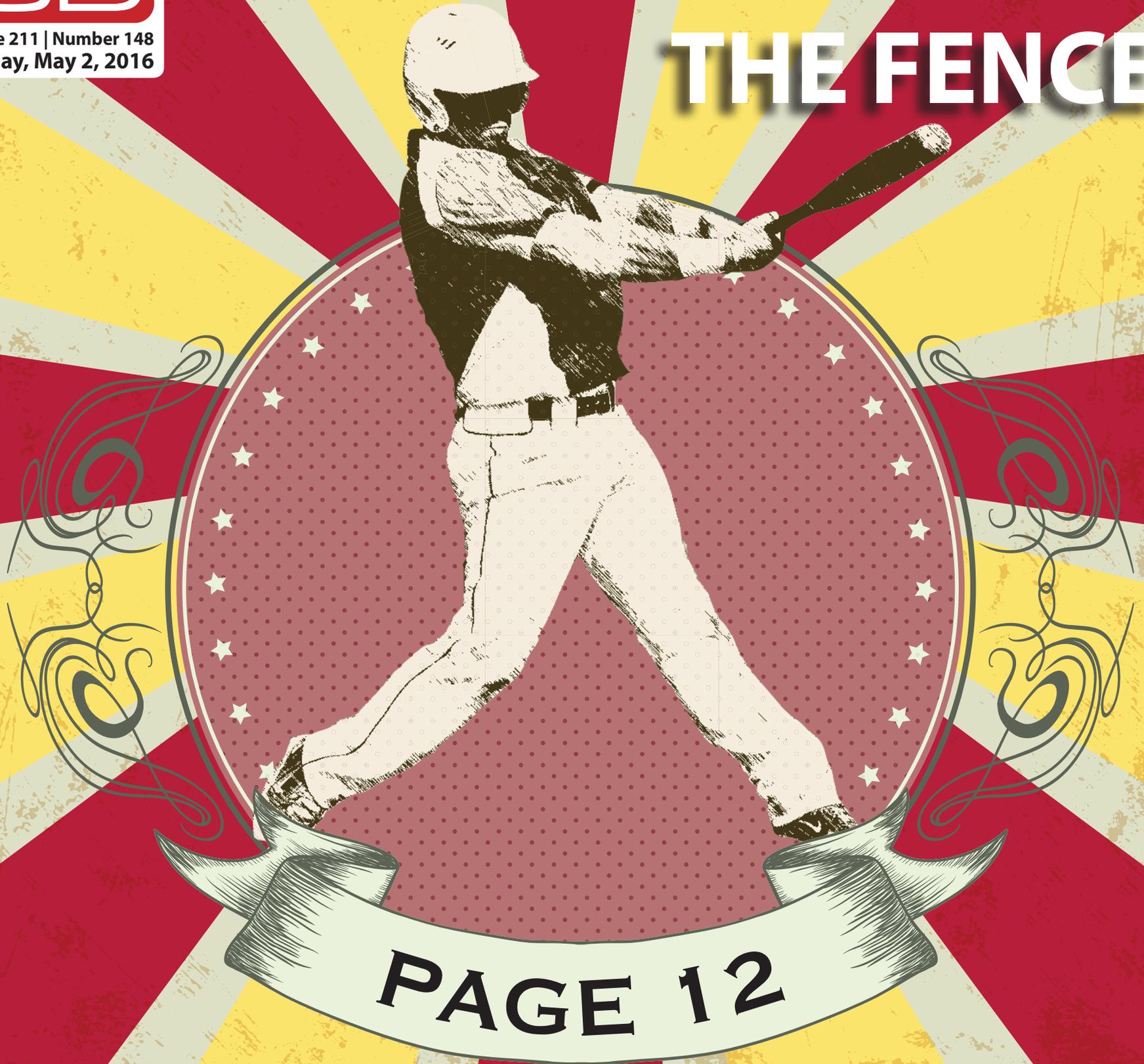




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Monday, May 2, 2016

# SWINGING FOR THE FENCES



**PAGE 12**



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FEES AND AMENITIES SUBJECT TO  
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# Changing technology creates new cyber opportunities

By Jake Dalbey  
@iowastatedaily.com

The term “hacker” may have negative connotations for many people around the world, but in today’s ever-changing society, hackers may be the internet’s equivalent of police officers.

Benefitting from a world dominated by smart devices—interconnected data systems and precious files stored on flash drives smaller than a cracker—the field of information assurance has grown in both popularity and overall importance.

Though not a new concept to the ISU campus, the Information Assurance Master’s degree is gaining a healthy following of graduate students interested in defending computer systems and becoming proficient attackers.

