

HEALTH CARE ON HOLD



About 26,000 people turned out in Des Moines on Saturday to march for women's rights. Women's rights marches took place in all 50 states.



Alex Kelly/Iowa State Daily
Kristin Failor, Board of Regents state relations officer, said, "There's such a wonderful energy being on campus."

State relations officer values student input

By Jake Dalbey
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Though her title is Board of Regents state relations officer, Kristin Failor, newly-appointed member in the office of the president, desires to be a pipeline for student input.

Failor is an Iowa native. Graduating from the University of Iowa in 1997, she later attended Drake University to study law. Failor first began eyeing the state relations officer position for the Board of Regents after speaking with former officer Joe Murphy.

Murphy's enthusiasm toward the position and Failor's prior titles convinced her to give the opening a chance.

"I was a former staffer in the house and a lobbyist; this takes everything I loved about that job and removed what I hated," Failor said. "Because in this role, you're staffing the university, but you're really a purveyor of information. Not twisting knobs like a lobbyist."

Not conforming to a traditionally aggressive demeanor, as typically seen in many lobbyist roles, Failor describes herself as a goofy person — a trait she felt would be embraced at Iowa State.

Along with the difference in job description, Failor felt strongly about the atmosphere at Iowa State. Visiting schools in Colorado and Texas, Failor stands behind her belief that nothing can compare to Iowa State's campus.

"There's such a wonderful energy being on campus," Failor said. "It's a salt to the earth Iowan type place. However, I still don't understand how some of you can walk around in T-shirts and shorts in winter. That will always be odd."

Failor described the students of Iowa State as "Midwest nice," stating that a student helped her make her way across campus when she was lost and gave her the feeling that the population on campus "epitomizes Iowa."

Emphasizing the importance of various voices on campus, Failor wants to help

Affordable Care Act faces uncertainty as Trump takes office

By Brandon Ghazali
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As with every new administration, there are many questions that Americans are asking regarding the nation's future under President Donald Trump.

One of the most prevalent questions is about the current state of the American health care system.

A prominent part of Trump's campaign was his promise to repeal former President Barack Obama's health care law.

To begin fulfilling that promise, Trump signed an executive order Friday night initiating a freeze on any new "Obamacare" regulations.

The action, one of Trump's first from the Oval Office, sets into motion efforts to repeal and replace the Affordable Care Act, which

has been a goal for Republicans on Capitol Hill since the law's inception.

The act has been a controversial issue in Washington and throughout the country since it was signed into law by Obama in 2010. 49 percent of Americans favor the law, while 47 percent oppose it, according to a CNN/ORC poll released earlier this month.

Obama's signature health care law has been touted by Democrats for numerous reasons. One is that it requires insurance plans to cover 10 essential health benefits, including coverage of maternity care, mental health and chronic diseases.

While this has the possibility of creating better plans that allow people to receive better preventative care, many have argued that people have had their plans cancelled by insurance companies because they don't meet the requirements.

The cost of replacing these plans is higher because people may be paying more for services they don't use.

Other key benefits of the Affordable Care Act include an expansion of Medicaid that covers more low-income Americans and a mandate that prevents insurance companies from denying coverage for those with pre-existing conditions.

Perhaps the biggest criticism of the act is the fact that it is mandated.

People are required to have health insurance, and if they don't, they are assessed additional taxes on their income.

Sen. Rand Paul, R-Kentucky, released some details of his proposed replacement plan for the Affordable Care Act, including "getting rid of the Obamacare mandates" on insurance plans, which supporters say will lower costs for people who don't need the robust plans offered through the Affordable Care Act.

Paul's plan left some unanswered questions, including what effects it would have on Medicare. He told CNN's Wolf Blitzer last Monday that it would be up to the

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INPUT p8

Muslim Americans reassured of rights in Constitution

By Alex Ivanisevic
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A discussion on the legal rights of Muslim students at Iowa State was hosted in the Memorial Union Monday night with the question of the night asking "What are your rights?"

Before the start of Monday night's discussion, Humza Malik, president of the Muslim Student Association, arrived at the Sun Room in order to prepare for the forum and the introduction he would give for the event.

Malik explained that many of the Muslim international students have expressed concern for how they will be treated and have been treated. Besides presenting information about the guest speakers, and the American Civil Liberties Union (ACLU) and Council of American Islamic Relations (CAIR), Malik believed the conversation could provide answers and guidance to those students.

"This is more of an information session for them," Malik said. "Half of it is going to be talking about what [the guest speakers] do and their experiences and then the other half of the conversation will be centered toward any questions anyone has."

At the beginning of the discussion, Malik welcomed conversation moderator Clark Wolf, director of bioethics and professor of philosophy at Iowa State, to speak.

Wolf gave a brief introduction for each of

the guest speakers who would be presenting: ACLU of Iowa legal director, Rita Bettis, and head of the (CAIR) department to monitor and combat Islamophobia, Corey Saylor. He also said that Ames Police Chief Chuck Cychosz would be present during the question and answer portion to answer any questions about what the Ames community is doing to combat Islamophobia.

The informative portion of the discussion began with Bettis taking over the mic and presenting about Muslim rights and the processes involved in combating anti-Muslim discrimination. An educational display of the constitutional rights guaranteed to Muslims in America and an analysis of the unconstitutional proposed acts or laws that have recently been theorized ensued.

"The ACLU has long sought a country, and in Iowa, where religious liberty and equality under the law are assured," Bettis said. "At the ACLU, we know that our country has yet to fulfill its foundational promise to be free and equal for all. Since the days following 9/11, the ACLU has prioritized work to combat anti-Muslim discrimination."

She said there has been discriminatory and disrespectful rhetoric in the last presidential election and how such rhetoric has been used by the current president.

"I want to walk you through exactly why his specific anti-Muslim proposals, if ever enacted, and we would fight that, would violate the Constitution and laws of our country,"



Chris Jorgenson/Iowa State Daily
Corey Saylor, head of the Council of American-Islamic Relations, speaks at the "What Are Your Rights?" forum Monday. Saylor talked about the incoming Trump administration and cabinet and their history relating to Islam.

Bettis said. With that information, she also included "Know Your Rights" information such as the rights Muslims, and people of any religious orientation, have to wear any religious garb of his or her choice.

"Profiling American Muslims would violate the First and Fifth amendments," Bettis said. "The U.S. Constitution guarantees equal protection of the laws and any federal law or

RIGHTS p4



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38
32

Weather provided by National Weather Service

POLICE BLOTTER

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Jan. 20

Trevor Bell, 20, of 204 Beach Road, Ames, Iowa, was cited for possession of drug paraphernalia and possession of a controlled substance at Maple Hall at 12:10 a.m.

An individual reported being the victim of fraud at the Armory Building at 1:21 p.m.

An individual reported the theft of books at the Memorial Union at 2:12 p.m.

An officer investigated a property damage collision at Lot 45 at 5:02 p.m.

Joshua Mcdowall, 18, of 140 Beach Road Unit 7354, Ames, Iowa, was arrested and charged with public intoxication and criminal mischief 5th degree at Helser Hall at 10:49 p.m.

Bailey Pribyl, 18, of 221 Beyer Court Unit 1554 Ames, Iowa, was arrested and charged with public intoxication and criminal mischief 5th degree at Helser Hall at 10:49 p.m.

Jan. 21

An officer initiated an assault related investigation between two individuals at State Avenue and Mortensen Road at 12:22 a.m.

An officer assisted an individual who was experiencing medical difficulties. The person was transported to a medical facility for treatment at Wilson Hall at 12:46 a.m.

Ryan Tranmer, 22, of 129 Wilmoth Avenue Ames, Iowa, was arrested and charged with operating while intoxicated, interference with official acts, excessive speed and failure to yield to emergency vehicle at Wilmoth Avenue and Story Street at 1:55 a.m.

An individual reported the theft of a sign Larch Hall = at 2:01 a.m.

Ashley Arnote, 19, of 926 Hayward Avenue Unit 6444, Ames, Iowa, was cited for possession of drug paraphernalia at Lot 61G at 9:43 p.m.

