

Cyclone State

Officials: State funds lagging

By Emily Barske
@iowastatedaily.com

More Iowans, as well as out-of-state and international students, have come to Iowa State, sparking record enrollment over the past few years.

However, Iowa state funding has yet to match the enrollment growth that Iowa State has seen in its eight consecutive years of record enrollment.

During his annual address in early September, President Steven Leath said Iowa State had \$12,700 in state appropriations per resident student in 2008, which has declined to \$9,400 per resident student from the state today.

Because of this, Leath said the university has had to make up the revenue streams through tuition and fees, which accounts for the most recent tuition hike.

The resources offered to students are in many ways paid for by their tuition and fees, which are lower for in-state students.

Katharine Suski, director of admissions, said the lower tuition rate for Iowa students is taking into account state funds meant to offset some of the costs for Iowa taxpayers to receive higher education or send their kids to school, which is part of the university's goals regarding accessibility and affordability.

While enrollment has grown, state appropriations have not followed suit.

"We will continue to call on state lawmakers to increase support for higher education, and we will lobby aggressively for more funding," Leath said. "But we must be realistic about the state's economic situation — including the slowing farm economy and shifting priorities in the legislature. As a result, we must make adjustments to the revenue stream that we have the most control over ... and that's tuition and fees."

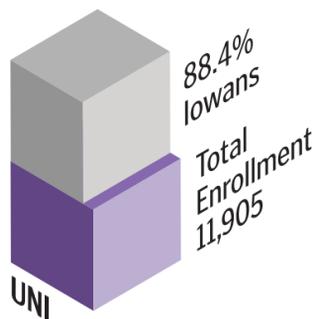
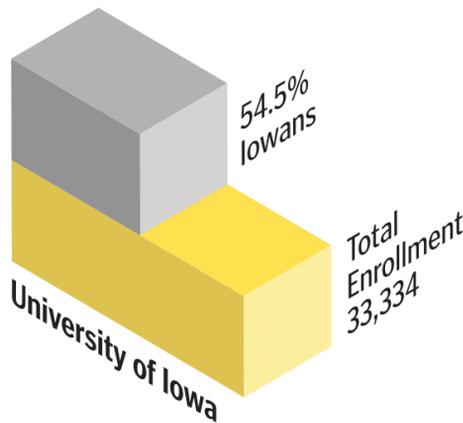
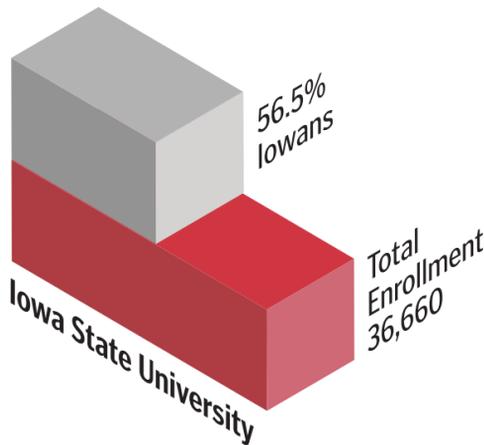
Nonetheless, Leath also addressed remaining true to the university's mission as a land-grant institution by serving the state and making it accessible.

Beyond the tuition increase, the declining state funds influence available student resources.

FUNDS p8

ISU attracts most Iowans

By Emily Barske
@iowastatedaily.com



At the College of Agriculture and Life Sciences orientation this June, parents were asked to stand if they'd sent a student to Iowa State in the past. Then they were to remain standing if they'd sent two. Then three.

One by one the parents sat.

When the leader said "seven kids," one woman was still left standing. The mother, an Iowa State alumna, had sent seven students to Iowa State before attending the current orientation with her eighth child.

Seeing this ISU mother was just one example that Cody West, vice president of the student body and the Cyclone Aide for CALS who was at that orientation, has seen showing the pride and confidence many Iowa families hold for Iowa State, he said. A native of Altoona, West identifies with the Iowa State tradition that draws Iowans to the university.

"It speaks volumes about Iowa State as a whole," West said. "Ames has the small-town Iowa feel ... with a close, tight-knit community."

Of the three regent universities, Iowa State remains the university serving the most Iowans.

Iowa State University as of fall 2016: total enrollment 36,660; resident enrollment 20,713; 56.5 percent of total enrollment is Iowans.

University of Iowa as of fall 2015 (UI's registrar's office does not yet have fall 2016 numbers of resident students available): total enrollment 32,150; resident enrollment 17,531; 54.5 percent of total enrollment is Iowans.

University of Northern Iowa as of fall 2016: total enrollment 11,905; resident enrollment 10,528; 88.4 percent of total enrollment is Iowans.

History as a land-grant institution

Iowa State's pride in being a state university dates back to its history as a land-grant institution, meaning it was created to serve the needs of the state of Iowa.

The land-grant institution was to focus "on the ideals that higher education should be accessible to all and that the university should teach liberal and practical subjects," according to university archives.

ENROLLMENT p8



Tyler Coffey/Iowa State Daily
City Council members look at a projection during a presentation on Sept. 20.

Budget meeting Tuesday

By Thomas Nelson
@iowastatedaily.com

A town budget meeting will take place Tuesday for a brief overview of the city's budget, including revenues and expenses, according to a news release.

The meeting will be in the City Council Chamber on the second floor of City Hall at 515 Clark Ave.

After a presentation of the budget by the finance department, there will be time for citizens of the Ames community to ask questions regarding the year's upcoming budget.

The meeting will be shown live on City Channel 12.

The meeting will start the process of developing the city's an-

nual operating and capital improvements budget. All past and current financial documents for the City of Ames can be found on the city's financial website.

The program/performance plan reflects expenditures of \$235,049,207 to assist with the accomplishment of the various services that are provided to customers, according to the 2016/2017 program budget documents.

"This positive economic climate continues because of Iowa State University's increase in enrollment of 6,114 students, the addition of 6,500 new jobs in our metro area and the physical expansion of our city limits by 672 acres, all over the last five years," the documents stated.

Weaver looking to unseat King

By Chris Anderson
@iowastatedaily.com

Kim Weaver is traveling across Iowa's 4th District, explaining to voters why she feels her opponent and incumbent Steve King, R-Iowa, is not right for Iowans.

Weaver, who ran unopposed in her primary, is running as the Democratic candidate for Iowa's 4th District. King has represented Iowa in Congress since taking office in 2003.

Working as the chair of the O'Brien County Democratic Party and the Democratic State Central Committee helped Weaver gain experience, although she had never ran for an elected office before. Weaver also has professional experience working for the Office of the State Long-Term Care Ombudsman. Since accepting the position in 2007, Weaver has worked to protect people living in long-term care facilities, especially senior citizens.

Weaver feels like she is doing Iowans a service by giving them a chance to elect a new voice in Congress who will represent them, especially since she believes the current representative, King, is doing a poor job.

"I've spent the last 20 years of my career working to give people a voice," Weaver said. "When I



Courtesy of Kim Weaver
Kim Weaver is running as the Democratic candidate for Iowa's 4th District.

looked over a lot of the legislation Steve King proposed and his votes, I saw the people of Iowa really weren't being represented."

Weaver shows no hesitation when it comes to speaking out against her opponent, King. She criticizes King for what she describes as his racially-charged remarks and ineffectiveness as a congressman.

"He says a lot of really obnoxious, racially-charged things that will get him in the news a lot," Weaver said. "But one of the things a lot of people don't realize is that InsideGov has ranked him the least effective member of Con-

gress."

King has received national attention this past year for remarks he made that many perceived to be racially offensive. One of the latest was when King asked Charles Pierce of Esquire on MS-NBC which category of people contributed more to civilization than white people.

Aggravating racial tensions is not the only thing Weaver feels King is doing wrong for Iowa. She also cited evidence showing King voted for decreasing funding to flood disaster areas.

Weaver describes herself politically as a pragmatic progressive.

"I actually helped start the new progressive caucus with the Iowa Democratic Party," Weaver said. "So I'm definitely a progressive, but I'm also willing to work with people."

