

## VetMed helps local farms

### Students train with Field Services

BY QUINN.VANDENBERG  
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Within the College of Veterinary Medicine, fourth year students can receive practical hands-on training by treating farmers’ livestock through a Field Services rotation.

Troy Brick is the lead veterinarian of Field Services and assistant professor of veterinary diagnostic and production animal medicine. Brick guides students in the Field Service clinic’s program to give veterinary students the opportunity to take off-campus house calls to farms around the area.

“We sit in a unique position because we’re one of the few real businesses here on campus that has to operate like a business,” Brick said. “But we have to run in the confines of a university system.”

Brick said the Field Services’ clinic is a two-week rotation provided to four fourth year veterinary medicine students at a time and serves clients with food, animals and camelids.

“If you eat or wear it, we look at it,” Brick said. “We operate as a typical farm animal, except for equine, clinic.”

Equine Field Services, another two-week rotation offered to fourth year veterinary medicine students,

>> FARMS Pg8



CAITLIN YAMADA/ IOWA STATE DAILY

In the College of Veterinary Medicine, fourth year students can receive hands-on training through Veterinary Field Services.

## Study resources available for finals

BY SAGE.SMITH  
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Iowa State offers various resources and places for Iowa State students to use throughout Dead Week from Monday to Friday and Finals Week Dec. 16 through Dec. 19.

Monica Gillen, communications specialist at Parks Library, said as she understands, the preferred reference to “Dead Week” is now Study Week.

Study Week is the time for students to study for final exams and finish up class projects and papers. Finals Week is when students will take their final exams before winter break.

Students can take advantage of the Parks Library hours, which change to 24/7 during Study Week. The library will open at 10 a.m. Sunday and remain open 24 hours a day until Dec. 19 of Finals Week.

Gillen said Parks Library has planned activities since they started 24/7 open hours for Study Week and Finals Week back in 2016. The activities at Parks Library are meant to provide students with a chance to take a break from long periods of studying and working.

The Barks@Parks event, which features therapy dogs, will be noon to 4 p.m. Monday through Friday in the Upper Lobby/ Rotunda. The paw prints on the floor will lead people to the event.

“We have an ongoing partnership with Student Wellness,” Gillen said. “They will have a student staff person at Parks during Barks@ Parks who will answer questions about wellness resources. They will also be giving out goodie bags.”

For three days of Study Week, there will be chair massages offered in the Rotunda as well. One chair will be available from 1 to 4 p.m. Monday, Wednesday and Thursday.

Parks Library will also provide coloring activities, puzzles and fruit during the overnight hours of both weeks. The Mindfulness

Room will also be available for use during library hours. Group study or meeting rooms in the library can be reserved from the University Library website by clicking the ‘Group Space Reservations’ page.

Students can find various places in the library to study or work on projects with a group. It can be a good place to get away from possible distractions in their apartments or dorm rooms, and Gillen said it can be a place for people to connect.

“Over the course of Study and Finals Weeks, if students come to Parks often, they will likely find they are studying near or next to the same person for days in a row,” Gillen said. “They may or may not introduce themselves, but in the end, they have the library in common. They have added to the familiar faces they will see on campus.”

There will also be classrooms around campus for students to use as study rooms, which are available through Room Scheduling throughout Study Week. Students can use these study rooms from 5:10 to 11 p.m. Monday through Friday.

Katie Baumgarn is a program coordinator in the facilities planning and management department at Iowa State. Baumgarn is part of the Room Scheduling office, which is under Planning Services.

Baumgarn said several years ago they had students reaching out to their departments and colleges saying they didn’t have a place to study. Baumgarn and her colleagues then found some classrooms to reserve.

“It’s first come, first serve, but just because there’s somebody already in the room doesn’t mean you can’t go in and study,” Baumgarn said. “It’s just a quiet place; that’s all it is.”

The rooms available this semester during Study Week will be:

>> FINALS Pg8



COURTESY OF REIMAN GARDENS

The RG Express train display takes the Hub back to its roots with a working miniature version of the Dinkey that runs in front of it at Reiman Gardens.

## Train display returns to Reiman Gardens

BY MORRGAN.ZMOLEK  
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A festive display has returned to Reiman Gardens for another holiday season.

The Reiman Gardens RG Express train is back again this winter, marking its fifth appearance at the gardens. It was first started at Iowa State in the winter of 2015.

The RG Express train is an extensive exhibit located in the Hughes Conservatory that took 60 people and more than 500 hours of work to set up.

“The actual tracks themselves cannot be changed because they are built to site,” said Ed Lyon, director of Reiman Gardens. “There are structures we call mountains; they change every year. There are always water features and plant material that changes.”

The train runs on two tracks, an upper and lower, that wind through a miniature Iowa State campus scene along with a few familiar pieces from the gardens itself.

“The buildings are the same every year,” Lyon said. “This is a very specific garden railway built by a group in Kentucky called Applied Imagination. There are only 17 such garden railways in North America. What makes it unique is all of the structures are made from natural material.”

This year, the train display not only boasts small scale versions of iconic landmarks that dot the Iowa State campus — including the Campanile, which actually plays music in the exhibit, and Beardshear Hall — but also brings something new to the table. The train’s new addition for this season is the butterfly wing from Reiman Gardens.

The Christina Reiman Butterfly Wing has been a part of the Gardens since 2002, according to the Reiman Gardens website. It is a 2,500 square foot enclosure that can house as many as 800 butterflies at a time. Nectar from over 300 tropical plants, with a range of 30 different families and 70 varieties, provide the inhabiting butterflies with plenty of food.

Materials for the model Butterfly Wing include birch sticks, horse chestnut bark, natraj sticks, rose of Sharon sticks, grapevine, winged euonymus, driftwood, turkey tail fungus, willow sticks, sinocalycanthus pod and dried flora, according to the Reiman Gardens website.

As for some of the unique included buildings from around campus, the Hub is one of them. Back in 1891 when Ames was not yet the large campus town it is today, it had a train known as “the Dinkey” that ran in front of it

>> TRAIN Pg8



CALENDAR

12.6.19

**WinterFest**, *Memorial Union and near Central Campus at 8 a.m.* Join us for WinterFest! Enjoy free horse carriage rides, cookie decorating, ice skating, photo snow globes and many more events.

**Art Mart Holiday Sale**, *Campanile Room, Memorial Union at 10 a.m.* Support the artists, craftsmen, photographer, designers, the go-getters, and do-it-yourself-ers! Browse a room full of functional and decorative pottery, brilliantly blown glass, beautiful jewelry, hand-lettered paintings and charming accessories created by Ames and ISU artists.

**Horticulture Club: Poinsettia sale**, *Memorial Union, near front entrance to ISU Book Store at 10 a.m.* Horticulture club members will sell poinsettias of various colors Dec. 4-7 at a different campus location daily.

**Wood-Burned Ornaments**, *Workspace at the Iowa State Memorial Union at 2 p.m.* Need a last minute gift? Starting with a wood slice, stamp a design on and trace it with a wood burner, or freehand your own idea.

**Forestry Club: Tree and wreath sale**, *Reiman Gardens parking lot 3 p.m.* Students in the forestry club will sell Christmas trees and holiday wreaths. Proceeds support club activities.

**Winter Open House**, *Iowa State Bookstore at 4 p.m.* We are kicking off the holiday season in-store with promotions in every department. We will have Voice contestant, EllieMae, performing from 4-6pm along with a wine tasting from Wooden Wheel Vineyards. Olaf from Frozen will be here for photos and warm hugs as well. Enjoy some winter treats and an hour of free parking in the MU ramp with any purchase.