Information assurance or cyber security is the practice of protecting data and computer systems for companies or businesses, while also understanding how to retrieve information from locked databases. Beginning with simple elective classes in 1995, the first master’s course was created in 2000 with just a handful of course available for students.

The amount of course content has nearly doubled, paving the way for new classes that have evolved with technology, creating a program that is always on the verge of change.

“A couple of the new courses that have been developed in the last few years speak to what people call ‘the internet of things,’ such as your furnace or refrigerator being connected to the internet and how to protect

something that can’t protect itself,” said Doug Jacobson, professor of electrical and computer engineering and chair member of the Information Assurance Center.

“Another important idea is that of grids such as power and water being controlled by computers, an attack just occurred in the Ukraine where a cyber attack took out their entire power grid,” Jacobson said. “So we now have an entire course on what is known as cyber physical security.”

Emerging ideas and discussion that wasn’t able to take place 10 years ago have led to courses developing and being introduced at Iowa State to deal with newer threats.

“You’re seeing these newer courses coming along to deal with emerging threats and issues, but the core curriculum is still there such as network security and information warfare,” Jacobson said. “It’s just the material that is always being updated.”

Taking roughly two years to complete, the course requires a total of 30 credit hours with an extra six cred-

its worth of research. Given the nature of the program, much of the lab and class work focuses on hands on experiences that include cyber competitions or projects.

systems.

Keane O’Kelley, junior in computer engineering, president of the Information Assurance

like IT administrators for a company and are tasked with securing system.

“However, they are horribly insecure with many bugs security flaws,” O’Kelley said. “Their job is to find all these bugs over three to four weeks, then on competition day we bring in professional hackers from Boeing, Union Pacific, etc. and they come in and try to hack into what students create.”

Serving as a learning tool for students, learning to create a defensive strategy for a system is an important aspect of the competition, but for some, the real joy comes from attacking and retrieving data.

“I’d say I probably like red team [attackers] more. it’s like what’s more fun building: a castle brick by brick or knocking it all down with a rocket launcher,” said Alec Poczatek, information assurance master’s graduate student.

The difficulty for those who develop defensive options for individuals and companies is the ever-evolving landscape of information assurance. As technology become more advanced, techniques change and popular methods of data extrac-

tion can become obsolete.

This creates, as information assurance master’s graduate student Eric Eng claims, a constant battle among developers for control over security.

“If you look at the world of information assurance as a whole, it’s practically an arms race,” Eng said. “Someone develops something to defeat a defensive practice so then we have to produce another practice that’s able to defeat what’s been created.”

An example of a newly created malicious software can be seen in the jigsaw ransomware virus, a program designed to extract money from a user in a style similar to that found in the film franchise “Saw.”

“A person came out with this cryptography, cryptolocker Jigsaw that locks down your computer and says ‘let’s play a game.’ If you don’t pay, the person a certain amount of money they will begin deleting thousands of files every hour until nothing is left on your computer,” said Joe Wilson, graduate student in information assurance.

Despite the large amount of potential dangers for unsuspecting web users, much like the before mentioned arms race, it doesn’t take long for programs like jigsaw to be cracked and destroyed.

“However, 24 hours after that [the arrival of jigsaw] someone managed to break the Jigsaw key distribution and publish their keys online, so someone gets hacked and then not too long after that they themselves are hacked back,” Wilson said.



The ISEAGE Cyber Defense competition is one of the bigger events within the information assurance program, tasking students with attacking and defending various computer

ance Student Group and member of the ISEAGE lab, said students form a blue team, who are

