



STUDENT GOVERNMENT
Find our preview for Wednesday night's Senate meeting. The Senate will hear about the Green Dot Violence Prevention program.
>> MORE ONLINE



BOXING CLUB SEES BOOM
Following the highly viewed May-weather and McGregor fight, many students have joined the boxing club.
>> PAGE 6

An independent student newspaper serving Iowa State since 1890. WEDNESDAY 09.13.2017 No. 017 Vol. 213 83°▲ 54°▼

STUDENTS

BUZZING ABOUT BEES



PHOTOS COURTESY OF MAIA JAYCOX
Maia Jaycox, sophomore in open option, is the 2017 American Beekeeping Federation's honey queen.

BY DANIELLE GEHR
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With the use of a queen bee to entice the other bees, Maia Jaycox tries to stay calm as the black and yellow creatures crawl onto her face, creating a beard that buzzes.

While most fear bees and their stingers, Jaycox, and the American Beekeeping Federation (ABF) who crowned her this year's honey queen, want to show people if they remain calm, bees are harmless.

Though she did want to say, "don't try this at home."

"I was a little nervous to start with, but once we started getting going and the bees were moving I was like ok, I can calm down, I can breath," Jaycox said. "It was a little weird having the bees walk all over my face, but it was just an amazing experience."

Jaycox is an Iowa State sophomore and a member of Kappa Alpha Theta. She took the semester off to travel around the country talking about beekeeping.

Jaycox was first thrown into the world of bees when her mom took up beekeeping – only to

discover that she was allergic. Jaycox and her dad took over caring for the bees.

The aspiring queen bees applying for the position are tested on their communication skills as well as their beekeeping knowledge.

Jaycox first got involved with the program after she started volunteering at the Iowa State Fair.

On the American Beekeeping Federation's website, it describes the honey queen's position as the entire beekeeping industry's salesman or public representative.

"The Queen and Princess educate the public with facts on the beekeeping and honey industry concerning pollination of our nation's crops and how dependent we are on the honeybee for agriculture, how honey is a healthy substitute for sugar and how honey also extends the shelf life of baked products and adds that extra special something, such as taste or texture to other products," the ABF's website states.

Jaycox said they encourage people to do their part to help the bee population.

She said if people do not have the resources to keep bees themselves, they should support local beekeepers by buying their honey.

"Plant as many bee-friendly flowers as possible because they need a healthy habitat to forage

on," Jaycox said.

Not having enough healthy habitats is one of a multitude of reasons that Jaycox gave for a declining bee population.

Jaycox also warns people not to go into beekeeping blind.

When she started beekeeping, on top of the knowledge her dad had, she received support from mentors of the Iowa Honeybee Association.

Since starting her tour in January, Jaycox has been to 13 different states, including Iowa.

"It's just amazing being able to travel to different places and tell them about how they can help honeybees," Jaycox said.

She has done school presentations ranging from elementary school to the collegiate level. She also has made appearances at fairs and farmer's markets as well.

As she travels, Jaycox has been picking up new beekeeping techniques and tricks.

She said every state has their own way of beekeeping, so this has been a learning experience for her as well.

The American Honey Queen Program has been crowning young beekeepers since 1959. Jaycox is one of three Iowan honey queens.

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- \$4.00 Coors Light Mugs
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CAMPUS

Cultural connections

Building international bonds

BY HARRY.NGUYEN
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A combined 300 international and U.S. students are getting ready to embark on a peer-mentor and culture exchange program for the fall semester.

The Cultural Ambassador Program aims to provide students and scholars a unique chance to meet others of diverse backgrounds within the Iowa State community. International and U.S. students become cultural ambassadors through a pairing process based on their interests and preferences.

“American students will be helping international students transition to American culture, talking about holidays and traditions and vice versa,” said Anna Nesterova, International Students and Scholars Office (ISSO) programming graduate assistant.

The program allows students to build a mutual understanding while establishing partnerships. Whether it be academic, friendship or cultural exchange, they are encouraged to participate in a variety of activities.

Cultural ambassadors are required to meet a minimum of three times for the semester, but as the relationships continue to build, students are meant to engage in many more activities, like hanging out and going to sporting events to open new perspectives as they build the college team spirit.

