

Iowa State opens up for National Coming Out Day



BY MADISON.MASON
@iowastatedaily.com

National Coming Out Day is a staple day of celebration within the LGBTQIA+ community, and holds major importance for individuals who have come out, those in the process of coming out and those who are still in the closet.

At Iowa State, there is a queer community that takes pride in celebrating days like National Coming Out Day, and those at Iowa State who aren't a part of the community have the opportunity on this day to hear people's stories and gain a new perspective.

Here's a few inside looks at people from Iowa State who are celebrating National Coming Out Day by sharing their stories.

Railene Snyder, a freshman in animal science, goes by she/her and they/them pronouns. Here is their story.

Snyder recalls being around 12 years old when they came out during eighth grade. They wanted to come out to their mother, who they weren't living with at the time, and proceeded to do so over

text.

"I just texted her saying that I was dating a girl," Snyder said. "And she just responded back, 'Oh I knew that already.'"

Snyder said later on their mother sent them a Hallmark card in the mail saying things like, "I'll love you forever" and "It doesn't matter who you are." Snyder said after their coming out experience, they grew closer to their mother and stopped hiding who they were from her.

Snyder said around the same time they had come out, their partner at the time was also coming out. Snyder's partner had a different experience and didn't receive a positive reaction from coming out like Snyder did.

After coming out, Snyder said they had a freeing feeling, like they could be unapologetically themselves.

"It seems easier to just exist as a person," Snyder said. "If I'm not scared of my identity, other people won't be."

Antonia McGill, a junior in women's and gender studies and psychology, goes by she/her pronouns. Here is her story.

McGill said she has had the

DESIGN BY BROOKLYN WILLIAMS

opportunity in her life to come out a couple times, after processing and exploring her queer identities. Throughout her life, she has come out as asexual, bisexual and pansexual, all of which McGill said have helped find out who she is.

McGill said her first identity was asexual, after exploring the part of her life where she had a lack of sexual feelings, unlike her friends and peers. When she found a term like asexual on Tumblr, she identified a lot with the term. However, she explained she received not only a bit of backlash from her family, but also the LGBTQIA+ community.

"Honestly, when people come out as ace, people usually don't make a big deal out of it," McGill said.

When it came to telling her mother

>> **OUT** Pg8

Cory Booker releases plan to help college athletes

BY JAKE.WEBSTER
@iowastatedaily.com

Sen. Cory Booker released a plan early Thursday on ending "exploitation in sports."

The presidential candidate and junior senator from New Jersey was a high-school All-American and Division I football player at Stanford University. Booker's plan follows in the footsteps of legislation released and signed by California Gov. Gavin Newsom allowing college athletes to be paid for the use of their name, image and likeness.

LeBron James, basketball player for the Los Angeles Lakers, praised the passage of that bill.

"I'm so incredibly proud to share this moment with all of you," James said in a tweet. "@GavinNewsom came to The Shop to do something that will change the lives for countless athletes who deserve it! @Uninterrupted hosted the formal signing for SB 206 allowing college athletes to responsibly get paid."

Chad Maisel, deputy policy director for the Booker campaign, said although the California legislation played a role, Booker has been "thinking and talking about these issues for a long time."

"A lot of the problems and solutions that he outlined in the plan are things that he saw firsthand," Maisel said.

Booker's plan also calls for college athletes to be "compensated" and for the establishment of a commission to "examine additional compensation models and unionization."

"I think we're kind of open-minded in terms of where that leads," Maisel said. "In general, what we'd want to see out of the commission were it to be created and enacted would not be particular compensation models but really giving athletes a voice and a seat at the table."

In a statement, Booker's campaign said he would fight for legislation to ensure that all college athletes have the right to profit off their name, image and likeness rights and hire agents without penalty.

J.D. Scholten, the likely Democratic nominee for Iowa's 4th congressional district, commented on Booker's plan.

>> **BOOKER** Pg8

Council considers gender-neutral bathroom park plans

BY LOGAN.METZGER
@iowastatedaily.com

Plans for building gender-neutral bathrooms in two Ames parks gained the Ames City Council's attention Tuesday night.

The two parks in question are Brookside Park, located at 1325 Sixth St., and Inis Grove Park, located at 2500 Duff Ave.

The project to renovate Brookside Park restroom, which was damaged by a fire in 2018, will eliminate the current male and female restrooms and replace them with four gender-neutral and Americans with Disabilities Act (ADA) compliant facilities.

According to the Council action form, the roof will be rebuilt and the shingles replaced with a brown metal roof. Skylights for each restroom will be added to allow natural light in, reducing the need for lights to be on during the day. Infrared occupancy sensors are to be installed and will turn on lights based on the occupant's body temperature.

This feature will serve multiple purposes, as it will not only turn on the lights when needed, but will also allow the lights to stay on as long as someone is inside and illuminate the dome on the skylight. If this happens outside of park hours, the lit dome will be an indicator for police to check the restroom while they are on patrol.

At the Ames City Council meeting Tuesday night, motions

for the renovations of the Brookside Park Restroom Renovation Project were moved to the second alternative, which is to accept the report of the bids but not award a contract for the time being.

This motion will allow the Council to reach out to bidders and discuss the cost of the project beforehand.

"Unfortunately, the two bids received for reconstruction of the damaged Brookside restroom were both higher than the architect's estimate and more costly than the available funds for reconstruction," said Bronwyn Beatty-Hansen, one of two at-large representatives. "The bids came in at \$295,000 and \$380,000, while current allocated funding is \$223,606. This restroom repair is essential, as Brookside is a high-traffic and much loved park. Options include re-bidding the project or diverting funds from other planned park system renovations."

There are currently two restroom buildings in Inis Grove Park. One is located adjacent to Duff Avenue and was constructed in 1993. The other is located near Shagbark Shelter in the northeast part of the park and was constructed in the early 1950s.

According to the Council action form, after the city assessed both restrooms, it was decided to update the restroom along Duff Avenue, decommission the restroom near Shagbark Shelter and add a new restroom near the north end of the tennis courts that would be connected to the city's sanitary sewer system.

The exterior of the new building will include a limestone veneer on three sides that complements the limestone features of Walnut Shelter in the park. There will also be a metal roof similar to the other new shelters recently added to the park system.

Additionally, the building will be ADA accessible with two gender-neutral restrooms. Each restroom will contain a toilet, urinal, sink, adult changing table, LED lighting, hand soap/sanitizer dispensers and hand dryers. The exterior of the building will have an ADA accessible water fountain with a bottle filler. The adult changing tables will be the first ones constructed in the Ames park system.