**Winterfest: Crafts, Workspace at the Iowa State Memorial Union at 4 p.m.** A celebration of the holiday season at Iowa State, with most events held in the Memorial Union. Experience winter-themed events, displays and traditions for students and the Ames community. Drop in to make an Ugly Sweater Ornament at The Workspace.

POLICE BLOTTER

12.5.19

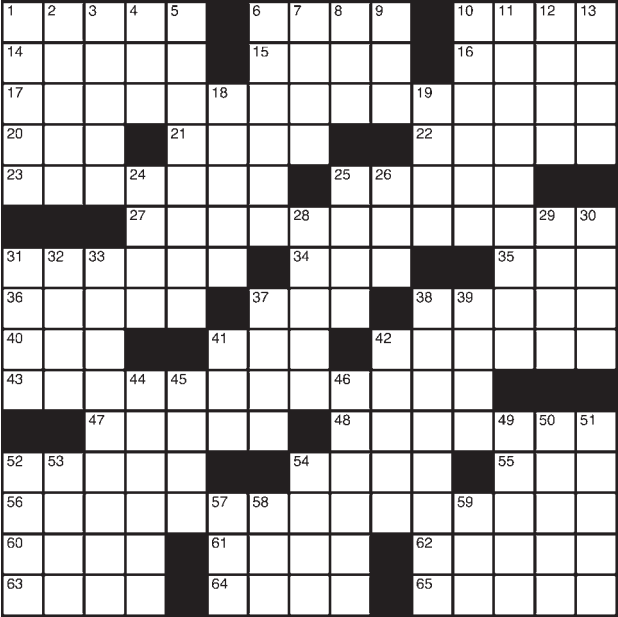
**Frank Edward Sirtoff**, age 34, of Ames, Iowa, was arrested and charged with domestic assault with injury, simple/serious assault, at 1011 Lincoln Way (reported at 3:39 a.m.).

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.

Crossword



YESTERDAY'S ANSWERS

WEPT	VISAGE	SAG
AURA	ICARUS	EGO
GROCERY	LIST	COT
SOWING	EAT	BURT
TRIO	SAMURAI	
ARF	ONUS	VOTE
QUIZ	NIGHT	NALA
ISSO	AHEAD	NINA
THUG	TENEMENTS	
INIT	TINO	EEL
HANDLES	AIT	
EGGS	HTS	ZIPGUN
MIR	FREEZE	FRAME
ELO	DANNON	ALPS
NED	ANODES	TEST

- Across**
- 1 Like bars in noir films
  - 6 Brouhaha
  - 10 Workout woe
  - 14 Salsa singer Cruz
  - 15 BMW competitor
  - 16 Invalidate
  - 17 See 49-Down
  - 20 Platte River settler
  - 21 Spoil, with "on"

- 22 "Cagney & Lacey" Emmy winner
- 23 Scripture section
- 25 "I am just \_\_\_ boy, though my story's seldom told": "The Boxer"
- 27 See 49-Down
- 31 '60s-'70s "Fearsome Foursome" NFL team
- 34 Reported for the first time
- 35 Payable now
- 36 Is after
- 37 Oyster's spot
- 38 Peak in a Trevanian title
- 40 Capri crowd?
- 41 "The Birdcage" wrap
- 42 Emerges from the wings
- 43 See 49-Down
- 47 Cosmetician Elizabeth
- 48 Governor who opened the Erie Canal
- 52 Jazz pianist Ahmad \_\_\_
- 54 Moscow news acronym
- 55 Court
- 56 See 49-Down
- 60 1-Down holder
- 61 Exxon forerunner
- 62 Hosiery thread
- 63 Bottom of the sea?
- 64 Hardly a sophisticate
- 65 Really worry

- Down**
- 1 Ice cream serving
  - 2 Conductor Zubin
  - 3 Spreads on the table
  - 4 Flesh and blood
  - 5 Sail supports
  - 6 Get together
  - 7 Rapper \_\_\_ Fiasco
  - 8 Gator chaser?
  - 9 Paparazzo's prize, briefly
  - 10 Land of Arthurian legend



GARRETT HEYD/ IOWA STATE DAILY

**>> Agronomy Hall**

The bright sun shines warmly through the stairwell of Agronomy Hall. This week has seen plenty of sunshine, a contrast to the gloomy weather of November.

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Sudoku

by the Mephram Group

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

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](http://www.sudoku.org.uk)

IOWA STATE DAILY

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Front page weather courtesy of the American Meteorological Society.





GARRETT HEYD/ IOWA STATE DAILY  
No Re-Choir-Ment, a mixed a cappella group, practices for its “Carol With Us” concert on Thursday. The group is inclusive, allowing anyone with an interest in a cappella to join.

# A capella group has “No Re-Choir-Ment”

BY LOGAN.METZGER  
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A student organization is now going to be performing its first ever concert.

No Re-Choir-Ment, a mixed a cappella group, will be performing its “Carol With Us” concert at 7 p.m. Friday in room 1302 of the Advanced Teaching and Research Building.

“We decided we were going to do a holiday event because we thought it would be a good break because finals are coming up, and it would be a good opportunity to show Iowa State what our group is,” said Dani Jarosz, sophomore in communications studies and president of No Re-Choir-Ment.

There will be food, drinks and a raffle as well as performances by the organization’s three brand-new ensembles: Vox Co, Decibelles and One Note Stand.

“Come celebrate the holiday season with No Re-Choir-Ment,” according to the No Re-Choir-Ment student organization page. “Each of our three groups will sing a festive song to celebrate the season. We will also be raffling off some fun prizes. There will be some awesome food as well. Please bring your friends to get festive with us.”

No Re-Choir-Ment is a mixed a cappella group for students who are interested in singing in a collegiate a cappella ensemble but do not have time to add both a cappella and choir to their schedules. The organization is not associated with the choir department and is a more “laid back” alternative to traditional choir at Iowa State.

“In high school, I did a lot of a capella, and at my high school when you auditioned for an a capella group, that was your choir,” Jarosz said. “It replaced your time in choir, so it wasn’t so crazy time commitment. I really liked that option, and it allowed me to focus on something I enjoyed a lot. Coming to Iowa State, if you want to do a capella you have to take choir as well.”

Adding a capella and choir on top of some people’s schedules was not an option, so Jarosz decided to make something new.

“I was like, ‘You know what? It’s time for something different,’” Jarosz said. “I made a poll on Facebook and asked a bunch of students if they would be interested in it, and there were about 20 people who were super gung ho about it.”

Membership for the group is determined through an audition process at the beginning of each semester. Each member is considered equally, and there are no restrictions.

“The idea is we meet once a week for an hour and a half, and we take as many people as necessary to complete the groups,” Jarosz said. “We have three different groups right now, and if we get more people, we will add more groups, and if we lose people, we will condense groups. We are all-inclusive and incredibly flexible to anybody who is interested in auditioning to be a part of this club. We don’t cut people; if you want to do it, we will let you do it because everyone deserves that opportunity.”

No Re-Choir-Ment meets once a week from 7 to 8:30 p.m. on Thursdays to rehearse and discuss organizational matters. The time commitment is minimal and flexible to all members, and dates and times depend on which ensemble a member is in.

# ‘The Odyssey’ retold ISU Theatre to perform ‘Anon(ymous)’

BY MADISON.MASON  
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Iowa State’s Department of Music and Theatre is performing “Anon(ymous),” a retelling of the Greek epic poem “The Odyssey” as a modern-day refugee story.