Officers checked on the welfare of an individual experiencing emotional difficulties. The person was transported to a medical facility for treatment at Friley Hall at 10:21 p.m.

Jan. 22

Officers were asked to check on the welfare of an individual at Hyland Avenue and Lincoln Way at 1:03 a.m.

Officers were asked to check on the welfare of an individual at Helser Hall at 1:50 a.m.

An individual reported the theft of items from a vehicle at 4120 Maricopa Drive at 9:21 p.m.

An officer initiated a disorderly conduct type investigation at Wallace Hall at 3:32 p.m.

CALENDAR

Jan. 24

Poster Sale: Hundreds of choices from art prints and movies to music and pop culture. Proceeds from the sale support art programs at the Memorial Union. Cost: Most posters cost between \$8 and \$12. The sale is from 9 a.m. to 6 p.m. in the Campanile Room of the Memorial Union.

Forum: What Are the Legal Rights of Immigrants: Attend a panel discussion about the constitutional and legal rights of all immigrants living in Iowa. Students, faculty, staff and Ames community members are invited to attend, ask questions and share their concerns and resources at 6 p.m. in the Great Hall of the Memorial Union.

Men's basketball: Iowa State vs. Kansas State at 8 p.m. at Hilton Coliseum. Limited availability.

Jan. 25

Glass Beads Class: Learn to create colorful glass beads by heating and shaping glass with a torch from 6 p.m. to 8:30 p.m. at The Workspace.

All events and descriptions courtesy of events.iastate.edu.

How to avoid sickness

By ISD Special Sections

Winter always seems to be cold and flu season. In addition to seeing a doctor, follow these tips to stay as healthy as possible this winter.

Wash your hands
We learned this when we were 3 — just keep ap-

plying it to your college life.

Don't share drinks
This time of year, sharing is not caring.

Get enough sleep
As tempting as it is to watch that next episode, turn off the Netflix and go to bed.

Drink water
Stay hydrated to com-

bat that cold.

Stay in
We know the FOMO is real, but there will always be another mug night.

Editor's note: This article is intended to be a fun weekly piece about relevant topics Iowa State students face. This is not intended to offend anyone.



SNAPSHOT

Kennedy DeRaedt/Iowa State Daily

IOWA PROFESSOR LECTURES ON FLOODING

A lecture about models of flood hazards, vulnerability and water sustainability took place Monday night. Eric Tate, assistant professor and director of graduate studies in geographical and sustainability sciences at the University of Iowa, spoke about how it is important to focus on the physical and social aspects of floods.

Style staff's top winter wear

By Style Staff

"My favorite winter accessory is my gray, long-line, knit cardigan that can be worn over literally everything." - **Lesa Wicks, assistant self/style editor**

"My favorite winter accessory is a large infinity or blanket scarf. They can

serve as an extra warm layer or a fashionable addition to an outfit." - **Madison Pincombe, reporter**

"I have these black gloves with fur at the wrists that my great-grandma gave me for nice occasions. Since I don't frequent many balls, I just wear them when I'm feeling fancy." - **Maggie Cur-**

ry, self and style editor

"My favorite winter accessory is my knee-high black boots. They go with every outfit and dress it up a lot." - **Abby Patterson, reporter**

"My favorite winter accessory is a blanket scarf because they can be wrapped multiple ways and keep you warm and comfy." - **Courtney Palmersheim, reporter**

Share your favorite winter accessories by tweeting us @isdselfstyle or tagging us on Instagram @isd_selfstyle.

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IOWA STATE DAILY

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PERIODICALS POSTAGE



Meeker Elementary students sing during the MLK Celebration program Monday at the Ames Middle School. More than a hundred children sang "Martin Luther King" together at the celebration. Jill Itzen/Iowa State Daily

Community celebrates MLK

By Nik Heftman
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Hundreds of members of the Ames community gathered at Ames Middle School Monday night to celebrate the life and legacy of social revolutionary Dr. Martin Luther King, Jr. The event, named Equality, Justice and Unity: Ames Community MLK Day Celebration, was rescheduled from Jan. 16 due to inclement weather.

The Ames Human Relations Commission, in collaboration with several other community sponsors, organized the event. Hundreds of Ames community members conversed for the first half hour of the event while a video of King's acceptance speech for his Nobel Peace Prize award he received in 1964 played on a projector.

When the video concluded, Boy Scouts Troop No. 196 and Girl Scouts Troop No. 1215 presented the American flag alongside the flag of Iowa and led the audience in the Pledge of Allegiance. After the presentation of colors, the curtain on stage opened, revealing a choir composed of Meeker and Sawyer elementary students led by Charles Grim. The students were met by applause and awe, which was quickly interrupted when the students began to sing selections "Martin Luther King" and "We are the People of the 21st Century."

The children wore lime green shirts bearing "MEEKER C.A.R.E.S" on the front.

"These kids are our future," Grim, who was also wearing the lime green shirt, said to the audience.

"When I'm in a wheelchair [someday], I'll look forward to them making the right choices."

Devita Harden, president of the League of Women Voters of Ames and Story County and the emcee of the night, took the stage to welcome everyone. She asked all elected officials in attendance to stand up. Those who stood were met by applause.

Harden brought Mayor Ann H. Campbell to the stage. Campbell said she had the opportunity to hear King speak when he visited Iowa 50 years ago. She continued by quoting King's famous letter written during his time in the Birmingham Jail. "Injustice anywhere, is a threat to justice everywhere."

A montage of Ames community members performing community service followed. The montage was played on a projector, and it featured photos of King with some of his quotes. Harden returned to the stage to invite two students from the middle school. The students shared original pieces of poetry.

John Klaus, chair of the Ames Human Relations Commission, took the stage next to present the Ames Humanitarian Award to Jamet Colton, community activist. She gave an emotional acceptance speech that was met by applause throughout its duration.

"Now is when you run for office," Colton said to the audience. "Now is when you make unity, solidarity and social justice part of your daily lives."

After Colton's fiery speech, Harden returned to the stage to invite Edna Clinton, member of the League of Women Voters of Ames and Story County, to the stage. Clinton was tasked with introducing

keynote speaker Daniel Spikes, assistant professor of educational administration in Iowa State's School of Education. Clinton highlighted Spikes' likeness to King, sharing Spikes' academic and personal accomplishments to the audience.

Spikes started his speech by highlighting the accomplishments of King that he felt were well documented in history books and other texts, namely the Montgomery Bus Boycott and his achieving of the Nobel Peace Prize.

"Some of us tend to situate Dr. Martin Luther King Jr. and his accomplishments in a particular time in space, almost suggesting that he won," Spikes said. And as a result there, is no more suffering, there is no more racism and there is no more injustice."

Spikes said racism is still alive today, and he urged the audience to take a look at where the world is now in regard to racism and injustice, often citing King's book, "Where Do We Go From Here?"

"While progress has been made, racism is alive and well," Spikes said. "[The fight against injustice] will require us to understand how racism works in our society. It will require us to take action. It will require us to become anti-racism."

Spikes closed by recognizing all of the local institutions that have worked to become more educated on diversity and inclusion. His speech was met with a thunderous applause.

Harden took the stage for the final time to bid farewell to the audience.

"There is still work to be done," Harden said. The night was concluded by the singing of, "We Shall Overcome," led by Harden and Grim.

Thielen expands mental health services

By Sarah Muller
@iowastatedaily.com

Mental health services have expanded at the Thielen Student Health Center with the addition of Ranae Roberts, nurse practitioner in psychiatry, redistribution of patients and practicing collaborative care.

The Health Center's mental health care was only being managed by Dr. Carver Nebbe, psychiatrist, since June 2007. But Director Erin Baldwin made it a priority to extend services and added Roberts in December.

Roberts applied to the Health Center two years ago, but shortly after one of her family members became severely ill, she decided it wasn't the right time for her to change employment.

When Baldwin received her position in January 2016, she began expanding the staff by about seven providers. As a part of her plan to hire new positions, Baldwin called Roberts and asked her to reconsider a position at the Health Center.

"[Baldwin] was really surprising on the phone," Roberts said. "I think it says something to have the providers that work here promote balance between work life and home life. We all kind of work on that really hard. I think it says something when your providers are happy and healthy. I think patients will recognize that."

