the tackle that feels like fabrication.

My first encounter with the Curtiss to Beardshear Run was sophomore year, around 11 p.m. one night, when a boy had invited me to lay with him on Central Campus to talk. A small group had formed outside Curtiss and their giggles filled the night air — soon enough the clothes came flying off and they sprinted across the grass. They had planned it as I assume most participants do, by having garments on the other side so they can clothe immediately and avoid any embarrassment. It looked like a bonding exercise, as being naked with friends always is.

As I have made abundantly clear, I never intend to participate in tradition, edging on rather actively despising their very existence. So my decision to move forward with the Curtiss to Beardshear Run is confusing, even to me. Blame could probably be cited to the tantalizing aspect of public nudity that does excite, and also to the inherently disrespectful nature it has to the university. Out of the gate, I knew I wanted this to be a solo operation, bringing only a sole friend who could act as a runaway drive of sorts, but even now I am not sure what she could have done except scream that men in uniform were embarking on me.

Timing was important, since I wanted it to be comfortable, weather wise, and with 0.01 percent of being caught, I had to patiently wait for a beautiful day that would turn into a chilly, but warm enough night — and the hour could be precisely 2:30 a.m. 2:00 a.m. being unsafe for potential library dwellers and 3:00 a.m. being too late for potential early risers who do whatever early risers do in their perfectly structured lives. As for attire, sweatpants and a sweatshirt, obviously. Underwear? A prospective obstruction. Quick strip and quick dress is crucial.

Finding parking on campus at 2:30 a.m. is surprisingly easy.

“THIS IS STUPID,” MY FRIEND SAYS WHILE SHE PULLS INTO A SPOT, “I COULD BE WITH MY DOG RIGHT NOW AND YOU’RE DRAGGING ME TO DO THIS.” MY FRIEND AND I SHARE A CYNICISM TOWARD CYCLONE CULTURE. WE GET OUT OF THE CAR AND TO MAKE OUR WAY TO CURTISS, SHE COOLY CONFIDENT, ME VISIBLY NERVOUS. “YOU KNOW I’VE NEVER SEEN YOU NAKED,” SHE MENTIONS AT ONE POINT, “YOU’VE SEEN ME NAKED LIKE A DOZEN TIMES.”
Part of me had imagined this is why shetagged along, since the first time she absentmindedly took her bra off in front of me how many years ago she has vowed to see me naked before we die. Naturally, I was too shy to set an official date for my body unveiling, but also “before we die” is more conceptual than literal, so whenever she brings it up I say “of course you will” to bury the topic, but it looks like her wish will be granted long before death.

We decide to split up, she takes my phone because I am afraid I will drop it on my run. She positions herself by Beardshear. More than anything, I miss those few minutes without my phone and channel that longing into encouragement to speedily shred off my outfit and wrap my arms around my beloved device. With my sweatpants and sweatshirt tucked under my arm, I bulleted toward Beardshear, imagining my start kicking up a cloud of dust in the style of Road Runner.

I’ll spare most details of how running topnotch without a supporting mechanism in place does have a foreign sensation on genitalia, and I was taking larger sprinter-esque strides than I normally do when jogging, obviously, so that is a factor.
The stretch between the two buildings is short and the event is mostly a blip in my memory, but I do remember upon reaching Beardshear I dressed faster than any costume change I’ve had backstage.

I am supposed to envy those confident enough to stand proudly in their birthday suit because apparently it’s honorable to love yourself, which baffles me. “How was it?” my friend asks me. I respond “I feel the same.” It was like in the movies after the young girl loses her virginity then stares at her reflection in the mirror searching for evidence of a changed woman, but ultimately the transformation is moot.

The run and all Iowa State traditions are emblematic of how college is supposed to be a bank full of memories with friends and fun, punctuated with trademarks of Cyclonism. And the hope is that when you graduate, along with your diploma you’ll be rich with these recollections, proud to exalt the soul of cardinal and gold. After fleeing from Ames, if this is the measures of wealth, I will be bankrupt, with this Beardshear run memory and all the rest of the traditions near and dear to Cyclone’s alike converting to nickels and dimes.
WHO DO YOU THINK YOU ARE
Disney Princess Performer

BY ALYSSA PRIEBE
DESIGN KALEY LEMPKE
PHOTOGRAPHY EMILEE DROST
“A lot of people think it’s childish to love Disney, but that doesn’t faze me. I get to do what I love. I get to transform and make people’s dreams come true. I wouldn’t trade it for anything.”