Weaver, however, listed many policy positions she would not back down on, including her stance on abortion rights, support for raising the minimum wage and being a strong advocate of labor unions.

One issue Weaver said she would tackle on day one if elected is reducing student loan debt. Weaver listed many policy points on her website, saying how she would work to make college af-

WEAVER p4

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TRIVIA WEDNESDAY

7:00pm to 10:00pm

- \$3.00 Tater Tot Casserole
- \$3.00 Coors Light Draws
- \$3.00 Chuck Norris Bombs
- \$3.00 Yum Yum Bombs

2 FREE pints of Coors Light if your team wins a round



WEATHER



TUESDAY

Partly cloudy. Thunderstorms into Wednesday. Windy with gusts up to 25 mph.

77
58

Weather provided by ISU American Meteorological Society

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.

Sept. 30

Spencer Todd Suckow, 19, of 2122 Lincoln Way, Ames, Iowa, was arrested and charged with operating while intoxicated, possession of a controlled substance and possession of drug paraphernalia at the Southwest Recreation Complex.

Joshua James Larsen, 19, of 2122 Lincoln Way, Ames, Iowa, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at the Southwest Recreation Complex.

Jared Alexander Ingram, 22, of 4415 Ontario St., Unit B, Ames, Iowa, was arrested and charged with operating while intoxicated and excessive speed at Mortensen Road and Dotson Drive.

An individual reported the theft of a bicycle at 2129 Hawthorn Court Dr., Unit 1009.

An individual reported being harassed at the Armory.

An officer investigated a property damage collision in Lot B5.

Alec Joseph Rainer, 18, of 212 Beyer Ct., Unit 5522, Ames, Iowa, was cited for possession of alcohol under the legal age at Friley Hall.

Oct. 1

Calvin Alexander Hean, 21, of 1415 Coconino Rd., Unit 310, Ames, Iowa, was arrested and charged with public intoxication at 440 Welch Avenue.

Nicholas Christopher Terry, 18, of 24700 616th St., Mantorville, Minn., was cited for possession of alcohol under the legal age at South 4th Street and University Boulevard. **Isaac Robert Terry**, 18, of 2160 Lincoln Way, Unit 1035, Ames, Iowa, was cited for possession of alcohol under the legal age at South 4th Street and University Boulevard. **Aaron David Berge**, 19, of 540 West Rd., Unit 310B, Mankato, Minn., was cited for possession of alcohol under the legal age at South 4th Street and University Boulevard. A 16 year old male was also referred to juvenile court services for possession of alcohol under the legal age at South 4th Street and University Boulevard.

Steven Michael Broda, 19, of 210 Gray Ave., Unit 301, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot B4.

Riley Marie Bonnin, 19, of N2206 State Highway 55, Pulaske, Wis., was cited for possession of alcohol under the legal age in Lot G2. **Jennifer Megan Walsh**, 18, of 917 Welch Ave., Unit 10311, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot G2.

Curtis William Waltmann, 20, of 2020 Hawthorn Court Dr., Unit 2212, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot G2.

Reghan Florene Thee, 20, of 1430 20th St., Unit 15, West Des Moines, Iowa, was cited for possession of alcohol under the legal age and unlawful use of license in Lot C6.

Reed Anthony Rognes, 20, of 2121 Sunset Dr., Ames, IA, was cited for possession of alcohol under the legal age in Lot C6. **Austin Christopher Sanders**, 20, of 2121 Sunset Dr., Ames, Iowa, was cited for possession of alcohol under the legal age in Lot C6. **Anders John Peterson**, 19, of 2121 Sunset Dr., Ames, Iowa, was cited for possession of alcohol under the legal age in Lot C6.

Michael Victor Peterson, 19, of 6415 Forest Ct., Windsor Heights, Iowa, was cited for possession of alcohol under the legal age in Lot C6.

Jonathan Scott Ellis, 20, of 311 Ash Ave., Ames, Iowa, was cited for possession of alcohol under the legal age in Lot G6.

Avery Sheridan Daniel, 18, of 140 Beach Rd., Unit 1321, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot C6.

Collin Douglas Laughlin, 19, of 4315 Maricopa Dr., Unit 6, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot C6. **Grant Gerald Shoeman**, 19, of 200 Stanton Ave., Unit 101, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot C6.

Jacob Calvin Chaplin, 19, of 315 Welch Ave., Ames, Iowa, was cited for possession of alcohol under the legal age in Lot D4.

Samuel Gibbs Huff, 20, of 111 Lynn Ave., Unit 207, Ames, Iowa, was cited for possession of alcohol under the legal age in Lot G2.

Robert Suttiwong Reynolds, 19, of 275 Richardson Ct., Unit 3231, Ames, Iowa, was arrested and charged with public intoxication in Lot G6.

Cecile Richards to campaign in Ames

By Alex.Hanson
@iowastatedaily.com

Cecile Richards, the president of Planned Parenthood, will campaign in Iowa Tuesday, including a stop in Ames on behalf of Hillary Clinton.

Details about the event, which is free and open to the public, is below:

WHO: Cecile Richards, the president of the Planned Parenthood Federation of America

WHAT: Ames "Make History" Early Vote Organizing Event

WHEN: 3 p.m. Tuesday, Oct. 4

WHERE: Stomping Grounds Coffee House, 303 Welch Ave. #101, Ames

Richards, a women's rights activist, has been president of Planned Parenthood since 2006. She



Kelsey Palmros/Iowa State Daily

Planned Parenthood President Cecile Richards campaigns for Democratic presidential candidate Hillary Clinton in Ames on Jan. 23.

endorsed Hillary Clinton for president earlier this year.

Along with events in Ames, Richards will host events in Waukee, Indianola and Cedar Rapids. She'll be in Iowa City, Mount Vernon andavenport on Wednesday and was in Waterloo on Monday evening.

Richards is just one of several campaign surrogates in the state for Clinton this week. Former Maryland Gov. Martin O'Malley was in Iowa on Sunday in Ankeny. U.S. Sen. Bernie Sanders will also be in Iowa on Wednesday, campaigning in Des Moines at Drake University

Water quality forum on campus Tuesday

By Alex.Hanson
@iowastatedaily.com

Iowa officials and experts will host a forum with a Q&A Tuesday night on campus to discuss water quality.

The panel discussion, titled "Plate of the Union: Seeds of the Future," is set for 5:30 p.m. in Carver 101 and will feature Hanna Bates of the Iowa Water Center, Jim Gillespie of the Iowa Department of Agriculture and Land Stewardship, Dr. Chris Jones of the Iowa Nutrient Monitoring Network and Tim

Smith, the 2015 Iowa Soil Conservation Farmer of the Year.

The event features a panel discussion with the officials and experts and a question and answer session will follow for attendees.

The Iowa State Sustainable Agriculture Student Association won a "Plate of the Union" Campus Challenge grant to organize the event as part of a 2016 election season initiative that asks the next president to take "bold action" to reform the nation's food system, according to organizers.

In addition to the fo-

rum, an interactive food truck exhibit, "Plate of the Union," will be on display on the west side of the Memorial Union from 8 a.m. to 5 p.m. on Tuesday, Oct. 4, and Thursday, Oct. 6.

The food truck has been traveling across the country, according to organizers, and has made stops at the Republican and Democratic National Conventions.

Visitors to the food truck will have an opportunity to sign the Plate of the Union petition, register to vote and talk with various Iowa State organizations.

Panel to be held on assistance animals

By Alex.Connor
@iowastatedaily.com

As part of Disability Awareness Week, there will be a panel Tuesday night on assistance animals on campus.

According to their event page, the panel will be used to discuss and help students learn the differences between service animals and emotional support animals.

The panel begins at 7 p.m. in the Campanile Room in the Memorial

Union and is free. Pizza will also be served.

Disability Awareness Week is a series of events intended to educate members of the Iowa State community about issues related to the experiences of people with disabilities, according to their event page.