The department’s main goal is to inspire and create a community with creativity and diversity at Iowa State; as a push for that goal, the theatre department will be performing “Anon(ymous)” by Naomi Iizuka.

“Anon(ymous)” is an adaptation of Homer’s “The Odyssey,” where a young refugee, Anon, encounters new friends and dangerous enemies while on a search for his family through ocean settings to urban cities throughout the U.S. This production is directed by Arpita Mukherjee.

Mukherjee, artistic director of the New York-based Hypokrit Theatre Company, is guest directing the production as the College of Liberal Arts and Sciences (LAS) dean’s artist-in-residence.

“It’s been a joy and privilege to be the LAS dean’s artist-in-residence,” Mukherjee said. “ISU Theatre is cultivating the citizen artists of the future, with the key word being citizen. These young citizen artists are dynamic, fierce and bright. Collaborating with them, listening to them and learning from them has been an extraordinary experience and has fortified my belief that they are the answer to the great challenges we face today.”

Mukherjee said the stories of those who are immigrants or refugees are some of the most important stories but are rarely told on an American stage, especially when the protagonists of the story are those refugees. The refugees often also serve as larger-than-life heroes, where the audience has the opportunity to watch them not just survive, but thrive.

Olly Manning, a senior in music, is playing the lead role in the production as Anon. Manning said they are hopeful the show’s exploration of refugee stories and xenophobia will



COURTESY OF DEPARTMENT OF MUSIC AND THEATRE  
“Anon(ymous)” is an adaptation of Homer’s “The Odyssey,” where a young refugee, Anon, encounters new friends and dangerous enemies while on a search for his family.

ignite understanding and empathy within the audience and the Iowa State community.

“I hope audiences can see their experiences highlighted in this show, be it the refugee experiences, shared trauma, friendship or the sweet reminders of home,” Manning said. “I hope that if the audience doesn’t see a little bit of themselves in this show, they learn about what other people go through in America.”

Manning also said it was important to have such a diverse team, and they said it adds a powerful dynamic to the production. They described this production as an “amazing opportunity” for themselves as a transgender actor of color and how the representation in this production will impact the community.

“Anon(ymous)” performance dates

are at 7:30 p.m. on Dec. 6, 7, 12, 13 and 14, as well as a matinee performance at 1 p.m. Dec. 8.

All of these performances will be taking place at Fisher Theater. Tickets are available through the Stephens Auditorium ticket office, Ticketmaster or the Fisher Theater box office prior to performances.

The Iowa State theatre department will host a panel discussion titled “An Unending Odyssey: Immigration, Intersectionality and the Arts,” which will take place at 3 p.m. Sunday in 004 Scheman Building.

Community members are invited and encouraged to go and engage in a roundtable discussion with local, regional and national artists and scholars as part of ISU Theatre’s year-long symposium series, “HERoic: Gender Equity in the Arts.”

# Final Feminist Friday to discuss gender and bicycles

BY LORETTA.MCGRAW  
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The Margaret Sloss Center For Women and Gender Equity at Iowa State will be hosting its final Feminist Friday of the semester today.

Jeremy Withers, associate professor of English, will be leading this week’s discussion over “Gender and Bicycles in 1980’s-Nostalgia Science Fiction” at 1 p.m. at the Sloss House.

Withers will use this time to take a closer analysis over the traditional ways in which women are portrayed in the science fiction genre — in shows such as “Stranger Things” and comic series “Paper Girls” — and how they are

portrayed with the modern transportation of the times — such as bicycles.

“These texts, a lot of them, have sort of problematic depictions of gender when they’re referencing or showing people using bicycles,” Withers said.

Withers’ study on this topic led to the publishing of his first novel, “The War of the Wheels: H.G. Wells and the Bicycle,” back in 2017 and the creation of another novel, “Futuristic Cars and Space Bicycles: Contesting the Road in American Science Fiction,” set to release in July 2020. Withers’ second novel will explore the topic of cars versus bikes, which he said is a very real problem in today’s world, deciding how much space in cities should be reserved for cars and

how much for pedestrians and bikers.

“Only boys get to be mobile,” Withers said. “Only boys get to have fun on bikes, and I find that very problematic that they’re bringing that part of ’80s culture into shows and texts. They’re not realizing there’s this problematic gender element.”

What originally inspired Withers to take on this particular academic study on bicycles was that during graduate school in his 20s, he picked biking back up for fun, and he said he hasn’t stopped since. Now, each day he bikes to work, hauling his daughter behind to bring her to daycare, regardless of weather conditions, to reduce his own carbon footprint.



# Talk About It: Mental health

## Symptoms may impact academic performance

BY SAGE.SMITH  
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*Editor's Note: This is part nine in our mental health series "Talk About It." Sensitive content may follow.*

Mental health can correlate with academic performance, which can present obstacles for students, especially during the busy time of final exams.

Charles Peasley, graduate psychology student, said a lot of research is finding an increase in mental illness disorders, specifically among the college population.

The Psychology 131: Academic Learning Skills course taught by Alexander Toftness, graduate psychology student, covers topics like how to approach test taking and time management.

There is a week called "Stress and Health Week" in Toftness' psychology course where the class discusses how stress can affect the body.

"So it's a physiological reaction," Toftness said. "It can be psychological in the



PHOTO COURTESY OF GETTY IMAGES, DESIGN BY BROOKLYN WILLIAMS

Poor mental health can correlate with academic performance, possibly presenting struggles for students such as lower grades and a lack of motivation.

beginning, but what ends up happening is your brain will literally turn that into chemicals that float through your bloodstream, and they affect your body. So during the stress and health week, I like to emphasize the fact that if you're constantly stressed out and feeling anxious about things, your body changes its priorities."

The body can react negatively to the stress hormones. Toftness said a stressed body thinks it is under attack because of the stress, which can cause problems such as an increased heart rate and weakened immune system.

"You sort of trick them into thinking that

they're in danger when you're stressed out," Toftness said. "That's how they react to the stress hormones."

Kay McClelland, junior in psychology, learns about what can affect a college student's academic performance in her psychology classes.

McClelland said she's currently learning how depression affects people. Depression can change the rapid eye movement (REM) cycle while people sleep, which can make them more tired than usual. People with depression may also experience a lack of motivation.

Someone close to McClelland had suffered

academically because of his mental health. That person had always done well in school and was in the honors program at college. After the end of a long-term relationship, McClelland said she noticed changes.

"It started with kind of situational depression due to [the breakup], but then it lasted a long time; it lasted the entire semester," McClelland said. "He had no motivation to do anything, he didn't go to class and his GPA tanked a lot; he got a two-point-something, and that was really out of character. Then in order to stay in honors, he would have to get like a 4.0 the next semester, which is really hard, so he wasn't in honors anymore because of that."

After starting medication, he is doing well in school again, but it did negatively affect his academic performance and social life, McClelland said.

Toftness said when it comes time to talk about coping with stress, there are three things he likes to tell his students to keep in mind throughout Dead Week and Finals Week. Those three things include keeping habits or routines, exercising and using "self-talk."

"Keeping a routine is really important and staying on track with your life in every way that you possibly can, even if you don't quite feel up to it," McClelland said. "Just keeping that routine and going out of your way to find help and prioritizing self care."

Toftness said the idea of self-talk is for

» TALK ABOUT IT p68

## CELT hires two new fellows

BY LOGAN.METZGER  
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The Center for Excellence in Learning and Teaching (CELT) has hired two new faculty fellows.