By doubling the mental health services, Roberts has been able to take care of multiple patients, which provides more access to the Iowa State community. This reduced Nebbe's patient size by redistribut-



Courtesy of the Thielen Student Health Center
Ranae Roberts, nurse practitioner in psychiatry, was hired at the Thielen Student Health Center in December. Through an expansion in mental health services, Roberts has been able to take care of multiple patients, which provides more access to the Iowa State community.

ing patients between the two mental health providers.

"[I'm seeing] patients that need mental health services that includes anxiety and depression and anything that comes along with the daily stress of being a student," Roberts said.

The Centers for Disease Control and Prevention reported that "by the year 2020, depression will be the second-leading cause of disability throughout the world, trailing only ischemic heart disease."

One stigma that Nebbe and Rob-

erts want to break is the idea that having a mental illness means someone is "crazy."

"A lot of people come in and are fearful," Roberts said. "I like to normalize their feelings, and sometimes if you put a scientific spin on it, I think it helps."

Even though the Health Center and Student Counseling Services cater to mental health, they are separated by their funding and specific services.

THIELEN p4

Panel to highlight the legal rights of immigrants in U.S.

By Whitney Mason
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A panel discussion forum that will take place at 7 p.m. Wednesday in the Sun Room of the Memorial Union will discuss the rights of immigrants, especially designated Deferred Action for Childhood Arrivals (DACA) recipients.

The forum, "What Are the Legal Rights of Immigrants," will be hosted by the Office of Diversity and Inclusion and Hispanic and Latinx Affairs. DACA recipients are students who receive administrative relief from being deported and are given opportunities to receive an education. Discussion topics will include proper ways to address hate incidents and the resources available for students at the University of Iowa and Iowa State University.

"[DACA, undocumented immigrants and Muslim immigrants] are both marginalized and targeted," said Liz Mendez-Shannon, project director for Hispanic/Latinx Affairs and Office of the Vice President

for Diversity and Inclusion. "[DACA and Muslim immigrant students] have to support each other."

Mendez-Shannon stressed the importance of undocumented immigrants understanding their rights and not being afraid when they come in contact with law enforcement.

"Everyone can attend and participate," Mendez-Shannon said. "It's all about knowing your rights."

The panel will feature Sonia Reyes-Snyder, executive officer from the Office of Latino Affairs and the state of Iowa's Department of Human Rights; Ann Naffier, immigration attorney for Justice For Our Neighbors; Sandra Sanchez from American Friends Service Committee; Sandra Zapata from One Iowa; and Rita Bettis from American Civil Liberties Union of Iowa.

The panel correlates with the "What Are Your Rights" discussion, which took place Monday in the Sun Room of the Memorial Union and covered Islamophobia in the United States and the rights of Muslim immigrants.

Sudoku by the Mephram Group

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

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					39				
40				41				43				
44				45				46			47	
48						49		50			51	
52				53				55			56	
			57					58	59			62
63	64	65				66				67		
68						69				70		
71						72				73		

- Across**
- 1 Many an Amman man
 - 5 Grab, as ice cubes
 - 9 Seuss character who "speaks for the trees"
 - 14 Ship bottom
 - 15 Auth. unknown
 - 16 Fit to be tied
 - 17 Opposed to
 - 18 Flat-topped elevation
 - 19 Consumerist Ralph
 - 20 Rock used for hammering, e.g.
 - 23 Mousse kin
 - 24 NBC skit show
 - 25 Neighbor of Can.
 - 28 Seasoned veteran
 - 31 Sneaker brand
 - 34 Sharper, as vision
 - 36 One that falls in the fall
 - 38 Shari Lewis' Lamb Chop, memorably
 - 40 Media workers' org.
 - 42 Mentalist Geller
 - 43 Home of baseball's Marlins
 - 44 First piece moved in chess, often
 - 47 Takes a load off
 - 48 "Incredible!"
 - 49 ___ Piper
 - 51 Half a colon
- Down**
- 1 Triumphant cries
 - 2 Littlest of a litter
 - 3 Voice below soprano
 - 4 Showy jewelry
 - 5 Fare steamed in corn husks
 - 6 Ten C-notes
 - 7 Wine quality
 - 8 Annoying swarm
 - 9 Kitchen flooring
 - 10 Like much early history
 - 11 "Cool!"
 - 12 Had a bite

Vocational rehab petition created

By Nik Heftman
 @iowastatedaily.com



Max Goldberg/Iowa State Daily
 The Office for Student Disability Resources and the Alliance for Disability Awareness, both housed in the Student Services Building, hope to move the Iowa Vocational Rehabilitation Services back to campus.

The Alliance for Disability Awareness (ADA) at Iowa State has circulated a petition in an effort to return vocation rehabilitation back to Iowa State.

Iowa Vocational Rehabilitation Services (IVRS) has provided the rehabilitation to individuals with disabilities as part of a partnership between the organization and the university since 1987.

"We're hoping to have [IVRS] back on campus so that it's accessible for students who have disabilities," Laura Wiederholt, president of Alliance for Disability Awareness, said. "Our hope is to bring them back to campus, or as close to campus as possible."

IVRS works with individuals with disabilities to help them achieve employment and economic independence.

Wiederholt, who also is a member of the diversity committee for Iowa State's Student Government, said IVRS provides assistance with tuition, technological accessibility assistance and assistance with mobility.

Since the fall of 1987, IVRS has had an office on campus where its staff provides services to students.

In response to the growth of enrollment at Iowa State, the student disability resources office at Iowa State hired

additional staff in the fall of 2016. There was not enough office space for IVRS and the additional staff.

As a result, IVRS relocated to its main office in north Ames in November 2016.

"[IVRS] provided one-on-one services that ISU can't," Wendy Stevenson, adviser for the ADA and disabilities coordinator for the Office for Student Disability Resources, said.

Despite the relocation of vocation rehab, the for student disability resources has arranged for IVRS to provide services on Mondays and Thursdays, 12 hours per week, in a conference room in the campus' Laboratory of Mechanics building.

"[IVRS] has helped us a lot, but even if there's full support for the petition, the office space still needs to be found."

Wiederholt added that students who seek vocational rehabilitation are struggling to get it due to the move, often having to choose between attending their rehabilitation appointment or class.

"Some students, especially those with chronic fatigue, don't have the energy to do both," Wiederholt said. "It's not a decision I want them to have to make."

Keith Robinder, interim dean of students, said the decision to move vocational rehab was not made lightly.

Student Services collab-

orated with the Office of Student Affairs, IVRS and other offices to develop the best alternative.

"Over the years, the Student Services staff has doubled," Robinder said. "We looked at so many creative options as to where we might keep or move an office. Ultimately, [IVRS] determined the space they had in north Ames was the best option for them."

Robinder said the current arrangement will remain for the rest of the semester.

"We're going to continue to figure out how to make it work," Robinder said. "Getting back to vocational rehab having dedicated offices [on campus] is the ideal solution."

Social media draws mixed feelings from ISU

By Robert Roberson
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Education believe that students may not be able to verify the accuracy of information they find online.

Though this is true, it doesn't mean that there's anything wrong with college students. Both Besch and Boyles concluded that social media is not just a form of communication for college students and suggested that they're probably not worse off than anyone else.

Besch expressed hope that college students and graduates would be more likely to identify false information.

"Most people are busy, it's not just college students ... at least one of the goals of a well-rounded education is critical media literacy," Besch said.

Journalist's Resource's report on a research article summarizes that "College students who saw the political candidates' Facebook pages were much

more likely to base their opinions on Facebook community-based cues."

Politically, Hastings believes social media is hurting younger people.

"We believe partaking in social media is interacting when in reality it's not," Hastings said. "You're interacting with a computer — with a website — it makes us feel like we're being politically active when we really aren't. We're not getting out and doing anything. We're not talking to people face to face."

There seems to be no clarity on whether social media is good or bad overall. AJ Agrwal argues on Forbes that "It's Not All Bad", and Robert Blair Osborn on The Sacramento Bee offers an argument on "Why social media is bad for us." For Hastings, Besch and Boyles, the answer is unclear.