There will also be an event on Tuesday from 11 a.m. to 12:15 p.m. in Town Engineering 206 called Design for the All People, where students will present and discuss their findings related to campus accessibility.

DIGITAL CONTENT

SPORTS

FOOTBALL INTERVIEWS

The latest from Iowa State head coach Matt Campbell and players from their weekly press conferences are available online.

SPORTS

IOWA STATE TENNIS SENIORS

Seniors on the tennis team adapt to added pressures and leadership roles in their final year. Read the story from our sports team on our website.

OPINION

LETTER: LEATH PLANE INCIDENT

State Rep. Beth Wessel-Kroeschell, D-Ames, writes about President Leath's plane incident. Read about what she hopes comes out of the incident online.

MULTIMEDIA

FOG BLANKETS CAMPUS

If you actually made it out of bed for your Monday morning class, you probably woke up to fog. Check out photos from this morning online.

MULTIMEDIA

MR. CALS PHOTO GALLERY

A student from the College of Agriculture and Life Sciences was named "Mr. Cals" during an event Monday night. Photos from the event are online.

NEWS

GET YOUR DEBATE HISTORY

Ahead of Tuesday night's vice presidential debate, read up on past debates from this year and learn more information about the events online.

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.

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IOWA STATE DAILY

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Alex Hanson
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Madison Tuttle
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PERIODICALS POSTAGE



Andrew McEvoy, junior in agricultural studies, presents his bacon promotion during the Mr. CALS competition on Monday. Sorority Sigma Alpha hosted the annual competition. Seventeen students were involved in the pageant, all representing various agriculture-related clubs at ISU.

Lyn Keren/Iowa State Daily

Candidates differ on college debt stances

By Rachel.Ori
@iowastatedaily.com

College affordability and debt accumulated throughout college has been a hot topic issue throughout this election season.

With Vermont Sen. Bernie Sanders pushing for a plan to make all community and public educational institutions tuition free, the issue was brought to the forefront beginning in 2015 during the caucus and primary season.

After losing the Democratic nomination to Hillary Clinton, Sanders and Clinton worked together to draft a plan that would help countless students graduate debt free after obtaining their education.

By 2021, Clinton said students with families that make up to \$125,000 will not have to pay tuition for a public college or university within their home state. All community colleges will be tuition free as well.

Clinton's plan also states that, for anyone who already has accumulated debt, refinancing opportunities will be available, and any debt that is unpaid after 20 years will be forgiven, according to her campaign website.

Clinton's vice presidential nominee Tim Kaine spoke on the issue during a rally at Iowa State on Sept. 19.

He repeated sentiments said by Clinton, emphasizing that, "We should be able to guarantee free tuition for in-state residents ..."

"Clinton looks at education ... and says, 'this is the path to success,'" Kaine said.

Republican presidential nominee Donald Trump, however, has yet to lay out a concrete plan that deals with college affordability and debt control.

Besides the national election, local elections in Story

County and the city of Ames hold a huge impact over students at Iowa State.

Senior Abhijit Patwa, a Student Government senator, said to look at candidates in these elections who "... are planning to help students overcome student debt."

The Des Moines Register found in the fall of 2013 that 62 percent of Iowa State students graduated from the university in debt. The average debt of these graduates was nearly \$29,000. With an ever-increasing total cost of attendance, these numbers will only continue to rise as the years go by.

Some would argue that college debt is not the most important issue in this race. However, as current college students, the issue of college affordability will directly affect students for years to come.

With many candidates in local elections up for re-election, including Sen. Chuck Grassley and Congressman Steve King, college students have the opportunity to cast their ballots and tell the candidates which issues they're most passionate about — college affordability included.

Sophomore Aimee Rodin, another Student Government senator, urges students to "know what you're voting for."

"[It's] your duty to be educated — take a macro view," she said.

Taking a few minutes out of the day and gaining information about where each candidate for the national and local elections stands can help students find out exactly who they want to vote for.

"Instead of looking at the media, look at what the candidates put out themselves," Patwa said.

The candidates' websites provide information on where the candidates stand on issues such as college affordability.

Pageant crowns Mr. CALS

Winner named at annual event hosted during CALS week

By Mikaela.Simpson
@iowastatedaily.com

Runways, models and beauty pageants: these aren't exactly the first thing that come to mind when someone thinks about agriculture, but on Monday evening it was just that.

The fourth annual Mr. CALS pageant was held at the Jeff and Deb Hansen Agriculture Student Learning Center by the Sigma Alpha sorority, with the theme of the night being, "Don't Go 'Bacon' My Heart."

The event is used by the College of Agriculture and Life Sciences (CALS) to raise money and help get the community to donate canned items to Food at First, a local food pantry in Ames.

The event encouraged donations by offering cheaper admission charges to those who donated

canned items and had members of the event running around the crowd for the duration of a song, gathering as much money as they could from crowd members. The money donated during the song helped win the contestant's votes.

There were 17 students involved with the pageant, all representing various agriculture-related clubs at Iowa State University. The night consisted of lots of laughs as they each presented their formal wear, major-specific clothing and the theme of the night, bacon promotion.

There were many puns, political references and sizzling sound effects as the night progressed, all promoting bacon and CALS week and gearing up for the ISU Bacon Expo that will happen Saturday, Oct. 10.

After whittling down the competition, the top five contestants had a lip sync battle to top off the night. After performing their renditions of these songs, they were interviewed by the judges and asked questions ranging from, "If I could read your mind right now, what would I be hearing?" to "Why weren't you in class today?" The latter received a

response from one contestant pertaining to how the student needed to find some chaps for the night.

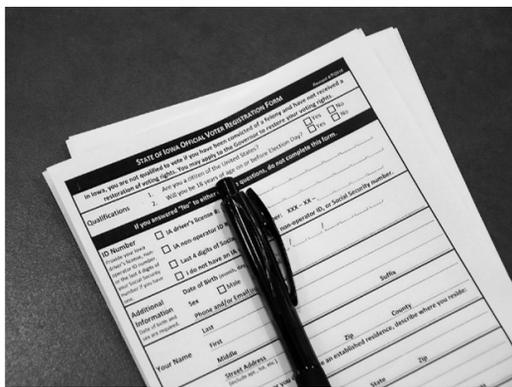
Throughout the battle, the audience heard songs such as "Ice Ice Baby" and "Should've Been a Cowboy" with a high amount of theatrics involved. Students showed off their abilities to lasso and tie up a folding chair and shoot off confetti cannons, bringing with it a roar of laughter from the crowd.

The competition was scored based on a panel of four judges and voting completed by spectators all week long, up to the start of the night.

After previous years had been scored solely on judging, this year they gave the crowd a chance to put forth their opinion. The outcome was based on 40 percent of audience votes and 60 percent of the judges' votes.

The night ended with Drew Wilson being crowned Mr. Congeniality and Andrew McEvoy winning Mr. CALS.

The effort put in by both of the contestants and all 15 others was evident, and this effort did not stand in the way of a good time.



Max Goldberg/Iowa State Daily

Students can visit the Story County website to receive information about registering to vote, sending in absentee ballots and the election in general.

A user's guide to absentee ballots

By Rachel.Ori
@iowastatedaily.com

For many individuals, going to the polls on Election Day can be a challenge. Trying to find the time, transportation and correct materials, many find themselves getting frustrated and end up skipping voting all together.

For college students who have full class loads, work schedules and activities, waiting in line to cast a vote may not be appealing. An absentee ballot could fix those worries.

Absentee ballots are forms that can be completed and mailed in before Election Day. They allow people to vote from the comfort of their home or dorm room. Students who live out of state or are registered outside of Ames can use an absentee ballot.

Students must be registered to vote, however, in order to request an absentee ballot. They don't have to be committed to

one political party though; many college students register as independents to avoid getting caught up in the complicated process of party identification.

Iowa State librarian Tobie Matava is helping Story County citizens get ready for the upcoming election and works to inform students about registering to vote and requesting absentee ballots.

Matava said the only thing students have to do in order to request an absentee ballot is "Get a form from your county auditor, fill it out fully and return it to the auditor [by mail]."