Clark Coffman and Rob Whitehead have different responsibilities within CELT, as they are the newest faculty fellows.

Coffman, an associate professor in genetics, development and cell biology, is CELT's graduate student and postdoctoral professional development faculty fellow, and Whitehead, an associate professor in architecture, is the high-impact practices fellow. Both of the appointments are half-time and began this summer, lasting three and two years, respectively.

Whitehead's role centers around three initiatives: service learning, project-based learning and open educational resources.

Service-learning curriculum incorporates community service into course instruction.

"Service learning happens across all of the colleges in many different ways, but currently there is no common way to designate what courses are service-learning courses," Whitehead said. "One of my responsibilities is to get a group of people together who are doing service learning around campus and try to have us teach and learn from each other."

Whitehead also is coordinating project-based learning, focusing on different ways courses or activities can be taught.

"It is essentially the idea of brainstorming, testing and implementing," Whitehead said. "This happens all over in architecture, engineering, ag and business. It often happens in capstone classes all around campus, but before this fellowship, there was no common practice."

In addition, Whitehead will serve as CELT's lead on open educational resources, which includes the Miller Open Education Mini-Grants.

Coffman directs CELT's four-course preparing future faculty program designed for

graduate and postdoctoral students pursuing faculty careers. Participants are aided throughout the process by self-chosen faculty mentors who are not their thesis advisers.

The first semester-long course covers the expectations of what faculty encounter at different institutions, from community colleges to top research universities. Participants create and edit cover letters, research statements and vitae.

"We have faculty panels come in from a whole spectrum of institutions and talk about what faculty life is like, what the promotion and tenure process is like and how to put together an application," Coffman said. "We tell the students this course really is about finding your fit."

The next course continues work on job materials, such as diversity statements, but shifts focus to pedagogy. The third class provides teaching experience that could include teaching a section of a mentor's course. The final class is an independent study that can range from preparing research grants to portfolio development.

The program could be completed in a semester and a half, as some courses can be taken simultaneously.

Participants who complete the first two courses earn the designation of a preparing future faculty associate. Those who complete three courses are fellows, while finishing all four earns them the label of scholar. The levels of distinction can be beneficial when trying to land a first job.

Seventy students enrolled in the first course this fall. Coffman is assisted by CELT program coordinator Karen Bovenmyer, who has helped guide 961 students through the program since its inception in 2002.

Coffman and Bovenmyer also work closely with the Center for the Integration of Research, Teaching, and Learning (CIRTL) on campus, a national program focused on effective teaching practices in higher education.

Coffman also collaborates with the School of Education's graduate student teaching certificate program aimed at graduate students looking to become professors.

## Bernie Sanders talks organic agriculture in Story County

BY MALLORY.TOPE  
@iowastatedaily.com

Sen. Bernie Sanders attended the Organic Farmers Association and Iowa Organic Association 2019 Presidential Forum late Thursday in Story City, Iowa.

Iowa Organic Association is a statewide nonprofit organization committed to organic and education outreach policy and community corporation, according to its website.

Organic Farmers Association is an organization that seeks to unite organic farmers and promote the use of organic agriculture, according to its website.

"[The] potential for the future of agriculture in the United States is at risk," said Roz Lehman, the executive director of the Iowa Organic Association.

Sanders spoke of the challenges farmers face in order to maintain the growth and integrity of organic agriculture. He mentioned large corporate businesses wishing to get into agriculture.

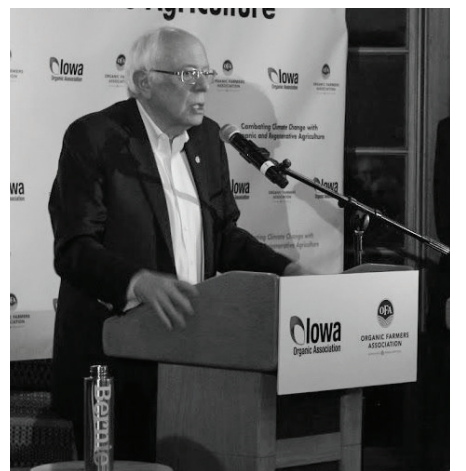
Sanders outlined his plans for Iowa farmers and agriculture across the United States — breaking up agribusiness monopolies and mitigating climate change to increase farmers' success.

"Monopolies own 82 percent of the meat packing industry, 85 percent of the soybean processing, 63 percent of the pork packing and 53 percent of chicken processing," Sanders said.

Sanders promised farmers he would appoint an attorney general who will break up "agribusiness monopolies."

Calling out the fossil fuel industry, he said, "their short-term profit is not more important than the future of this planet."

He pointed out the role agriculture has in climate change and the struggle farmers face due to the extreme weather changes. Iowa farmers have faced struggles associated with



MALLORY TOPE/IOWA STATE DAILY

Sen. Bernie Sanders speaks at a forum Thursday in Story City, Iowa. Sanders discussed his plans for agriculture across the U.S.

extreme flooding in recent years. According to analysis by the Iowa Farm Bureau Federation, flood damage to the state in 2019 could top \$2 billion.

Iowa farmers were able to ask Sanders questions about his policies and plans for the future of agriculture nationwide.

Sanders answered questions on how his plans will help organic agriculture, control agribusiness from buying up small farms, how soil helps maintain the amount of carbon in the air and how he will keep organic food "truly organic."

"People support family-based agriculture in America, whether they are in a city or rural area, which is why our policy is to support those in and going into family agriculture" Sanders said.

Sanders concluded the forum by stating his administration would be a friend to organic agriculture.

"If [I am] elected to the presidency, family-based Iowa culture and organic agriculture will have a friend in the White House," Sanders said.



COLUMN



CAITLIN YAMADA/ IOWA STATE DAILY

Editor-in-Chief Annie Wells wraps up her semester working for the Daily by reflecting on what she has learned and accomplished so far in her position.

# Wrapping up the fall semester

## Take time to reflect on your accomplishments

BY ANNELISE.WELLS  
[diowastatedaily.com](mailto:diowastatedaily.com)

At the beginning of the semester, it’s hard to imagine making it through the long weeks ahead. Finals Week seems like a year away, and the daunting amount of work between August and December seems near impossible and never-ending.

But the next thing you know, you blink, it’s already almost Dead Week and you have no idea where the time went.

Time moves so quickly, especially during the school year, and we don’t even notice it. It’s so easy to get caught up in assignments, exams, projects and work shifts as the calendar

changes from month to month.  
The end of the semester and the end of the year are a great time to slow down and reflect on everything that has happened and what you have accomplished.

As my first semester as editor-in-chief comes to an end, there’s a lot to reflect on and I have learned so much in this position.

I’ve learned about leadership. With a job that is in an ever-changing field as journalism, I’ve learned to be an adaptable leader who is calm under pressure. With breaking news a possibility every day, it’s important to be flexible and show that to my staff.

I’ve learned about the true impact local journalism has on the community. I am lucky enough to be the face of the Iowa State Daily to the world outside our newsroom, and I get to speak and interact with people who read our content daily and see how our stories impact them.

I’ve gotten to see the amazing people who make up Iowa State. There is so much good happening on this campus each and every day.

I’ve learned to be more thankful. The staff who I work with every single day pour their hearts and souls into this job. They go to class all day and then come straight to the newsroom to work all night. I am forever thankful for their love, patience and friendship.

Please get involved with us. Keep sending letters to the editor or join the editorial board. Your voice is important, and we are here to help create public discussion.

We’ve done a lot this semester. We have covered extensively the road to the 2020 election and started a politics twitter to keep you up-to-date on what you need to know before you caucus. We also were lucky enough to be honored with high honors at the ACP/CMA awards in Washington D.C.