IOWA STATE DAILY

Brookside Park is one of two Ames parks with restroom renovation projects waiting to be approved by Ames City Council.

CALENDAR

10.11.19

Brown Bag Series: American Sign Language, *Gallery, Memorial Union at 11 a.m.* "Brown Bag American Sign Language: Deaf Culture and Language," training for employees and community members interested in learning basic signs and more about deaf culture. You do not need to attend every session in order to learn from this series. Bring your lunch and an open mind for this interactive course.

Paint Your Own Pottery: Color Me!, *Workspace, Memorial Union at 4 p.m.* Just like a coloring book, these pieces have line drawings ready for filling in and they are super-cute! Llamas, sloths, unicorns and more on mugs and plates. We will show you the basics of painting your piece and fire it within a week. Studio fee is \$4 for ISU and \$5 for public to attend plus the cost of the bisque you select. Drop off but give yourself an hour.

Cyclone Cinema: Toy Story 4, *Carver 101 at 7 p.m.* Woody, Buzz Lightyear and the crew embark on a road trip that turns into an unexpected reunion.

Iowa Songwriters Showcase, *Goldfinch Room, Stephens Auditorium at 7 p.m.* The October showcase features folk artist Mississippi Jake and multi-instrumentalist Buz Owen.

Whitacre, M-Shop, Memorial Union at 8 p.m. Whitacre is a group blurring the lines of folk, indie rock and bluegrass music. Their brand of folk-rock combines thought-provoking lyrics and high-energy live performances that led to tours with Family and Friends, Wilderado, and Wild Rivers.

Concert: ISU Symphony Orchestra, Martha-Ellen Tye Recital Hall, Music Hall at 7:30 p.m. The Iowa State University Symphony Orchestra is a premiere ensemble of the Department of Music and Theatre. Tickets available at the door or in the Music Hall office.

POLICE BLOTTER

10.10.19

Amanda Jean Allen, age 33, of 1209 Delaware Ave. - Ames, Iowa, was arrested and charged with theft in the fourth degree, shoplifting, at 1209 Delaware Avenue (reported at 2:39 a.m.).

Matthew David Strobel, age 19, of 17561 623 Ave. - Pemberton, Minn., was arrested and charged with public intoxication at 217 Welch Avenue (reported at 1:54 a.m.).

10.9.19

Catina Marie Moffitt-Fisher, age 43 of Ames, Iowa, was arrested and charged with intentional trespassing at 225 South Kellogg Avenue (reported at 3:25 p.m.).

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

FEATURE PHOTO



CLAIRE CORBIN/ IOWA STATE DAILY

>> Celebratory

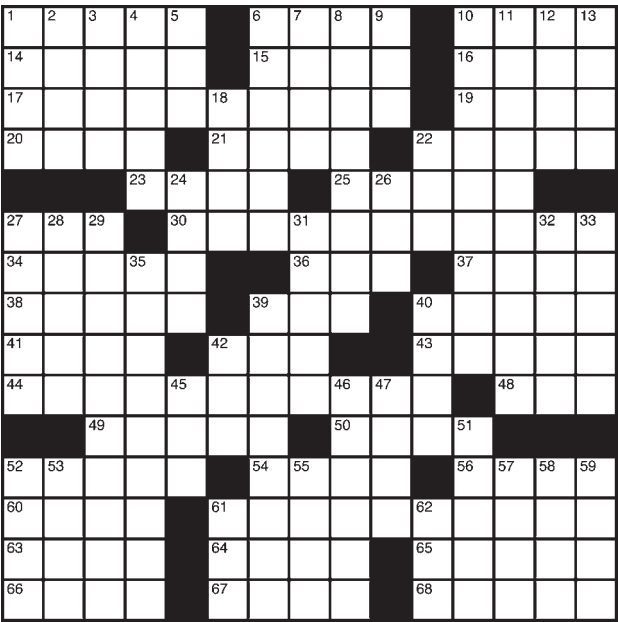
Defensive specialist Izzy Enna celebrates with her teammates during the Iowa State volleyball game against Baylor on Wednesday. Baylor won 3-0.

IOWA STATE DAILY BUSINESS DIRECTORY

Jackson Cleaning Service
Call us at 231-3649

- Residential Cleaning
•Getting Your Home Ready For the Market
References • Insured & Bonded • 27 Years Experience • Gift Cards Available
- RENTALS:
Guaranteed Your Rental Deposit Back!
- Windows
•Deep Cleaning
• Sorority& Fraternity

Crossword



- 20 Los Angeles-to-San Bernardino direction
21 Sausage unit
22 Produce seller's kiosk
23 Macho man
25 Chips in a chip
27 Top USN rank
30 Nutritionist's recommendation
34 Wedding party
36 Popeye's Olive
37 "Alas!"
38 At full speed
39 Basic biological molecule
40 Skier's spot
41 Food _ : listlessness after a large meal
42 Cranberry source
43 Lost color
44 "My goose is cooked!"
48 Cavity filler's deg.
49 Not skilled in
50 Lends a hand
52 Boldly states
54 Hay holder
56 County of the Blarney Stone
60 Parting word with an air kiss, perhaps
61 Aromatic plot, and where to find three different plants hidden in 17-, 30- and 44-Across
63 SASEs, e.g.
64 Dancer Kelly
65 Tour leader
66 Homer Simpson outbursts
67 Home run gait
68 More than rotund

- 4 Updates a wiki page, say
5 Org. that issues about 5.5 million new numbers annually
6 Zesty Twirls maker
7 Graceland's st.
8 Informal "Likewise"
9 Cloak-and-dagger type
10 Honduras neighbor
11 "Kindly stay on the line"
12 In a bit, old-style
13 Golf bunker filler
18 Epoxy, e.g.
22 Hog home
24 "What happened next?"
26 Stanley Cup org.
27 Chinese counters
28 Sick kid's TLC giver
29 Southern Florida coastal resort city
31 Sound in "cube" but not "cub"
32 Like electric guitars
33 West Yorkshire's largest city
35 Dorothy portrayer in the film "The Wiz"
39 Sassafras soda
40 Drove too fast
42 Push-up top
45 QB scores
46 Wager over darts, e.g.
47 Former "The View" co-host Lisa
51 Cancel at NASA
52 Served to perfection?
53 Ristorante glassful
55 River of Pisa
57 Comics dog
58 Cherry and ruby
59 "Oh! Susanna" joint
61 Alt.
62 In the past