Parks Library provides absentee ballot request forms located in the front of the building.

Once students fill out the form, all they have to do is seal and stamp the envelope and mail it in. The address to mail it to is located on the sheet. Students will get their official ballot about a week later.

BALLOTS p4

Student Counseling Services helps athletes cope with stress

By David.Perrin
@iowastatedaily.com

Iowa State is home to more than 450 student-athletes — 450 students who practice endless hours to perform in front of hundreds of thousands of people every year.

Housed on the third floor of the Student Services Building, Sports Psychology Services (SPS) works directly and indirectly with student-athletes in attempts to help them cope with the enhanced stress that is developed from time constraints, as well as the increased expectations that arise from being on a sports team.

"We, at the counseling center, want to meet the needs of special groups," said Joey Ramaeker, staff psychologist and sports psychology specialist. "I think we provide a good service."

In the past few years, Student Counseling Services (SCS) has received extra funding in an attempt to increase its sports psychology program. With the money, SCS dedicated a portion of the time of two staff psychologists to work directly with the athletics program, as well as the time of numerous others to provide students with plenty of options in improving their performance.

"We have psychological services for the athletes to deal with anything from issues at home to school to lifestyle change," said Mark Coberley, associate athletics director of sports medicine. "We're trying to improve our program here to give them the services they need."

The purpose of these programs is simple: they work directly with students in one-on-one sessions, but they also do group and team psychology as well as outreach programs with the student-athletes.

"A part of my time is spent with the athletic department and student-athletes," said Marty Martinez, staff psychologist and sports psychology services Coordinator. "Officially it's a quarter of my time, but a lot of what we do is outreach and meeting students where they're at. I want to spend a lot



Max Goldberg/Iowa State Daily

Sports Psychology Services, which is located on the third floor of the Student Services Building, helps student-athletes cope with stress that is developed from time constraints.

more time than that, for example, going out to practices and games to talk to the teams as a whole."

The goal of Sports Psychology Services is to improve the academic and athletic performance, mental health and emotional stability of student-athletes.

"We have individual counseling for [all students], we have group counseling if we're talking about the same issues with other students, we have an anxiety workshop and finally we have biofeedback services," Martinez said.

The SCS anxiety workshop is a three-session service that SCS offers students. The objective is to help students learn about how anxiety affects their thoughts, bodies and emotions.

The SCS biofeedback helps students learn how to read their bodies. The main goal in biofeedback is to train people to lower their heart rate, lower their skin temperate and to, overall, reduce anxiety as a whole.

"What we're trying to do is provide as many services as we can for our student-athletes," Coberley said.

With the entire workload, one might think the counselors overlook the simplest of aspects in the students' lives, but they don't. One of the most important concepts the counselors rely on is that student-athletes are still students.

"Seeing the athlete as a whole person is important," Ramaeker said. "They are concerned about doing well on the field or court, but they're also trying to do well academically."

Overall, the idea of helping student-athletes is hardly different from helping other students. They still have pressure to do well from family, and they still have to keep their grades up in order to graduate.

Staff psychologists are also simpler than some may think. Although the sports counselors specialize in one field, that doesn't mean they're any less qualified to help non-student-athletes.

"All of the psychologists [in SCS] can help any population of students," Martinez said.

Every year, SCS evaluates its strengths and weaknesses and attempts to assess the program.

SUDOKU *by the Mepham Group*

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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	
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17						18				19			
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61						62		63			64		
65						66				67			
68						69				70			

ACROSS

- 1 Club joke teller
- 6 Misfortunes
- 10 Motel worker
- 14 Traditional Pennsylvania barn raisers
- 15 Tide type
- 16 Ploy
- 17 Letter-routing number
- 19 Overly submissive
- 20 Poker hand prize
- 21 Thai language
- 22 Baker that "nobody doesn't like"
- 24 ... cum laude
- 26 Beer barrel
- 27 Can in an Andy Warhol painting
- 32 ... New Guinea
- 33 Hairy Addams cousin
- 34 Norwegian capital
- 36 Fancy flower vase
- 37 Hat for a Western hero
- 41 Former Mideast alliance: Abbr.
- 42 Emily Dickinson, e.g.
- 44 Apt name for a painter
- 45 How the elated walk
- 47 World Series setting
- 51 "2001" computer
- 52 Mars neighbor

DOWN

- 1 Dogpatch creator Al
- 2 Melville novel
- 3 Light fog
- 4 Suffix with Marx
- 5 Fried Taco Bell offerings
- 6 It may be gross or net
- 7 MGM mascot
- 8 Boys
- 9 Has a talk with 10
- 10 Nearsighted toon
- 11 "The Mammoth Hunters" author Jean
- 12 "Got it"
- 13 Fake on the ice
- 14 Ram's offspring
- 23 Hi-__ monitor
- 24 Church-owned Texas sch.
- 25 Not very much
- 27 Chocolate substitute

- 28 Sleep disorder
- 29 Ranks for Columbo and Kojak: Abbr.
- 30 Customary
- 31 Tartan pattern
- 32 Coyote's offspring
- 35 Hockey legend Bobby
- 38 Enough food for a feast
- 39 Mesozoic or Paleozoic
- 40 "That's a fact" rebuttal
- 43 Saloon souvenirs
- 46 Old Testament book before Esth.
- 48 Break bread
- 49 Computer on an airplane tray table
- 50 Unravel at the edge, as threads
- 53 Switch positions
- 54 Move, in real estate lingo
- 55 Switch partner
- 56 Fully cooked
- 58 All over again
- 59 Low in fat
- 60 Soldier's group, a member of which might be stationed at the start of 17-, 27-, 47- or 62-Across
- 63 Old vitamin bottle no.
- 64 Once __ while

Officer lives out dream in Ames

By Danielle Gehr
@iowastatedaily.com



Tara Larson/Iowa State Daily
Dilok Phanchantraurai was an international student at Iowa State before becoming an Ames Police officer.

After receiving about a decade of higher education and years of working in administration, former international student Dilok Phanchantraurai decided to make a complete 180-degree turn and go into law enforcement. Phanchantraurai has more than a year of experience as an Ames Police officer and finds that following a dream he first had as a high school student back in Thailand was among the best decisions he has ever made.

"Honestly, I never feel like I have made a mistake or doubt my decision ... I am very happy with my decision," Phanchantraurai said. "Only one thing was [that] I should have done this sooner."

Phanchantraurai is still learning every day and was advised from senior officers that it will take about three years before he is completely comfortable. Despite what he describes as a learning curve, he still is sound with his decision to become a cop. "I'm not there yet, but every day I come to work, I learn something new every time," Phanchantraurai said. "[I] make some mistakes along the way, that's a good way to learn. [I] still enjoy putting on my uniform every day."

As a former adviser to international students, Phanchantraurai had the opportunity to work with students who are having similar experiences to what he had as an international student. Now, as an officer, he is still finding ways to continue this role and said his unique experiences have given him the opportunity to bridge the gap for many international students.

As an officer, he has made an extra effort to reach out to the students. For example, he gave a presentation on how to act when pulled over by a cop in the United States. He explained that in many countries outside of

the United States, it would be impolite to make the cops walk up to speak with the one pulled over and it is normal for the one being pulled over to walk up to the police car.

These are problems that Phanchantraurai realized are happening on many different campuses. After speaking with the police officers from Iowa City, he found that there is a disconnect when it comes to international students interacting with American cops.

"It isn't only [an] issue that happens in Ames, [it hap-

pens] pretty much everywhere," Phanchantraurai said. "Hopefully I can start something that can be copied by other cities or somewhere near by so that they understand that this is the right approach and hopefully would resolve some of the calls."

These were not issues he was told to tackle by the Ames Police, but instead Phanchantraurai recognized the problem and brought it back to his department.

"He has a strong initiative," said Lt. Heath Ropp,

Phanchantraurai's supervisor. "[He] takes that role on all by himself. No one asked him to do it. He just said, 'Hey, I think we can improve this area right here and here's how we are going to do it.'"