If you’ve picked up a paper, sent a letter to the editor, read the Daily Dose, clicked an article on one of our tweets or liked us on Facebook — thank you. Our ultimate mission is to serve you and provide you with fair, holistic journalism.

We still have lots more to do in the new year. Good luck with finals and the rest of the semester — we’ll see you then.

EDITORIAL

## Impeachment policies show fairness

BY ISD EDITORIAL BOARD

For the past couple of weeks, the United States House of Representatives has been hosting impeachment hearings. In these hearings, various people have come before the House to share their testimony regarding various offenses claimed against President Donald Trump.

When these hearings conclude, members of the House of Representatives will draft Articles of Impeachment outlining the specific offenses for which they believe the president should be impeached. The House will then hold a vote where a simple majority can officially impeach the president.

Impeachment is simply an act that will send Trump to a trial with the United States Senate acting as the jury. It is worth noting that impeachable offenses include treason, bribery or other high crimes and misdemeanors, but conviction in the Senate is not criminal in nature. The only punishment is removal from office.

For that reason, impeachment mustn’t necessarily be for a crime. Historically, the House of Representatives has enabled “high crimes and misdemeanors” to blanket many offenses that aren’t criminal in nature. In fact, over two-thirds of all charges in Articles of Impeachment drawn by the House have not explicitly charged the accused of a crime.

It is likely that Trump will be impeached, making him the third president ever to be impeached. It is unlikely that Trump will be removed from office, however. The Senate requires a two-thirds majority to remove an impeached president. The reasoning for this is that the House is currently controlled by a majority of Democrats while the Senate is currently composed of a majority of Republicans. In times as politically polarizing as these, party alliance could be enough to keep Trump in office.

Impeachment and removal from office have been likened to our judicial system where the accused is allowed a trial by a jury of his or her peers. This is accurate in

that charges are brought against a public official (by the House) and a trial is held (by the Senate).

And it certainly is a nice idea to think that we would give the president a fair opportunity to defend himself but that justice is the ultimate goal. That, however, is untrue.

There isn’t a standard of proof by which senators or congressmen must judge evidence. In criminal trials, jurors need to be confident beyond reasonable doubt that the accused is guilty. In impeachment, senators and congressmen make their own judgment call.

That’s a good thing though. Believe it or not, that makes the process more fair. Impeachment isn’t a black and white process, and it shouldn’t be viewed as such. The Constitution is purposefully vague about impeachment in order to allow Congress the power to remove people as it sees fit. Impeachment and conviction are not a search for truth but rather a method for Congress to exercise the power granted to it in the Constitution.

**Editorial Board**  
Annelise Wells, editor-in-chief  
Melanie De Anda, opinion editor  
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](mailto: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.



## COLUMN

# It's championship season

BY TREVOR.HOLBROOK  
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This weekend caps off a bittersweet time of year for college football. Last weekend, viewers across the country enjoyed rivalry matchups in each conference, generating excitement, whether it was the Iron Bowl, the Apple Cup or somewhere in between.

I hated to see last week's games conclude, but we get the opportunity to dive right back in with the conference championships this weekend. Fans get a game on Friday night followed by nine nationally televised games slated for Saturday.

## PAC 12

Oregon and Utah matchup in a game I consider a tossup. Oregon had its playoff hopes snapped with a bad loss to Arizona State for the Ducks' second loss of the year.

I love Utah's running back Zack Moss, but I'll roll with the better quarterback and take Justin Herbert and the Ducks.

An Oregon win is a bad result for the conference because it eliminates Utah from contention. If the Utes win, they likely slide into the playoff.

## BIG 12

Two teams that narrowly knocked off Iowa State meet in Texas for the championship game. Baylor and Oklahoma enter with each team looking mediocre often since mid-October.

The last five games for each squad is sprinkled with tight wins and a loss. Baylor's lone loss comes against the Sooners in a game it led by three scores at one point.

I'm not in love with either team, but I'll take the Sooners in a single-digit margin of victory.

## SUN BELT

Louisiana and Appalachian State collide at the same time as Oklahoma and Baylor. Without seeing much of either team this year, I'll lean Appalachian State, but I expect a close game with a lot of offense.

## MAC

I feel very confident that Central Michigan will stomp Miami Ohio in the final dose of



COURTESY OF THE OU DAILY

Oklahoma quarterback Jalen Hurts during the Iowa State vs. Oklahoma game on Nov. 9.

MACtion in 2019. The Chippewas are better on offense and defense, in my opinion.

## CONFERENCE USA

Florida Atlantic comes in as a heavy favorite over UAB. Can the Blazers pull off the upset, though? UAB isn't playing Iowa State, so I say no.

## AMERICAN ATHLETIC CONFERENCE

Memphis and Cincinnati wrapped up the regular season with the Tigers winning 34-24. The two meet again this weekend. I think the Bearcats are a little overrated and leaned on a lot of close wins to climb up the rankings. I'm going with Memphis.

## SEC

LSU is the best team in the country, in my opinion, and Georgia is a pretender. I give the Bulldogs no chance to win this game.

The Bulldog defense might slow down LSU a little bit, but the Tigers will wear it down with strong rushing and passing capabilities on offense.

## MOUNTAIN WEST

This is a lopsided game on paper with Boise

State being favored by around two touchdowns over Hawai'i. I think Boise State might not be as good as the 11-1 record implies, but the Broncos should pull away in the second half to secure the championship. Just so I don't take all favorites, I'll pick Boise State to get upset.

## ACC

It's not a question of who will win, but by how much. Clemson will roll Virginia and avoid an elite team for another game.

## BIG TEN

I said LSU is the best team in the country, but I'd entertain the idea of Ohio State being in the mix, too.

Wisconsin is solid every year, but it doesn't have the firepower to keep up with Ohio State or the defense to hold the Buckeyes under 30, meaning Ohio State will take the crown and likely the top spot in the playoff.

If LSU and Ohio State take care of business, a matchup between the two would be elite football in the playoff.

To recap, these results would likely give us a playoff consisting of Ohio State, LSU, Clemson and Oklahoma, which isn't a very bold group, but it seems likely.



COLLIN MAGUIRE/ IOWA STATE DAILY  
Rasir Bolton looks to pass during Iowa State's game against UMKC on Wednesday.

## Cyclones win despite struggle to put away Kansas City

BY ZANE.DOUGLAS  
@iowastatedaily.com

Through the first 35 minutes of Iowa State's game on Wednesday, the Cyclones had trouble separating themselves, but the Cyclones used a dominant stretch at the end to win by 18 over the University of Missouri-Kansas City.

The Cyclones won't be going anywhere as they host Seton Hall on Sunday with many questions and possible answers stemming from Wednesday's game.

### RASIR BOLTON GETS GOING

Sophomore guard Rasir Bolton had a lot of questions surrounding him to start the season, but after the week in the Bahamas, it looked like he put those questions to bed.

His three-point shooting came and he was taking smarter shots; however, on Wednesday, Bolton fell back into his early season form in the first half.

Zero points in the first half and multiple missed three-point attempts made it a forgettable period for Bolton, but he turned it around in the second half — scoring 19 points and getting to the foul line a whopping 11 times.

Iowa State sorely needed that production and Bolton became the key player down the stretch to pull the Cyclones away from a possible upset loss.

"I was just trying to attack," Bolton said. "First half I was trying to find my spots and pick 'em, and then it was just all about winning."