**HACK p3**

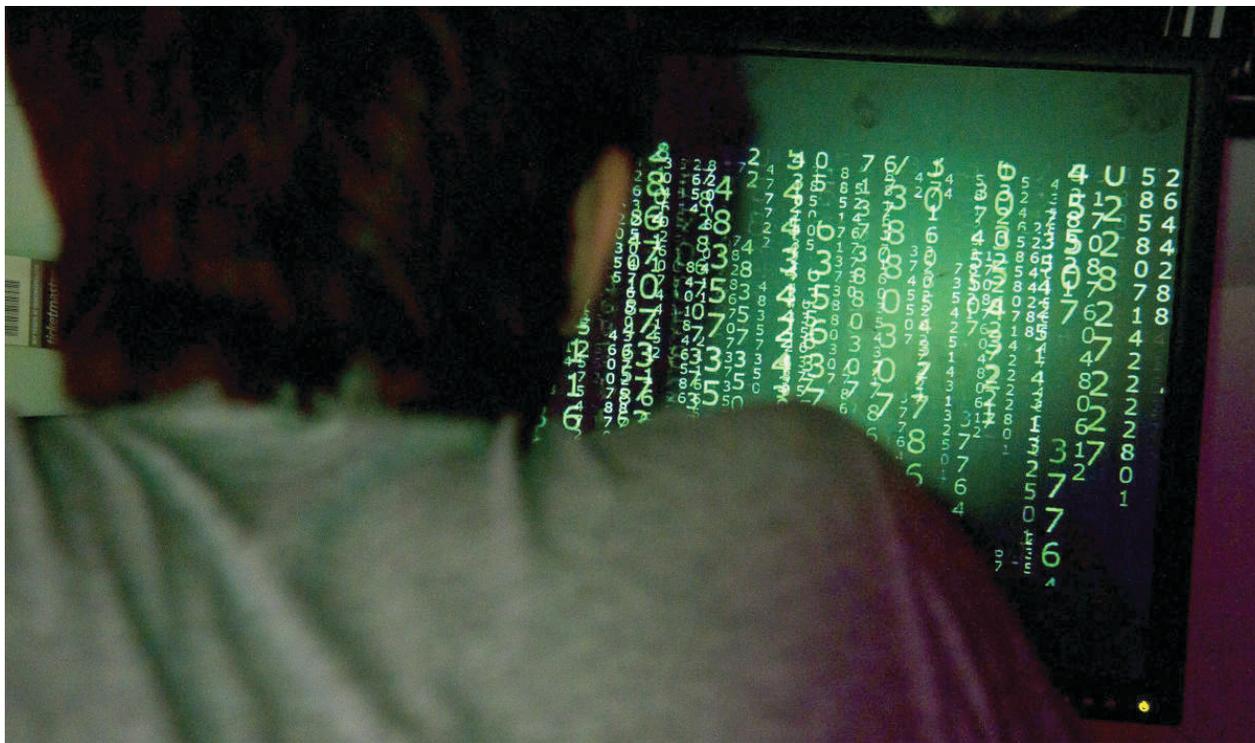
This vicious cycle of creating malicious content and then creating defensive measures to deal with the new viruses raises ethical questions of whether teaching students how to hack computer systems is truly a beneficial system.

“Before 9/11, the pilots who conducted the attacks were later known to have been training to fly in America. Though we know now at the time we were not able to detect this suspicious activity,” said Patrick Clancy, a student in the Information Assurance Masters program. “We can’t blame the teach-

ers who taught those men how to fly as they had no way to know what they were doing or any way to prevent what happened, it was their job. In the same manner, you can’t blame Doug Jacobson for teaching a 534 class to a student who ends up using what he knows for bad purposes.”

Instilling a sense of ethical responsibility when dealing with computer systems is an integral part of the master’s program, as gaining classified or personal information from a person is all too easy for a trained hacker.

“There’s been a paradigm

**HACK p5**

Max Goldberg/Iowa State Daily

Iowa State is using the powers of evil for good through a new course that trains students on how to use or control computer hacking.

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The storm water discharge will be from the Demolition of Industrial Education II Building and new construction of Advanced Teaching Research Building on the Iowa State University Central Campus, Ames, Iowa, 50011, located in NE 1/4 Section 4, T83N, R24W, Story County.

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Comments may be submitted to the Storm Water Discharge Coordinator, Iowa Department of Natural Resources, Environmental Protection Division, 502 E. 9th Street, Des Moines, IA 50319-0034. The public may review the Notice of Intent from 8 a.m. to 4:30 p.m., Monday through Friday, at the above address after it has been received by the Department.

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**HACK p4**

shift over the years in the security world where it used to be companies working to keep everyone out and not letting a single person in, but the lesson that's been learned is that it's virtually impossible," Clancy said. "People that know what they are doing are going to find a way in and get into at least the outer structure of your network. So now people are saying that the focus should now be locking down and protecting the most important assets to a company/business."

Clancy sees those who wish to embark in the master's program as people wanting to make positive change in the world.

"Is there a guarantee that those who come out of the class won't use their learn in the class for malicious purposes?" Clancy said. "Of

course there isn't, but the hope is that those who go through the program and in it for the right reasons, wanting to help protect companies or government agencies."

Having over 20 years of experience in the working world of software development and managing software employees, Clancy began to change his path toward information assurance as a way to become more hands-on with software and see his work help those who need it. This starts with an internship for a major intelligence agency under the department of defense in Washington.

"I really didn't feel fulfilled with what I was doing ... though I can't say what I will be currently working on in the future as it is classified I can for sure say that it will make a difference for people and that's what I was

looking for [in a career]," Clancy said. "Technically I was helping in my last job, creating software for managing medical records for those with disabilities, but I felt like a glorified babysitter just managing people. I wanted to get my hands back into actually working on a project."