The connection Phanchantraurai continues to have with the universities has served as an asset to the Ames Police Department.

"[Dilok] came in and he already had that relationship with the university, which is extremely important for us as a police department to have that relationship because obviously a large percentage of our population is college kids," Ropp said.

An aspect of law enforcement that drew Phanchantraurai to the field is being able to see the end result almost immediately. In education, he explained that it takes a long time to see any change.

"Being a police officer, I can see somebody doing something illegal, we can intervene and do something that makes it right almost immediately," Phanchantraurai said. "Somebody [that] is having a medical problem, we can do something that can save that person. I like seeing the end result."

Despite some fears felt by his family members in Thailand — who only have a perception of American cops that is based on what they see on television — Phanchantraurai said he received nothing but support when he pursued his profession.

"On the personal viewpoint, the job that I do now perhaps would be a good role model for my daughter to grow up to be a good citizen of this country and person as well," Phanchantraurai said.

Phanchantraurai, after about a decade of higher education, received his doctorate and recognizes that he could have had a higher salary than he makes as a police officer. He said doing what he loves is far greater than a higher wage and never regrets making that career shift.

HOROSCOPES *by Linda Black*

Today's Birthday (10/4/16)

You're clear what's important this year. Connect with friends, groups and family. Intention and action reap cash rewards through 12/23, when focus shifts to writing, researching and recording. Springtime service leads to personal power. Share love abundantly and playfully.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries - 8
(March 21-April 19)
Complete the task at hand and then venture farther out. Expand your influence, with help. Mobilize team efforts. Do it with passion. Revise your sales pitch or resume. Accept a difficult assignment.

Libra - 9
(Sept. 23-Oct. 22)
Discover a whole new batch of options. Resist temptation to run away or spend carelessly. Accept an offer for more authority. Doors that seem closed open later. You know what you're talking about. Love transforms.

Taurus - 8
(April 20-May 20)
Disciplined collaborative effort surges forward and pays off. Plan and prepare. Steer a steady course, and tie up loose ends. Someone needs to take responsibility. Re-commit to a project.

Scorpio - 9
(Oct. 23-Nov. 21)
Don't push too hard. There's more money coming in. Grasp a potent opportunity. Beat out the competition. Circumstances lead you in a practical direction. Make a valuable discovery.

Gemini - 9
(May 21-June 20)
Consider a steady income. Think about a partner's good idea. Let yourself get persuaded. Think quickly, but move slowly. Put your feelings into each activity. Confer with family. One of them will see reason first.

Sagittarius - 8
(Nov. 22-Dec. 21)
You can see the road winding into the distance. There's a way around this problem. Invest in long-term solutions, without diminishing resources. You're growing wiser and gaining respect. Make plans.

Cancer - 8
(June 21-July 22)
Take the practical path, and the most direct route. Update your equipment. Discover imaginative ways to save money. Contemplate possible changes. Watch for hidden dangers, as you march boldly.

Capricorn - 8
(Dec. 22-Jan. 19)
Work could interfere with travel or transportation. Do your share of the chores. If you've kept your word, you gain status. Don't make new promises yet. Keep some things hidden.

Leo - 8
(July 23-Aug. 22)
Get empowered by love. You're even more attractive now. Your fame travels far and wide. It's okay to be proud of an accomplishment. Consider long-term implications. Prepare documents, and await signatures.

Aquarius - 9
(Jan. 20-Feb. 18)
Keep your focus and maintain momentum to profit. Team projects go well. Your partner adds to the excitement. Friends offer good advice. Provide motivation. Your work is respected. Develop a plan.

Virgo - 8
(Aug. 23-Sept. 22)
Invest in your home. It doesn't need to be expensive. Use something you've been saving. Let circumstances dictate the time. Working at home increases your benefits. Advance despite breakdowns.

Pisces - 8
(Feb. 19-March 20)
Finish a project that you've been avoiding. Completion leads to opportunity. Imagine perfection. Passion can move mountains. Accept a challenge. Your partner supports the game. Make plans and budget.

BALLOTS p3

Story County residents must request an absentee ballot by Monday, Oct. 24. The ballot is due by Election Day, Tuesday, Nov. 8.

The absentee ballot is the same form people will fill out at the polls on Election Day.

It features the same offices, candidates and general information.

However, because people have to mail in their absentee ballot, Matava stresses to "follow instructions" and "keep track of the envelopes you put each sheet in."

There are many sections on the sheet that need to be signed and initialed. The sheet also requires many items of personal identification.

Simply put, this is not a form students want to misplace or throw away if they decide to not send it in.

While voting via absentee ballot may seem appealing, Matava said recommends that first-time voters go directly to the polls on election day if they can.

"That's the place that you can ask direct questions about the ballot," Matava said.

Matava said she has always enjoyed going to the polls, but always votes by absentee ballot nowadays.

Any questions about Story County and absentee ballots, registering to vote or the election in general can be answered at the Story County website.

WEAVER p4

fordable. "What I would like to see is an increase in Pell Grants," Weaver said.

Weaver believes increasing Pell Grants would be a better alternative to tuition-free public universities because it would allow students the option to choose private schools while still receiving affordable tuition.

This negates Democratic presidential candidate Hillary Clinton's campaign to make public universities tuition free for an abundance of college students whose families make less than \$125,000 annually.

Weaver also proposed plans for a national volunteer organization on her website. Students and graduates could volunteer through the program and work off their

debt while gaining experience and connection in their field of study.

Weaver considers herself an outsider in politics, as she receives little to no national attention despite going up against a well-known congressman.

"They don't think I can win," Weaver said, referencing the DNC and elected Democrats.

When deciding who to vote for, Weaver encourages students to think about what kind of world they want to live in.

"I think it depends on what kind of world students want to live in when they graduate," Weaver said. "Do they want a good job for their children, do they want clean water. ... I think we need to be a little more compassionate and a little less greedy."

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Courtesy of Getty Images

Columnist Felker argues that the train crash that occurred at the Hoboken Terminal in New Jersey last week exposed an issue with the American infrastructure. Felker believes investment in a new American rail system needs to be an immediate priority.

Infrastructure off track

Hoboken, New Jersey, train crashes into old problems

By Alex Felker
@iowastatedaily.com

Last Thursday, a New Jersey commuter train crashed into Hoboken Terminal in the midst of morning rush hour. One person was killed and more than a hundred individuals were injured.

Although the aftermath is still being processed, it has come to light that the station was in violation of dozens of safety protocols, according to an audit conducted months before the accident. And although the exact cause of the incident remains unclear, it has succeeded in rekindling an old debate: What do we do about the American infrastructure?

It is outdated, neglected — falling apart, and the funds necessary to repair it are immense. The American Society of Civil Engineers (ASCE) most recently gave the U.S. infrastructure a D+ “poor” rating.

There has been little support for high-level federal funding for infrastructure improvement, which has fallen from 1 percent to 1/2 percent of U.S. GDP in the last 35 years, and there is congressional debate and political confusion as to who’s responsibility it is to maintain the public’s transportation infrastructure.

There is certainly agreement that something needs to be done. The ASCE believes that more than \$3.6 trillion needs to be invested in the

country’s infrastructure by 2020, citing a “pressing need for modernization.”

Much of the United States’ infrastructure was built in the decade or two following the conclusion of World War II. American industry was enjoying a period of explosive growth, and investment in the federal Interstate Highway System provided for the construction of a nationwide road network 47,856 miles in length.

And despite the early 20th century being dominated by rail transportation, the invention and popularization of the automobile — especially in the United States — provided for an infrastructural climate that simply did not have time for railway transportation.

Although the U.S. freight network remains strong, high-speed and long-distance commuter rail travel is virtually nonexistent. Most of the United States’ passenger train traffic occurs at sub-100mph speeds and is extremely limited in scope.

Internationally, the scene is wildly different. Japan, Germany, China, Spain, France — just about every developed nation besides the United States — has a “history of fast, efficient and environmentally-friendly rail transportation.”