"If we look throughout the history of communica-

tion platforms, there have constantly been adjustments to emerging technologies," Boyles said. "Social networks are such an extremely new form of communication."

Boyles said understanding the influence that these new technologies have will come with time and that once the technology has been around for a little bit longer, people will be able to determine whether it has positive or negative effects on society.

"Every generation, including millennials, are currently grappling with how to best integrate social technologies into our everyday lives," Boyles said. "Taken together, the study of social networks is such an engaging arena for research, inquiry and discovery."

As for fixing the possible negative side effects of social media, the answer will likely be up to the users.

Horoscopes by Linda Black

Today's Birthday (01/24/17)

Partnership unlocks doors this year. Strengthen community connections. Money flows with greater ease after 3/20. Think, plan and strategize before launching a new creative collaboration after 4/8. Travel and research may be involved. Listen for what's wanted and needed. Organize, sign and manage paperwork after October revelations. Invest and manage savings. Work together for solutions. Stand for love. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries - 9
 (March 21-April 19)
 A unique opportunity comes your way. A long shot pays off. Increase your visibility. Help someone achieve a seemingly impossible goal. Ask questions. Bright ideas center on material matters.

Libra - 7
 (Sept. 23-Oct. 22)
 Should you go or should you stay? An escape to new settings could be delightful today and tomorrow. Allow extra time to make connections. Mix business and pleasure on the trip.

Taurus - 8
 (April 20-May 20)
 Navigate obstacles or breakdowns, and there's money to be made today and tomorrow. Share your inspiration. Clarify theoretical or bizarre questions. A friend makes a contact for you.

Scorpio - 7
 (Oct. 23-Nov. 21)
 The funds you expected could be delayed. Adapt to surprising communications. Think over alternative solutions. Handle financial matters today and tomorrow.

Gemini - 7
 (May 21-June 20)
 Someone's saying nice things about you. Confidently take charge today and tomorrow. An important message finally comes through. Upgrade technology, if necessary. Think through what you truly need.

Sagittarius - 8
 (Nov. 22-Dec. 21)
 You may respectfully disagree with an opinionated person. Avoid sparks by listening without automatically reacting. A partner or assistant is a big help for the next couple of days. Don't mouth off.

Cancer - 8
 (June 21-July 22)
 Let things simmer over the next two days. Take it easy, and think through recent developments. Let ideas gel. Listen to intuition, when choosing a creative direction. Set team goals, and make plans.

Capricorn - 8
 (Dec. 22-Jan. 19)
 Right now, you're wise to finish what you've started. You're entering two days of steady work effort. It could get intense. A study date can be very productive. Sidestep unexpected communications gracefully.

Leo - 7
 (July 23-Aug. 22)
 Your friends are your inspiration, especially today and tomorrow. Enjoy time spent together. Keep track of earnings. Watch your budget. It's not a good time to gamble. Come up with profitable ideas.

Aquarius - 7
 (Jan. 20-Feb. 18)
 Stick to joyful pursuits today and tomorrow. You're especially lucky with love and games. It's not a good time for speculation, though. Listen for the commitment underneath a complaint. Avoid getting irritated.

Virgo - 8
 (Aug. 23-Sept. 22)
 There's plenty of work today and tomorrow. Withstand and profit from criticism. Keep in action, and postpone family time if you must. Encounter new problems. Check out an interesting suggestion.

Pisces - 8
 (Feb. 19-March 20)
 Attend to family matters today and tomorrow. Postpone paperwork until later. Strengthen home infrastructure and workability. Slow down and listen to what the crew wants.

RIGHTS p1

policy that treats Muslims differently on the basis of religion, as Trump has proposed, would be unconstitutional."

Much of this information is attainable on the ACLU website.

"The most important message that I have for everyone here today is that our Constitution is bigger, stronger and more resilient than even the president, even Congress or any law that they will pass," Bettis said. "We will use all the tools that we have available to us to oppose any of the harmful proposals."

Saylor followed Bettis with words of reassurance.

"The election was three months ago," Saylor said. "Relax, it's cool, we're going to be all right. The constitution is bigger than any of this."

He also spoke on the rights of the Muslims in America and how they are protected by the Constitution. Saylor stressed the importance of standing up for the rights of those in the community.

THIELEN p3

"There's no wrong door," Baldwin said. "If you don't know where to start, I think it's OK to start at either place. We work together."

Student Counseling Services is mostly funded by general funds from the university, while the Health Center is primarily funded by student fees.



Chris Jorgensen/Iowa State Daily
 ACLU of Iowa legal director Rita Bettis began the "Know Your Rights" forum Monday night by explaining legal rights relating to religion.

This importance was only stressed as the question and answer portion began. A serious tone fell over the audience of about 100 Ames community members when the reality of

the concern of those directly affected by Islamophobia was heard and many Muslims attending the discussion expressed their fears about their rights being in jeopardy.

primary care providers in the health centers by having collaborative care meetings on Tuesdays.

Nebbe hopes that by using the collaborative care philosophy the Health Center can improve the mental health and behavior health care.

"It involved having health specialists or health providers in a primary care setting so that you can expand mental health provision within primary care," Nebbe said. "[We hope to] be on the same page of where we are at with men-

tal health so we can move forward."

While the group is only beginning the collaborative care meetings, it hopes to see where patients overlap and learn from one another's situations. Nebbe claims that the Health Center will tailor the meetings to the needs of the Iowa State community.

"A lot of it's probably going to be [Nebbe and Roberts] sharing their knowledge with providers about how you handle mental health patients," Baldwin said.



Courtesy of Getty Images

Columnist Woodruff believes the poor treatment of animals in films can be combated by either eliminating them entirely from films or superimposing them into movies.

A greater purpose in life

Animals deserve better treatment in film industry

By Beth Woodruff
 @iowastatedaily.com

The upcoming movie “A Dog’s Purpose” recently garnered media attention, but for all the wrong reasons. In recently leaked footage of on-set filming, a German shepherd is seen being physically forced into briskly moving water and continuously dragged back after its many attempts to escape the situation.

In the leaked video, onlookers can be heard laughing and saying comments such as “just throw him in.” All while the German Shepherd, named Hercules, struggles to get away from his trainer.

When one of Hercules’ feet touches the water the dog quickly climbs back out of the water and his trainer drags him back by his collar, attempting to push him back into the water.

Once Hercules is in the water, he is quickly pulled under by the swift current. He is seen under the water for a few seconds before someone off screen finally yells to cut the scene. The upsetting video has caused an outcry — people have begun questioning the treatment of animal actors — so large that

the premier of “A Dog’s Purpose” has been cancelled.

The American Humane Association Film and Television Unit (AHA), famous for its “no animals were harmed” certification at the end of movies, is responsible for providing protection to animals in films. The AHA has a certified Animal Safety Representative on set for every scene involving an animal. Since the leaked footage, the representative on the set of “A Dog’s Purpose” has been placed on leave while an investigation takes place.

People magazine received a statement from the AHA regarding the leaked footage reading, “American Humane has reviewed the video and we are disturbed and concerned by the footage. When the dog showed signs of resistance to jumping in the water, the scene should have been stopped.”

The AHA has a list of many strict guidelines that films with animals must meet to get AHA approval.

Regarding scenes filmed with water, the AHA specifically states that “The force of the water must not be so great as to endanger the animals in the water.” In the leaked video, it is clear the force of the water is far too strong for Hercules to compete with, as he is quickly pulled under water by the current.

The AHA requirements also state that any signs of stress in the animal would be closely monitored. But it is very clear in the film that Hercules demonstrated massive amounts of stress, yet no one attempted to stop the film-

ing until he was drowning.