YESTERDAY'S ANSWERS

V	I	S	A	M	A	D	A	M	P	O	S	Y
I	M	H	O	N	I	C	E	L	L	E		
C	O	U	N	T	T	O	T	E	N	G	L	O
E	N	T	E	R	E	D						
				O	L	E		P	A	T	E	
A	P	R	O	N	S		G	E	T	A	G	R
N	O	I	R		S	H	E	A	R		E	N
T	A	K	E	A	D	E	E	P	B	R	E	A
I	C	K		T	O	W	N	S		A	I	W
C	H	I	L	L	O	U	T		B	O	R	R
		A	A	R	P		A	I	D			
L	O	O	P	S			S	L	I	P	P	E
I	H	A	D		S	E	T	T	L	E	D	O
S	O	H	O		A	L	E	R	O		A	R
T	H	U	G		W	I	D	O	W		S	E

Across

- 1 Sleeps out under the stars
6 NYC gambling outlets closed in 2010
10 Transcript figs.
14 Cookies in some pie crusts
15 Gather in a field
16 Latin for "elbow"
17 Reuters or Bloomberg
19 Geological age

Down

- 1 Ice cream holder
2 Length times width
3 Kitten calls

Sudoku

by the Mephram Group

			2	1		6		5
		7					3	
	8			3	9		7	
7		6				9		4
	4		5				8	
	6		3			8		
		2	9	5				

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk

IOWA STATE DAILY

© Copyright 2019 Iowa State Daily Publication Board

General Information:

The Iowa State Daily is an independent student news paper established in 1890 and written, edited and sold by students.

Annelise Wells
Editor in chief
Alexander Gray
Managing editor of digital content
Madelyn Ostendorf
Managing editor of print content
Jake Webster
News editor of state and national politics

Jacob Smith
News editor of local and campus politics
Logan Metzger
News editor of diversity
Sage Smith
News editor of academics
Amber Mohmand
Student life editor
Noah Rohlfing
Sports editor

Zane Douglas
Assistant sports editor
Matt Belinson
Assistant sports editor
Mia Wang
Visuals editor
Caitlin Yamada
Visuals editor
Christian Simmons
Assistant digital editor

Grant Tetmeyer
Social media editor
Emily Pollock
Copy chief
Victoria Reyna-Rodriguez
Voices editor
Trevor Babcock
Limelight editor
Melanie De Anda
Opinion editor
Sierra Hoeger
Lifestyle editor

PUBLICATION BOARD:

Professional members

Chris Conetzkey
The Des Moines Business Record
Kyle Oppenhuizen
Greater Iowa Credit Union
Julie Roosa
Greenlee School

Kim McDonough
Iowa State Foundation

Paxton Williams
Iowa Department of Justice

Susan Kloewer
State Historical Society of Iowa

Student members

Chase Kusel
Student Government

Kathleen O'Haire
College of Agriculture and Life Sciences

Publication:
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

Fall & Spring sessions:
The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions:
The Iowa State Daily is published digitally on a daily basis.
Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, 2420 Lincoln Way, Suite 205, Ames, Iowa, 50014.

Subscription costs:
Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.

Postmaster:
(USPS 796-870)

Send address changes to: Iowa State Daily 2420 Lincoln Way, Suite 205 Ames, Iowa 50014

PERIODICALS POSTAGE

Front page weather courtesy of the American Meteorological Society.

Latinx film series ends

Last movie follows Puerto Rico plebiscite

BY LOGAN.METZGER
@iowastatedaily.com

Leading up to the 2012 plebiscite, Puerto Ricans were embroiled in competition for the territory’s status. Afterward, it remained the same.

As part of Latinx Heritage Month, Parks Library presented four films pertaining to Latinx experience in the United States. The fourth and final film, “The Last Colony,” was shown Thursday to a room of 12 people.

The film followed Juan Agustin Marquez as he spoke with experts leading up to the 2012 plebiscite.

A “plebiscite” is “a vote by which the people of an entire country or district express an opinion for or against a proposal especially on a choice of government or ruler,” according to the Merriam-Webster dictionary.

On Nov. 6, 2012, a fourth status plebiscite took place, consisting of two questions. The first question asked voters whether they wanted to maintain the existing commonwealth status under the territorial clause of the U.S. Constitution or if they preferred a nonterritorial option. The second question asked voters which would be the preferred alternative if a nonterritorial option was wanted, giving voters the choice between three nonterritorial alternatives: statehood, independence or free association.

In the film, the experts from each political party explained why the party supported their chosen options on the plebiscite.

For Puerto Ricans who wanted to

maintain the current relationship with the U.S. and remain a commonwealth, they would vote “no” on the plebiscite.

In the film, the experts saw this as a middle ground. Puerto Ricans would be able to keep their cultural identity without being completely assimilated into the U.S. while also being able to keep their U.S. citizenship.

For those Puerto Ricans who wanted to tighten the relationship with the U.S. and become the 51st state, they would vote “yes” and then “statehood” on the plebiscite.

The experts saw statehood as one of two ultimate ideals, the other being independence. For those who are for statehood, they gave many reasons. Supporters wanted all the rights of U.S. citizens, including the ability to vote for president, as well as have a better quality of life. They wanted full representation in U.S. legislation, which directly affects them but they have no say in.

For those Puerto Ricans who wanted complete separation from the U.S. and to become their own nation, they would vote “yes” and then “independence” on the plebiscite.

The experts saw independence as the other ultimate ideal. In the film, they explained Puerto Ricans are a different nationality than mainland Americans and they “don’t like foreigners ruling our land.” Through independence, they hoped to gain true self-government and finally rule themselves after being under another country’s rule for hundreds of years.

The experts explained how they did

not want to lose their cultural identity and because the U.S. is viewed as a melting pot, they would have to give up what makes them Puerto Rican in order to become a state.

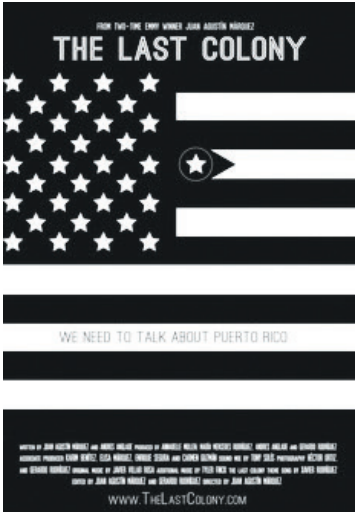
For those Puerto Ricans who wanted to become self-sufficient, but still remain in a close relationship with the United States, they would vote “yes” and then “sovereign free association” on the plebiscite.