Meanwhile, the United States continues to struggle in its maintenance of a dated road network and has invested very little in the construction of a meaningful rail system.

So, the American infrastructure is broken. It might even be too large for its own good, demanding maintenance costs that will never see a proper return in utility. It was almost entirely configured for an

automobile-first economy of transportation, which, in the very near future, may prove to be an unsustainable model.

The solution to these problems will not be a simple one. It is likely that a combination of policy making, invention and cultural change will need to occur before transportation in the United States can begin to look like something more sustainable, safe and efficient than what it now resembles.

The infrastructure generally needs repair. And to maintain safety, it’s possible that some of it may even simply need to be shut down as a consequence of economic infeasibility.

However, investment in a new American rail system needs to be an immediate priority. Thankfully there has already been movement on this front. Just this past August, Vice President Joe Biden announced a \$2.45 billion loan to Amtrak from the Department of Transportation, intended for the construction and rehabilitation of railroad tracks in the Northeast region.

More is needed though. At both the federal and local level, an effort needs to be made to develop a more significant passenger rail network. A more focused political will is necessary. There are certainly regions of the United States that are simply not geographically suited to this kind of development, but such is not the case for many urbanized metropolitan areas that currently lack any kind of inter-city rail system.

It’s hard to say what America will look like 30 years from now, but for its infrastructure to remain safe and efficient, change is needed now.

LETTER FROM THE EDITOR

History lays foundation for future

By Emily Barske
@iowastatedaily.com

Last week I received a letter from Thamen Sakya, a seventh-grade student at Hmong College Prep Academy in St. Paul, Minnesota, asking two questions for a class assignment: Why is history important and how do you use history to help you do your job?

The chance to respond to these questions was not only something I looked forward to doing but also something I felt was particularly relevant for Oct. 4, which is news engagement day. So, here’s my response.

Why is history important?

Without knowing how we got to our current state, how can we ever know how to move forward? There is a famous saying that “journalism is the first rough draft of history,” and to me, that’s one of the greatest responsibilities journalists have. We observe, find the facts, ask tough questions and figure out a way to communicate those things with the public.

Sometimes documenting current events or finding the truth can mean putting your life in danger, running the risk of people being outraged, affecting the lives of others — for better or for worse — and making a true impact on the situation that is unfolding.

In the current 24/7 news cycle that we live in, it can be hard to keep in mind that today’s journalism is not just for now but also to serve as a future historical reference.

With this great power of being the first draft of history comes the great responsibility to be fair, complete and accurate in our coverage because people need and deserve to know the truth about what’s happened in the past. Knowing the past helps us better understand the present and form the best decisions we can for the future.

How do you use history to help you do your job?

A huge part of journalism is research. Before heading to an interview or an event, journalists must understand the history behind the situation and people they’re focusing on.

Who are the key stakeholders, and what’s their background? What conversations related to this topic have already occurred? It’s important to relate current events to the grand scheme of worldly happenings.

Public records are another essential historical resource for journalists. Being able to look at court cases, emails of public officials, budgets or meeting notes is essential for reporting the facts.

Records allow us to hold public officials accountable, understand decisions made in the justice system, know an organization’s priorities based on where they spend their money and many other things.

History helps show journalists how we can do better.

To continue to be the public servants we strive to be, journalists must know where the media has failed in the past. We have to look back at what we’ve done that’s been unfair to our communities to understand how we can do a better job of providing information that community members want and need and be the best first rough draft of history.

Ultimately, history is something that’s important to all of us, no matter where we come from, where we are or where we are going.

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Path to success runs through internships

By Haley Brase
@iowastatedaily.com

Early in your childhood, you find things you like: certain toys, dogs, exploring. You may not have known it, but you were deciding your future by choosing what you liked early on. Going to school, you learn you are good at math, English, science, music or something that drives you every day.

It is the same in college. You find what you want to major in so you can build a career out of it. The point of college is to help you learn your strengths and get experience for your dream job.

Internships are a great stepping stone to a possible career. You not only gain experience but also contacts. Networking can open up more jobs to you based on your performance at an internship.

If you find out that path is not what suits your personal strengths, then Iowa State can help you find one. With eight colleges, there are plenty of options.

Even if you do not know what you want to do, but you have an idea of what you are interested in, go to an internship or career fair to find out.

Twenty percent of Iowa State students entering college have no idea what they want to major in, according to the Iowa State University Office of Admissions.

Don’t feel alone if you’re still finding your calling because Iowa State offers career services, which



A Texas Instruments recruiter talks to a student at the Engineering Career Fair on Sept. 20 at Hilton Coliseum. Iowa State offers career services, which help students build a résumé and cover letter and prepare for an interview for an internship or job.

can help you figure out which field you are interested in, build a résumé and cover letter and prepare for an interview for an internship or job.

There are usually four to five internship or career fairs each semester, so you have options. It will not hurt to talk to potential employers to get your name out there.

All of us have stumbled on what to say plenty of times, but as your mom would say, just be yourself because you cannot go wrong

with that.

Your mom is right, but you should also be prepared by dressing professionally, having a résumé prepared, and do not have bad breath. There is going to be a lot of chatter at the fairs, so having fresh breath is vital.

To find these potential internships and employers, visit CyHire, where you can see when the fairs are, who will be there and where interviews are, according to Iowa State University Employment.

Check with the college or school

you belong to, because it might provide its own specialty fair for your major. For example, I found my internship I did this past summer at the Greenlee School of Journalism and Communication Jump-Start Internship Fair.

Internships are similar to student teaching for education majors because they provide a trial run to see if students are ready for what they majored in. Internships can help you narrow down what you like to do and how you can be better.



Lanning attempts to build on career game

By Brain.Mozey
@iowastatedaily.com

Quarterback Joel Lanning did it all for Iowa State last weekend.

Lanning put up one of his better performances in his career Saturday against Baylor in Ames. Even though the Cyclones didn't get the win, Lanning used the running and passing game efficiently, but an ineffective fourth quarter caused a 45-42 loss for Iowa State.

"[Joel Lanning] came out really confident this Saturday and was ready to go," said offensive lineman Nick Fett. "He's a fantastic quarterback, so I wasn't really surprised how he came out because I know he wants to put this team into a position to win."

Lanning threw for 261 yards, a career high, and went 17-for-23 with two touchdowns through the air. On the ground, Lanning rushed for 57 yards on 14 carries and a touchdown.

The plan before the game was to use the dual-quarterback system — alternating Jacob Park and Lanning every two series or so — like the previous two weeks. But Lanning was so efficient as the starting quarterback that Campbell said he didn't want to take him out of the game and ruin his rhythm.

The first two series consisted of a 43-yard touchdown to receiver Deshaunte Jones and a 1-yard rushing touchdown for Mike Warren.

Even though the offense was moving along, coaches told Lanning that they were going to rest him in favor of Park. But the coaches changed their minds and kept Lanning in the offense.

"For whatever reason, I don't know," Lanning said. "Then they told me, 'No, you're going to keep going.' It was unexpected. We were rolling as an offense, so there was no reason for that to change."

Fett said he knew Lanning was in his rhythm when he threw a touchdown pass over the shoulder of wide receiver Allen Lazard. The play was called back because



Max Goldberg/Iowa State Daily

Iowa State quarterback Joel Lanning stumbles into the end zone for a touchdown against Baylor on Saturday at Jack Trice Stadium.

of an ineligible receiver downfield penalty, but Fett thought that throw was perfect and knew it would be a good day for Lanning.

That success continued for the next four series, with rushing touchdowns from David Montgomery, Warren and Lanning, as well as a receiving touchdown to Carson Epps. The touchdown streak allowed the Iowa State offense to pull ahead of No. 13 Baylor 42-28 before the Cyclones reached the fourth quarter and couldn't hold onto the win.

Lanning said his performance against Baylor is what he expects every week from himself as a quarterback. He knows he has

the skills to be that good, but he needs to show it on Saturdays.

The statistics Lanning had last weekend didn't take anyone's breath away, but the way he found open targets and incorporated the running game throughout the game was the reason why he had a dominant performance.