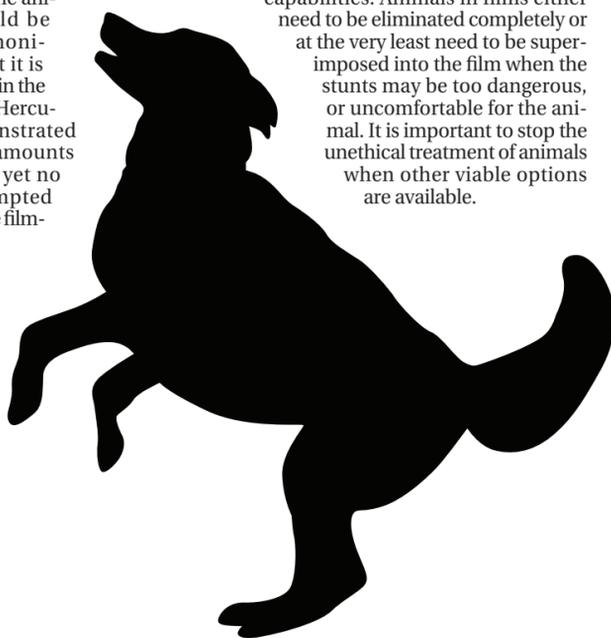
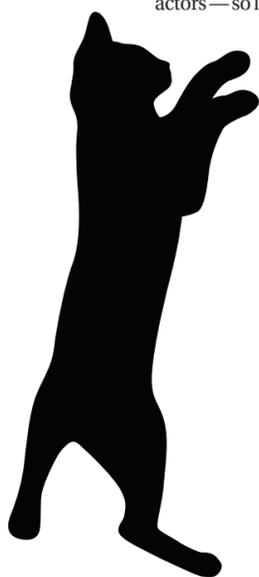
Unfortunately, the treatment Hercules received is not uncommon for animal actors; in fact, it can happen quite frequently. An eyewitness had documented the living conditions of the animals that came from the same supply company as Hercules.

The enclosures of the animals were filthy and sick, and injured animals did not receive the veterinary care they needed. The company has also been known to starve animals as a “motivation” to learn tricks and meet expectations. Over the course of a few days, two cats lost 5 percent of their body weight due to this practice.

Many training facilities also have horrendous conditions after the filming has finished. The animals are kept in warehouses, similar to the way store inventory is stashed. They are often stuffed into confined cells or sold to zoos that can’t accommodate their needs.

While the AHA serves a very valuable purpose in protecting animals, it isn’t able to control what happens to the animals offset. Requirements need to be established regarding the treatment of animal actors outside of filming, and punishments need to be stricter for films that don’t meet AHA standards.

With the technology humans have now developed it, is important to use Computer Generated Imagery capabilities. Animals in films either need to be eliminated completely or at the very least need to be superimposed into the film when the stunts may be too dangerous, or uncomfortable for the animal. It is important to stop the unethical treatment of animals when other viable options are available.



LETTER TO THE EDITOR

Iowa in position to lead next biorevolution

By Audrey Regan
 Senior in public relations,
 Iowa Cultivation Center intern

After the passing of the Iowa Renewable Chemicals Production Tax Credit program, and the Environmental Protection Agency’s move to increase biofuel volumes in its 2017 renewable fuel standards, Iowa is more attractive to the biochemical industry than ever before.

Iowa’s prospective biochemical industry offers growth potential for our state on par with what the ethanol industry held in the early 2000s, according to a white paper commissioned

by Iowa’s Cultivation Corridor and the Iowa Biotechnology Association.

Three prominent Iowa State researchers authored the report, “Bio-Based Chemicals: The Iowa Opportunity,” and found that in the early 2000s, Iowa corn production was lower than the Dakotas and comparable to prices in Nebraska, Missouri and Minnesota, yet it was our state that emerged as the undisputed center of gravity for the biofuels industry in the foregoing decade and a half.

Why? Iowa did not gain its competitive advantage until the state moved aggressively to establish incentive programs to

accommodate the growth of the emerging biofuels industry.

The Iowa tax credits proved crucial to the early growth of the biofuels industry in Iowa, the white paper argues, and the Iowa Biorenewable Chemical Tax Credit Program, created in 2016, will prove just as invaluable to the growth of this new bioindustry.

The white paper points to potential future biochemical investments from companies including Kemira Industries, Corn Oil One and Renewable Energy Group, all of which have called Iowa’s first-mover status in creating the biochemical tax credit an important step toward

realizing new investment here.

Here in Ames, research and commercialization assets including the Ames Laboratory, Center for Biorenewable Chemicals, Center for Bioplastics and Biocomposites and the Center for Crops Utilization Research support the biochemical industry in Iowa and represent perhaps the most potent concentration of research assets anywhere in the world for this biochemical industry.

With the state’s strong background in the bio-based chemicals industry, Iowa is not only ready to capitalize on the next frontier of bioprocessing but it is also ready to lead the way.

EDITORIAL



Hannah Olson/Iowa State Daily
 Demonstrators circle the Iowa State Capitol to raise awareness for women’s issues during the Women’s March on Saturday in Des Moines.

How could you not support feminism?

With the size and magnitude of the Women’s March around the country this past weekend, the discussion around feminism has once again become a loud national conversation. The troubling part of the conversation is not that it’s happening or that protests are occurring, but the number of people who are saying they don’t support feminism.

Even more troubling is that it seems a lot of the conversation has revolved around personal experiences without taking into account facts behind the movement. Looking at the facts, how could you not be a feminist?

Personal experiences or beliefs aside, feminism is defined in Merriam-Webster as “the theory of the political, economic and social equality of the sexes.” The feminist movement is about being treated fairly regardless of your sex. That means standing for fair treatment of both women and men, specifically when it comes to defeating systematic sexism and advocating that all human beings be treated with dignity.

That said, again we’ll ask, how could you not support feminism?

Believing that systematic sexism does not exist or that “choices” are why women or men end up being treated a certain way is comparable to believing the earth is flat. The facts just don’t support it.

Here are examples of systematic sexism:

- There is still a gender pay gap where women are not paid the same amount for doing the same work that men do.
- About 65 percent of women say they have faced street harassment, according to a survey.
- Fewer employers offer paid parental leave for men than for women, and fewer men report receiving paid parental leave than women, according to a 2012 Department of Labor study, despite the fact that studies have shown a variety of benefits for offering paternity leave.
- 1 in 5 women has been sexually assaulted while in college, according to the National Sexual Violence Resource Center.

And, beyond this, we live in a country that has allowed the man in its highest office to get away with dismissing discussion of groping a woman as “locker room talk.”

Stigmas still exist about men needing to be tough and muscular while women need to be sweet and petite, which has profound affects on self-worth.

Those are just a few examples and that’s just in the United States.

These are all problems that we still need to address. These are all problems that the feminist movement is trying to address.

And, despite what you may or may not have personally experienced, facts show that systematic sexism still exists. Regardless of your personal experiences, the feminist movement is something that benefits each and every one of us by working toward a society that gives each person a fair and equal chance despite which sex we are or what gender we associate with,

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s), and year in school of the author(s).
 Phone numbers and addresses will not be published.

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



Emily Blobaum/Iowa State Daily

Iowa State sophomore Bridget Carleton dribbles the ball down the court during the Cyclones' game against Texas on Jan. 1 at Hilton Coliseum. Carleton has been one of the leading scorers in Big 12 play this season and garnered a co-Big 12 Player of the Week award last week.

Carleton prospers in Big 12

By Aaron Marner
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When Iowa State started 0-3 in the Big 12 this season, there were plenty of questions. What was going wrong? What needs to be changed?

Coach Bill Fennelly started tinkering with different starting lineups. Different players found more or less playing time depending on the opponent.

No matter what Iowa State did with its personnel, it couldn't get a win.

Part of that was because Bridget Carleton, Iowa State's sophomore phenom and leading scorer in Big 12 play, was struggling to score.

In Iowa State's Big 12 opener, Carleton had a solid performance, scoring 15 points on 6-for-13 shooting and grabbing seven rebounds.

But in her next two games, she went 6-for-25 (24 percent) from the floor, and Iowa State lost both.

"I went through a little phase there where I wasn't shooting the ball as well as I need to or should have," Carleton said. "I was in the gym constantly. I know I can make those shots."

In five games since then, the Cyclones have bounced back with a 2-3 record. While that record is far from perfect, the Cyclones have been competitive in every game aside from the matchup at No. 2 Baylor. Carleton is a big reason for that.