In the film, the experts viewed this as a step up from the current status of the commonwealth. As a sovereign free associated state, Puerto Rico would be its own nation but would be interdependent on the U.S. This would allow Puerto Rico to be self-sufficient but negotiate with the U.S. on how citizenry.

On Nov. 16, 2012, the Electoral Commission reported 54 percent voted “no” on preserving Puerto Rico’s territorial status, the first part of the referendum. On the second part, where voters were asked to choose between statehood, independence and free association, 61.2 percent chose statehood, while 33.3 percent preferred free association and 5.5 percent voted for independence.

On Dec. 11, 2012, the pro-statehood 16th Legislative Assembly of Puerto Rico passed a concurrent resolution to request the President and the Congress of the United States to begin the process to admit Puerto Rico to the Union as a State.

“The time has come for our star to shine among the others on the flag,” said Pedro Pierluisi, then resident



COURTESY OF IMDB
Parks Library showed the film “The Last Colony” by Juan Agustin Marquez for Latinx Heritage Month.

commissioner of Puerto Rico.

At the U.S. Senate hearing on August 1, 2013, there were three representatives from Puerto Rico.

The three representatives each gave a different view on the plebiscite’s outcomes and created confusion among the U.S. Senate committee members.

On Dec. 13, 2013, the U.S. Senate committee approved a concurrent resolution that stated, in part, “On November 6, 2012, a plebiscite took place in Puerto Rico concurrent with the general elections whose results were inconclusive since none of the options garnered a majority of votes.”

After all the voting and U.S. Senate hearings, Puerto Rico gained no ground and ended up remaining as a commonwealth still to today.



LOGAN METZGER/ ISD
Feminist Friday speaker Shan-non Coleman explained how to cultivate assertive communication techniques with attendees at the discussion Sept. 20.

Feminist Friday to de-gender biology

BY LOGAN METZGER
@iowastatedaily.com

This Friday’s Feminist Friday will differ from those prior in many ways.

Anna Carter, postdoctoral research associate of the ecology, evolution and organismal biology department, will be leading this Friday’s discussion on “De-Gendering Biology” and how the diversity of nature can counter-act essentialist beliefs.

The discussion will occur from 1 to 2 p.m. Friday at the Margaret Sloss House Center for Women and Gender Equity. Snacks will be provided in addition to a learning opportunity for all.

Audience members will get a closer perspective of the science and research behind how their internalized beliefs affect their thought processes in regard to how people appropriate and gender things or beings.

“Humans are not special in the sense that we are primates; we’re mammals, we can put ourselves on the tree of life and understand our evolutionary relationships to other organisms,” Carter said. “So humans are a part of the diversity of nature, and at the same time we are the only species that can tell each other about our own ideas [or] about our identities.”

These weekly meetings include a new topic of discussion each time and request feedback during the group discussions throughout to more closely examine the critical aspects of any questions at hand.

The Sloss House is available to all students, faculty and Ames community members, regardless of gender. All are invited to attend, with the hope they will learn and take away information that may benefit them.

To learn more about the Margaret Sloss House Center For Women And Gender Equity and weekly speakers, visit their website at <https://sloss.dso.iastate.edu/>.

Students make liquid nitrogen ice cream at demo

BY QUINN.VANDENBERG
@iowastatedaily.com

A liquid nitrogen ice cream demonstration was presented Thursday as part of the 2019 College of Human Sciences Week, hosted by Iowa State’s Food Science Club.

Maddison Wild, senior in food science, began the demonstration by describing how liquid nitrogen ice cream is made.

“Nitrogen ice cream was created by Iowa State alums,” Wild said. “They opened an ice cream company called Blue Sky Creamery and it gained a lot of popularity.”

Wild said nitrogen ice cream is creamier, fresher and has less fat than traditional ice cream.

The liquid nitrogen ice cream demonstration was a way to educate those attending about the food science major and what careers students can lead in food science.

“We’re kind of the people that help get our food into grocery stores, and so that can be [with] food processing, food quality and food engineering,” Wild said. “All of these are using biological, chemical or engineering principles to adapt to complex food matrices.”

Two members of the Food Science Club, Sarah Schwartz, junior in culinary food science, and Margaret Leonard, junior in food science, tipped a large metal canister to slowly pour liquid nitrogen into a small cooking pot.

Leonard said the metal canister is capable of storing 57 liters, or approximately 15 gallons, of liquid nitrogen. As soon as the small cooking



GARRETT HEYD/ IOWA STATE DAILY
Students of the College of Human Sciences had a liquid nitrogen demo on making ice cream with the very cold element Thursday in MacKay Hall.

pot begins to fill with liquid nitrogen, a layer of condensation forms and rapidly freezes on the outside, creating a thin layer of frost.

The liquid nitrogen is then moved from the pot to a large electric kitchen mixer containing a mixture of heavy cream, milk, sugar and flavoring, such as vanilla. The liquid nitrogen causes the ingredients of the mixture to freeze quickly, creating smaller ice crystals and a creamier texture.

At the demonstration, the mixture was combined with the liquid nitrogen for about a minute to make vanilla ice cream. The ice cream was then served to attendees with a variety of toppings including whipped cream, chocolate

syrup, caramel drizzle, M&M’s and Oreos.

Kathrine Gilbert, assistant teaching professor in the food science and human nutrition department, serves as the adviser for the Food Science Club. She said total attendance for the event is usually between 125 and 150 people.

Wild said the demonstration is one of several events the Food Science Club hosts throughout the year. Wild said the club also participates in activities such as traveling to a food manufacturing plant and selling homemade fudge to students.

Membership in the Food Science Club is not limited to food science majors and open to all Iowa State students.

Mental Health Awareness Day

BY LOGAN.METZGER
@iowastatedaily.com

Editor's note: This is part two in our weekly mental health series "Talk About It." Sensitive content may follow.

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigmas and misunderstandings are just as widespread.

Each year on Oct. 10, participants across the country and around the world raise awareness of mental illness as part of World Mental Health Day. In the United States specifically, participants recognize the entire first week of October as Mental Illness Awareness Week.

