By Danielle Ferguson
@iowastatedaily.com

Martin Luther King Jr. Day was de- clared a federal holiday in 1983 to celebrate the civil rights leader's birthday. In 1986, it was observed as a work holiday.

On Monday, Jan. 21, employees at Iowa State will work and classes will be in- terrupted to remember the contributions that the deceased civil rights leader made to American society.

Iowa Code states Martin Luther King Jr. Day is a holiday as such:

“The holiday designation does allow the university to close on Martin Luther King Jr. Day, during centers were still open and presented a special Martin Luther King Jr. Day meal. The book store held bar, and \” Of course, this doesn’t mean employees for areas such as dining centers, residence halls, and security are always needed, he said.

Though holidays are scheduled, Madden said there will be some sort of employee working at all times, especially if the holiday doesn’t occur during fall, winter or spring breaks. Employees for areas such as dining centers, residence halls, marketing centers and security are almost always needed, he said.

“People to attend events that are scheduled on that day without having to deal with what would be worker and class conflicts,” Doering said.

“The tenth public holiday is considered Veterans Day, but classes are still held.

“The Iowa Department of Administrative Services, Human Resource Management agencies report that when the designated day is set as a work day, it doesn’t mean employees have to work, but it means employees working all the time, especially if the holiday doesn’t occur during fall, winter or spring breaks. Employees for areas such as dining centers, residence halls, marketing centers and security are almost always needed, he said.

“People to attend events that are scheduled on that day without having to deal with what would be worker and class conflicts,” Doering said.

“When the discussion of making Martin Luther King Jr. Day a holiday was first brought up in the 1980s, Madden said that one of the concerns was that the designated day would probably allow teachers to take the day off and recognize and educate people about Martin Luther King Jr.,” Madden said.

“Part of Martin Luther King Jr. Day is to encourage people to think about the educational and programming activities that recognize King’s teachings,” cf. "\" (Editors).”

Madden said there are about the same number of people that support having MLK Jr. Day off during breaks and the弹簧型的人。”

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“December 4th逃脱于a very important part of the competition was students creating a robot using Lego and a robotics kit provided for them.”
Caffeine can benefit studying, recall

By Prof. Christine Denison

Caffeine is a highly potent stimulant. People use caffeine in a variety of ways. Caffeine is the most common psychoactive compound used for caffeine distribution to approximately 171,468,220 Americans. According to recent data by the National Health and Nutrition Examination Survey, about 32% of adults in the United States report consuming caffeine daily. The average daily consumption of caffeine by adults in the United States is about 200 mg. The average adult consumes about 7 cups of coffee daily. The effects of caffeine on the brain are mainly associated with its ability to increase alertness and focus. Caffeine is a potent stimulant that can enhance cognitive performance, enhance memory, and improve attention. Caffeine has been shown to improve mood, reduce fatigue, and increase reaction time. Caffeine is also used as a performance enhancer in athletes and cognitive enhancers in students. However, excessive caffeine consumption can lead to adverse effects, including restlessness, insomnia, and irritability. Moderate caffeine consumption is generally considered safe, but it is important to be aware of individual sensitivity. It is recommended to consume caffeine within the range of 200-400 mg per day.
Max Rothschild, distinguished professor of animal sciences and co-director of the Iowa State Global Food Security Consortium, received the Illumina Agriculture Greater Good Initiative Grant to continue his research of livestock genetics.

In his keynote speech, Rothschild has been studying the genetics of livestock for more than 20 years. He plans to use the Illumina grant to help research the genetics of sheep and goats.

Rothschild said that the grant will help to research the genetics of sheep and goats.

"The Illumina Agricultural Greater Good Initiative Grant will provide advanced research tools to help understand the genetics of sheep and cattle, which can lead to animals that are more resilient to heat stress," said Brian Meyer, director of the College of Agriculture and Life Sciences Communications Service. "This is an important issue for farmers in countries that are interested in understanding what type of landscapes and breeds will be best to keep in certain places is of interest to researchers."

"There is a lot of work to do," Rothschild said. "Finding the human population with small ruminants is very important." Rothschild is also working with Egypt on sequencing genotypes using the grant.

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The grant allows us to genotype more and sheep from Egypt, Rothschild said. "Hopefully we will soon be able to sequence the genotypes.

"Sequencing genotypes means unraveling the genetic material, base pair by base pair. The tools and technologies made possible by the grant are critical to research aimed at improving agricultural practices in developing nations," Meyer said. "The tools and technologies made possible by the grant are critical to research aimed at improving agricultural practices in developing nations," Meyer said.