Joining clubs and other student organizations is also part of the experience for international students in order to meet domestic students. Not only does this give them a chance to make friends but is also a way for the ambassadors to learn about the importance of gaining leadership and team building skills.

“Students are encouraged to attend different kinds of events together. It can be academic events like lectures on campus, presentations, seminars,” said Marina Reasoner, diversity and retention coordinator. “It is not a secret that we have a variety of events where students get involved with academic life. So having a partner who has some kind of different experience and engages [international students] in this new experience is very beneficial.”

In addition to the program, there is a mid-semester project on Nov. 2, in partner with a charity organization called Project Linus, whose mission is to make blankets for children in need. Given this opportunity, it creates a path for the students to eventually build their careers and succeed in academics while meeting a wide variety of people.



HARRY NGUYEN/ IOWA STATE DAILY
Anna Nesterova and Marina Reasoner coordinate the Cultural Ambassador program through the International Students and Scholars Office (ISSO).

Although 500 students have registered, 300 have showed up to continue with the pairing process for the fall semester. This is the highest number that the program has seen since it was first established in 2015. This changes the dynamics of the process as coordinators have started to introduce a new method to pair students.

“One of the ways we try to deal with that is introducing trios where there will be two domestic students and one international student because we have more domestic students who are interested in being a part of the program,” Nesterova said.

In spite the fact that new laws were enacted earlier this year about the number of international people who are able to enter the U.S, “there was definitely some concern, it’s really inspiring for us to see an interest in the domestic students who want to get engaged with international students to provide that support,” Reasoner said.

The Cultural Ambassador program will begin a new session at the start of the spring semester.

COMMUNITY

LegaCY Club returns after nine-year absence

BY WILLA.COLVILLE
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Putting on a cap and gown, walking across the stage and receiving a diploma is a dream that college students plan to one day make come true.

Graduation is not only a special day for students, but for their families and those that helped them get where they wanted to go. As alumni, some parents will even get to watch their children graduate from Iowa State as their legacies.

To help bring multiple generations of students within the same family to campus, the Iowa State University Alumni Association launched the LegaCY Club.

LegaCY is for children of all ages who have a parent or grandparent who is an alum of Iowa State University. First generation Iowa State students may also be a part of the program to begin a legacy of their own.

Starting in eighth grade, members get information about Iowa State so they can prepare for their

own college adventure.

While the program has been around for many years, it began to face a decline in members and funds in 2008.

“The [LegaCY Club] started to scale down. We didn’t have great participation in the program and were facing, like the rest of the university, a lot of budget cuts [in 2008],” said Sarah Craw, assistant director for member services. “So, the program scaled back significantly and then this year we decided it was finally time to bring it back.”

After nine years and numerous requests to bring back the program, the LegaCY Club is returning and expanding with fresh ideas.

“We brought the program in its concept back [this year], but changed the gifts that children were getting at their birthdays, changed from an email birthday card to a physical birthday card and then decided that we need to do things with current students as well,” Craw said.

The LegaCY cords for commencement, one of the program’s new initiatives, came from the Student Alumni Leadership Council.

An honor cord is to be worn by students during commencement. Similar to academic cords and stoles, the LegaCY Honor Cord represents involvement and achievement.

“We saw that a lot of universities [with legacy programs] were doing legacy cords so we decided to bring them to our own program. We worked with Iowa State to get it approved, just so we had a way to honor families as students are graduating,” Craw said.

The club is also working on events for current students that will start this year such as Family Weekend and move-in brunches as well as giveaways at orientation and Homecoming.

“[We want] to celebrate the current students who are legacies and have LegaCY family members,” Craw said.



HANNAH OLSON/ IOWA STATE DAILY
Third graders pose for pictures in front of a sculpture of a Great White shark as part of the Washed Ashore exhibit at Reiman Gardens on May 17.

BY KATLYN.CAMPBELL
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Refuse, Repurpose, Reinvent are the buzz words associated with plastic pollution. Reduce, Re-use, Recycle isn't enough.