"I think [mental health] is something that affects so much of the population that it needs to be taken more seriously," said Rebecca Staib, president of the National Alliance on Mental Illness (NAMI) and a senior in kinesiology and health. "Just because there's still such a stigma around mental [health] and being 'abnormal' and that it's something that you should hide from other people when in reality, mental illness affects one in five adults in the United States. So the likelihood of being diagnosed with a mental illness or knowing someone who suffers from a mental illness is so high, it shouldn't be something that's stigmatized."

Staib said stigmatization can come in many forms and from many different sources in a person's life.

"Stigma can be from friends or family or even oneself thinking 'oh because I have a mental illness I can't do this or that,'" Staib said. "From friends or family, it can be seen as 'you're not trying hard enough, if you're depressed just be happy' when in reality it's a chemical imbalance of the brain. So that stigmatization from others



DESIGN BY MARIA ALBERS

World Mental Health Day was created to bring attention to and create understanding around mental health, which isn't traditionally seen as a disease or illness.

and yourself can prevent you from getting help. In some situations, it can be extremely harmful to oneself or others if gone undiagnosed or untreated."

Staib said some of those "extremely harmful" situations individuals can get into if their illness is heavily stigmatized and goes untreated can include becoming extremely depressed and committing self-harm or suicide. She said manic episodes can cause individuals to participate in dangerous activities such as illicit drug use, unprotected sex and maxing out credit cards.

NAMI is one of the nation's largest grassroots mental health organizations dedicated to helping the millions of Americans affected by mental illness. Staib is the president of the Iowa State branch of the organization. She said she is heavily involved in the organization because of her own experience with mental illness.

"My freshman year of high

school — well, I'm a senior in college this year — my freshman year my older sister, who was a senior at the time, had attempted suicide for the first time," Staib said. "Just our family dealing with that and kind of learning with her what mental illness was, it brought us a lot closer together; you know it was a really hard time for all of us — now my parents are amazing."

Staib said her experience with mental illness has even gone further than just with her sister.

"Now I have noticed my symptoms a couple of years back and recently got diagnosed with generalized anxiety disorder and an adjustment disorder," Staib said. "[I know] that if I need anything, I can talk to my parents and because they've been through it with my sister and all of her problems, they're really supportive of me. So I guess, through those experiences I've become so passionate about mental health and dealing

with mental illnesses. I mean if my parents can, you know, educate themselves when they're a bit older, then why can't I do the same thing with individuals my age?"

Staib said World Mental health Day is important for educating people because mental illness isn't treated as a physical illness or disease when it should be. She said taking the time to check in with oneself, friends or family and advocating for mental health is important during Mental Illness Awareness Week.

On campus, NAMI has no events happening, but all around the country the organization has many events and awareness advocacy. To learn more visit the NAMI website.

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

World Mental Health Day was observed for the first time on Oct. 10, 1992. It was started as an annual activity of the World Federation for Mental Health by the then Deputy Secretary-General Richard Hunter. The day is officially commemorated every year on Oct. 10.

At the beginning, World Mental Health Day had no specific theme. Its goals were general, promoting mental health advocacy and educating the public on relevant issues. In the first three years, one of the central activities to mark the day was a two-hour global telecast. World Federation for Mental Health board members received participation from all over the world, including Australia, Chile, United Kingdom, Zambia, Swaziland, Peru, Mexico and the United States. Since then, increasingly more and more countries participate every year with events focused on mental health awareness.

Bacon Expo to educate and entertain tastebuds

BY AMBER.FRIEDRICHSEN
@iowastatedaily.com

The seventh annual Iowa State Bacon Expo will be 11 a.m. to 2 p.m. Saturday at the Jeff and Deb Hansen Agriculture Student Learning Center.

Shelby Veum, junior in agricultural and life sciences education, is the public relations co-chair of the Iowa State Bacon Expo. She and her co-chair, Rachel Zumbach, junior in agricultural and life sciences education, facilitate the event.

"We'll have educational booths to learn more about the pork industry," Veum said.

The Bacon Expo is a way for attendees to learn more about the swine industry, as speakers will be present to inform guests about it.

Veum said her favorite part of the Bacon Expo is being a part of something that she is interested in, and that it is a great way to get involved.

One of the most notable aspects of the event is the all-you-can-eat bacon. There will be 12 vendors offering numerous ways to try bacon.

"Bacon mac and cheese to bacon wrapped jalapeño poppers to ham balls," Veum said. "It's all you can eat bacon with admission."

In addition to the informational aspects of the event, there will also be various forms of entertainment. Many activities have been organized to interest children, students and adults.

Veum said there will be activities for the kids such as a bouncy house and bingo, as well as an event hosted by Alisan Porter, season 10 winner of "The Voice."

Guests of all ages are welcome to take part in the many activities of the Bacon Expo.

Students can purchase tickets in advance online for \$8 or at the door for \$10. Adult admission is also \$10, admission for children ages six to 12 is \$5 and children five years old and younger get in for free. Proceeds of the Bacon Expo will go toward Iowa State Dance Marathon.

Run for the Roses philanthropy to support Arthritis Foundation

BY KATHERINE.KEALEY
@iowastatedaily.com

Alpha Omicron Pi will be hosting the Run for the Roses 5k and 10k walk/run race for their fall philanthropy Sunday. All proceeds will be going toward the Arthritis Foundation.

The race will start and end at Ames Middle school. Pre-registration is \$35, with registration the day of increasing by five dollars to \$40. At the race, participants will receive a long sleeve t-shirt, a rose and an omelet breakfast served by the members of Alpha Omicron Pi. There will also be silent auctions and door prizes at the event.

Morgan Cocagne, co-director of Run for the Roses, said Alpha Omicron Pi has been working on the race since last spring, continuing work over the summer to put on the race. Members of Alpha Omicron Pi have worked closely with the Ames Area Running Club as well, making this the biggest fundraising

event of the year for the sorority.

Over the last 33 years Alpha Omicron Pi has raised \$305,000 for the Arthritis foundation. Cocagne said she hopes to see a large turnout in numbers because the weather is supposed to be nice, but the race will happen rain or shine.

"We are hoping to have around 1,000 participants, and that would raise around \$20,000 for the race this year," Cocagne said.

Cocagne said it is important for her and the sorority to give back to programs such as the Arthritis Foundation and the community of Ames.