It started with an 87-58 win against Kansas in which Carleton had 21 points on just nine field goal attempts. After that game, Fennelly said the biggest relief aside from winning the game was getting Carleton back on track.

"The kid has tried so hard," Fennelly said. "And been in one of those funks we all get into. She's in the gym nonstop."

The game against Kansas was just the start. She followed it up with 15 points and six rebounds in a tough home loss to Oklahoma.

Carleton has led Iowa State in scoring in four of its last five games, a stretch during which she has averaged 19.4 points and six rebounds per game.

The Big 12 has taken notice. Carleton was named co-Big 12 Player of the Week after recording 30 points, nine rebounds and four assists while playing all 40 minutes against TCU.

Still, Carleton isn't satisfied. "One of the coaches the other day said I needed to take more of a leadership role," Carleton said. "I'm kind of working into stepping into that role this season a little bit, but I think next season and future seasons is really a chance for me to be the leader on the team."

Other coaches around the league have taken notice as well. No. 22 Kansas State came into Hilton and lost, thanks in large part to Carleton's 14 points, six rebounds and five assists.

Kansas State head coach Jeff Mittie was impressed by Carleton after the game. "Carleton, I think, has had a good look all year," Mittie said. "She hit some big ones."

The "big ones" Mittie mentioned happened in the fourth quarter. With Kansas State trying to crawl back from a deficit that was as large as 11 points, Carleton hit a pair of huge fourth-quarter 3-pointers.

The first 3-pointer came when Kansas State held a one-point lead with just over five minutes remaining. Carleton hit a shot

from the corner with a hand in her face to give Iowa State a two-point lead.

The next came shortly after a timeout. With the Cyclones clinging to a two-point lead with 2:30 remaining, Fennelly drew up a play for Carleton to shoot from the top of the key. She got open and swished the 3-pointer as the crowd erupted.

Those daggers made the difference in the game for Iowa State.

"When I make my first two I usually feel good for the rest of the game," Carleton said. "That comes with coach Fennelly, he's always on me, like every shot I take is a good shot."

Even before she stepped foot on campus, Carleton has been a great scorer. She set a Cyclone debut record with 28 points in her first career game.

"I've told her many times, 'I'll tell you when to quit shooting,' and that's gonna be in about two and a half years when she's gone," Fennelly said.

She has stepped up her scoring even more this year. After the Cyclones fell at Iowa, Carleton helped the team bounce back by scoring a career-high 31 against Northern Illinois.

She started the next game against Delaware State with four consecutive 3-pointers on Iowa State's first four possessions. 1:58 into the first quarter, Carleton led Delaware State by herself, 12-1.

Bridget Carleton's sophomore stats

Points per game: 15.7
Rebounds per game: 5.1
Field goals: 98-for-243 (40.3%)
3-pointers: 43-for-124 (34.7%)
Free throws: 59-for-64 (92.2%)

That's the kind of scoring ability Carleton has. She can take over a game in the blink of an eye, which has allowed her to keep pace with the best of the Big 12. As of Sunday, Carleton is fourth in the Big 12 in scoring at 16.5 points per game.

But Carleton doesn't just want to be known as a scorer. She has had great all-around performances before — she posted 11 rebounds and four assists in her Cyclone debut, along with 19 rebounds in a game against TCU last year.

"I just take pride in doing the little things," Carleton said. "I mean the game obviously is not all about scoring. You're not gonna play if you can score but you can't get a stop on defense. "Obviously I take pride in kind of defending my own and doing whatever I can to help on the floor, whether that's rebounding or blocking shots like you said, or scoring. I like to do whatever I can to help the team."

In Big 12 play, Carleton ranks first on the team in points, second in rebounds, third in assists, third in steals and first in blocks.

Whether Iowa State finishes its season strong, Fennelly knows the team is lucky to have a player like Carleton moving forward.

"She's a tremendous basketball player and she's a better person," Fennelly said. "She's such a great part of the Iowa State University family."



Emily Blobaum/Iowa State Daily

Coach Kevin Jackson met with Iowa State Athletic Director Jamie Pollard to discuss his coaching situation.

Pollard meets with Jackson on future expectations

By Ben Visser
@iowastatedaily.com

Iowa State wrestling coach Kevin Jackson and Iowa State Athletic Director Jamie Pollard have spoken at length recently about the wrestling team's current 1-7 record and Jackson's job.

Last Tuesday on a weekly call-in show, Pollard said the wrestling program isn't where they want it to be.

"The coaches know that and the wrestlers know that," Pollard said during the show. "In the end, if that doesn't change, we'll have to give someone else another shot at it."

He did say, though, that Jackson's job is safe right now.

Jackson said multiple times since those comments were made that he understands Pollard has a job to do.

"Obviously when he's got a team that's not competing well dual meet wise there's some concerns there," Jackson said Monday morning. "Obviously our expectations are a lot higher than that — our program's expectations are a lot higher than that."

"He made me aware that those were this thoughts."

Jackson didn't elaborate on what was said during the meeting, but he did say he had an end-of-the-year evaluation coming up.

"If [Pollard] wants to share with you what the expectations are for our program, I'm sure he will," Jackson said. "I'm not sure it's my spot or my position to share comments and communication me and Jamie have in private."

Jackson believes he has the pieces to still turn around this season.

He has three returning All-Americans on his team from last season.

Beyond his current lineup, he also a host of young talent in the wrestling room, including the No. 3 recruiting class in 2016. The 2017 recruiting class is currently ranked No. 2.

"I know we have guys that are capable of being national champions and All-Americans when we get to championship season," Jackson said. "Our focus falls to the guys that have that opportunity."

"We're still focused on the whole team, making sure they're doing the right things, moving in the right direction — changing a couple of things that we think can help us from a when moments hit, when positions hit that we react more positively to them or connect a little bit more to them. We just keep grinding, we just keep focused on what the mission is."

Monte Morris ready for much-improved Kansas State

By Ryan Young
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Over the past several seasons, the Big 12 Conference has garnered national attention as one of the best leagues in college basketball.

That hasn't been any different this season.

Three teams are ranked in the AP Top-25 poll — two of which are in the Top-5 — and two more are receiving votes. All but three teams in the league have lost no more than six games total this season, and 8-of-10 have a winning record.

And as of Friday, ESPN had the Big 12 with the highest BPI ranking in the country. There's no question the league is good.

"There is no easy nights," Iowa State coach Steve Prohm said. "We go to Oklahoma, two nights before that they beat West Virginia at West Virginia. TCU is just so much more improved. Texas Tech, Tubby did a great job building them and now Chris is taking that another step. It's tough to win

on the road. The league is really, really good. And you look when you have three teams in the top-10, top-15, the balance is just so good."

Iowa State (12-6, 4-3 Big 12) will have another tough test when it hosts Kansas State (15-4, 4-2 Big 12) at 8 p.m. on Tuesday night at Hilton Coliseum.

The Wildcats, who finished just 5-13 in conference play last season, are a much different team. Its four losses this season have been incredibly close. It fell by one to No. 22 Maryland, one point to Texas Tech and by nine points to No. 5 Baylor.

And its loss to No. 2 Kansas came in the final seconds when officials missed a blatant traveling call that would have forced overtime, instead giving Kansas the win.

Prohm has noticed how improved the Wildcats are this season, and isn't doubting them one bit.

"It's just a tough-minded group," Prohm said. "I think them bringing guys back, then those guys all get a little bit better. I think their



Ryan Young/Iowa State Daily

Monte Morris looks to make a move to the hoop against Oklahoma on Saturday at the Lloyd Noble Center in Norman, Oklahoma. Iowa State beat the Sooners 92-87 in double overtime.

chemistry is good. It's hard to win in Manhattan. They got a good team ... it's a great opportunity for us to get a really, really good win tomorrow."

Iowa State point guard Monte Morris fits in with the conference's best players again this season, too. So far in conference play, Morris

is averaging 18.4 points per game, has a league-high assist-to-turnover ratio of 7.5 (45 assists to just six turnovers), and is playing 39.4 minutes per game.