Bolton buried a three in the second half during Iowa State's big run, but most of his effectiveness came off the drive and the ability to draw fouls. The 11 foul line shots — 10 of which he converted on — were the most in Bolton's collegiate career.

### RETOOLING DOWN LOW

For most of the season, the Cyclones have generally had two lineups of front court players — Solomon Young and Michael Jacobson on the front line with George Conditt and Zion Griffin handling bench duties.

That changed against the Kangaroos on Wednesday as coach Steve Prohm messed with lineups a bit. Young only played 12 minutes while Conditt saw 17 minutes.

Young picked up four early fouls that contributed to his absence, but Conditt had a solid game as his replacement and shared some time with Jacobson on the floor. Conditt also was on the floor whenever the Cyclones had a four-guard lineup in.

Conditt's defensive impact was on full display and he added some offense in to couple with Jacobson's 8-9, 19-point night.

"[Conditt is] just tapping the surface," Prohm said. "He can really really change shots at the rim, had some opportunities around the basket, really understands pick and roll. He's just gonna get better and better."

## Battle-tested Cyclones ready for NCAA Tournament

BY JOHN.MILLER  
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The Iowa State Cyclones have returned to the NCAA Tournament. But they will face a familiar face on Friday in Minneapolis — the Creighton Blue Jays.

The Cyclones have faced the Blue Jays three times within the past year. The last time the two played was during a preseason exhibition in August, where the Cyclones won three sets to two. During the regular season last year, Creighton won three sets to one.

"Creighton is a great team; they are very experienced and have experience in the tournament," said coach Christy Johnson-Lynch. "It is a tough draw but that is what we expected."

Creighton went on to a 24-5 record this year, along with a 17-1 in the Big East Conference. Their only conference loss was to Villanova, who they swept earlier



MICHAELA SCHNETTER/ IOWA STATE DAILY

Avery Rhodes and Eleanor Holthaus block West Virginia's hit.

in the season.

Creighton's RPI ranking is 20th and Iowa State's is 46th. The Blue Jays are ranked 15th in the latest AVCA Coaches Poll on Monday, while the Cyclones are unranked.

"We have arguably the toughest conference in the schedule and I think that really prepares us for these high-pressure games in the tournament," said senior Josie Herbst.

The Cyclones finished the regular season with a record of 17-11, and 8-8 in Big 12 play. Their resume is highlighted by a fourth-place finish in the Big 12. Iowa State swept the third-place Oklahoma

Sooners this season, but was unable to get a victory against the fifth-place Texas Tech Red Raiders.

"We've had moments this season where we look like a great team but also moments where we just don't have the energy and that shows on the court," said junior Piper Mauck.

Top hitter Eleanor Holthaus has missed the past couple games after she sustained an ankle injury in practice prior to the Kansas game.

She leads the Iowa State offense with 3.24 kills per set, while also hitting .255. While Holthaus has not been ruled out officially for the first round game against Creighton,

the team has confidence in its alternate lineup.

"I do not have a good feeling for 'yes' or 'no' for Eleanor but I know that we will be ready to play with whatever lineup we have out there," Johnson-Lynch said.

Iowa State last appeared in the NCAA Tournament in 2017, defeating Princeton 3-0 in the opening round before being swept by Wisconsin to end its season.

This is the 14th all-time NCAA Tournament appearance for Iowa State. Thirteen of them have come under Johnson-Lynch.

"You know I want them to go for it and think that we're gonna make a big run," Johnson-Lynch said. "Sometimes it is good to not necessarily know what you will have."

The winner of the Iowa State-Creighton game will face either No. 7 Minnesota or Fairfield in the next round.

"The NCAA Tournament really gives a chance to put our whole season behind us and just play," said Herbst. "I want us to go out there and play like I know we can."



# EVENTS



12.06.19

**“Black Lives Matter: Fashion, Liberation and the Fight for Freedom” exhibit**– All day, Ames Public Library

**WinterFest 2019** – All day, Iowa State University

**North Grand Farmers’ Indoor Holiday Market**– 10 a.m - 5 p.m., North Grand Mall

**Cyclone Cinema:“Once Upon A Time In Hollywood”** – 7 p.m. and 10 p.m., Carver Hall (Film)

**“Anon(ymous)” by Naomi Iizuka**– 7:30 p.m., Fisher Theater

**ISU Symphony Orchestra**– 7:30 p.m., Martha-Ellen Tye Recital Hall, Music Hall

**Comedian Jay Phaorah**– 8 p.m., Great Hall, Memorial Union

12.07.19

**WinterFest 2019** – All day, Iowa State University

**North Grand Farmers’ Indoor Holiday Market**– 10 a.m.- 5 p.m., North Grand Mall

**Deb Never** – 8 p.m., Maintenance Shop

**“Anon(ymous)” by Naomi Iizuka**– 7:30 p.m., Fisher Theater

12.08.19

**“Anon(ymous)” by Naomi Iizuka**– 1 p.m., Fisher Theater

**North Grand Farmers’ Indoor Holiday Market**– 10 a.m.- 5 p.m., North Grand Mall

**ISU Wind Ensemble, Symphonic Band and Concert Band**– 7 p.m., Stephens Auditorium

# MUSIC AND MOVIES



New Music Friday

12.06.19

“Adore You” – Harry Styles

“Christmas Tree Farm” – Taylor Swift

“Put A Little Love On Me” – Niall Horan

“Live Forever” – Liam Payne

“Montana” – French Montana

“Romance” – Camila Cabello

Release of the Week

Modest Mouse’s new single “Ice Cream Party” is a soothing six-minute, progressive ballad with dark undertones. The repeated chorus, “there’s an Ice Cream Party at my house, please come over,” throughout the long track reads as an allegory for growing up with child abuse, which lead singer Isaac Brock has a history with. As the chorus progresses, it becomes more emotional and darker, as the instrumentation continues to progress into a psychedelic and indie journey. The track is reminiscent of some of the longer tracks in Modest Mouse’s catalog, and tries out new effects and instruments. “Ice Cream Party” an intriguing step for Modest Mouse.

“Ice Cream Party”  
Modest Mouse

New Movies ----→ The best of Disney+

With the drop of Disney+ recently, there’s been a blast from the past. Everything from classic Disney cartoons, to Star Wars, to Marvel and more is at the fingertips of their viewers. But where do you start? Here are three movies on Disney+ to get you started on an endless journey of binge watching.

“A Goofy Movie” (1995)

A story about father and son bonding, “A Goofy Movie” is Disney character Goofy’s first solo movie, and a classic ’90s performance. This animated, light-hearted film became known as a cult classic among those who were kids at the time.

“10 Things I Hate About You” (1999)

A classic teenage love story, “10 Things I Hate About You” features high schoolers Kat and Patrick going in circles around each other in an attempt to sort out their feelings for each other. This movie isn’t nostalgic only for its story though, as the soundtrack brings forth classic ’90s vibes.

“The Nightmare Before Christmas” (1993)

Is it really the holiday season if you don’t throw on this classic? A perfect film for transitioning from Halloween’s spooky season to Christmas time, “The Nightmare Before Christmas” is a story of searching for belonging, but taking the wrong route. The music isn’t half bad, either.

## Horoscopes - Dec. 6



**ARIES** - March 21 – April 19  
Do not let someone’s nasty comment eat away at you. If you get mad, you’ll only play into their hands. Instead, be extra good to them. Kill them with kindness. By rising above the petty fight they seem to be itching for, you will show them your maturity. Taking the high road is always wise for you.