"There are a lot of people affected by arthritis, both children and adults, which is something I think is forgotten, that children get arthritis too," Cocagne said. "I really like that we pair with the Ames Area Running Club, because it really gives us that community interaction that is a little different than other philanthropies, but still helps us get involved with the Ames community."



COURTESY OF ALPHA OMICRON PI

Participants have the option to complete either the 5k or 10k portions of the race at Alpha Omicron Pi's Run for the Roses philanthropy event.

COLUMN

Shed the symbols

Restroom signs need to be modified

BY PARKER.FOX
@iowastatedaily.com

This Coming Out Day article is brought to you by columnist Parker Fox, formally known as Shannon Fox.

Across the country, more and more people are feeling comfortable enough to identify differently than they were assigned at birth, and many others transcend the western concept of the gender binary altogether. Among the many challenges facing this community, there is one issue that upon first glance may seem minor: restroom signs.

Why is there an issue with restroom signs? The issue actually lies in the safety and comfort of the transgender and non-binary community. Many states have attempted to pass what are known as “bathroom bills,” which “restrict access to multiuser restrooms, locker rooms and other sex-segregated facilities on the basis of a definition of sex or gender consistent with sex assigned at birth or “biological sex” (nscl.org). Biological sex, in the eyes of legislators, refers to what is more appropriately known as sex (and/or gender) assigned at birth — the sex the doctor deems a child once it is born.

One of the main arguments for this type of bill, which is sexist in and of itself, is that men will “pretend” to be women in order to harass women in the restroom. Research shows that there is no correlation between allowing transgender access to restrooms and bathroom-related crimes. It is inherently sexist because it assumes men are more likely to commit this sort of crime by omitting that the opposite (if statistics supported these claims, which they don’t) of women sneaking into men’s bathrooms is equally possible. Not only



COURTESY OF NICHOLAS STOUT

Columnist Parker Fox argues that restroom signs need to be changed on campus and in all public places in order to reflect inclusivity for all genders and non-binary identities.

that, but it ignores the existence and identity of trans men and non-binary individuals.

Unfortunately, because people are willing to propose such bills, there are also people who are willing to harass trans people for using the bathroom in accordance with their identity. Statistics show that 46 percent of trans people are verbally harassed each year simply for being transgender. With society’s all-too-slow acceptance of trans and non-binary individuals, many may fear to use the “men’s” or “women’s” restroom.

In order to help its LGBTQIA+ students, Iowa State is starting to provide gender inclusive, single-user restrooms. Certainly, this is a good middle-ground for the current polarization in the community. This is where bathroom signs come into play. The gender-neutral bathroom sign located on the main floor of the Parks Library is a good example of an awkward attempt at inclusivity. It depicts the men’s restroom symbol,

the women’s restroom symbol, a small men’s symbol (perhaps depicting a child), a baby and a handicap symbol. While it is important to know if the stall is handicap accessible and if there is a baby changing table, having a man symbol and a woman symbol doesn’t really address the wider community with non-binary identities. It presumes the room is for men and women, but what about everyone else?

It is for this reason I propose a different symbol for a restroom stall: a picture of a toilet. A sign that just says — you guessed it — toilet. Of course, handicap and baby changing signs are still necessary. However, it avoids the “man or woman” paradigm, the symbols for which are dated anyway; women have worn clothing other than dresses for quite some time now. While I appreciate the progress that Iowa State and many other institutions have made to be gender-inclusive, it’s time to take the next step and make the toilet room sign a toilet.

EDITORIAL

Check in after your midterms

BY ISD EDITORIAL BOARD

All over campus students have prepared and studied for their midterm exams. At least, one hopes that students have studied and prepared for them.

Whether you have or haven’t studied for those midterm exams or whether you just so happened to have passed them with flying colors or flunked them, now that the dreaded hurdle is over with, it’s a good time to check in with yourself.

The worst case scenario is you happen to fail an exam on top of all the studying you did, but do not fret; there’s still time to turn it all around and the ISD Editorial Board is here to offer you some quick and simple advice in hopes of easing your worries.

When you figure out how your midterm exam score has affected your overall class grade, don’t let it discourage you on how the rest of the semester will go and do not give up.

No matter how bad or good you believe you have done on your exam, it’s always good to ask yourself where you aim to be at the end of the semester.

Even if you’re satisfied and feel like you don’t particularly need to change or do anything differently to further improve your grade, you could always ask yourself what you can do to keep the grade you’re happy with.

When exams are handed back in class — and it’s already known to you via Canvas what score you received — fight the urge to cast them away in some dark corner of your room or

desk drawer.

Take a look at it and see what specific areas you need to work on; perhaps others in your class are also struggling in the same area and you can form a study group to further improve in that area.

Or, maybe you know someone in your class who happens to be an expert on the topic.

Reaching out to them may be helpful and they can offer you some advice on how to better understand whatever it is you need help on.

Last, but certainly not least, make sure to speak with your professors. This one may be a no-brainer, but there are a lot of students who still don’t take advantage of the help professors can give you.

LETTER



GRANT TETMEYER/ IOWA STATE DAILY

Presidential candidate Beto O’Rourke embraces Ames resident Joan Bolin-Betts July 2 at her home.

I support Beto for others and my grandchildren

BY PAM JUNKIN
pmjknk@gmail.com

Please know, you are not alone in supporting Beto O’Rourke. I don’t want your generation to think you do not matter. I am an older American who is supporting Beto. For you and my grandchildren.

I have witnessed big money take over our political process. We need to support Beto, with one dollar, if that is all we can spare. Take action on polls and how biased they are. Make your voices heard. Reach out to national media and demand fairness in reporting.

I support Beto, because of his truth and integrity! Beto has policy plans written, in part, by the American people. Those plans are doable!

Beto has a plan to pay for them by re-prioritizing how we spend our money and who will benefit from those programs.

Beto understands: climate change is real, tariffs are taxes, markets have closed to our farmers and education needs help, from preschool to Ph.D.

Beto understands: veterans have given everything for us, health care is needed by all and Medicare for America gives us choice, military grade guns do not belong on our streets, equality and equity, immigration and those who are here wanting to become U.S. citizens and how broken Washington is.

Beto understands social services and pay discrepancies. Most importantly, Beto knows how to beat Trump.

Hang tough and speak! Speak your knowledge and patriotism! Old fashioned word, you might say, but so applicable to this election.

Make your voices heard. People my age are counting on you to help us return to of the people, by the people, for the people.

Just because you are young, does not mean you are ignorant of the issues or opportunities, as Beto calls them.