Reiman Gardens showcases a sculpture exhibit that brings those 3 R's to life. The Washed Ashore Sculpture Exhibit, obtained by Reiman Gardens in April, utilizes plastic debris as the main textile forming sea creatures to illustrate the affliction of pollution in oceans and waterways.

The Washed Ashore sculptures coincide with the Reiman Gardens 2017 season theme: water. There are 10 different sculptures throughout the garden.

Approximately 300 million pounds of plastic is produced globally each year and less than 10 percent of that is recycled, according to a Reiman Gardens pamphlet.

The majority of plastic ends up in oceans by way of runoff, beach neglect and boat spills.

“I needed to get them to see it, and in a way that they could not ignore it.”

While plastic pollution may not be seen in Iowa to the extent it would be seen on the coast, the problem still exists.

“For us here in Iowa or even other states in the middle of the country, I think what happens is it's out of sight out of mind. If we don't see a direct problem we don't think that it exists,” said Sara Merritt, education manager at Reiman Gardens.

At Reiman Gardens, the film “Washed Ashore: Art to Save the Sea” was shown every month since the exhibit opened. The film highlights artist Angela Haseltine Pozzi in her process of forming the idea for the sculptures and creating them with volunteer help.

“When I just kept seeing plastic on the beach I just thought ‘what's going on?’ and I started doing research and realized that people just weren't seeing it. I needed to get them to see it, and in a way that they could not ignore it,” Pozzi said in the film.

While people at the Reiman Gardens film screening admitted they've seen plastic pollution, they hadn't seen it to the extent that was shown along the West Coast in the film “Washed Ashore: Art to Save the Sea.”

“It's scandalous,” said Kitty Fisher, Reiman Gardens member.

This was the second time Fisher attended Reiman Gardens to watch the film. She plans on seeing it when it's shown again in October.

Fisher found the statistics from the film to be shocking.

A slide in the film read, “According to NOAA, an estimated 600 marine species including dolphins, whales, seals and turtles are killed or injured by plastic rubbish every year around the world.”

The film listed off ways viewers could reduce the plastic pollution issue. Involving the Ames

Community Arts Council, Octagon Center for the Arts, Reiman Gardens and creating a local Washed Ashore chapter were mentioned as solutions.

Taking a page out of Pozzi's notebook, Reiman Gardens employees began collecting plastic they found in their daily lives to help reduce plastic debris.

Unable to hold any more plastics, five months later with boxes full of food containers, bottle caps and milk cartons, Reiman Gardens had students from Lindsay Wede and Lisa Renze's art classes at Ames High School take the garbage off their hands.

With the intention to use the plastic as supplies for art projects, the students each left Reiman Gardens with a box or bag loaded with plastics.

Wede cited the Washed Ashore film as inspiring the art classes to be mindful of their waste.

“I really like the idea of conservation and mixing it with art,” Wede said.

While Reiman Gardens employees may not be collecting trash anymore they still focus on being cautious of the waste they produce.

Ceramic plates, ceramic cups and glass glasses are used to reduce the consumption of plastic. Sustainable gardening practices are also employed to cut back on the use of water, herbicides and pesticides.

“We can each make a small change in our consumer habits that prevent or help reduce the amount of plastic that ends up in our oceans,” Merritt said.

The Washed Ashore Sculpture Exhibit will remain at Reiman Gardens for the month of October. Another film screening will be shown during the month of October. Reiman Gardens is free to all Iowa State students with a valid ID.

ART

Bringing attention to pollution

Volunteer

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POLICE BLOTTER

9.3.17

Tiana Marie Maier, age 22, of 985 26th Street- Des Moines, IA, was cited for driving under suspension at S 16th St and University Blvd (reported at 10:14 a.m.).

An individual reported the theft of a package at Fredriksen Court (reported 11:01 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Eaton Hall (reported at 7:49 p.m.).

9.4.17

Seokmin Sung, age 19, of 525 Welch Ave - Ames, IA, was arrested and charged with public intoxication at 500-Blk Welch Ave (reported at 12:23 a.m.).

An individual reported the theft of items from an apartment at 83 Frederiksen Court (reported at 10:43 a.m.).

An officer investigated a property damage collision at Haber Rd and N University Blvd (reported at 11:43 a.m.).

