



CONCUSSIONS

MONITORING INJURIES IN FOOTBALL

By Brian.Mozey
@iowastatedaily.com

Trevor Sorensen, sophomore in industrial technology, always wanted to play for his high school football team as a middle school player.

During his eighth grade year in junior high, one hit changed his future in football forever.

Sorensen was the middle linebacker for Southwest Valley Middle School and had a clear lane to tackle the opposing running back. He ran at the running back with open arms, but their heads connected before their bodies had a chance.

Sorensen laid a big hit on the running back that jolted the linebacker's head back. It took him a couple of minutes to get up from the ground, but nobody pulled him from the game. When he got up from the hit, all he remembers seeing were two quarterbacks, but he thought he was fine.

He stayed in for the next play and had another open lane to the running back again. He made the hit again, but he knew

something was wrong.

He tried walking to the sideline but couldn't find his way there. The coaches came running to Sorensen and helped him off the field. The coach, who was an athletic trainer, did a couple tests to confirm that Sorensen had a concussion. The next steps after his diagnosis were unclear and informal.

He was slightly scared because he never had a concussion before, and he didn't know the process to recovery. He also didn't know that his future in high school football would disappear because of the concussions from his eighth-grade year.

"I was never allowed to play football in high school because of my previous concussions," Sorensen said. "It was frustrating knowing that I couldn't play my favorite sport in high school because of a couple injuries."

Sorensen went to Southwest Valley Middle School and later attended Southwest Valley High School in Corning, Iowa. Southwest Valley is an A district school because of its size, location and overall funding of sports for the school. An A school

is a district lower than 1A schools but above the eight-man district.

Southwest Valley didn't have an athletic trainer who had the sole responsibility to watch over the players in case of an injury during practice or games. Instead, the football team had an assistant coach who was a physician who could be an athletic trainer during the games.

Since he was a coach, Sorensen said it was an issue when he had to switch hats from the coach to a trainer. Athletic trainers' sole focus is on the players and their health at all times. Coaches, on the other hand, care for the players' health but also have to call plays, figure out strategies and try to win games.

While many levels of football have been enforcing more integrated rules and protocols for concussions, the high school level in Iowa has relatively stayed the same for a number of years.

The numbers tend to show that more 3A and 4A high schools have athletic trainers

CONCUSSIONS p4

Design by Chelsey Crile/Iowa State Daily



Chris Jorgensen/Iowa State Daily
Mark Rowe-Barth, director of student wellness, speaks to GPSS on Monday.

GPSS meets on student wellness

By Brandon.Ghazali
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Members of the Graduate and Professional Student Senate discussed matters concerning student wellness and sexual misconduct during their monthly meeting Monday night in the Sun Room of the Memorial Union.

The meeting also included guest speakers Mark Rowe-Barth, director of student wellness, and Jazzmine Hudson, a student services specialist.

GPSS President Vivek Lawana commented on the importance of student wellness, especially for graduate students, who often confront more demanding challenges than their undergraduate counterparts.

Rowe-Barth stressed that he and his department are not licensed counselors or doctors and that their focus is more on health promotion and education.

"Please reach out to us so we at least could be a starting point, and if we aren't able to help you, we will connect you to someone who can," Rowe-Barth said.

Hudson, who serves as the sexual misconduct prevention coordinator for the Dean of Students Office, followed with a dialogue about sexual assault and harassment.

She expressed that although graduate students may not face sexual misconduct as frequently or in the same ways as younger students, it's important to have a support system and education on the subject.

One member of the Senate asked Hudson how her department's initiatives would differ from the Title IX training program currently in place at Iowa State. Hudson said they are trying to "modernize" the sexual misconduct education practices at Iowa State, in hopes of following other schools in the country.

GPSS p8

Combating racism with chalk activism

By Chris.Anderson
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In the wake of posters advocating for white heritage being found on campus, one Iowa State political organization is taking efforts to let students know about its opposition to what it perceives as racism.

On Thursday morning, students and faculty discovered posters with messages such as, "In 1950, America was 90 percent white, it is now only 60 percent white. Will you become a minority in your own country?"

Students who did not see the posters were informed by an email from the Office of the President on the situation and the university's reaction.

Iowa State stated that while it will "continue to defend any individual's right to free expression," the posters were inconsistent with the Principles of the Iowa State Community and were thus taken down and violated facilities and ground use policy.

To the ISU Young Democratic Socialists, the mere removal of the



Chris Anderson/Iowa State Daily

Messages from ISU Young Democratic Socialists were written in response to "white supremacist" posters that were hung up around campus.

posters was not an extreme enough reaction.

"We can't let this go unchecked. We wanted to make sure white supremacists knew that this wasn't welcome and that ISU is a tolerant place of diversity between all colors," said Mason Mathes, a member of the ISU Young Democratic Socialists.

In order to achieve this goal, Mathes, and other members of ISU Young Democratic Socialists, came up with the idea of chalking "anti-racist" messages across campus.

The group chalked out its messages in front of high foot traffic

areas all over campus.

Mathes was not ashamed of having such an aggressive reaction to the posters on campus. He even went as far to label the poster hangers as "Nazis."

"I don't think we should be nice to Nazis," Mathes said.

Mathes also expressed his dissatisfaction with the university's handling of the situation, which prompted his group's chalk activism.

"We're all really disappointed in how the university is reacting to

CHALK p8

Student-run literary journal expands students' creativity

By Lindsey.Davis
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Individuals looking for a creative outlet need to look no further than Sketch, Iowa State's student-run literary journal.

Founded in 1934, the journal is the country's longest-running student publication of its kind.

Sketch is a two-tiered organization, meaning students of any major may either choose to submit their work for the journal or join the board, which consists of editing and selecting which pieces will be published.

Submissions for the publication can include fiction or non-fiction writing, poetry and visual arts. The literary entity is published twice a year; this fall's deadline is Nov. 11.

"We want to get more involvement from the student body," said Casey Baumberger, senior in English and president of Sketch. "A lot of times it's just English majors submitting, but I know

there's people in the engineering department that know how to write. We want to reach those kinds of people more."

Baumberger said 25 pieces have been submitted so far, most of which are fiction. She said the board usually looks for writing that has a clear, consistent voice and has well-developed characters if it's a fictitious piece.

Because of the budget constraints, the maximum length a story can be is 18 pages. Students can submit pieces on any topic they desire and should expect to receive constructive feedback from the Sketch board.

"That's part of the fun of it," Baumberger said. "You come in and you learn. We're a really friendly environment and not super strict with anything."

Zachary Eldridge, senior in English, serves as the editor of the fiction board and was recently appointed vice president of the

SKETCH p8

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KARAOKE TUESDAY

\$2 Kinky Drinks
9PM-1AM

\$2 Fireball Shots
9PM-1AM

\$2 Spiced Rum
9PM-1AM

\$5 Boneless 8 Wings

WEATHER



WEEKDAY

Mostly sunny with increasing clouds in the afternoon. Chance for showers overnight.

69
51

Weather provided by ISU American Meteorological Society

POLICE BLOTTER

The information in the log comes from the Iowa State University police department records.

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

Oct. 28

Michael Thomas Walsh, 21, of 1820 Stotts Rd., Unit D, Ames, Iowa, was arrested and charged with operating while intoxicated 1009 Hawthorn Court Dr., Unit 2129.

Courtney Renee Plazek, 22, of 1419 South Grand Ave., Unit 406, Ames, Iowa, was arrested and charged with operating while intoxicated and failure to use headlamps when required at Lincoln Way and Beach Road.

Matthew Quinlan Fraser, 19, of 212 Beyer Ct., Unit 5643, Ames, Iowa, was arrested and charged with criminal trespass at Friley Hall.

An officer investigated a property damage collision in Lot 62.

Officers responded to a report of people handing out flyers at Parks Library. The individuals were advised of university policy regarding signs.