As for the future, the Iowa State coaches have full confidence in Lanning to get the job done at the quarterback position, but they will continue to use Park when necessary.

"Joel [Lanning] has earned the right to be the starter," said coach Matt Campbell. "We

believe in both of these guys and I think you'll still see plenty of Jacob Park, but Joel [Lanning] was on a roll last game."

For Lanning, he took the game against Baylor as an opportunity to know the capabilities he has as a quarterback. He knows this is the first step to getting that first win in Big 12 conference play, but the team needs to focus on the steady process before seeing the winning outcome.

"Stats-wise, you could say it was one of my best games," Lanning said. "At the end of the day, I would rather play much worse and get the win than play so great and not get the win."

Baseball Club tryouts are in full swing

By Hayden.Meade
@iowastatedaily.com

The Iowa State Baseball Club is stretching its legs this month as it prepares for the 2017 spring season.

Starting a few weeks ago, the players of last year's team began the search for new talent in the upcoming season. And so far, it's gone well.

"I've been happy with the numbers that we have this fall, and it's directly resulted in a more competitive league," said Matt Odland, president and head coach of the team.

The higher level of competition corresponds directly with the consistency of each team's talent base. With 107 players this year — 20 more than the average fall league signups of years past — the coaches have dispersed the skill level among the eight fall league teams.

With such a large number of sign-ups, the structure of how the players will be chosen for the spring tryout has changed slightly from previous years.

A total of 28 games will be played until Oct. 13, when each of the eight teams will be seeded based on their performance in the month-long fall league. The following weekend, a tournament will be held to conclude the fall league games.

Once the tournament is over, a final tryout will be held to determine who makes the final cut. Those tryouts usually consist of three to five players from each team, leaving anywhere from 25 to 35 players fighting for a spot on the spring roster.

For the spring team tryout, more skill-set evaluations will be made, including base-running times, pitching and throwing.

The coaches begin to take a more systematic and methodical approach to the analysis of each player.

In the last portion of the tryout, a highly competitive scrimmage will be held on Cap Timm Field in Ames to assess each player's real game ability. But sometimes the skill of a player isn't the determining



Courtesy of ISU Baseball Club

Ethan Kain pitches in Florida last spring.

factor to guarantee them a spot on the team.

As Odland pointed out, the club has seven total seniors this year. The coaches are looking for younger talent to help replenish the roster when they graduate. But it isn't always as easy as it may seem to draft young students.

"The larger the team, the harder it is to keep the guys focused, especially being a club team," Odland said. "Without the promise of scholarships, it's hard to keep everybody fully invested."

In the past, the club team has had a total roster of nearly 30 members. Scheduling conflicts, waning interest levels and a lack of playing time kept many teammates away from consistent participation.

The club baseball team's success is determined largely by player participation. With many younger players, it can be a challenge to maintain their attention. If a freshman is chosen to take the spot of a graduating senior, he must know that his playing time is going to suffer during the season. And respect plays a major part in that.

Because there are no dedicated staff members, younger players on the team are taking direction from coaches who are, at the most, three years older than them. It can be hard to follow leadership from someone who is normally seen as an equal. So the coaches and older players are stepping up.

"I've found that if you invest time and help into these [players], especially when they are freshmen, they will respect you," said Justin Kelm, vice president and assistant coach. "It's bigger than the game of baseball, it's about your family of teammates and the thrill of the game."



Lani Tons/Iowa State Daily

Iowa State tight end Chase Allen received 103 stitches after a car accident this summer.

Iowa State to redshirt Chase Allen

By Luke.Manderfeld
@iowastatedaily.com

In a season where Iowa State has thrown 14 freshmen onto the field — six of them true freshmen — the team is still holding back on one.

Tight end Chase Allen, who was one of the highest-rated recruits of coach Matt Campbell's 2016 class, will likely redshirt barring unforeseen circumstances, Campbell said at his Monday press conference.

Allen was listed on Iowa State's two-deep depth chart earlier this season but was taken off Monday morning.

"I would certainly like to

redshirt Chase," Campbell said. "Chase's situation is a tough one because he was playing really well for us in fall camp and did a really good job in the summer."

"But some injuries and some of the situations that happened... have hindered that of, 'Do I really want to put this young man at risk of not getting a full season.' I don't know if that's fair to him."

It hasn't been the easiest start to Allen's career at Iowa State. During summer camp, Allen was hit by a car crossing the street outside the Bergstrom Football Complex in Ames. He received 103 stitches in his back.

Then, before the season-

opening game against Northern Iowa, Campbell said Allen was hospitalized with the flu, which kept him out against Iowa the next week.

Allen, who is from Nixa, Missouri, was being recruited by Michigan, Nebraska and Florida State in high school before deciding to come to Iowa State in January.

He was ranked as the No. 12 tight end in the nation by ESPN and earned a three-star rating from Rivals and Scout.com. He was also the No. 3 player out of Missouri.

"I'd rather play a young man too late than too early, and I don't think that's right by Chase," Campbell said.

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Tuesday, October 4, 2016

Sniffing out differences in gender deodorants

By Maya.Minocha
@iowastatedaily.com

It's estimated that women spend about \$1,800 each year on personal care products such as toothpaste, shampoo and deodorant — and men spend about \$650, according to Glamour magazine.

A lot of personal care products cost more for women than men. Is what is in the product that different?

If you ever compare the packaging of men's and women's deodorant, you can see the extreme gender roles that companies try and market the product to. Why do we put a gender label on deodorant? Don't all genders sweat and use deodorant to not be the person everyone dreads sitting by in class?

Now we see a lot of people saying that men's deodorant is better than women's deodorant. From the packaging, formula and price, I decided to break down the differences of men's and women's deodorant.

The packaging is the major gender barrier deodorant companies use to sell their product.

If you look at women's deodorant, you will see the packaging is slim, lightly colored, and it usually has a scent that is soft, fresh or floral. If you look at men's deodorant,

you will notice that the packaging is usually bulky with a bold font and has a name like "Ultra sweat guard, smell lock down, ultimate sport scent blocker."

The approach that companies take when branding these products is different for men and women. For men, it usually is related to physical activities and marketing claiming that if you use the deodorant, it is because you are a hard worker. For women, it's usually marketed around feeling clean and fresh.

An advantage that men's bulky packaging has over women's slim packaging is that it usually contains more product.

"I've never used men's deodorant, I like the way women's [deodorant] smells," said Jennalynn Johnson, freshman in apparel, merchandising and design. "Maybe if it was cheaper because deodorant is pretty expensive."

When you compare the formulas for men's and women's deodorant, they use the same ingredients, except for fragrance. Both men's and women's antiperspirant deodorants have aluminum zirconium tetrachlorohydrate gly, a chemical that blocks pores and prevents sweat from leaving the body.

According to the best-selling deodorants on Target.com, men's deodorant uses about 18.2 percent, while women's

deodorant use about 15.2 percent. This is the main ingredient used in deodorant and the main difference between men's and women's deodorant. This varies, and you can probably find women's deodorant that has higher percentages and men's that has lower percentages.

This might be the reason why some people think men's deodorant is better than women's. Another major difference is that antiperspirants contain aluminum, which some people prefer not to have on their skin. Men's deodorant tends to offer more options when it comes to deodorant without antiperspirant.

"I started using it [men's deodorant] when I played soccer," said Rachel Lininger, freshman in apparel, merchandising and design. "It does last longer and I feel like it protects you more."



Maggie Curry/Iowa State Daily

Choosing between men's or women's deodorant is a personal preference. The only immediately noticeable difference is the packaging and the fragrance.

If you are looking for a product that has stronger antiperspirants, then you should check the amount of aluminum zirconium tetrachlorohydrate gly. This is the active ingredient that blocks sweat present in different amounts for different deodorants.

Daily does: Rec Services' new Jazzercise

By Amanda.Wymore
@iowastatedaily.com and
Maggie.Curry
@iowastatedaily.com

No more leotards and leg warmers!