Daniel Cage Greesley, age 19, of 221 Beyer Court Unit 1589 - Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Helser Hall (reported at 11:21 p.m.).

9.5.17

Raga Ranzitha Govada, age 18, of 2109 Hawthorn Court Dr Unit 3113 - Ames, IA, was cited for criminal trespass at Haber Rd and N University Blvd (reported at 12:02 a.m.).

Kanishk Pradip Patel, age 21, of 2147 Hawthorn Court Dr Unit 2147 - Ames, IA, was cited for criminal trespass at Haber Rd and N University Blvd (reported at 12:02 a.m.).

Leonard Frank Boyd III, age 30, of 126 Beedle Dr Unit 309 - Ames, IA, was arrested and charged with driving while barred and possession of a controlled substance - marijuana 2nd off at 3800 Lincoln Way (reported at 1:48 a.m.).

An individual reported damage to a building sign at Birch Hall (reported at 5:10 p.m.).

9.6.17

Jacob Kenneth Letsche, age 21, of 5320 Mortensen Rd Unit 302 - Ames, IA, was arrested and charged with operating while intoxicated and excessive speed at Bird Manor Apts

(reported at 2:18 a.m.).

An officer initiated a drug related investigation at Armory Building (reported at 12:58 p.m.).

An officer assisted another agency at Lagomarcino Hall (reported at 2:57 p.m.).

An individual reported a possible scam at Beardshear Hall (reported at 3:28 p.m.).

An individual reported the theft of a bicycle at Parks Library (reported at 5:05 p.m.).

9.7.17

Kimberlie Kay Hodne, age 22, of 1101 Center Street - Manning, IA, was arrested and charged with public intoxication at Chamberlain Pl and Hunt St (reported at 1:56 a.m.).

An officer investigated a property damage collision at Lot 79 (reported at 7:55 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Osborn Dr and Wallace Rd (reported at 11:16 a.m.).

An officer initiated a harassment related investigation at Atanasoff Hall (reported at 12:01 p.m.).

An officer responded to a report of a policy violation at 41 Frederiksen Court (reported at 5:31 p.m.).

An individual reported the theft of a bicycle at Wilson Hall (reported at 7:25 p.m.).

An individual reported damage to bicycles at Friley Hall (reported at 8:11 p.m.).

Jack Agon Hanson, age 18, of 2152 Lincoln Way - Ames, IA, was cited for possession of a controlled substance at Lot 63 (reported at 9:05 p.m.).

Justin Robert Beales, age 19, of 245 Richardson Ct Unit 3290 - Ames, IA, was cited for possession of a controlled substance at Lot 63 (reported at 9:05 p.m.).

Jack Alexander Barbour, age 18, of 2152 Lincoln Way Unit 1248 - Ames, IA, was cited for possession of a controlled substance at Lot 63 (reported at 9:05 p.m.).

CROSSWORD

1	2	3	4	5	6		7	8	9	10		11	12	13
14							15				16			
17						18								
	19				20						21			
			22	23						24				
25	26	27					28	29	30					
31							32				33	34	35	36
37						38	39					40		
41				42						43				
				44				45	46					
		47	48	49					50					
51						52	53	54				55	56	57
58				59							60			61
62										63				
64					65					66				

ACROSS

1 Hedge row
7 Fox’s “X-Files” partner
11 Rite Aid rival
14 Cozy spot?
15 Tiny tunes player
17 Vessel storing a cash stash?
19 Earlier
20 Strong adhesive
21 Some poker tells
22 “Lady Jane Grey” playwright
24 Farm cry
25 Layered computer connections?
31 Bundle
32 Tracy/Hepburn battle-of-the-sexes film
37 “You’re on!”
38 Impact sound
40 Stoic philosopher
41 Telescope sighting
43 Hunter of myth
44 Pet named for writer Sinclair?
47 Sudden blow
50 Lined up, with “in”
51 Part of one’s inheritance
52 Tend
55 Oft-bruised item
58 Tantrum that

devolves into hysterical gibberish?
62 “Lead the way!”, and a phonetic hint to this puzzle’s theme
63 Actor Hugh
64 Gathered dust
65 2012 N.L. East champs
66 Had dinner