An individual reported damage to a vehicle in Lot 61C.

An individual reported being harassed in Pearson Hall.

Ross Allen Wenzel, 18, of 128 West Cedar St., Hinton, Iowa, was arrested and charged with possession of drug paraphernalia at 215 Beach Rd. **Alexander Paul Vos**, 20, of 214 North Pine St., Hinton, Iowa, was arrested and charged with possession of alcohol under the legal age in 215 Beach Rd.

An officer initiated a disorderly conduct type investigation at 119 Stanton Ave, Unit 719 (Legacy Tower).

Danaeja Chalice Coleman, 18, of 2233 Prospect Rd., Des Moines, Iowa, was cited for driving under suspension at West Street and Hyland Avenue.

Oct. 29

An individual reported damage to a vehicle in Lot 59C.

Arthur George Seeb, 19, of 3345 Settlers Ave., Stillwater, Minn., was arrested and charged with public intoxication at 1209 Mayfield Dr.

An individual reported damage to a display case at the Memorial Union.

Dillon Ross Waugh, 20, of 4132 Lincoln Swing, Unit 301, Ames, Iowa, was arrested and charged with public intoxication and possession of alcohol under the legal age in Lot 62.

Sydney Danielle Rehbein, 19, of 140 Beach Rd., Unit 8302, Ames, Iowa, was cited for possession of alcohol under the legal age at Larch Hall.

Jay Ryan Brinkman, 22, of 49354 280th Ave., Rolfe, Iowa, was arrested and charged with operating while intoxicated and improper use of lanes at Mortensen Parkway and University Boulevard.

Sydney Ann MCGowan Lukavsky, 18, of 601 Cummins Rd., Des Moines, Iowa, was arrested and charged with possession of alcohol under the legal age, possession of drug paraphernalia and possession of a controlled substance at University Boulevard and South 4th Street.

Dallas Edward Forkner, 33, of 522 Jefferson St., Boone, Iowa, was cited for driving under suspension at 802 Southwest 3rd St.

Justin John Rolf, age 19, of 221 Beyer Ct Unit 2679 - Ames, IA, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia and possession of alcohol under the legal age in Lot G6.

Preparing for winter

By Iowa State Daily Special Sections

Happy November! Although we haven't experienced too cool of weather, students of Iowa State should still prepare for negative temperatures and bitter, cold winds.

Invest in winter gear
Negative temperatures call for fuzzy socks, durable boots, wool hats, warm scarves and puffy coats. Decrease the pain from Iowa's wind by being smart and dressing

responsibly.
Stay aware
Whether it's a thick layer of ice or hidden sheet of black ice, make sure you are conscious of your surroundings to avoid injury to yourself and others.

Turn the heat on
This might be obvious, but your parents aren't going to do it for you.

Learn to layer
The key to staying at a comfortable temperature is to layer your clothing. This way, you are able to stay bundled when walking to and from class and

avoid sweating throughout an entire lecture.

Get up earlier
Waking up for class is hard enough on a beautiful day. Make sure you give yourself more than enough time to ease your way out of your warm bed when the weather app says the wind chill is ten below.

Editor's note: This article was not written to offend and was intended to be a lighthearted piece to prepare students for the upcoming winter season.

DIGITAL CONTENT

MULTIMEDIA

HALLOWEEN TUBA CONCERT

The ISU Tuba Euphonium Ensemble performed Halloween tuba-inspired music Monday night in a concert. Look for photos online.

LIFESTYLE

ON CAMPUS VS. OFF CAMPUS PRICES

Stuck between living on campus and off campus. We've put together a price comparison story. Look for it on our website at iowastatedaily.com.

SPORTS

FOOTBALL UPDATES VIDEO

Our sports team has the latest from Iowa State Football following their media availability Monday. Look for the video on our website.

SPORTS

ATHLETES OF THE WEEK

What Iowa State athletes stood out this past week? Our digital team has put together a list of the top performing athletes available online.

LIFESTYLE

BULLET JOURNALING GUIDE

Need a better way to journal and save time. Our lifestyle team has put together a how-to guide to bullet journaling. Look for a story online.

LIFESTYLE

PREVENT NEXT ILLNESS

Our digital team also has a quick tip guide on how to prevent getting sick. From sore throats, fevers and the chills, look for a story 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.

Ames City Council preview

By Thomas Nelson @iowastatedaily.com

The Ames city council will be holding a special meeting at Bethesda Lutheran Church on the sub-

ject of health. The church is located at 1517 Northwestern Ave. in Ames.

The meeting will be a presentation of healthy life center concept.

The special meeting with be jointly held with

Des Moines Area Community College. Heartland Senior Services, Iowa State, Story County, and Mary Greely Medical Center.

The meeting is open to the public.

SNAPSHOT



Jackie Norman/Iowa State Daily

TELLING THE GHOST STORIES OF IOWA STATE

Students gather at Morrill Hall on Monday to hear the ghost stories of the Iowa State campus. According to University Museums, places haunted on Iowa State campus include the Memorial Union, Linden Hall and the Farm House.

SNAPSHOT



Max Goldberg/Iowa State Daily

ENSEMBLE BRINGS "OCTUBAWEEEN" MUSIC

Iowa State's Low Brass Ensemble performs during "Octubaween" on Monday night in the Music Hall. The event consisted of band members dressing up in costume for Halloween and playing a selection of Halloween themed music.

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Margaret Atwood

Margaret Atwood is an author, poet and environmental activist whose books include *The Handmaid's Tale*, *The Blind Assassin*, and *The Heart Goes Last*.

Tuesday
November 1, 2016
8:00 pm - Great Hall
Memorial Unions

Which Future? Fiction and the Everything Change

Sponsored by: Ames Public Library Friends Foundation, MFA Program in Creative Writing & Environment, Office of Sustainability, The Green Umbrella, University Library, World Affairs Series, Committee on Lectures (funded by Student Government)

ISD IOWA STATE DAILY

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PERIODICALS POSTAGE

#CYDECIDES2016

Election's effect on Muslims

By Alison.Boysen
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The upcoming election is being closely monitored in the United States, especially by the Muslim community.

Humza Malik, vice president of the Muslim Student Association, said the upcoming election is important to the club. Last year, the community wasn't very concerned, but now that Donald Trump is the Republican nominee, the situation has become drastically more serious.

"We didn't think Trump would get this far," Malik said.

If Trump is elected as president, it could have negative effects on the Muslim community, based on much of what he has said previously in the presidential race.

Trump has long boasted that he would propose a temporary ban on all Muslims trying to enter the United States from some countries.

The proposed ban would directly affect the Muslim Student Association, preventing international Muslim students from attending Iowa State and other universities in the country. International students make up about half of the Muslim Student Association.

"Don't support a candidate that doesn't want your religion in the country," Malik said.

While the Muslim Student Association has not supported any candidates, it does oppose Trump. Malik said Trump is known for making claims that are offensive to the Muslim community, and members of the organization feel as though he would not be a good leader.

Malik has a green card, so he does not have the right to vote. If he were voting, he would do some more research on each candidate before committing his vote but would most likely vote for a third-party candidate.

There are claims that Muslims

ELECTION p8



Alec Giljohann/Iowa State Daily

The city of Ames is attempting to have its bike paths connected to the High Trestle Trail and the Heart of Iowa Nature Trail. The High Trestle Trail runs for 25 miles through Boone and Polk counties, while the Heart of Iowa Nature Trail currently spans 25.8 miles through Story and Marshall counties.

New bike trails on horizon

By Thomas.Nelson
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The city of Ames is pushing to have its bike paths connected to the High Trestle Trail and the Heart of Iowa Nature Trail.

Three different trail connections were proposed at the Ames City Council meeting on Sept. 20: the southwest corner of Ames, the southeast corner of Ames and the north corner of Ames.