While Prohm wanted to limit Morris' minutes this season so he isn't constantly out on the court, Morris said it hasn't been an issue.

"Some games I would have to [be on the court the whole time]. But the way it's going, I feel good," Morris said. "As opposed to last year, I was just on the ball so much. Now, Donovan [Jackson], Naz [Mitrou-Long] and those guys can take the load off. I can guard wings and not have to pick up full

UP NEXT

Iowa State vs. Kansas State

Tuesday | 8 p.m.

Hilton Coliseum

Watch: ESPNU

and do everything. I feel good as of playing 39 minutes. I didn't even know I was playing that much."

Iowa State and Kansas State are tied for third place in the conference with No. 18 West Virginia, behind only Baylor and Kansas.

And while it will be a tough stretch for the Cyclones over the next week, with the Mountaineers coming to Ames next week, Morris said he sees potential to make a move in the league standings.

"Every given night is different," Morris said. "We're tied for third. So we take care of business tomorrow, move on from it and get ready for West Virginia after [Vanderbilt], we should be in pretty good shape."



Kylie Kost/Iowa State Daily

Iowa State Daily reporter Amanda Wymore, right, tries out kickboxing Thursday at State Gym. HIIT Kickboxing classes take place from 5:15 p.m. to 5:45 p.m. Tuesdays and Thursdays at State Gym.

Daily Does: New HIIT kickboxing

By Amanda Wymore
@iowastatedaily.com

The HIIT just got harder.

Iowa State's Recreation Services began offering a multitude of high intensity interval training-styled classes this spring.

Rec Services has offered a cardio kickboxing class in the past, but this faster-paced version, taught by Olivia Klocke and Tanna Mafnas, is the ultimate total-body workout.

"This is a total-body workout, and it is easy for anyone to pick up and do," Klocke said. "We try to focus each part of the body in some way, working the upper body, lower body and core."

The class is open to everyone, and the instructors offer progressions and regressions of each move to allow anyone to participate.

"You have to listen to your body during these workouts," Mafnas said. "You will get out of the workout what you put into it. Each move will make you a little stronger, and with a huge spike in the heart rate, even a class as short as this one will make an impact."

This high-intensity version of the class is 30 minutes long. Each move is done for 20 seconds with 10-second rests in between. Once a set has been completed, there is a two-minute break allotted for water or to stretch.

HIIT Kickboxing classes take place from 5:15 p.m. to 5:45 p.m. Tuesdays at State Gym with Mafnas and from 5:15 p.m. to 5:45 p.m. Thursdays at State Gym with Klocke. This is Klocke's first time teaching a kickboxing class, and Mafnas has been teaching since 2016.

"I was excited to hear that Rec Services was introducing a HIIT Kickboxing class," Mafnas said. "I have been teaching kickboxing for almost a year, and it's my thing. I get excited to share my hobbies and passions with others, so why not do it here?"

The class can be as intense or mild as the participant prefers. Klocke had a class of 24 participants Thursday and said she continues to expect a similar number for each session.

"We enjoy having a lot of people in the class to keep the energy high," Klocke said. "We have enough sparring equipment for 30 people, and the

size of the room is ideal for that number as well."

During the 30-minute class, the members used boxing gloves and mitts to perform drills going all-out for a quick intense burst of exercises, including punching, jabbing and cardio, followed by short recovery periods.

Klocke led the class with a brief warmup and moved straight into the workout with upbeat, intense music. The group learned techniques and incorporated them into its workout. Everyone had a partner to motivate them while practicing each skill.

The class is flexible, but the instructors continued to push everyone to their maximum effort. Each 20-second workout was followed by 10-second rests, which allowed for several rehydration opportunities.

Klocke and Mafnas are open to participants adapting to the class to fit their personal needs, whether that means doing less reps during an exercise or changing a move to ease stress on an injury.

"I have never done a kickboxing class before, but I really enjoyed the intensity of it," Tianna Homan-Arndt, fresh-

man in psychology, said. "I definitely want to come back to this class next week. I felt that I fit in, and it was nice to have a partner while doing it. We had a great time together."

The cardio kickboxing class offered by Rec Services is similar in terms of being a high-energy class that includes learning jabbing, punching and kicking moves.

The equipment provided to participants, such as boxing gloves and mitts, is the same as well.

But each move is learned in a quick amount of time and performed at a fast pace. The intensity is much higher due to the large spike in heart rate.

"I was a little skeptical of this class only being 30 minutes long," Homan-Arndt said. "I didn't think I would feel much of anything by kickboxing for half an hour, but once we got started, I understood why it wasn't an hour long."

All of the participants, experienced and novice, looked exhausted after the first set of exercises.

"We started and finished the workout so quickly," Homan-Arndt said. "It felt great to get done quickly and still feel like

I got in a full workout."

Homan-Arndt agreed with Mafnas and Klocke that the class is easily adaptable and everyone can try it.

"The instructors gave us so many options on how to do certain workouts," Homan-Arndt said. "I thought it was great to be able to do a basic move while others could do a more complex one."

Mafnas and Klocke recommend hydrating as much as possible after the class and stretching to avoid any soreness.

"We want to get as much packed in to this quick class," Klocke said. "So we urge the participants to stretch outside of the class as much as possible."

That is exactly what Homan-Arndt intended to do once leaving the room.

"I can already tell I'm going to be sore tomorrow," Homan-Arndt said. "[My friend and I] are going to stretch before we leave and probably again after that."

If you are looking for a quick, intense workout with several small breaks in between to work your whole body in a partnered atmosphere, HIIT Kickboxing might be for you.

Two-ingredient cake

By Maggie Curry
@iowastatedaily.com

It's happened. You found a cake mix in the back of the cupboard and are craving something chocolate — only to discover you are out of eggs. Or milk. Or vegetable oil.

Fear not, fellow college students and cooking slackers. You don't need any of that as long as you have one thing: soda.

That's right. This is a two-ingredient cake.

Ingredient one: cake mix.
Ingredient two: soda.

I tend to only make half of a cake mix at a time because I cook for two and we cannot eat a whole cake (if we are behaving ourselves). Maybe it's more like we shouldn't eat a whole cake.

Two-ingredient cake for two
1/2 bag of cake mix
6-ounce soda

Directions

Separate half of the cake mix from the box into a bowl. Measure out 6 ounces of soda. Add the soda to the mix slowly — it may fizz a bit. Stir cake mix carefully until mixed completely.

Pour into a small pan (I used



Maggie Curry/Iowa State Daily

Make this easy cake with just two ingredients. Share photos of your creations and reviews by tweeting @isdselfstyle or tagging us on Instagram @isd_selfstyle.

a 12-inch round pan).

Bake for 20 minutes at 350 degrees.

Easy, right? Of course, you can make the full cake mix with 12 ounces of soda and a regular-sized pan.

Just bake using the directions on the box.

Here are some fun flavor pairings to try with cake from Betty Crocker.

- French Vanilla Cake + Orange Soda = Creamsicle Cake
- French Vanilla Cake + Grape Soda = Purple Cow Cake

- Strawberry Cake + Vanilla Cream Soda = Strawberry Short Cake
- Spice Cake + Ginger Ale = Ginger Spice Cake

- Dark Chocolate Cake + Root Beer = Chocolate Root Beer Float
- Cherry Chip Cake + Dr. Pepper Cherry = Very Cherry Chip Cake

- Devil's Food Cake + Diet Coke = Sinless Devil's Food Cake
- Lemon Cake + Sprite = Lemon Zest Cake

Advice for tea novices from ISU's Tea Club

By Maggie Curry
@iowastatedaily.com

Interested in drinking tea this winter but unsure how to start? Or maybe you have tried tea before and know something went wrong, but you aren't quite sure what. We asked Caroline Ryciuk, executive member of The Tea Club, to share some of her tips for novices.

"In my opinion, part of what makes tea really wonderful is that there is really no wrong way to do it," Ryciuk said. "Tea is accessible to pretty much anyone whether it be the queen of England or an Iowa State student. It can be as simple or complex as you want it to be."

What's the deal with loose tea vs. tea bags?