Iowa State's Recreation Services began offering Jazzercise classes this fall, and it was a blast. The class, taught by student instructor Brianna Wieseler, features high-intensity workouts with contemporary music that get your body moving while boosting your mood and igniting your energy.

"The benefits of this class are endless," Wieseler said. "The physical is the main goal, but the emotional and mental benefits are an added bonus."

The class is open to everyone, and the instructors will offer modifications to allow anyone to participate.

"We want everyone to benefit from this class, so we will always try to challenge the body, but listen if it is telling you to quit doing something," Wieseler said.

Sessions are held Tuesdays from 5:30 p.m. to 6:20 p.m. at State Gym and Wednesdays from 4:10 p.m. to 5 p.m. at Lied Recreation Athletic Center. Wieseler is the only student instructor for the class because of her multiple years of experience with instruction.

"I have been teaching Jazzercise for five years," Wieseler said. "When I began attending Iowa State, I was told they had never had Jazzercise classes and I wanted to make that happen. I approached Rec Services with the idea, because it is something for anyone and you can continue doing it your whole life."

The intensity of the class creates a synchronized dance mob



Milly Orellana/Iowa State Daily

Iowa State Daily reporters Amanda Wymore and Maggie Curry follow the beat of the music during an arm exercise at a Jazzercise class. Jazzercise is a high-intensity workout that mixes dance-based cardio with strength training.

effect. Wieseler said most of her classes have included about seven to 10 participants, which is a decent size for space and creates a comfortable atmosphere. It feels like a more intimate workout. Wieseler did a great job paying attention to participants' needs and adapting the workout or encouraging the class.

Wieseler led the class with a warm-up and stretches. Then a playlist began, and the whole room became a dance crew moving simultaneously with each concentrated beat. After about 35 minutes of dancing, the participants transformed from dancers to bodybuilders with a quick strength-training session.

The class is flexible and everything is optional. Only one water break was mandated, but participants are free to rehydrate whenever necessary. Wieseler would mention adaptations for certain moves if members were struggling.

An instructor will often share adapted versions of specific moves to help meet different expertise levels. During cardio workouts, try to keep moving even when you take a break so your heart rate doesn't decrease completely.

When the strength-training portion of the class began, some participants did each exercise with 5- or 10-pound weights,

while others used none at all. Participants can cut reps in half to adapt.

Wieseler was open to students adapting to the class to fit their needs, whether that meant stepping away to get a drink of water or modifying a move to ease an old injury. Some brought towels or stacked extra mats to create padding for the floor-strength exercises.

"I really enjoy coming to Jazzercise," said Hallie Erdahl, senior in apparel, merchandising and design. "I come to this class whenever I possibly can. I love that Brianna makes everyone feel welcome and we all can have a great time together."

Zumba has a lot in common with Jazzercise. Both emphasize a great workout while listening to upbeat vibes and bonding with others, however, Jazzercise is more structured with repetitive routines, while Zumba is a full-on dance recital.

"I have always loved Jazzercise because of the structure involved," Erdahl said. "It is easy to [understand], and everyone can catch on quickly to get the most out of their workout."

Erdahl agrees with Wieseler that Jazzercise is a class you can stick with and continue doing throughout your life.

"I want to be a Jazzercise instructor someday," Erdahl said. "I want to make others feel the way I feel when doing it: happy, energetic and healthy."

All of the participants, including Erdahl, left the State Gym studio feeling motivated and empowered.

"It was a very good cardio workout, and fun," said Lisa Negus, one of the participants.

Negus was trying a different class each night to find the best workout for her. The night before, she had gone to a kickboxing class. What she liked about Jazzercise was the chance to work cardio, legs, core and arm strength all at once. Wieseler's class had the intensity Negus was looking for.

"I went to a couple [other Rec Service] classes," Negus said. "The intensity wasn't there," Negus said. "[Wieseler] has an eye on form."

Negus was enthusiastic about returning to the class the following week. The group could easily form a bond, and its participants were supportive of one another, encouraging each member to return. If you're looking for a fun, upbeat workout for your whole body in a supportive environment, Jazzercise may be for you.



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FUNDS p1

The amount budgeted toward students services has not increased in the same increments as enrollment growth.

"It has a tremendous impact," said Vice President of Student Affairs Martino Harmon. "We have a number of departments that are solely funded by state funding."

Student Counseling Services, SCS, relies heavily on state funding rather than student fees. Relying on private funding for programs like SCS would be somewhat unreliable, Harmon said, and the two typical funding models for these resources are state funding or student fees.

In August, Harmon brought a proposed \$12 health fee increase for the next fiscal year to be allocated to Thielen Student Health Center and the Student Counseling Center. Student Government voted unanimously to support the increase.

"I'm very passionate about affordable education," said Jane Kersch, a Student Government senator and senior in global resource systems. "The state has chosen to divest away from state funding and rely more heavily on tuition."

Kersch said she would think

the state would care about offering services like mental health resources and finds it frustrating that another fee has to be pushed onto students as a result of the lagging state funding.

"I don't think the state legislature is allowing Iowa State to live up to its land grant mission by forcing us to raise tuition," she said. "You shouldn't have to take on thousands of dollars of student debt to go to a public land grant institution."

Lagging state funding of higher education is not unique to Iowa.

"Despite steadily growing student demand for higher education since the mid-1970s, state fiscal investment in higher education has been in retreat in the states since about 1980," according to a 2012 report from the American Council on Education.

Universities are left with two options to account for the lack of state funding, tuition increases and budget cuts that diminish key resources on campus, according to the Center on Budget and Policy Priorities.

The impact of the declining funds is something that's been a challenge for the past five or six years, Harmon said.

"We really don't want to raise fees because we understand that affects students," he said.

ENROLLMENT p1

Agriculture, engineering and home economics were some of the key academic programs first offered by the university. Iowa State now offers more than 100 majors, according to Iowa State Admissions.

Recruiting and extension within Iowa

Katharine Suski, director of admissions, said recruiters don't give a different pitch to in-state students than they'd give to out-of-state students, but said some recruiters are focused on Iowa high schools and community colleges.

"We recruit at every high school that will let us come," Suski said of their efforts to recruit in Iowa, also adding that the places recruiters are placed around the country are based on analytics.

The Admissions Office is just one way the university attracts prospective Iowans. Through various programs for all ages, the Extension and Outreach office creates visibility for the university across the state.

"For Iowa State University, it's a tremendous advantage to have us in all 99 counties," said Vice President for Extension and Outreach Cathann Kress,

adding that the office's programs touch 1 million Iowans each year, which is about one-third of the state's population.

Those extension efforts can include projects such as partnering with Iowa State Athletics on the #ISU99 Scavenger Hunt, 4-H or discussing new university research findings throughout the state, among many other areas.

While creating an accessible public education for Iowans, Iowa State also focuses on recruiting and fulfilling the needs of non-resident and international students, Suski said.

Vice President of Student Affairs Martino Harmon said that when providing resources to students, the university doesn't look at where they come from. Student Affairs does take into account the experiences students might find based on where they come from, which for some Iowans may be adjusting from living in a small rural community to a campus of more than 36,000 students, saying the land-grant mission of the university is part of the enrollment growth.

"The land-grant mission is really sort of the backdrop to our growth," Harmon said. A service to the state

Beyond extension functions, the programs Iowa State offers students reflect the growing industries of the state, said Tina Hoffman, marketing and communications director for Iowa Economic Development.

"Having great universities in our own backyards ... is something important to all Iowa taxpayers," she said.

Being involved in 4-H exposed West to the university at a young age, and ultimately, he ended up choosing Iowa State because he felt it offered a great in-state agriculture program.

Suski said trends show that most Iowans who go to school in Iowa end up getting a job in the state.

"Iowa has a low rate of people leaving the state — which is a good thing for Iowa," she said.

Accessibility can come in many different forms, including working closely with Iowa community colleges to make transferring easier, Suski said. Currently, 70 percent of transfer students are from Iowa, she said.

"Iowa State is an institution that's important to all Iowans," Kress said. "The land grant was created to serve the people of its state."

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