DOWN

1 Handle for a chef?
2 Juno, to Homer
3 Chimed
4 On the market
5 Discontented cry
6 Scattered
7 T. Rex, e.g.
8 Summit
9 Getting into the wrong business?
10 Nav. bigwig
11 “Emperor of the Air” novelist
12 Certain tee
13 Sauces for sushi
16 Denier’s words
18 Column with a slant
23 Big galoot
24 Electrician’s unit
25 Rib-eye rating gp.
26 Witches, but not warlocks

27 Knocked out
28 Character found in kids’ books
29 Peak of Crete
30 Victim of curiosity
33 Made a mess of
34 Surprise strike
35 “___, Sing America”: Hughes
36 Low bell sound
38 Dip, as in gravy
39 Nectarine core
42 Symbol of boredom
43 “Well, looky here!”
45 “Six Feet Under” son
46 High-tech troublemakers
47 Italian port on its own gulf
48 In its original form
49 Help beneficiary, at times
51 Blokes
52 First name in the freezer section
53 Once, in days past
54 CPR specialists
56 Hiker’s supply
57 Boo-boo
59 A, in Stuttgart
60 St. Anthony’s Cross shape
61 Nancy Drew’s guy

SUDOKU BY THE MEPHAM GROUP

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

LEVEL:

1 2 3 4

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 BUSINESS DIRECTORY

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Yesterday’s crossword puzzle did not match the clues provided. The Daily regrets the error and inconvenience. Thank you for your patience.

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IOWA STATE DAILY

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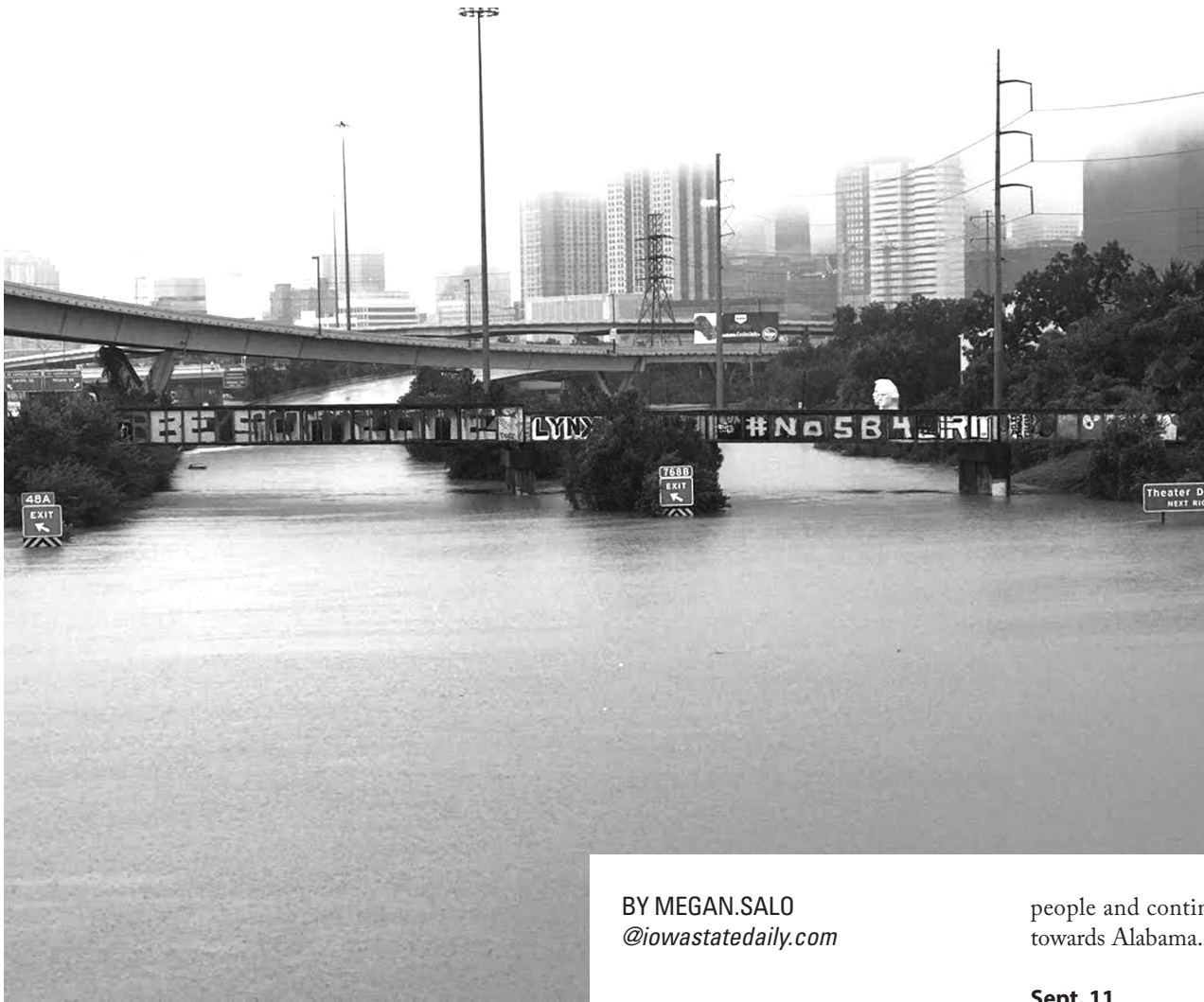
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PERIODICALS POSTAGE