Current funding has not yet been identified, but paving the trails would cost \$400,000 per mile, Mike Cox, director of the Story County Conservation Board, said at the Sept. 20 meeting.

Ames consists of 52.46 miles of trails, but additions are expected. The 52.46 miles include trails and paths located on the side of the road, like the ones on 16th Street.

The city has 48.76 miles of shared-use paths that run alongside roads, and 3.7 miles of gravel paths.

"The [Ames] City Council had set aside some money to upgrade paths," said Joshua Thompson, parks and facilities superintendent.

No money is currently set aside to completely connect the trails.

"Ames is working with the Story County Conservation Center to figure what needs to happen to connect to central Iowa trails," Thompson said.

Work is being done in Ames specifically to find out whether the trails can be connected.

The Ames City Council asked staff about connection to the central Iowa trail system and what it would need to facilitate it, Thompson said.

Ames residents are excited about the possible expansion of the bike trails.

"If you build it, they will come," said Trevin Ward, a member of the Ames Bicycle Coalition.

Bike paths allow for an alternative means for Ames residents to use. Madrid, home of the scenic High Trestle Trail bridge, has restaurants on its trails.

"If we build a good, high-quality, safe and protected infrastructure, it encourages people to get out and bike," Ward said.

During the commute hours, there can be as many people riding bikes as there are people driving.

"For every person that you make comfortable to get outside their car and walk, bike or take the bus, that's one fewer person on the road," Ward said. "That means even the people who aren't riding bikes have a benefit for build-

ing this infrastructure."

Ames currently has bike paths that connect Iowa State and several of its apartment complexes.

"I like being outside, so that's why I like to bike, but also Ames is small enough that you can bike around easily," said Conrad Brendel, graduate student in agricultural and biosystems engineering and the mountain bike coordinator for the Cycling Club at Iowa State. Several Iowa State students bike to school because of the convenience.

"Across campus, biking is nice," Brendel said.

Because it costs \$400,000 a mile to pave a trail, not every trail in Ames is paved. For cyclists, this isn't a problem, but it can create issues for others.

"Mountain bike gravel roads are fine, but on a road bike, I think I'd prefer paved trails," Brendel said. "The gravel gets all slippery."

Bike paths are located throughout Ames and offer a simple transportation method for people who don't own cars or don't live on CyRide routes.

All bicycles on the Iowa State campus are supposed to be registered. Students who need to register their bikes can do so at the Armory in room 27 or 55.

Privilege walk displays effects of appropriation

By Mika.Brust
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What is privilege? Defined as "a special right, advantage, or immunity granted or available only to a particular person or group of people," privilege can ultimately mean much more than that.

Recently, many colleges and universities have participated in a study called the "privilege walk," which is an exercise that lines students up side-by-side and take steps in relation to their answers to a series of questions related to privilege or disadvantage, including questions about their household, significant other, disability and race.

At the end of the walk, students are then told to look around and see how far up or behind they are compared with others.

At Iowa State, the privilege walk has taken place multiple times around campus.

The Awakening Series, an event that included a discussion and provided a safe space for multicultural students, took place Wednesday through Friday. At one point, participants were encouraged to engage in the privilege walk activity and were able to visually see how privilege affects their peers.

The privilege walk also took place on campus during a Dress and Diversity class.

Kelly Reddy-Best, assistant professor of apparel, events and hospitality management, found an alternative to the walk by asking students to draw 20 lines on a sheet of paper.

She then asked them to draw a pinpoint on the middle line, and from there, she asked a series of questions related to privilege. Students either drew a line up or down in relation to the questions until the end of the activity, when their papers resembled a line graph.

Privilege plays a substantial role in

society, but the term differs for everyone when they think of what it means to them. At Iowa State, privilege is divergent from one person to the next.

Denise Williams-Klotz, assistant director at the Office of Multicultural Student Affairs, defined privilege as "an unearned benefit."

"When we talk about privilege, you can look at individuals, but it's much more meaningful to look at societal systems in our communities and how people exist within those systems," Williams-Klotz said. "It's also important when we talk about privilege to understand that it doesn't happen in a vacuum, that there are many historical components to how we view a given privilege."

Britney Williams, senior in kinesiology and health, said privilege has affected her in positive and negative ways.

"A positive way [privilege has affected me] is that I'm from a middle-class family, and socioeconomically, there's things that I haven't had to worry about that other people [have]," Williams said. "Being on this campus, it's predominantly white, and I think there's a privilege. If I'm going into a classroom, a lot of times I'm the only person of color in the entire classroom. And so I always get this feeling, but my white counterparts aren't experiencing that, because when they go into a classroom, everyone looks like them."

Many times, assumptions are made about people by others who know nothing about them. Often, privilege and race clash, which can end up leading to stereotypes and appropriation.

"My scholarship, for example, people say, 'Oh, you got that because you're black,' not 'Oh, you got that because you worked hard in high school and you had a great ACT score,'" Williams said. "People just automatically assume I got it because of another thing, so privilege, in a negative sense, is just always kind

PRIVILEGE p8



Courtesy of Chuck Grassley's Senate Office and Lt. Gov. Patty Judge's Office

Incumbent Republican Sen. Chuck Grassley is running for his seventh term in the U.S. Senate against Democratic challenger Patty Judge, who is a former Iowa lieutenant governor.

Knowing your local electorate

By Rachel.Ori
@iowastatedaily.com

#CYDECIDES2016

Local elections can often get lost in the whirlwind of a presidential election. But when it comes down to it, local elections directly impact a person's everyday life.

A range of issues currently affect the citizens of Ames and Story County.

Whether it's college affordability, minimum wage or where tax dollars are being spent, the politicians who the people of Ames elect deal with numerous issues.

In 2016, positions in the U.S. Senate, U.S. House of Representatives, and state representatives are all up for re-election.

As you make your way through your ballot on election day you will see two names for each position, outside of the presidential candidates. For each open seat, an incumbent and a challenger is listed.

The incumbent is the politician who has been serving the state or district for the

past term -- two years for a representative and six years for a senator.

It is up to the people of the district to determine if they believe their representative or senator has been using their voice to vote on issues according to the population's best interest.

If the people believe they are not, the politician can be voted out of office and a new politician can be voted in, but if the people believe they are, the same politician can stay in office.

There are no term limits for representatives and senators.

The current U.S. representative for Story County is Republican Steve King. He is up for re-election this year, running against Democrat Kim Weaver.

U.S. representatives focus on making and passing federal laws.

King, a seven-term incumbent, has spent the past

decade representing Story County citizens in Congress. This is Weaver's first time running for an elected office.

One of the two senators for the state of Iowa is Republican Chuck Grassley. Grassley is up for re-election this year, running against Democratic challenger Patty Judge.

U.S. senators write and pass laws, ratify treaties and spend time debating legislation.

Grassley has been a member of the U.S. Senate since 1981, serving a total of six terms. Judge has served as lieutenant governor under Chet Culver and served as the Iowa Secretary of Agriculture for two terms before that.

Rep. Beth Wessel-Kroeschell, a Democrat representing District 45, is currently up for re-election. Wessel-Kroeschell is running against Republican Sondra Childs-Smith and Libertarian Eric Cooper.

All local positions are featured on the same ballot as the national election, with Election Day taking place Nov. 8.