Loose-leaf tea will almost always be a higher quality than bagged tea. Loose-leaf tea will usually be the full leaf that is processed in a way that brings out the flavors and aroma, whereas the product used in bagged tea is basically the leftover scraps and dust.

What can you add to tea?

You can add anything to tea to give it a unique flavor that suits you. Flowers, berries, nuts and herbs are often added to blends to give them interesting flavors. Tea is consumed in so many different cultures, in so many different ways that it's really an inexhaustible subject. Part of the fun is trying new

things.

What should you do if your tea tastes weak?

If a tea is too weak for your taste, you can add more of it to your water — for example two tea bags instead of one, or multiple teaspoons for looseleaf. Each type of tea also has a different recommended steeping temperature. White teas, for instance, are much more delicate than, say, black teas, so they get steeped at different temperatures to bring out the optimal flavor.

White tea: 175 to 185 degrees for 1 to 3 minutes

Green: 185 degrees for 3 minutes
Oolong: 185 to 206 degrees for 3 to 5 minutes

Black: 206 degrees for 3 minutes
These are just guidelines, but it's a good place to start.

Can you reuse tea?

You can re-steep tea as many times as you like as long as the flavor suits you. Generally speaking, however, high-quality loose leaf teas are able to be steeped a few times — even up to five in some cases — and still hold their flavor. Bagged teas, on the other hand, might not be as strong.

You can join The Tea Club on Tuesdays for its weekly meetings. Find the club on Facebook for more information. Ryciuk also suggested a visit to Little Woods on Main Street, which partners with the club.

HEALTH CARE p1

states to decide whether to foot the bill.

Possible replacement plans from Trump are unclear. In an interview on Jan. 14 with The Washington Post, Trump said his plan would include "insurance for everybody," but he declined to offer more specific details at that time.

Steffan Schmidt, university professor of political science, believes repealing the act without a concrete replacement plan is a risk for Republicans on the Hill. He said people often forget that there are elections every two years where Republicans have been promising constituents they would "kill" the act.

"The political part of it always comes into play," Schmidt said.

Speaking of the roughly 18 million Americans who gained coverage thanks to the Affordable Care Act, Schmidt said they would "fall into a hole" without a substitute for their insurance, which would disappear if the Affordable Care Act is repealed.

Schmidt stressed that the United States doesn't have a government health care program.

"Obamacare is just a law that says you need to get health insurance and insurance companies have to come up with good insurance plans," Schmidt said. "The whole thing is run by the private sector."

Schmidt also believes that health providers will feel the effects of a repeal without a replacement.

"The whole industry that provides health services would be in turmoil because they don't know what the next thing is, and they've spent a lot of time trying to make it work with this plan," Schmidt said.

Schmidt also addressed the privatization of Medicaid, which happened last April when three for-profit companies took over management of the \$4 billion program.

"We shifted all these people from a state-run Medicaid program to one that is delivered by companies that are questionable and have had all kinds of legal problems," he said.

He said because doctors in

"Obamacare is just a law that says you need to get health insurance and insurance companies have to come up with good insurance plans. The whole thing is run by the private sector."

Steffan Schmidt
Political Science Professor

Iowa are not reimbursed well by the state, many are not accepting patients who get their coverage from Medicaid.

Another health care issue in Iowa is a recent bill proposed in the Republican-majority Legislature that would cut public funding to Planned Parenthood and any clinics that provide abortion services.

Abortions made up 2.5 percent of services offered by Planned Parenthood of the Heartland, which serves Iowa, in 2015, according to the fiscal report for that year. Contraception accounted for half of the services provided.

Iowa lawmakers who support the bill said that if it passes, family planning money would be given to family planning clinics that don't offer abortion services.

While Democrats and Planned Parenthood supporters argue that public funds aren't used for abortions, Republicans and pro-life advocates contend that it helps to pay overhead costs, indirectly subsidizing abortions.

Planned Parenthood said that without the state and federal funding that accounts for nearly a fourth of its financing in Iowa, many people would lose access to birth control and services such as cancer screenings and testing for sexually transmitted diseases.

Rachel Lopez, Planned Parenthood of the Heartland spokeswoman, said other clinics in Iowa don't offer the same level of care and services, and they may not be prepared to absorb the large number of patients should Planned Parenthood lose public funding.

Abortion is another divisive subject in the United States, and



Hannah Olson/Iowa State Daily

Demonstrators hold signs highlighting a variety of issues including LGBTQ+ rights and women's health care during the Women's March on Saturday in Des Moines.

it was a major issue for those who took part in organized marches Saturday.

While an unexpected high turnout of about 26,000 people marched for women's rights in Des Moines, Iowa State alumna Ayla Heder took part in the Women's March in Washington, D.C., and offered her thoughts on women's rights to health care.

Heder, who is currently pursuing a master's degree in public health from Des Moines University, said she had been planning to visit a friend in D.C. and decided to take the trip during the inauguration weekend.

Heder believes that while the Affordable Care Act has its problems, it has allowed more citizens access to health care.

"Overall, preventative services from a public health and economic perspective are very important for sustaining health care costs and other expenses," she said.

Heder said the range of preventative services, such as contraceptive care, offered by Planned Parenthood makes it "one of the largest providers

of women's health" outside of traditional clinics and hospitals.

"It's so important for places like Planned Parenthood to stay funded to give women access to preventative services like cancer screenings and mammograms," Heder said.

Heder said the march was "intersectional and inclusive" to all issues and that women's rights to contraceptives and preventative services were key among them.

Heder said she hopes Trump and Republicans in Congress will try to still provide health care access to people regardless of their ability to pay for it and continue to make preventative care a requirement.

"The Affordable Care Act was a step in the right direction to give people more care, because if people have access to preventative services, it's going to decrease costs in the long run," she said.

Trump remains untested as the country's leader, and it is too early to judge what health care will look like during his administration's time in the White House.

Indeed, we won't know exactly what will replace current health care policies until Trump and Republicans in Congress release a comprehensive plan.

While promises of "inexpensive care for all" are easy to make, the notions of lowering costs while increasing health care coverage have always conflicted with each other.

In the coming weeks, lawmakers on all levels will debate how Americans will access health care.

"There are many things that can and should be fixed," Schmidt said. "And there is on the other hand doing away with [the Affordable Care Act] completely, which is a very drastic step, and there's now a lot of nervousness about it."

The 2016 election was a divisive experience for Americans, who chose between two vastly different candidates.

The duality in politics continues today as the newly-elected president's first priority of health care reform mirrors that of his predecessor, albeit with different objectives.

INPUT p1

vocalize student input to not only the university but

also directly to the Board of Regents.

"I met with the student body president and I told him that it's been a while

since I've been a student, so I don't necessarily know everything that's going on," Failor said. "But I do know how to operate

things around here, so I can be of help to you, and that will be the same for the next president predecessor."

By establishing a connection with the Iowa State Student Government, Failor encourages all students to voice their opinions to the governing board.

That information will be brought up through administration, where it can be handed off to the right desk.

"Having a connection with students also helps me do my job better," Failor said. "I think President [Steven] Leath does a good job of keeping in touch with the student base, but I want to be a conduit for him to maintain that relationship. It's what helps keep a campus healthy."

Given the controversial nature of several of the changes coming to Iowa State in the near future, such as tuition increases, Failor foresees possibly having difficulties with relaying information to students.

But she still sees many of the problems the campus faces as positives.

"There have been interesting issues brought up, such as voter ID law changes, and tuition changes, which are a huge deal for students and for their families as they consider Iowa State," Failor said. "It's my understanding that we are getting bigger and bigger each year, but it's still great because it's a good problem to have. But you still have to get in front of it before things become too big."

Failor referenced Iowa

State's large job placement rate, saying the balance between prospective students and active students is key.

"It's always a juggling act," Failor said, as every action of the university affects another, but she remains confident in Leath's vision for the future.

Above all, she hopes students will begin to value their own voices because they are integral to the success of the entire university.

"The student's opinion is so important and has immense power," Failor said. "It takes courage to speak up, even more so to speak up and criticize, but the power comes from speaking up, offering a critique and then suggesting solutions. That's how the students can be most effective."

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