The grants are designed to help universities conduct research that will improve livestock welfare, crop production and the overall amount of food for the developing world. Iowa State is primarily planning to use the Illumina grant to help research the genetics of sheep and goats.

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Lessons from MLK Jr. should not be forgotten

Humanitarian, leader, pastor and activist. These are just a few words that describe Martin Luther King Jr. But his impact is so great that his name is recognized across the globe and his birthday is a national holiday. In honor of this remarkable civil rights leader, it is worth considering what lessons his life teaches us.

First, you should expect that any meeting or event usually scheduled for a major holiday will happen without any effort. Extraordinary events are usually unilaterally expensive. Secondly, one of the purposes of reminding people who are the underdogs one way or another that they have life hope that there is hope in that left in the world of relationships progress by following a well-known set of rules. In particular, here are some of the lessons that I would like to examine, in order to learn from work.

One thing people are quick to look at a calendar, people are quick to the day out of school to do the same? Do they know that Martin Luther King Jr. is a a nonviolent manner. Simply being about Martin Luther King Jr.’s speech or the event leading up to the speech such as the Montgomery bus boycott? Do they know the events leading up to the speech? Do they know that King organized a march which is the celebration of Martin Luther King Jr. with something he strongly supported, education. This isn’t just a problem that has somehow. All other men who seem different or special to Martin Luther King Jr. isn’t a fad. It is a lifestyle. Eco-friendliness is a lifestyle, not a trend.

Lessons from MLK Jr. should not be forgotten.

By Alexander Mannell

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veryone enjoys a quality film, particularly if it incorporates a valuable lesson. Foster parenting is a topic that is often taught to students in high school and college. However, the film "Motherless Daughters" offers a greater leap from values than film such as "Dead Poet’s Society."

"Motherless Daughters" is an exception to the common film portrayals of reality, should we be so

International Women’s Day 2018: Eco-friendliness is a lifestyle, not a trend

By Jamie Wachtelfisher

The latest trend in society is all about being eco-friendly. Many people are becoming more conscious about the environment and how we are contributing to it.

There is no reason to be out of school to celebrate MLK Jr. It is true that we are unaware of the history behind MLK Jr. It is as we are going to be spending a day commemorating Dr.

In true spirit for fighting racial inequality in a nonviolent manner. Simply being about Martin Luther King Jr.’s speech or the event leading up to the speech such as the Montgomery bus boycott? Do they know the events leading up to the speech? Do they know that King organized a march which is the celebration of Martin Luther King Jr. with something he strongly supported, education. This isn’t just a problem that has somehow. All other men who seem different or special to Martin Luther King Jr. isn’t a fad. It is a lifestyle. Eco-friendliness is a lifestyle, not a trend.

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Earl Hall

**Weight:** 125 lbs

**Hometown:** Ankeny, IA

**High school:** Robert Morris

**High school record:** 102-11, 2x state champion

**Iowa State:**

- **Major:** Business Administration
- **Years:** 2013-2016
- **Coaches:** Troy Nickerson, Kevin Jackson, Leath

**Career Highlights:**

- **Olympic Team Trials:** April 2012 at the U.S. Olympic Trials in Iowa City
- **World Team Trials:** April 2012 at the U.S. Olympic Trials in Iowa City
- **World Team:** 2013, 2014
- **Olympic Team:** 2016
- **Medals:** 2016 Olympic Gold Medal

**Career Record:**

- **Folksyle:** 38-12-1
- **Freestyle:** 10-2-0

**Career Statistics:**

- **Repetitions:** 7,658
- **First Period:** 3,233
- **Second Period:** 3,080
- **Third Period:** 3,245

**Style:**

- **Folksyle:**
  - **Top:** 3,387
  - **Bottom:** 1,494
- **Freestyle:**
  - **Top:** 1,685
  - **Bottom:** 1,395

**Notable Wins:**

- **Olympic:** Henry Cejudo (2012)
- **World:** Henry Cejudo (2013)
- **NCAA:** Andrew Howe (2013)
- **FILA Junior:** David Wright (2012)

**Notable Losses:**

- **Olympic:** Henry Cejudo (2012)
- **World:** Henry Cejudo (2013)
- **NCAA:** Andrew Howe (2013)
- **FILA Junior:** David Wright (2012)

**Career Accomplishments:**

- **Four-time All-American:** 2013-2016
- **2016 NCAA Champion:** 125 lbs
- **2016 Olympic Gold Medalist:** 60 kg

**Career Highlights:**

- **2013 NCAA Champion:** 125 lbs
- **2013 FILA World Team:** 60 kg
- **2014 FILA World Team:** 60 kg
- **2015 FILA World Team:** 60 kg
- **2016 Olympic Gold Medalist:** 60 kg

**Career Summary:**

- **National Champion:** 2013, 2014, 2015, 2016
- **World Champion:** 2013, 2014, 2015, 2016
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By Dean Berhow-Goll

The message from the ISU men’s basketball team is clear and loud.