SUDOKU *by the Mepham Group*

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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

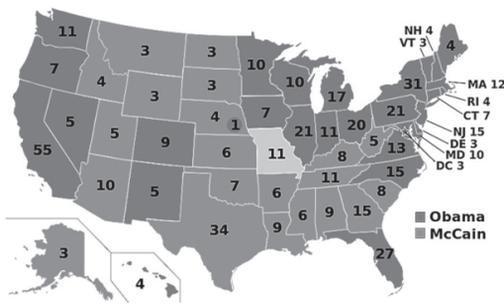
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- ACROSS**
- 1 Common tele-novela theme
 - 5 Travel needs for many
 - 10 Lose, in a Vegas game
 - 14 Amplify, in a way
 - 15 Not available
 - 16 Fit
 - 17 *Media member with a curly tail?
 - 19 Word with barn or storm
 - 20 Sorceress jilted by Jason
 - 21 "Not interested"
 - 23 Seahawks' org.
 - 25 **With 50-Across, travel guide that touts Oranjesta's worst hotels and restaurants?
 - 26 "Time to split!"
 - 30 Ore, setting
 - 31 José __: frozen Mexican food brand
 - 32 Sitar selections
 - 34 Santa __
 - Mountains: coastal California range
 - 38 **Whatever you say, wise goddess!?
 - 42 In-land link?
 - 43 Henie on the ice
 - 44 Grammy-winning "We Are Young" band
 - 45 Cybernotes
- DOWN**
- 1 Digital clock toggle
 - 2 Squishy area
 - 3 Didn't deny
 - 4 Feel offended by
 - 5 Itinerary word
 - 6 India __
 - 7 Fashion designer
 - 8 Anna
 - 8 Buzzing with activity
 - 9 Close securely
 - 10 Run of lousy luck
 - 11 Threat to a WWII destroyer
 - 12 Splash clumsily
 - 13 Clipped
 - 18 Trip to see the big game?
 - 22 Birth announcement abbr.
- 24 Climbing challenge
 - 25 Subject for da Vinci
 - 26 One may go into an empty net
 - 27 Earthenware pot
 - 28 Bluff betrayer
 - 29 Words of disgust
 - 33 Holiday song closer
 - 35 S&L offering for homeowners
 - 36 Word on the Great Seal of the United States
 - 37 Novelist Grey
 - 39 Shower harbinger
 - 40 Cracked open
 - 41 Have words with
 - 46 Dept. head
 - 47 Workout garb
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 - 50 Young wolf
 - 51 One may be going around
 - 52 Ready if required
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 - 58 Multigenerational tale
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 - 63 Tang
 - 64 Smallish batteries, and a hint to how the answers to starred clues are formed

About the Electoral College

By Ellen Bombela
@iowastatedaily.com



The Electoral College map for the 2008 presidential election. Courtesy of Wikimedia Commons

The Electoral College is something that can be confusing to many people.

The fact that a candidate can become president even if they don't win the popular vote can lead voters to believe that their vote doesn't matter. For example, in 2000, Al Gore won the popular vote over George W. Bush, but Bush won the presidency because he received more electoral votes.

So what exactly is the Electoral College and what kind of power do the electors have?

Purpose
The purpose of the Electoral College is to be "a compromise between election of the President by a vote in Congress and the election of the President by a popular vote of qualified citizens," according to the National Archives and Records Administration.

Electors
People are nominated to be electors by the political parties in each state, and then the party's central committee votes on who the electors will be. The

qualifications to be a part of the Electoral College are pretty wide-open; however, members of Congress and anyone who holds a U.S. office can't be electors.

Numbers
The Electoral College consists of 538 electors. Each state's number of electors is based on the number of members in its Congressional delegation, which includes one elector for each member in the House of Representatives and two for the state's senators.

In order to win the presidency, a candidate is required to receive at least 270 out of the 538 electoral votes.

The number of Electoral College votes that each state gets is based on the Census. Based on the 2010 Census, which will be effective for the 2016 and 2020 presidential elections, Iowa has six electoral votes.

California has the most electoral votes with 54, and eight states, including North Dakota and Vermont, have only three electoral votes.

How it works

The electors are awarded to candidates on a winner-take-all basis. The candidates receive all of the votes from a state if they win the popular vote in that state.

For example, if the Republican nominee wins the popular vote in Iowa, that candidate will win all six of Iowa's electoral votes.

Only two states, Maine and Nebraska, don't use the winner-take-all method and instead use the Congressional District Method. In the Congressional District Method, one electoral vote in each congressional district is based on the popular vote in that district. The other two electors are based on the overall state-

popular vote.

The electors traditionally vote for whomever wins the popular vote, but no laws say they have to, so every once in awhile, an elector will vote against who they are encouraged to vote for.

What happens if the electors reach a stalemate?

As mentioned earlier, a candidate must receive at least 270 electoral votes to win the election. If nobody receives the majority, then it is sent to the House of Representatives, where a "contingent election" takes place.

Each state delegation votes for one of the three top contenders for the presidency, and the candidate must receive the majority of votes to win.

CONCUSSIONS p1

who are hired to pay attention to the health of the players, said Kari Sandquist, an athletic trainer at Ames High School.

They have a larger student population, which leads to more funds and a higher budget.

The schools that have a harder time with budgets are the 1A and 2A schools. These schools don't typically have the funds to hire athletic trainers, which means they rely on an honor system that seems to be outdated.

"I think that's tough," Sandquist said. "We can't prevent everything, but with more resources, we can prevent some of the recurring things regarding concussions."

While high schools don't have the resources, many of the Division I collegiate schools have the technology and equipment to create a baseline for each athlete at that particular school.

Once the athlete is diagnosed with a concussion, the athletic trainers and medical staff have the ability to use not only the baseline testing but also other equipment to test their skills to prove their concussion is progressively better or has become worse.

For Sorensen, he didn't go through a protocol for his first concussion in junior high. The staff and coaches only allowed him to do mild activities until he felt better. They didn't have him go through any baseline tests or protocol steps for a week.

Since there wasn't as much supervision over his first concussion, he returned to the field thinking his concussion was in the past. He soon realized that wouldn't be the case.

Sorensen returned two weeks after his first concussion and was excited to be back on the football field for a Friday night game. It was early in the game and, similar to Sorensen's first concussion, there was an open lane for the running back. Sorensen stopped the running back but took a big hit from the tackle that made him feel a little off.

He later returned to the game and was involved in another big tackle near the sideline. Sorensen hit his head on the grass.

He left the game later and realized that was his last tackle not only in middle school but in his football career. Sorensen was diagnosed with his second concussion, and the doctors later told him he would never be allowed to play football again.

High schools don't have the resources to diagnose, monitor and clear a concussion, and colleges can't help high school athletes with their equipment.

The Institute of Medicine and National Research Council used about

100 high schools and 100 colleges and universities around the country to calculate data and procedures on concussions.

They released a report in 2014 that found that 11,200 football players in high school had reported concussions from 2010 to 2012. In colleges and universities, 6,300 concussions were reported between 2009 and 2013.

Mark Coberley, associate athletics director for sports medicine at Iowa State, said Iowa State needs to focus on determining injuries and helping athletes recover from them at the university level.

"It's not the fact that we don't want to help high school athletes, because we do," Coberley said. "It's just the matter of time, unfortunately, and we need to focus our full attention on the athletes at the university."

If the state gives money to schools to hire athletic trainers and purchase more equipment, then taxpayers will be affected. If schools decide to pay

that the Iowa High School Athletic Association (IHSAA) has taken positive steps to making concussions more aware in high schools."

The Iowa House of Representatives and Senate are in the process of looking at bills to improve supervision at high school games. The House and Senate have bills that require the home high school team to provide at least one athletic trainer at the game who is responsible for player injuries.

Knudson hopes another bill that would provide more athletic trainers in Iowa high schools reaches the House or Senate. The bill would require the government to provide funds to Iowa high schools that don't have an athletic trainer for the sole purpose of hiring one for their school. This would improve supervision of concussions and other preventable injuries at practices and games.

Coberley offered an alternative to the bill Knudson proposed. He said it would be great to have an athletic trainer at every high school in Iowa, but there are a limited amount of athletic trainers in the country. The ability to fill up every position in Iowa high schools would be difficult. Instead, Coberley suggests that the smaller schools, like the 1A and 2A district schools, partner with their local hospital to evaluate concussions and other injuries from the local athletes.