**TAURUS** - April 20 – May 20  
Someone is trying to get a rise out of you by acting in a controversial way. They’ll be doing things in order to get your attention. Could it be that they have a little crush on you? Their weird behavior is nothing you can’t roll with, so their plan is going to backfire. They’ve underestimated how smart you are and are still intrigued.



**GEMINI** - May 21 – June 20  
Are you feeling intimidated by a new intellectual? Don’t be! The more they talk about how much they know, the more obvious it will become that they’re oblivious. So just let them have their 15 minutes of fame. True intelligence is all about knowing that you don’t know everything — be humble, and keep learning.



**CANCER** - June 21 – July 22  
Tempo is key today. Do your best to stay in rhythm with the people around you, which won’t be easy. Everyone you encounter today is marching to the beat of their own drum, and you’ll have to move to the beat. This challenge will be good for you, though. It will help you learn to be even more flexible than you already are!



**LEO** - July 23 – Aug. 22  
Give yourself a lot of compassion today. You are your own best support staff! You cannot listen to negative people who are telling you how badly things could go. Instead, just put your blinders on. Turn off the outside world, and find comfort inside your mind. You will find all the encouragement and love you need.



**VIRGO** - Aug. 23 – Sept. 22  
To encourage more growth in one of your friendships, be more generous with your constructive criticism. Honesty is the best policy. Focus on the positive and amp up your enthusiasm before telling them the downside of their behavior. You have a right to be a more active part of this relationship. And in order to do so, you have to speak up more.



**LIBRA** - Sept. 23 – Oct. 22  
Today, try to spice up your life by trying something new and different — whether it’s a new household renovation project, a new bestselling novel, a new type of cuisine or just a new route to and from work. Getting stuck in a routine is no fun — especially now, when there are so many wonderful things in your life to explore. There is no excuse for not mixing things up today. You have the time, you have the energy and you definitely will have the desire you need!



**SCORPIO** - Oct. 23 – Nov. 21  
Even though you are full of energy and positive ideas, today is not the ideal time to keep expanding into different areas. Right now, it’s time to stick close to home base and focus on just one or two people or projects that need you the most. Your ambition can be satisfied by perfecting your technique with everyday tasks. You don’t always have to be pushed to discover new continents.



**SAGITTARIUS** - Nov. 22 – Dec. 21  
More than ever before, you are feeling confident and your communication skills are exceptional. You are finally ready to have that difficult discussion you’ve been putting off for a while. So step right up to the person who’s been pushing your buttons for far too long. You don’t have to be rude about what you say to them, you just have to make it clear to them that you won’t tolerate it any longer.



**CAPRICORN** - Dec. 22 – Jan. 19  
Someone who is where you want to be in life is giving you a vision of the future you want to have some day — but what you might not realize is that the day is closer than you think. Switch your focus from your day to day routine and start thinking bigger picture. Expand your worldview to wake up your ambition. Prove that you’re ready to work for what you want.



**AQUARIUS** - Jan. 20 – Feb. 18  
More than ever today, it is important for you to remember that you are not in charge of anyone else’s happiness, only of your own. Do not fall for any guilt that might get tossed your way. And if other people are holding you responsible for their unhappiness, they are not being fair. It might sound harsh, but you have to put your own needs ahead of their perceived needs today.



**PISCES** - Feb. 19 – March 20  
Despite the fact that the people around you right now might be less than thrilled about what is going on, you have to keep your bright outlook! Don’t join in with others who might be throwing a great big pity party. Let other people live under a cloud while you choose to stay hopeful and focused on going where it is that you want to go.

>> **TRAIN**    Pg 1

to help students and staff get to and from campus. The Dinke­y used to cost five cents per ride and also transported coal and mail in addition to people until it was replaced with an electric streetcar in 1907. Now the Hub serves as a cafe for students and staff to enjoy. However, the RG Express train display takes the Hub back to its roots with a working miniature version of the Dinke­y that runs in front of it. The miniature Hub is made from driftwood,

>> **FINALS**    Pg 1

Carver 0132, 0282, 0294; Pearson 3131 and 3143; Physics 0052 and 0056; and Ross 0127, 0129, 0131. “We have three buildings that we consider our activities centers, and it’s because they have the largest number of classrooms in them; and it’s Carver, Pearson and Ross,” Baumgarn said. “They have quite a few classrooms, all three of those buildings. Then I just threw Physics in because it was kind of on the north side of campus and there were some rooms open.”

>> **FARMS**    Pg 1

operates as an entity separate from Brick’s Field Services rotation. Brick said the two-week rotation usually begins with a PowerPoint brief giving an over-view of the rotation, then at least one student and clinician is sent to the ISU Dairy Farm to conduct rounds on the cows. “One of us, the clinicians or the post-docs and at least one of the students every day of the year, 365 days a year, do the treatments out at the ISU Dairy [Farm] to any sick or potentially sick cows,” Brick said. The ISU Dairy Farm has between five and 15 sick cows that require treatment, said Austin Ashbacher, fourth year veterinary student. Some common conditions of the cattle treated at the ISU Dairy Farm, include mastitis (inflam-mation of the udder), retained placenta during birthing and lameness, Ashbacher said. The other standing appointment held by the college involves a trip outside the Field Services clinic’s usual area of operation to treat calves in western Iowa. “On Tuesdays every week there’s two clinicians and a group of students that go out to western Iowa to the Harlan area and visit two [places], one very large and then one smaller dairy [farm], to do herd health,” Brick said. Ashbacher said going to western Iowa and getting to perform pregnancy checks on the ani-mals was one of his favorite experiences in the Field Services rotation. “We go in rectally with our arm and we reach down and feel [the uterus] through the rectal wall, and you can tell if she’s pregnant or not,” Ashbacher said. “It’s a very hard skill to learn.” Ashbacher said getting to perform pregnancy

cedar, bamboo, birch bark, grapevine, contorta pine and kiwi vine, according to the Reiman Gardens website. The exhibit Campanile plays music just like the real one does. The songs it plays, including “The Bells of Iowa State,” “ISU Fights” and “Go, Cyclones, Go!,” are from a recording of carillion music played by Tin-Shi Tam, one of the univer-sity’s music professors, according to the Reiman Gardens website. Materials for the model campanile include grout and sand, tiny gourds for the bells, pine

These study classrooms do not need to be reserved. Room Scheduling has not recorded how many students utilize the rooms each year. “That’s the one thing, you know, I do this every semester; and I look at it, and I think, ‘I wonder who uses it, and if they do use it is a good thing, do they like it?’” Baumgarn said. “And then I realize it doesn’t matter. It’s there, so even if just one student is able to go and use one of these rooms and it helps them prepare for their final to where they pass their final to which helps move them through the university or to graduation, bravo. It doesn’t matter.”