Some students bus tables. Some sell merchandise. But ISU apparel, merchandising, and design junior, Kassidy Kilcoyne, chose a more magical endeavor.

Ethos: What does being a Disney princess performer entail?

Kassidy Kilcoyne: I work for Storybook Adventures Princess Parties of Iowa, and we basically just go to events around Des Moines and hang out with kids. We do birthday parties, hospital visits, meet and greets — whatever the client wants. We even went to Dance Marathon this year.

E: What is your schedule like?

KK: It’s very flexible. Each girl plays a different princess, so if one is specified, she goes. Right now Elsa and Anna are in the highest demand so they get booked almost every week. However if they don’t know which they want, we have a Facebook page Tracie (our boss) posts about job opportunities and it’s first come, first served. We try to rotate so everyone goes out at least a few times a month.

E: How did you become a Disney princess performer?

KK: In 2013, I followed social media accounts of other performers. I thought it was so cool. When I saw Storybook Adventures, I messaged them saying it’d be a dream come true to work for them. Then I got an audition.

E: What was the audition process like?

KK: It’s fun! I was told to show up with little makeup and to prepare a princess-related short story. I made up a story about Ariel’s fins turning purple from Kool-Aid. Tracie loved it and asked if I could do a Scottish accent. I did it and she said, “Great, you’re my Merida!”

E: So you started as Merida (from Pixar’s “Brave”), but do you play any other characters?

KK: Yes. When you’re first hired you’re trained to be one princess. You learn her mannerisms, her story, how she does her hair and makeup — everything. Once you’re an expert on one, you can be promoted to another. I currently have three: Merida, Ariel and recently, Snow White.

E: Are there any physical requirements to play a princess?

KK: Yes and no. You don’t have to be a specific size, most costumes range from a 2 to 10. Which I like because I feel we are role models so for young girls to see various sizes can be princesses — positive body image is important. That being said, you do need to have “princess-y” features like big doe eyes. You need to be able to transform yourself into different characters.

E: How long does it take you transform into a princess?

KK: I usually get ready two to three hours in advance. Each character requires unique makeup and a wig. You also need false eyelashes, and pink or clear nails, which takes some time. The dresses alone take 20 minutes to get into between the hoop, corset and bustle.

E: Beside the hair, makeup and costumes, do you do anything else to get into character?

KK: I actually make it a point to watch my character’s movie 24 hours before an event. It’s a good refresher, and when you’re in character you have to know everything – like Merida’s brothers names. I’ll also listen to the soundtrack when I’m driving to get in the mindset.

E: Do you ever get tired of re-watching the movies and listening to the same songs?

KK: Never. I love Disney, I live it 24/7. I’ve been to Disney World, Land, Disney Paris and Disney cruises. My room is decorated with it, and someday I hope to work for them either as a character performer or as a merchandiser. I’m actually got accepted to the Disney College Internship Program for the summer!

E: Which character is your favorite to play?

KK: Ariel. I like Merida because she’s spunky, but to me, Ariel is the epitome of a Disney princess. Her dress is beautiful, she’s fun and she was my favorite growing up so I know her story the most.

E: Is there a character you want to play but haven’t gotten the chance?

KK: I’d love to be Moana, but that’s not feasible. So I’d have to say Aurora. I love her curly hair, plus her pink dress is beautiful — if I could just try on that gown I’d be happy. I’d also like to be Cinderella since she’s the most iconic; everyone knows her.

E: What’s the best part of being a princess?

KK: The fact I get to be a kid’s best friend for the day. They’ll tell you their life stories, share their secrets — it’s magical. They look up to you so much. You get to bring smiles to adults’ and kids’ faces and it’s incredible. I get to make dreams come true.
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