Even though Ames High School is a 4A school, Sandquist said it works with McFarland Clinic to not only get approval from Sandquist but also from the doctors at McFarland. She thinks it's a great idea to get a second look at the situation.

"These local hospitals and clinics have the right equipment to officially determine a concussion or some other injury," Sandquist said. "We, the athletic trainers, can use our best judgement from previous experiences to determine certain injuries, but the doctors can be a great option for validation."

Sorensen hopes that more technology comes out in the future to prevent or minimize the symptoms of a concussion. He also hopes more protocol is created for treating a concussion. Unfortunately for Sorensen, he was one of the examples of the dangers of having a concussion in a smaller Iowa high school, but he wants to make sure he's the last one to ever be an example.

"The concussions I've experienced are in the past. They're done and there's no going back to fix them," Sorensen said. "I just don't want what happened to me to ever happen to another player in their lifetime."

"Football is supposed to be fun. Let's go back to that mindset again."

"I JUST DON'T WANT WHAT HAPPENED TO ME TO EVER HAPPEN TO ANOTHER PLAYER IN THEIR LIFETIME. FOOTBALL IS SUPPOSED TO BE FUN."

HOROSCOPES *by Linda Black*

Today's Birthday (11/1/16)

Enliven the party this year. You're on fire with creativity and charisma. Apply it at work to rising demand... raise your rates especially after 12/23. Determine what you want and ask for it. Pursue seemingly-impossible dreams. Build long-term networks. Fun and romance rise to a new level this springtime. Balance work with play for sustainable endurance. Prioritize love.

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

Aries - 8
(March 21-April 19)
Take off from work early if you can. A temporary setback changes plans. Discipline is required. It just takes longer to get there. Don't touch your savings. Stay close to home and uncover a family secret.

Libra - 8
(Sept. 23-Oct. 22)
Family fun doesn't need to get expensive. Cut costs by improvising and making what you need at home. Prioritize fun, delicious tidbits and entertaining conversation. Invent a mysterious back story.

Taurus - 8
(April 20-May 20)
Keep a steady course while cutting expenses. Friends share resources and connections. Grab a great deal, and make do with something you find. Adapt to the purpose you need fulfilled.

Scorpio - 7
(Oct. 23-Nov. 21)
Have the party at your place. Heartfelt communications come easily. You can wait for what you want. Save up, if it's expensive. Talk it over, and come up with homemade solutions. Compromise.

Gemini - 9
(May 21-June 20)
Unleash your artistic creativity. Practice your skills for an epic adventure. Consider a female's differing opinion, and incorporate what works. Do a good job and gain respect. Don't test physical limits.

Sagittarius - 8
(Nov. 22-Dec. 21)
Your creative communications get supercharged. Invent a message and a punchline. Business could interfere with pleasure. Keep loved ones informed. Hold out for the important things.

Cancer - 8
(June 21-July 22)
Challenge old assumptions. Be gracious to a troll. Indulge in a creative fantasy without breaking the bank. Discussion clarifies the essential points. Discuss private matters in private.

Capricorn - 9
(Dec. 22-Jan. 19)
Ensure that the job gets done. Only delegate to trusted partners. There's profitable work requiring your attention. Reward a productive day by spending the evening with friends.

Leo - 9
(July 23-Aug. 22)
Decrease the unknown factors. In a moment of scarcity, listen and learn. It's not a good time to travel. Invite friends to your house. Pile up provisions. Work out practical details. Make it a pot luck.

Aquarius - 9
(Jan. 20-Feb. 18)
Handle professional obligations, and reschedule less urgent calls. Answer the door! Creative juices flow, and a collaboration invigorates. Share resources, and re-purpose stuff you have.

Virgo - 9
(Aug. 23-Sept. 22)
Handle chores and responsibilities before dashing off. Glamorize the invitation. Don't travel or try a new trick... trusted methods and flavors satisfy. Treats at home spark into laughter and mysteries unveiled.

Pisces - 7
(Feb. 19-March 20)
Should you stay or go? Peace and quiet seem so enticing. Postpone travel, and settle into some domestic bliss. Get comfortable in private, and talk it over. Invite someone special to help decide.

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Venezuela's economic blunder

The U.S. can learn from Venezuela's reliance on oil

By Nolan Wright
 @iowastatedaily.com

In the last few weeks, economists have voiced new concerns that Venezuela's economy is steering toward a collapse. Inflation is high, consumer confidence is down and protesters have taken to the streets, blaming Venezuela's government for the economic crisis.

The concerns of the Venezuelan people aren't just worth investigating; they seem to correctly identify a real issue within Venezuela's government. Not only are these issues extreme, but they contrast Venezuela's recent past.

In the early 2000s, Venezuela's government benefitted from two very intertwined fronts.

Its oil production was taking off, thanks to a growing, stabilizing infrastructure.

At the same time that oil production was becoming a viable source of income and entering the world stage of commodities trading, the market took a strong shift toward oil, which greatly benefitted Venezuela's economy.

Venezuela took advantage of the rise in prices, and without any regard toward effective monetary policy, it was able to foster a rentier state, where much of the government's income came from state projects instead of taxes. It was able to keep taxes low and provide disproportionately large

social welfare programs to its citizens, considering the size of the tax base.

Similar systems have been known to work across the globe in nations such as Qatar and Norway.

When the source of wealth for rentier states dries up, countries usually reach a crisis point where they need to find a new way to get revenue without harming citizens through higher taxes.

Even if a country has opportunities to move revenue gathering into other rentier state practices, it still will face difficulty. Economies can become too narrow to adapt easily and may encounter obstacles they aren't ready to face without all of the advantages that accompany a long-standing economic advantage.

This is especially true in the case of Venezuela. During the booming years of oil consumption, Venezuela's government received revenue regardless of its economic policies.

Oil prices were high enough that even though the government severely mismanaged money, revenue steadily increased. Now that oil prices aren't expected to rise soon, and the government doesn't have a sure plan for how revenue will be gathered in the near future, Venezuela is at one of these crisis points.

Eventually, a solution will be discovered to effectively support the nation financially. Before this can happen, the transition will involve a sustained recession, the loss or inadequacy of vital government programs and a prevailing lack of efficacy with the government.

If Venezuela had stopped itself from relying on a single variable for most of the revenue, especially one as unpredictable as oil, this crisis could have been minimized, if not avoided.

This issue is relevant to the United

States in an easy to understand, if not often recognized, way. While the U.S. economy does not closely resemble a rentier state, certain behaviors of the economy can be reflected in how we treat our own powerful, high demand export.

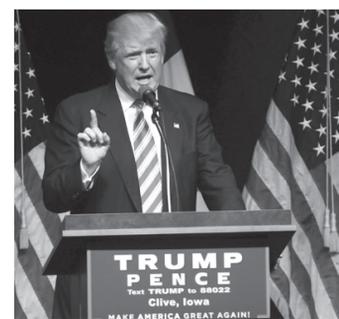
Agricultural exports to China have more than tripled in the past decade. The growth rate of agriculture as a percentage of the GDP has dropped slightly in the last 20 years, by about a half-percentage point. This may seem normal until it is compared to the global rate of agricultural growth, a drop by more than 4 percent to less than half.

The only countries that exhibit such a shift are developing nations with societies drastically different from the United States.

While there is no reasonable chance that an economic crisis in the United States would reflect that of Venezuela's crisis, there are concerns of how the economy would function if agriculture were to falter.

At many points of potential economic stagnation, thriving agriculture has alleviated major consequences. It's important to ask when the economy's successes are due to sources of dependency.

EDITORIAL



Max Goldberg/Iowa State Daily
Voters will decide next Tuesday whether to elect a president or a Halloween character, Donald Trump, to lead the nation.

Trump was Halloween's No. 1 scare

Halloween has come to a close. The costumes have been put back in the closet, the candy is ready to be eaten and the hangovers are just starting to wear off.