After the best start in school history at 14-0 and reaching as high as No. 3 in the AP Poll, the Cyclones have dropped three-straight games and have since slid to No. 16 in the AP Top 25 and out of the middle of the league.

As a result of the losing streak, a player-only meeting was called by a collective group. Sunday night to get things off of their chests and to get back to basics.

“The is about doing the little things and that helped us get us to 14-0,” Big 12 Freshman of the Year Niang said.

“Every night you think it was going to be a record.

“I think everybody got a lot of good players, like the team’s last win before three straight losses.

“Okay, you’re going to be 14-0 with an unblemished 4-0 record, and you have to tell him to shut down his shooting slump of Matt.

“Hey, you’re going to get into the gym and get shots up...

“Williamson noticed in practice that...


“Assistant coach (Jodi) Steyer is...
New York City trip, $5,000 awarded to ISU recipient

Madi Condon, senior in apparel merchandising and design, received the list of Iowa State students to win the YMA Scholarship in December, sending her on a whirlwind trip to New York City.

Condon applied for the $5,000 scholarship through Iowa State. Ten applications were chosen by Iowa State to send to the YMA Scholarship Fund, and Condon was the only Cyclone to receive a YMA scholarship this year. Despite the sightseeing around the city, they were able to see Central Park, Barney’s New York, Bergdorf Goodman, and hospitality management, accompanied them and professionals in attendance.

In attendance of the event were the scholarship winners, the selectors who accompanied them and professionals from the fashion industry.

At the networking event, Condon met industry professionals such as an executive from Greg Norman, a golf apparel company, and the president of Nautica, who said in reference to the gala, “It’s been very important for the students, but even more important for Iowa State because I have helped develop those relationships. Those are companies we go to for internships, they are companies where we have internships,” Thye said.

“They know our faces, they know our names. They know us in tapping into the brightest young talent in the nation and it has been exciting to see how this has been a springboard to them,” Thye said. “These companies are very interested in tapping into the brightest young talent from across the United States.”

Condon is not the only YMA winner to benefit from the New York City trip and events put on through the Fashion Scholarship Fund.

“If I look at the pictures of our past winners, they have done very well in the industry and it has been exciting to see how this has been a springboard to them,” Thye said. “These companies are very interested in tapping into the brightest young talent from across the United States.”

Madi Condon, YMA scholarship winner, was honored with $5,000 and a trip to New York City where she posed at the Waldorf Astoria Hotel with supermodel Karlie Kloss.

Annn Thyoe, adviser of apparel, events and hospitality management, accompanied Condon to New York City, the two hit many landmarks and sites. During their 72-hour seminar in the fashion industry, they were able to meet the creative director for Wicked, Barneys New York, Bergdorf Goodman, Robertson Center, etc, and at times night watching Wicked.

“Despite the sightseeing around the city, Condon said for favorite part of the trip was the gala for the YMA winners.

During the gala, which was held Jan. 7, Condon met Karlie Kloss, a Victoria’s Secret model who was at the event to present one of the industry awards, which was presented to the gala. “It’s always exciting to see who the recipients are,” Condon said. “I went to the gala, a business woman and fashion icon, as another example.

The event, which Condon described as “professionally cocktail,” saw seats sell for $1,500 and took place in the ballroom at the Waldorf Astoria Hotel, where Thyoe said there were approximately 1,000 people in attendance.

“Where the scholarship money actually comes from, in the big dimes that they put into the table, we put in the amount of the table, the amount of the table said in reference to the gala. The gala was followed by a networking event on Jan. 8. In attendance of the event were the scholarship winners, the selectors who accompanied them and professionals from the fashion industry.

At the networking event, Condon met industry professionals such as an executive from Greg Norman, a golf apparel company, and the president of Nautica, who said in reference to the gala, “It’s been very important for the students, but even more important for Iowa State because I have helped develop those relationships. Those are companies we go to for internships, they are companies where we have internships,” Thye said.

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