checks on hundreds of cows in western Iowa helped him perfect the skill and give him confi-dence in his abilities. Amanda Farmer, fourth year veteri-nary medicine student, also partook in the Field Services rotation in the fall. She recalled getting to per-form a cryptorchid castration on a pig. Farmer said a cryptorchid castration is a slightly unusual procedure where one of the tes-ticles is located in the abdomen. “That was really cool to see because I, person-ally, haven’t had a lot of experience with pigs, so getting to go to the barn and help with the pro-cedure was really cool,” Farmer said. “I enjoyed that a lot.” The veterinarians who work with Field Services work with the students to guide them throughout the visits and performed procedures. “The doctors help to calm you down,” Farmer said. “They do a good job of talking through it and what to expect and what you might see and what could go wrong. It’s a really good environ-ment for learning because everyone is a little ner-vous the first time you do something.” The variety of the work client services per-forms leads to students entering the two-week rotation at different times to gain more hands-on experience with different situations, Brick said. The Field Services’ clinic also provides emer-gency services to its clients. At least one student and one clinician is on-call 24 hours a day every day of the week. Farmer said one on call night, she had to respond to three emergencies, all related to prob-lems with cows. The third emergency involved a cow with dystocia, or difficulty birthing. “We couldn’t get the cow the normal way, so we went for c-section,” Farmer said. “Unfortunately, the calf was dead and the cow was so sick by the

cone scales on the roof, cinnamon curls, honey-suckle vine, elm, birch bark, white tallow berries, tiny dawn redwood pine cones and more, accord-ing to the Reiman Gardens website. Other models include the Marston Water Tower, Beardshear Hall, Morrill Hall and a two-foot replica of Elwood, Reiman Gardens’ giant concrete gnome. “All of the railways are reflective of the com-munity that they are in, and we opted for campus buildings,” Lyon said. “These replicas are consid-ered art pieces and are insured as art pieces. They

Gillen said she suggests students make a detailed plan for themselves, including a sleep and eating schedule from now until the end of the semester. A schedule or to-do list can be a way for students to keep track of deadlines and stay organized. A concern students may have about Study Week and Finals Week is the noise from recent construction around campus. Baumgarn said she reminds everyone when these weeks are, and there should be absolutely no noise. “We can’t have hammering, drilling, nothing because anything that can potentially distract

time we got there that she had to be put down later.” Farmer said it is tough being called to work in the middle of the night for emergencies, but it happened to be one of the times where she learned the most during the rotation. Ashbacher said on the first day of the rotation, the four students collaborate to put together the shifts for on-call time themselves. “Nobody was trying to skip out on on-call time,” Ashbacher said. “No matter what rota-tion you’re on, as long as everybody is working together and helping each other, things go so much better.” When going out on calls, Ashbacher said most farmers have become accustomed to working with students and are very receptive. “For the most part I think [farmers] are very warm and take some sense of pride from partic-ipating,” Farmer said. “I think the clients are very happy to have us help out and learn.” Ashbacher said he remembers having the opportunity to perform a displaced abomasum surgery during the Field Services rotation. “A [displaced abomasum] is when one of [a cow’s] stomach twists and you have to go in and surgically correct it,” Ashbacher said. “The cow is standing up. She’s fully awake, but you’ve made this incision in her side and you got your arm reached all the way into the animal.” Ashbacher said a numbing agent, lidocaine, is used to numb a nerve and prevent the animal from negatively reacting to the operation in most cases. Ashbacher said he felt lucky to have the opportunity to perform the operation, despite some jitters, and he was able to successfully per-form the surgery. “The average person probably doesn’t realize we do something like that,” Ashbacher said.

cost us upwards to \$14,000 dollars per building. We do not change out the buildings every year, but we do hope to add new ones.” Open since Nov. 24, the exhibit will be dis-played for just over two months until Jan. 4, with a few exceptions such as Christmas Day and New Year’s Day. Reiman Gardens is open from 9 a.m. to 4:30 p.m daily. Admission is \$9 for those aged 13 to 64, \$4.50 for those aged three to 12 and free for members, Iowa State students and children of age two or younger.

a student from focusing on their final is not a good thing,” Baumgarn said. “And we need to give the best environment for them to succeed on their final exam. [...] We want them to be as successful as they can be, and not having noise be a disruption or distraction is really, really, really important.” While at Parks Library for study sessions, students can also take advantage of Bookends Cafe’s extended hours throughout Study and Finals Week. Bookends will be open until 11 p.m. Dec. 13 and Dec. 14 and will be open until midnight Dec. 15 through 18.

Brick said when students are unable to per-form a specific procedure due to the timing of their rotation, he turns to the use of models to provide students with the hands-on training they need. The Field Services’ clinic currently uses a model of a cow giving birth to give students the opportunity to practice birthing a calf when they may not be able to during their rotation. Brick said he plans to continue the use of models with Field Services students for another procedure as well. “Everybody is going to be expected to be able to castrate calves,” Brick said. “That only comes once or twice a year, so I’m working on a calf cas-tration model. [...] We’re really close to having a usable model.” Ashbacher said he advised students consider-ing Field Services rotation to keep an open mind. “Every day is gonna be a little different,” Ashbacher said. “A lot of people taking it might not have much ambition to be doing cattle or goat or sheep work [...] but I think there’s a lot to be learned in that realm that can make you better at whatever your specialty is going to be.” Farmer said she recommends those interested in veterinary medicine to gain experience. “Get in touch with your local vet and ride with them and get a feel of what they do,” Farmer said. “That clinical experience, like hands on, helps you when you’re in school because you can listen during your lectures and apply it.” Farmer also said aspiring veterinary students should keep a good attitude through hard work. “Some days are harder than others,” Farmer said. “You might have to put an animal to sleep or something like that, but just remembering why you’re doing it and keeping a positive attitude will help you get through it.”

>> **TALK ABOUT IT**    Pg 4

people to be patient and kind to themselves while working on projects and studying for final exams, even if they’re not feeling great. “Being understanding to yourself is proba-bly one of the more tricky things to master in life,” Toftness said. “But it’s something that is extremely valuable to work on.” When students are struggling academi-cally, mentally or both, they should try to maintain routines, which include healthy habits like maintaining a balanced sleep schedule and focusing on the nutrition of one’s diet. Another healthy habit is to exercise regu-larly, which can reduce one’s stress. Aerobic exercise, which includes running, dancing and other cardio workouts, can be beneficial when one experiences stress. Peasley said he has recently discovered

from research that using a sauna has the same benefits as aerobic exercise because of beneficial hormonal responses. “It increases your prolactin by six times,” Peasley said. “It actually helps neurogene-sis, which helps learning, so if you’re on a budget for time, the sauna might be a good cheat code [...] I would say 15 minutes [in the sauna], no more than that.” While there are various theories as to why the benefit of exercise causes the brain to function better, Toftness said they know it is true. People who routinely exercise are less stressed, less depressed and less anxious. Making time for exercise in one’s schedule can also provide time for them to take a break from studying and other class work. Mental illness can affect people at any time, but it can intensify during the winter months. This intensity is often referred to as

seasonal depression. “So seasonal affective disorder, which is abbreviated ‘SAD’ [...], it’s an interesting diagnosis for a number of reasons because it is something that can be fixed through entirely environmental interventions,” Toftness said. “By which I mean the whole thing goes away if you can change what you look at in the places where you hang out throughout the day. Now, that’s true for a lot of depression actually, but a lot of depression is also neurochemical, so that’s what makes SAD a little bit different from other kinds of depression, is that it can be treated by changing your surroundings.” Those struggling with SAD can do things like using light therapy and taking a vitamin D supplement to help with the symptoms. One’s social life can also be a factor in their mental health. If someone is depressed

or experiencing anxiety from stress, they may isolate themselves from others. It might be difficult to reach out and talk to a friend or family member, but it can help those strug-gling to talk about how they feel. “The important thing there is that there’s a dialogue, so checking your social media feeds does not constitute social interac-tion,” Peasley said. “It actually has the opposite effect. People show more depres-sive symptoms the more often they check social media.” McClelland said it’s important to be kind to people all the time, but it’s especially important around this time of year and during Finals Week, as mental illness is real and can affect a lot of people. “A lot of people are really stressed and not feeling their best,” McClelland said. “So keep that in mind, and be kind to people because you never know who is struggling.”