But what was the scariest part of this Halloween? Killer clowns? Costumes? The abundance of children loaded with sugar?

Sadly, what people should be afraid of this time of year aren't the well-fabricated costumes worn for fun nor the children coming to ring our doorbell.

Instead, we need to watch out for a character not wearing a costume.

A character who has divided not only those in his party but the country as a whole.

Is it hard to figure out that we are describing the presidential candidate Donald Trump? It shouldn't be.

Though Trump is one of the two real choices for president of the United States, he has proven to be a divisive figure who is unable to comprehend the ideals of democracy and who is completely unqualified to be president.

He started his presidential campaign by insulting Mexicans. Then he went on to insult American heroes: veterans. He proposed a ban on Muslims entering the United States.

Multiple women have come forward accusing Trump of sexual assault following the release of the 2005 tape in which he bragged about doing exactly what he's accused of.

But what is more disturbing than all of that, at least in terms of his understanding of the democratic process, are Trump's accusations that the election is rigged against him, as well as comments that he may not concede the race after the election.

Never mind the fact that Trump, a political outsider, was able to steal the nomination away from some of the most established figures in the Republican Party. Or the fact that Trump has managed to isolate minorities, women, those who support veterans and anyone who has respect for the disabled.

Because he is losing, the election must be rigged.

But those accusations didn't last long. A few days after accusing the system of being against him, the FBI announced it will further investigate the emails of Democratic nominee Hillary Clinton, and Trump immediately changed his mind. On Friday, Trump said during a campaign event in New Hampshire, "It [the system] might not be as rigged as I thought."

Moreover, the Republican nominee has refused to announce that he will accept the results of the election. By doing so, Trump is undermining the democracy and the principles on which this country was founded. Such a statement is dangerous enough to legitimately scare all Americans, considering Trump's unpredictable behavior and its effect on his supporters.

As we are only one week away from deciding the president for the next four years, it is in your hands. You will choose whether to elect a president or a Halloween character to run the government and lead the nation.

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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.

LETTER TO THE EDITOR

ISD Editorial Board wrong about diversity

By Scott Peck
 Class of 1998

The critical thought process must be eroding at Iowa State if the ideas of this editorial are to be believed. It seems that the ISD Editorial Board believes that perhaps Caucasians should be a minority because of their racist actions throughout history.

Students must understand the world if they seek to criticize. There is not a location on Earth that is free of the ideas that Americans often perceive as racism. In Peru, people of all colors often refer to Afro-Peruvians as Sambo. These people are not indignant about the term and use it frequently themselves.

It is not uncommon in Mexico to hear your Mexican friends and family to refer to you as Guero and even the classical pejorative, "Gringo." Rarely are

there major problems concerning this.

The American issue rises from the hypersensitivity that has risen in the last 20 years. As a result of this hypersensitivity, we work so hard to try and right the wrongs of the past and focus on perceived racism.

We now have safe places, where reverse racist tendencies and philosophies can be rendered and pushed into the public consciousness.

The ability to bandy the word racist at any one of the traditionally dominant race and the subsequent power this often draws from that individual makes me fairly certain that minority groups taking over the majority and wielding all of the power of a majority would revert to the mindset of all majority populations around the world.

I find it funny that when most people consider the idea of di-

versity and inclusion, it is always focused on the concerns and social issues of racial minorities and gender groups.

These groups do not consider the very real cultural differences that are disruptive or problematic for an organization. Instead, they focus on how if you don't ignore these and only identify the benefits of diversity then you are a bigot.

The basis of the political correctness that rises out of these social phenomena is to control thought. I fear that the current generation has been completely handicapped with this crippling concept. For example, you should be able to say that for the most part, Matzo is a food eaten by Jews. That isn't wrong.

If you say women are less inclined toward math and science careers, you aren't sexist to say that is true. If you want to say that African-American commu-

nities often are lax with the verb form "to be," don't be ashamed. Don't believe me? Google Samuel L. Jackson's complaint about Barack Obama doing just that.

The idea of racism is unfortunate; overt racism should never happen, but the idea of latent racism will never die.

That is an issue of human nature. Good luck trying to get people to stop fearing what they are unfamiliar with. Students and the new Tyrannical Cult of Diversity must better understand all of the stakeholders that they are seeking to understand, even the deplorable, majority communities.

It is not OK to shout racism to end debate, then declare victory. If you want respect and openness of thought, you must be open in your thoughts as well. The concerns and derision from the majority community are as valid as yours.

Netten closes in on scoring record

By Luke Manderfeld
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Kicker Cole Netten admits he went through a rough patch last season.

After going 11-for-14 in the 2014 season, Netten struggled to find his stride right out of the gate in 2015. He missed his first two field goal attempts in the season opener against Northern Iowa.

The next week, against Toledo, he missed the game winner. Iowa State lost in overtime.

Former coach Paul Rhoads decided to pull Netten from the kickoff midway through the season, putting current placekicker Chris Francis in his place so Netten could focus solely on field goals.

Those missed kicks spun Netten into a dismal slide that continued for the majority of the first half of the season. Looking back on it now, he realizes it was for the better. It allowed him to hone his craft.

"It was a rough patch for sure," Netten said Monday. "As bad as it may sound, it helped me a lot kicking-wise. I've looked at it more serious and I worked hard after that. I really focused on the details and what needed to be done. Kicking is a game of inches, and I took a lot of time and tried to perfect my craft. From there, I gained a lot of confidence."

Gain confidence he did. Dating back to last season, Netten has made 16 of his last 17 field goals. Before missing a field goal at Texas on Oct. 15, Netten converted on 15 straight attempts, which was the third-best active streak in the FBS at the time.

And now, just a year after his worst collegiate season, Netten is three points away from Iowa State's all-time scoring record, which is currently owned by Jeff Shudak, a kicker for the Cyclones in the mid-1980s.

"I don't really think about it," Netten said. "I think what's gotten me there is focusing one kick at a time and focusing on the next kick. [I have] a lot of people in my career to help me succeed."

Netten, a redshirt senior, has been sending balls through the uprights at Ankeny High School since he was 14 years old. Quarterback



Emily Blobaum/Iowa State Daily
Iowa State kicker Cole Netten celebrates with his teammates after making a field goal against San Jose State on Sept. 24 at Jack Trice Stadium. Netten is three points shy of the Iowa State all-time scoring record with four games left in the season. After a rough patch early in the 2015 season, Netten found his stride and has hit 15 of his last 17 field goal tries dating back to last season.

Joel Lanning, who played with Netten in high school, has seen Netten's boot do its magic since that time.

"He's just confident in what he does," Lanning said. "He was kicking the ball very well then. You knew he was going to be a good kicker then. ... He just stays confident in what he does and focuses on it. He's going to be the all-time leading scorer here for a reason. It's well deserved."

While he approaches the record, Netten reflected on the number of kicks he's taken in his career. He estimated that it's in the 10s of thousands.

While he was going through his funk, he leaned on that experience to get back into his groove.

As his collegiate career winds down, Netten will likely have options. His track record at Iowa State is impressive, but so is his academic record. He was named to the Academic All-Big 12 First Team in 2015 and the Academic All-Big 12 Second Team in 2014.

Although he is probably set for

a career in the workforce after college, if the opportunity for a life in the NFL presented itself, Netten wouldn't pass it up.

"If the opportunity is there, I could possibly take a chance at it," Netten said. "If it's not, it's not something that is going to heartbreak me, that's for sure. But if it's there, I'll probably take it."

But four games still remain in the season and Netten's collegiate career.

Throughout the up-and-down career as a kicker, Netten hopes fans remember him for one thing: the sole purpose of his job.

"For just putting the ball through the uprights," Netten said.

Mike Warren injury

Iowa State running back Mike Warren left Saturday's game against Kansas State with an injured ankle.