COURTESY OF KIDD BLASKOWSKY
For columnist Salo, Hurricane Harvey is one piece of evidence that climate change is real.

COLUMN

Climate change is real, dangerous

BY MEGAN.SALO
@iowastatedaily.com

Aug. 25
Hurricane Harvey: the first major hurricane to hit the U.S. since Hurricane Wilma in 2005 and the first hurricane to hit southern Texas since 1970.

Sept. 6
Western wildfires: 65 wildfires were ablaze in the West, including the La Tuna fire which has set the record for the largest wildfire within Los Angeles city limits, burning around 7,200 acres.

Sept. 7
Mexico earthquake: the strongest earthquake to hit Mexico in a century with a magnitude of 8.2 killing at least 61 people has also set off a tsunami warning.

Sept. 10
Hurricane Irma: the most powerful Atlantic hurricane on record hit Florida with 130 mph winds, killing at least 26

people and continuing to move North towards Alabama.

Sept. 11
Hurricane Jose: yet another hurricane in the Atlantic has reached Category 2 and is possibly en route to hit the East Coast.

“What is going on?” What is causing all of these disasters? Is this it? Is the world ending?

The answer might be a little less dramatic and slightly less terrifying than the end of time: climate change.

Whether you believe that global warming is the result of human industrialization or just the planet naturally getting warmer on it’s own, there is scientific evidence that Earth’s climate is changing. And now this warming is attributing to more and more natural disasters.

The Los Angeles Times reported on some ways that researchers found climate change is affecting natural disasters:

Higher temperatures mean higher sea

levels and a higher risk of floods caused by a storm pushing water onshore.

These high temperatures also increase the amount of moisture the atmosphere can hold and then release as rain which causes majorly destructive flooding during hurricanes.

And as far as the fires, the higher temperatures create a drier ground which causes droughts that can easily spark. Once the fire is going, it easily moves through the dry air, scorching everything in its path.

Before you jump into the comments to attack me for believing in climate change, look around you.

Between 2000 and 2009, there were three times as many natural disasters than from 1980-89.

The environment is changing and it’s not going to stop changing because we don’t believe in it.

Whether you believe in global warming or not, it won’t hurt for all of us to work on reducing our carbon footprint and do whatever we can to try to save our planet before it’s too late.

EDITORIAL

Remembering the unity of the solar eclipse

On Aug. 21, people in the U.S. observed their first coast-to-coast solar eclipse since 1918. Millions were successful in catching the full show directly, while others had to deal with dark bulky clouds or make do with live shows on social media. The exact figure is unknown, but it very well could be the most observed and snapped natural event ever.

The eclipse brought the whole nation under the sun to stand together in excitement and positivity, albeit only for a few hours, while forgetting about color, race, ethnicity and polarizing views.