I wish for you all to have a good future. Stay in school! Learn to make good choices and not ever follow something or someone you don’t believe in.

Good fortune to all of you.

Editorial Board

Annelise Wells, editor-in-chief
Melanie De Anda, opinion editor
Emily Berch, columnist
Seth Pierce, student

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

Feedback policy:

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

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Cyclone offense has fun again

Iowa State finds joy in the game before heading off to West Virginia

BY MATT.BELINSON
@iowastatedaily.com

In a blowout win against Big 12 rival TCU last Saturday, Iowa State was able to get a solid performance from Brock Purdy on the ground and the defense won the turnover battle, but the biggest win for the Cyclones might have come from something away from the stat sheet.

Iowa State had fun again. After being shut down by Baylor for a majority of its conference opener, Iowa State was not playing with joy for the game and energy, multiple players and even coach Matt Campbell said.

“Honestly that is how we were playing,” Purdy said. “We had all these expectations and pressure on ourselves, and honestly if you are thinking like that throughout the game, you are not going to be playing at the level you should be playing at.”

Purdy said even leading up to the Baylor game, there were points in the Cyclone’s season that took the joy away from being on the field and playing with his teammates — something Purdy said is invaluable if a team wants to have success.

“There were parts of the Iowa game where I wasn’t enjoying it, I was trying to get through the next drive and try and score points,” Purdy said. “That’s what it is about [scoring points] but at the same time you can’t lose that sense of joy and having fun during the game.”

Purdy said Iowa State was able to

create momentum during and before its home opener against TCU, freeing up Iowa State’s offense to just play loose. Purdy said if Iowa State plays loose and has fun again, everyone will play to their max potential on every snap.

While Purdy and the offense have started to have fun again, Campbell said the team’s pressure and lack of looseness may have started from the top. Campbell said Iowa State’s loss of joy and fun in the game has never been an attitude or effort problem, but rather it comes from the team having high expectations for itself.

“It probably started with me to be honest with you, because I felt like ‘holy smokes, let’s just get games over,’ whereas I used to enjoy the games,” Campbell said. “I just think sometimes when you want to be so perfect so bad, you want to put the guys in a position to be successful.”

“You see them enjoy a process to get there and then you get to the sixty minutes and you start to press because you want to be so perfect in the moment and I think you were seeing that.”

After a tough loss to begin the conference season, Campbell had meetings with his “A-players.” Campbell said the “A-players” for the Cyclones were struggling to find answers as to why the team was playing without excitement and with a lack of positivity.

After the players and Campbell met, Campbell determined he should have acted on the players’ feelings and



GARRETT HEYD/ IOWA STATE DAILY

Quarterback Brock Purdy watches the score board camera footage to see who is behind him as he rushes toward the end zone at the Iowa State vs. TCU game Saturday. The Cyclones beat the Horned Frogs 49-24.

the pressure they were putting on themselves earlier on in the season.

Campbell made it clear to his “A-players” they would be the ones that would have to create the atmosphere and looseness Iowa State was sorely missing.

“I told them that our ‘A-coaches’ and ‘A-players’ need to get A’s on Saturdays,” Campbell said. “I probably didn’t do enough about it early on and I am really glad I had some of those conversations with them and had conversations with myself too.”

Now after coming off a big win against TCU to get back to a .500 record in conference play, Iowa State has found its fun approach to games

has returned.

Center Collin Olson agreed with his quarterback and coach’s assessment of Iowa State before the matchup against TCU.

Olson, a senior, has been a part of Iowa State teams in past seasons with far less expectations than what the current Cyclones are under right now.

“With the last couple years, having the success that we have had, we just want to grow on that,” Olson said. “We are really hard on ourselves, we’re our biggest critics for sure, so that pressure we were holding on ourselves was holding us back I think.”

Olson said the team put too much

pressure on themselves to begin its season, leaving the team tight and prone to mistakes.

“I think against TCU you saw that this team was able to let loose, relax and play free,” Olson said. “Coach [Tom] Manning said the week is full of pressure but Saturdays are meant to be fun.”

Olson said the early pressure may have caused some unhappy games but the newfound happiness will not stop Iowa State from critiquing its play on the field.

“We are still going to put that pressure on us during the week, hopefully on Saturdays we can still play loose and free,” Olson said.

COLUMN

Breaking down the postseasons by grade

BY TREVOR.HOLBROOK
@iowastatedaily.com

Temperatures are dropping across the Midwest, and October is in full swing. As a result, sports fans get to enjoy the best month for games.

Postseason baseball ramped up this month, the College Football Playoff rankings come out at the beginning of next month and the NFL standings are beginning to weed out the pretenders from the contenders.

As I intently watched my beloved St. Louis Cardinals’ comeback against the Atlanta Braves on Monday, I thought to myself, “Can it get any better than October baseball?”

Now, no playoff system is bad, but some are better than others. Below are grades for the MLB, NBA, NFL, college football and college basketball playoffs.

NBA

During April, the NBA season shifts to the playoffs before wrapping up in June with the NBA Finals. The NBA playoffs are a blast with jam-packed action early on, followed by elite basketball later.

An issue with the NBA recently has been a lack of parity with the Warriors and Cavaliers arriving in the finals often, but the Raptors bucked the trend with an appearance and win last season.

This year appears to be wide open, and the Western Conference is poised for a major upset in the first round with the depth of quality teams in the conference.

The NBA playoffs benefit from being the only thing on television during the majority of the run besides baseball.

The downfall of the NBA is the length of the series and the amount of series. April to June is a long run for playoffs, and at times it can drag on — especially with lopsided series where at least four games still have to be played.

Grade: B

MARCH MADNESS

Often seen as the best postseason format, March Madness is great action. It sets up so most of the action is on the weekends, and it’s a mostly dead period for other sports.

While the upsets and Cinderella teams create the fun that makes the event what it is, it does lack sample size with only a one-game guarantee for teams. Personally, I like this because it creates more parity and college basketball can be pretty lopsided with established blue-blood programs going against small schools.

The only knock on college basketball is the players aren’t as skilled as NBA players, obviously, so there’s a lot of missed shots and the basketball product isn’t as good. I think March Madness makes up for this somewhat with contrasting styles and creativity that isn’t seen in the NBA.

Grade: A-

COLLEGE FOOTBALL PLAYOFF

This might be the newest format on the list. The BCS has been dead for five years now, and the College Football Playoff has received pretty



COURTESY OF PAUL ENDRIS/FLICKR

After graduation, Iowa State alumnus Eric Cooper went to umpire school. He is now a Major League Baseball umpire.

solid reviews during that time, I think.