Even though the Cyclones face a short week with a game against Oklahoma on Thursday, coach Matt Campbell expects Warren to be ready to go.

"I think he's good," Campbell said. "He was at least running around yesterday."

Campbell said he expects Warren to practice Tuesday. "It sounds like he'll be ready to go," Campbell said.

Iowa State all-time scoring list

- 1.) Jeff Shudak (1987-90) - 266 points
- 2.) Cole Netten (2012-Current) - 263 points
- 3.) Troy Davis (1994-96) - 228 points
- 3.) Dexter Green (1975-78) - 228 points
- 4.) Jamie Kohl (1995-98) - 217 points
- 5.) Bret Culbertson (2004-07) - 214 points
- 5.) Alex Giffords (1979-82) - 214 points



Lindsay Johnson/Iowa State Daily
Ruben Sondjaja finished second at the Bridgestone Golf Collegiate.

Cyclones take 2nd in tourney

By Ivan Vega
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After entering the final day in third place, the Iowa State men's golf team rallied in impressive fashion on Sunday at the Bridgestone Golf Collegiate, taking second overall with a score of 838 (287, 272, 279).

But despite the strong day, the Cyclones fell four strokes short of Duke, which won the tournament.

After leading the field on Sunday, senior Ruben Sondjaja ended the day second overall in the tournament.

He finished with a 205 score (70, 66, 69), just one stroke shy of Georgia State's Nick Budd (204).

Tripp Kinney finished tied for 16th place with a score of 211 (70, 68, 73). He has now placed inside the top 20 in three out of four competitions this season. The freshman finished the day with four birdies, but struggled to stay on par on the later holes.

Both Denzel Ieremia (74, 67, 72) and Nick Voke (76, 72, 65) tied for 23rd. Voke, who is back from competing at the U.S. Amateurs, finished round three with a low score of 65.

Ieremia, who finished in first last week, ended the competition at par on the day.

The Cyclones beat three teams ranked in Golfstat's top 40, including Northwestern, Liberty and Purdue.

This marks the end of the fall season for the Cyclones.

They will return to action on Jan. 23 at the Arizona Intercollegiate.

Freshman nets Big 12 award

By Rich Stevens
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Iowa State soccer's Hannah Cade was named to the All-Big 12 Freshman team Monday. She's the sixth Cyclone to earn the honor and the first since Emily Goldstein in 2010.

Cade started 15 of the team's 18 games this season and saw minutes in the other three.

She spent most of her time playing midfield, but saw some time at the forward position as well.

The speedy midfielder was second on the team with three goals — two game winners in conference — and an assist. She was twice named the Big 12 Freshman of the Week.

She helped lead the Cyclones to their first trip to the Big 12 Tournament since 2013.



Lyn Keren/Iowa State Daily
Freshman Hannah Cade protects the ball from a TCU player on Oct. 7 at the Cyclone Sports Complex. Cade was named to the All-Big 12 Freshman team Monday.

Fishing Club reels in national invite for spring 2017

By Gina Correntano
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Before the Iowa State Fishing Club can compete in this year's national fishing tournament, it'll already know whether to prepare for next year's tournament.

This is especially the case for partners Patrick Morrison and Dylan Rague, who are both members of the club.

The duo will compete in the 2016 nationals tournament this spring in Alabama.

The way teams qualify for nationals is one factor that makes the sport so unique. The national championship does not immediately follow the season in which teams qualify for it.

"[For] the national championship, you qualify for the year before and it's hosted in the spring of the following year," said Morrison, junior in agricultural business and president of the club.

In April 2016, the pair qualified for the 2016 nationals tournament by placing ninth out of 113 boats at Table Rock Lake in southern Missouri. The Iowa State Fishing Club teams fish under the Fishing League

Worldwide.

"There are five different conferences or regions across the United States for the [Fishing League Worldwide] college circuit, so there will be one National Open tournament that everyone can go to and then each region has three of their regional tournaments," said Rague, junior in agricultural studies and treasurer of the club. "So in order to qualify for the national tournament, you have to [place] in the top 10 in any one of those tournaments, whether it's the open or those three regionals."

Preparing for national tournaments as a fishing team isn't as predictable as preparing for a national tournament as a football team or a soccer team.

Each national tournament takes place at a different lake, in a different state, and even though it is all during the same spring season, there are different seasonal conditions depending on where the team goes.

"There's lots of preparation that goes into every tournament, whether it be looking at maps or looking at videos of tournaments in the past," Morrison said. "It's

also] looking at different fishing reports and looking at what the water temps are or at what the fish are doing. It's not just showing up and picking a random bank."

The preparation has begun and won't stop until the very end when the boats hit the water to start the tournament.

Besides preparing a game plan, the teams also have to figure out how to cover the trip. In tournaments, teams are expected to pay for their own transportation, lodging, food and equipment.

So throughout the year, much like other club sports, the Iowa State Fishing Club fundraises by working at concessions during home football, basketball and volleyball games.

It also fundraises through local fishing tournaments that it hosts, and club fees.

"We usually use [what we raise] for gas, and then we'll usually pay for our own lodging and food," Rague said. "It takes a lot when you run four or five trucks to a tournament and then have four boats going for three days."

Financially, this also affects who can participate for the club in local tourna-

ments and other tournaments that aren't regional or national.

Teams are decided based on who has a boat and who has equipment. In the case of Morrison and Rague, Morrison provides the boat for them to fish on.

Even though most of the equipment and finances are spent out of pocket, the fisherman haven't been deterred from doing what they enjoy.

"I grew up, ever since I can remember, watching college bass fishing and thinking that would be the coolest thing ever to do," Rague said. "I actually emailed the president [of the Iowa State Fishing Club] when I was a junior of high school, so I was coming to Iowa State with the intention of joining the club."

Morrison shared a similar story, "but not as aggressive," he joked.

"Coming into Iowa State, fishing was definitely something I enjoyed doing, and I definitely wanted to get involved with the college fishing," he said. "I found them on Facebook, met with them at ClubFest and went to the first meeting and jumped in from there."



Courtesy of the Fishing Club
The Iowa State Fishing Club, led by Patrick Morrison and Dylan Rague, earned an invitation to the 2016 national tournament this upcoming spring.

A shoulder to lean on: Chef Oppedal from Pi Beta Phi

By Abby Patterson
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Editor's note: Abby Patterson is a member of the Pi Beta Phi sorority.

The inside of each sorority house runs smoothly thanks to three people: the house director, who enforces the rules, the house keeper, who keeps the house in order, and the chef.

Linda Oppedal, the house chef of Pi Beta Phi, is not only the chef but a second mom to many of the women in the sorority.

Oppedal said she is always there as a shoulder to lean on, but cooking for a sorority wasn't her career plan. She had many careers before becoming a chef for Pi Beta Phi, from a nurse to a preschool teacher to a business owner. She even opened up her own flower shop.

"I am very lucky that I could change up my career," she said. "No one gets to switch around like that."

Her love for cooking has followed her throughout each career. It began when she catered the open house of a medical office where she worked as a nurse. This led to more opportunities for her cooking throughout the community as others started requesting her services.

What started as a fun hobby slowly started to turn into a part-time job.

When Oppedal moved to Iowa, she opened a flower shop. She worked multiple weddings and provided her catering services to her clients. Oppedal had just left a restaurant called The Lunch Box when a friend working in the greek community as a chef told her about an open position.

Chef Oppedal said she loves working for the sorority because the women keep her young and her cooking talents are able to flourish.

"The girls in general are great — lots of laughs," Oppedal said. "I am a great listener, and a lot of girls just want to come back to chat and have some coffee."



Max Goldberg/Iowa State Daily
Pi Beta Phi chef Linda Oppedal checks on some asparagus before dinner on Oct. 24 in the Pi Beta Phi kitchen. "She's such a nice person and she's like a mom in the house," Abby Fridgen, sophomore in management information systems, said about Oppedal.