Although all 50 states had parts where at least a partial eclipse was visible, only 14 of those had the opportunity to gaze at the entire eclipse, in its 70-mile-wide totality, the shady path in which a total solar eclipse could be perceived. The path of totality hardly touched the southwest corner of Iowa.

Many, including Iowa State community members, also traveled hundreds of miles to relish the rare, ephemeral, thrilling scenes of the total eclipse.

The excitement was at its peak and people enjoyed the whole day without any anger, fear, discrimination or political ideologies. Families

and friends constellated lawns, streets and open grounds at midday on Aug. 21 to enjoy one of nature’s splendid galactic spectacles with love, peace and unity for the whole gorgeous day.

Besides all this excitement, researchers from different walks of science successfully collected a large amount of scientific data during this short-lived galactic event. Scientists will be working on this hefty data for years to answer various complex and mysterious questions of their respective fields.

In short, this natural celestial event proved to be an attractive force to unite the whole nation together. The nation should use this momentary natural event as a learning opportunity; if we can stay together for a few hours, we should be able to stay peacefully, hand in hand for the rest of this universe’s life.

Let’s envision together that the next total eclipse in 2024 and the one after that in 2045 will bring us more unity, peace, kindness and much more.

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BOXING



HANNAH OLSON/ IOWA STATE DAILY

Boxing gloves lay outside the ring after Iowa State’s Boxing Club practice Sept. 7. The club holds practices Monday through Friday from 5-7 p.m. in the basement of State Gym.

Boxing Club is booming

BY SPENCER.SUCKOW
@iowastatedaily.com

It started off as curiosity.



HANNAH OLSON/ IOWA STATE DAILY
Camryn Linster practices at State Gym on Sept. 7.

“I wanted to do something different.” Camryn Linster said. “I love sports and fighting specifically, so I thought maybe I could be as cool as them.”

Now it’s other boxers hoping to be as cool as Linster, as she’s transformed herself into an All-American going into her senior season for the Iowa State Boxing Club. Last year, she made it all the way to the semi-finals before running into eventual champion Stephanie Simon of the Naval Academy, a boxer so good she was once featured on “60 Minutes.”

“Simon said that was the toughest fight that she’s had in her college boxing career,” said Iowa State boxing coach Jon Swanson.

Many of the competitive boxers for Iowa State started off as having little to no experience prior to joining the club. Mikaela Blount, another All-American on Iowa State’s boxing team, initially joined the club as a way to get in shape.

“I started my freshman 15 in senior year of high school,” Blount joked. “I went to ClubFest and Cam actually shoved a piece of paper in my face and said ‘join boxing,’ and I’m like ‘okay.’

“From there I stuck with it and I thought ‘this is actually a lot of fun.’ Nothing really pushes you as much as boxing does mentally, physically and emotionally.”

So how does Swanson and the rest of the coaching staff turn regular students into some of the best collegiate boxers in the country? The club’s officers agree that in addition to hours of hard work and dedication to pushing each other, the emphasis on teaching the technical aspects of boxing plays a large role in the club’s success.

“A lot of clubs basically have the same style,” Blount said. “They’re brawlers, which we don’t teach. We teach more head movements and counter punches, and taking more control of the ring.”

This style, reminiscent to that of Mike Tyson, has proven to be very effective when going up against the best boxing programs in the country. The very best of these programs include the U.S. Military Academies, which have long held a vice-grip at the top of collegiate boxing.

Swanson points out that Simon came up to him after the aforementioned fight with Linster and specifically mentioned Linster’s head movements as a key reason for the fight’s difficulty.

Another key factor in the success of Iowa State boxing has been a gradual increase in members this decade, which in turn has increased the talent level. What was once a club that only had 30 members in 2010 now gets as many as 100 members to show up for the first practice, according to member Andrew Smith.

A big reason for this uptick in members has been the increase in popularity of boxing among women. While there are several additional factors, the biggest reason for the member increase has been the integration of a women’s national competition and the subsequent success of former ISU National Champion Olivia Meyer, who now coaches for the club.

“She basically started women’s boxing at Iowa State,” said junior Connor Jobs. “She showed that men aren’t always the best boxers.”