I enjoy the four-team format because two teams is too narrow. The best team often has a hiccup throughout the season, and the playoff provides an opportunity for a second chance.

The biggest issue for the format is: Is four teams the right number? Should it flip to six? Eight? 16?

I don’t know what the right answer is, but I’m not 100% sold on four teams. I think that the lingering question drops the ranking a bit.

Grade: B-

NFL

I love the NFL, and I think the playoffs are solid for the league. The timing of the playoffs is great because it’s normally freezing outside in Iowa and where some of the games are played.

The elements put teams to the test, and with less of an emphasis on running the ball and playing defense in recent years, it’s interesting to see how certain teams and quarterbacks respond to

weather conditions.

Outside of those factors, the six playoff team per conference ratio is perfect, and it creates an opportunity for wild card upsets.

Overall, the Super Bowl is mostly a letdown, in my opinion. The halftime show is generally mediocre and the commercials are bad. On the field, football’s been plagued by poor officiating and weird rules in recent years, and I think that’s harmed the game some.

I think the playoffs are often better than the Super Bowl.

Grade: B+

MLB

Maybe this is recency bias, but I think baseball features the best postseason (and I personally like the NBA and NFL more). I think the advantage baseball has over basketball and football is the pacing. Basketball is fast with breaks only for fouls, timeouts or quarters/halftimes. Football is similar, but it does have quick breaks between plays.

Meanwhile, baseball’s intensity builds with each pitch, and clocks aren’t a factor unlike in basketball and football.

Teams can’t sit on a lead and run out the clock; they’re forced to be better than the other team to finish out a win.

I think the pacing really hurts baseball during the regular season when there’s less at stake, but baseball truly shines with postseason hopes on the line.

Grade: A

Cyclones Forever remembers

Students and staff create online memorial for Iowa State

BY ISABEL.GEBERS
@iowastatedaily.com

The death of a student is news that no one wants to hear. Unfortunately, for schools and college campuses everywhere a student passing away is often a reality that has to be faced.

Cyclones Forever is a website featuring an online memorial honoring students who pass away and resources for families, students, faculty and staff coping with loss. The website launched July 1, but was a year-long process.

The idea for the site started with Megan Van Heiden, senior assistant director for Student Assistance, as a possibility for her year-long project for the Student Affairs Leadership Institute.

"Last summer I was going through my own professional development and goals that I wanted to accomplish," Van Heiden said. "I had been at institutions prior to coming to Iowa State that had different forms of honoring students that they lose... and that was something that I noticed Iowa State didn't have, is something to honor and remember students. So that was a personal goal of mine

that I wanted to create."

Van Heiden was unsure of what forum would best suit Iowa State's needs, then started breaking down different options for the memorial with Martino Harmon, senior vice president for Student Affairs, and Vernon Hurte, dean of students. Eventually they decided "an online memorial or a website that would be a good place to start."

Iowa State's need for a way to honor students was also recognized by the Emerging Leaders Academy, faculty and staff who take part in a year-long leadership training program. Together, Van Heiden and the Emerging Leaders reached out to Jenny Pollard, communications and program coordinator for Student Affairs, who worked with students who designed and created the site.

"They [Van Heiden and the Emerging Leaders] just wanted [the website] to look different," Pollard said about creating the design for Cyclones Forever. "They didn't want it to look just like any informational site, 'cause really the site was developed to be a place to just honor students. So we tried to think about, 'What are elements of campus that are still Iowa State but can kind of have a softer feel?' Just because it's such a sensitive topic and it was for condolence and empathy, and those are the things we didn't feel like putting the university logo [on]. So we tried to look for [those] aspects on campus: The white flowers are magnolias, which are the flowers that bloom on campus in the spring; We are the Cyclones, and our mascot is Cy, which is a



COURTESY OF MEGAN VAN HEIDEN

Megan Van Heiden, senior assistant director for Student Assistance, worked with students to create Cyclones Forever, a website honoring deceased students and offering resources to deal with grief.

cardinal. So we put the red bird — the cardinal — in the tree, something you would actually see in the spring. And it was a nice way to represent or have an aesthetic on a site that was maybe more inclusive and representative to all."

One of the main concerns for the website was that it should honor all students equally, no matter their impact on campus.

"Some students may have a lot of presence here on campus, like we saw when we lost a student athlete," Pollard said. "Some people might be really well known across campus and some students might not be. It's really important for us that we have consistency in that, so the university doesn't actually hold a vigil or those kind of components. [Cyclones Forever] was a tool for us to be really able to fill some of those needs we saw out there so that students who might not be as visible on campus have the same sort of acknowledgement from the university as someone who maybe did."

Along with remembering the students, Cyclones Forever is designed to support and supply resources to help those affected cope with grief.

"I think everyone grieves very differently, and so trying to create a central place to honor and remember while also offering resources and support [for] grief for whoever that may impact [was important]," Van Heiden said on the purpose of the site. "Whether it's students, whether it's staff or faculty — whoever may be impacted by that. [We're] just offering a place of support and letting folks know what is available on campus in terms of resources to help them feel supported through that grief."

Student Assistance handles the death notification process, which includes informing people on campus, as well as working directly with the family to provide support. Included now with Cyclones Forever will be informing the family about the online memorial.

"In talking with families, we'll share information about the website, and tell them that we have this online space to honor their student and if they want to add additional information they're welcome to," Van Heiden said. "And so they have the option to add a photo or any additional information that they want to. We really don't filter that, and that part is optional. And of course if



COURTESY OF JENNY POLLARD

Jenny Pollard, communications and program coordinator for Student Affairs, worked with students who made design choices for Cyclones Forever.

we were to ever hear from a family that they would want us to remove the student from the website we'd absolutely honor that and do that immediately."

Student Assistance will otherwise always automatically upload the student's name, college, major and dates of attendance. The memorial will contain students in any fall, spring or summer term that pass away from July 1, 2019, when the website was launched, and onward.

More details and further information can be found on the Cyclones Forever website. If a student is missing from the memorial, anyone can email Student Assistance at studentassistance@iastate.edu or call at 515-294-1020.



COURTESY OF CYCLONES FOREVER



AMES SILVERSMITHING

220 Main

Downtown Ames

515-232-0080

www.amessilversmithing.com