Oppedal is appreciated in the house for her availability to talk with the women.

"She makes you feel at home," said Natalie Worrall, sophomore in marketing. "She is extremely easy to talk to and is a ton of fun."

Many of the women, including Abby Fridgen, sophomore in management information systems, consider Oppedal as their go-to when they need someone to talk to.

"She's such a nice person and she's like a mom in the house," Fridgen said. "I can talk to her about anything."

Oppedal's favorite part about working specifically in a sorority is preparing for all of the philanthropy events that are hosted each semester. For Pi Beta Phi, these events include Sugar Rush in the fall and Pi Phi Taco Time in the spring.

"[There are] lots of events that go on, and I get to work with the girls that are in charge of that," Oppedal said. "I worked in event

planning, and I can help guide them from my previous background."

Working in the house, Oppedal is challenged every day. Every Monday night, Oppedal prepares dinner for all 160 women in the house.

"Coming up with so many different chicken dishes [makes the job a challenge]," she said. "Pi Phi's love chicken."

Oppedal keeps the women on their toes with her unique recipes. Meals that are unique to the house are her caprese chicken, her chicken salad and her famous Pi Phi dessert. The dessert is always served on a special occasion.

"A lot of times, I ask the girls what they want," Oppedal said. "I have been here for four years so now I know what the girls really love."

A special cookbook is even in the works by Oppedal and Abby Farniok, senior in management information systems, that all of

the women will have access to and can be passed down through generations of Pi Beta Phi.

Oppedal has gained a lot of special memories throughout her time in the sorority house, from baking with the women to sledding parties at her own home.

"I can meet moms and dads who come and thank me for being the girls' mom when they can't be there," she said. "Even a waiter's mom one time came out of the way to come meet me and thank me for watching out for her son."

Oppedal stays in touch with a lot of the women who have graduated over the years. Her favorite part about the job is getting to be there for the women who need it and watch them grow into independent young women.

"That's the growth I love to see in the girls — you just have to listen and they will end up figuring it out on their own," Oppedal said.

Use a chair to tone your legs

By Amanda Wymore
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Are you sick of looking at black and white textbooks and not getting the time to do anything else? Just because you are sitting at a desk does not mean you can't exercise. Grab your desk chair because it is time to squeeze in a workout.

Before you begin, be sure your chair is sturdy and won't move. If unsure, prop it against a wall.

Pike Press: 20 reps
Hold your hands on either side of the seat of the chair while standing on your tiptoes.

While facing the chair, push into the chair as if you are doing a push-up, then bring your body to a 90-degree angle while remaining on your tiptoes.

Remember to keep your core muscles tucked in as far as possible, and be mindful of your back. This also will help stretch your legs before continuing the rest of the workout.

Curtsey: 10 reps each leg
Facing away from the chair and holding your hands on the seat, bring your knees to a 90-degree angle as if you are doing a squat. Feed one leg under the other to create a curtsey motion. Alternate with each leg for the full set.

Crisscross: 10 reps each leg
To work your inner thighs and obliques, place your hands on the seat of the chair in a push-up position. Cross one leg over the other, bringing your foot toward the chair. Challenge yourself by bringing each foot over as far as possible while keeping your back straight and core muscles tight.

Fire Hydrant: 10 reps each leg
Put your hands on the seat of the chair and stand about a foot away from the base of the chair. Raise one leg out to the side to create a 90-degree angle. Make sure the supporting leg has a slightly bent knee and make sure your back does not curve. Do 10 reps per leg.

Repeat this circuit once more to sculpt your thighs and get shapely legs.

As always, don't forget to drink plenty of water and stretch to prevent extra soreness.



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What's that drink?

By Lesa Wicks
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Eleven cafés are located throughout campus, most with very similar menus. One of the items that was created for this year is called a "shake up."

The shake ups were inspired by craft sodas and originally were designed to get away from "super sweet drinks, like Starbucks, and give a different offering using fruit juices other than high-end sweeteners," said Nolan Green, chef de cuisine for Campus Dining Services.

The two flavors of shake ups are lemon and mango.

They are made with a freshly-squeezed lemon product, agave syrup as a sweetener and seltzer water. The ingredients are put in a shaker bottle and shaken to create the finished product.



Maggie Curry/Iowa State Daily
The eleven cafés located throughout the Iowa State campus are offering lemon and mango shake ups this year.

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CHALK p1

blatantly white supremacist posters being hung up on campus," Mathes said.

Mathes was particularly troubled with what he feels is the unbiased language used by President Steven Leath in his response to the posters.

The line that Mathes particularly found the most troubling in Leath's email sent to university faculty, staff and students was "These posters also depict historical references or messages that could evoke feelings of bias or racism."

"They were clearly white supremacist posters," Mathes said.

In addition to being angry at the language, Mathes and others he spoke to also felt the university handled the situation too passively. He and others believe the university should have taken a tougher stance on the poster hangers.

Mathes encourages anyone to attend the ISU Young Democratic Socialists' weekly meetings, or to join the group as it continues to encourage diversity on campus.

SKETCH p1

organization.

He's been involved with Sketch for a little more than two years and said he has seen a steady increase in both the number of members and story submissions.

"I would attribute the growth to us adopting new advertising techniques to try and reach a wider array of students than in previous years," Eldridge said. "One of our goals is to continue finding new ways to connect with young authors and any other students who wish to participate."

Eldridge encourages students to write about whatever inspires them and said that the enjoyment of literature and art should not be limited to those who major in it.

"This also applies to those considering working on the boards," Eldridge said. "Serving on one of our boards will allow you to work on your analysis and communication skills as you help us select pieces for publication."

Sketch meets in the basement of Curtiss Hall at 5:30 p.m. every other Thursday.

ELECTION p3

are un-American, but Islam was in the United States before some Christian religions.

Senior lecturer Christopher Chase said that the stereotype that all Muslims in America are foreigners and the assumption that Islam is only in the Middle East are completely wrong. Chase suggested that one-third of Muslims identify as Middle Eastern or North African, another one-third are African-American and the final third are South Asian.

GPSS p1

She also said that the Title IX training has been found to be "tedious."

Hudson continued by saying that her goal is to create a campus-wide program that is more engaging and interactive for students.

"I'm not about changing minds, but I'm about changing the environment to where people know they can't commit these crimes and to make a safer climate for people," Hudson said.

Hudson asked that any students, both gradu-

ate and undergraduate, should contact the Dean of Students Office if they feel like any areas of sexual misconduct training and awareness need more emphasis at Iowa State.

After scheduled reports by the GPSS's executive council, the Senate unanimously consented to passing Senate Bill F16-05, which increased allocations of funds by more than \$5,000 to numerous graduate programs for the next month.

A full agenda for Monday's meeting can be found on the GPSS website.

PRIVILEGE p3

of being othered and being discriminated against for something that I can't control."

Williams-Klotz has experienced similar tribulations. Although she's a hard-working woman in a high position at a university, she still encounters speculation.

"Where we see privilege sometimes play out is the assumptions people make about you and how that relates to what you are able to do," Williams-Klotz said. "For me, somebody assuming

support for small businesses, which many own.

The Muslim community has gravitated toward the Democratic Party since 2004. Chase suggested that Hillary Clinton's approach to the Muslim community would probably be similar to President Barack Obama's. Clinton has also spoken out against the adverse remarks Republicans have made toward Muslims.

Chase illustrated a reason why Muslims changed: "The Democratic Party wasn't demonizing them."

that a woman in a position of power can't make an effective decision, can't influence policy, can't do her job correctly, that's where we see things play out in a larger scale."

At the end of the day, the most influential thing a person with privilege can do is to speak up rather than remain silent.

"If you're not speaking up in these spaces where you have privilege, then what's the point? It's really about educating people, and the person that's oppressed shouldn't always have to be the one educating," Williams said.

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