“Nothing really pushes you as much as boxing does mentally, physically and emotionally.”

The number of new members could even further increase with the recent Floyd Mayweather vs. Conor McGregor mega-fight.

“I think more people will show up, which means more people will stay.” Jobs said. “The fight did a good job shining a spotlight [on boxing].”

The club prides itself on creating a tight knit atmosphere that pushes members to be the best that they can be. To anyone on the fence about joining, Jobs offers up a piece of advice.

“It never hurts to try.”



HANNAH OLSON/ IOWA STATE DAILY
Mikaela Blount dodges during practice on Sept. 7.

FOOD

Swap guilty for healthy

BY JILL.OBRIEN
@iowastatedaily.com

The first few weeks of school mark the onset of a semester of sleep deprivation, stress and the development of potentially poor eating. A packed schedule and very little break time means grabbing whatever is easiest or cheapest and eating it between lectures.

However, the easy choice is not always the healthiest, and when those choices pile up, they can have consequences. If you're looking for a quick snack that won't leave you feeling guilty, here are a few options that will keep you, your body and your wallet satisfied.

>> Whole grains to last a whole day

While bread and sweet treats provide a quick burst of energy, they lead to a fast crash and destabilized blood sugar.

That said, stick to whole grains for energy to last the whole day. Look for snacks that incorporate oats, quinoa or air-popped popcorn — try to find fun combos of these snacks.



JILL OBRIEN/ IOWA STATE DAILY

>> Feeling fatigued?

Hectic schedules and a subsequent lack of sleep are not good feelings, and grabbing the nearest junk food snack only amplifies the feeling of exhaustion. Instead of grabbing a candy bar from the C-Store, opt for a small bag of mini bell peppers or a container of berries. These are antioxidant-rich snacks that will help eliminate feelings of exhaustion and dehydration. For a snack with an extra boost of protein, try apples with a tablespoon of peanut butter.



JILL OBRIEN/ IOWA STATE DAILY



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>>Plan ahead, pack a lunch

Not only does grabbing fast food between classes spell guilty feelings, but spending all that money tends to add up. If you know you are going to have a long day on campus, pack a lunch with your favorite foods for the long day ahead. Start with a sandwich with a lean protein, like turkey or chicken, throw in an easy-to-eat fruit or vegetable, like the aforementioned mini bell peppers or a small bag of fruity granola. This way, you'll be saving money and eating something you already know you will enjoy.



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A close-up portrait of a man with a beard and mustache, looking slightly to the side with a serious expression. He has short, dark hair and is wearing a dark suit jacket over a white shirt. The background is blurred, showing what appears to be a wooden wall or paneling.

Tim Wise is a prominent antiracist writer and educator and author of the memoir *White Like Me: Reflections on Race from a Privileged Son*. He has spent the last 25 years speaking to audiences across the country and training corporate, government, media, and military professionals on methods for dismantling racism in their institutions.

Wednesday, September 13, 2017
7 pm - Stephens Auditorium Iowa State Center

Sponsored by: College of Agriculture & Life Sciences, College of Engineering, College of Human Sciences, College of Liberal Arts & Sciences, Collegiate Panhellenic Council, Division of Student Affairs, Greek Affairs, Interfraternity Council, Office of the Senior Vice President and Provost, Student Government, Committee on Lectures (funded by Student Government)



Interim President Benjamin J. Allen
shares his priorities for the start
of the academic year
and the presidential transition.

THURSDAY, SEPTEMBER 14

GREAT HALL, IOWA STATE UNIVERSITY MEMORIAL UNION

6:30 P.M.

Doors will open at 6:00 p.m.
Light refreshments will be served following the address

LIVE VIDEO STREAMING OF THE EVENT
WILL BE AVAILABLE AT
WWW.PRESIDENT.IASTATE.EDU

A graphic with a red background. At the top, a yellow line graph with an upward-pointing arrow is superimposed on a white bar chart. Below the graph is a large yellow circle containing the words "BUSINESS WEEK" in red, with "BUSINESS" in a smaller font above "WEEK". A yellow banner at the bottom of the circle contains the text "#ISUBusinessWeek" in red.

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