As part of this ethical training, students within the program must complete an ethics training course in the form of a class. INFAS 534, legal and ethical issues in information assurance, teaches students important state and legal codes for data intrusion as well as the issue of privacy vs. protection in today's society.

As student interest continues to grow, Jacobson sees no stop to the building momentum behind the program.

"It's always growing and we are always looking to-

wards adding new classes, the newest thing we've added is a minor in cyber security," Jacobson said. "Now a lot of our undergraduates in computer engineering are taking our graduate classes because they now have those opportunities as an undergrad."

Being the only university in Iowa to receive the NSA accredited centers of academic excellence, students have the opportunity to work with many institutions and businesses as well as other colleges across the nation on cyber security projects.

"Some of the intelligence organizations have specific problems, but don't have the manpower to solve every problem at once so they have this program called ENSURE where they authorize schools to be good in areas like cryptology for example," Poczatek said.

The graduate team is working with other accredited universities such as Houston University, Austin University, John Hopkins University and Purdue, which, along with Iowa State, is credited with having one of the first cyber security programs in the country.

"The program will bring in employees from places like the NSA or the FBI and we skype them once a week where they will give us projects, you're literally working with them," Poczatek said.

The team worked last semester the team worked on quantum resistant algorithms to quantum resistant cryptography. Due to upcoming quantum computers encoding data on qubits instead of binary digits (bits), they are able to break current encryption methods much quicker than usual. The idea was to create a new encryption that could beat

quantum computing, using just a laptop.

As more classes become standard to online portals versus an in-class variation, the focus of the degree is becoming more popular with those who are choosing to come back to school either on a new career path or to further their education.

"A lot of time people get information technology or MIS degrees, and then while they are out on the job they'll go and get the master's degree," Poczatek said. "Many sub security jobs require you to have certifications or maintain a certain amount of education hours, meaning you actually have to go to class because cyber security changes so often."

Currently, between 50 and 60 graduates are in the online component of the Information Assurance program, among many who are currently occupying a job.

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# Abstinence-only education harms youth

## Sex education is necessary to keep students safe

By Michael Heckle  
@iowastatedaily.com

The goal of education should be, obviously, to educate students in the most effective and accurate manner possible.

The subsidized education that our government provides us has been invaluable in creating a better educated populous. However, our government has failed our children in one of the most fundamental and vital subjects: sex education. The opportunity to learn accurately and objectively about human sexuality should be a right given to students through our education system.

Furthermore, the lessons in sex ed should transcend ideological objections to give our students the information they need and deserve. Because of this, the presence of abstinence-only education in our public school system is an insult to the quality of our education and presents a danger to America's youth.

For those fortunate enough to be unfamiliar with the subject, abstinence-only education is sex ed that's sole purpose is to encourage youth to abstain from sexual intercourse until marriage. While the morality behind such education is not necessarily negative, advocates often distort the facts and refrain from teaching students valuable information about sexuality. Furthermore, this kind of education has shown to be dangerous when information is withheld from students.

Only 24 states and the District of Columbia require sex education to be taught in schools. Of those states, only 21 states and Washington, D.C., require both HIV and sex education and only 13 require the information to be medically accurate. These numbers should be utterly terrifying, but it only gets worse. Only two of these states restrict schools from promoting religion during sex education. This means the majority of this country does not require schools to accurately and objectively teach students about sex. That is unacceptable.

Sex is a natural part of life. The only reason you and I are having this dialogue is because of sex. Furthermore, teen sex and sex out of

wedlock are not a new phenomenon. No matter one's moral stance on the issue, the safety of individuals should take priority over ideology. It is in that regard that abstinence-only education falls flat. During the past 25 years, the U.S Congress has spent more than \$1.5 billion on abstinence-only education.

In 2007, a study found that this bastardized excuse for education has had no impact on teen sexual behavior nor does it have any effect on rates of HIV or other sexually transmitted diseases. In fact, the study shows that this kind of sex ed can negatively impact the sexual health of young people. Individuals who have taken virginity pledges and abstinence-only education were only found to delay sexual intercourse for only an average of 18 months. Furthermore, these individuals were one-third less likely to use contraceptives and were less likely to seek medical treatment for STIs than those who have had real sex education.

While advocates for abstinence-only education argue that these programs give unbiased information about sex, this claim could not be further from the truth. In a 2004 report by the Government Reform Committee, 11 of the most commonly used abstinence-only programs contain severe factual errors. These programs are used in 69 different organizations spanning 25 states in the United States and assert false claims about condom use, HIV and abortion. Some of these claims are devastating to young learners, asserting that condoms do not prevent STDs, that HIV can be spread through sweat and tears and that women who have abortions are more prone to suicide.

Supporters of abstinence-only education also assert that their programs represent "American values." While it is in my experience that when people use the phrase "American values" they are only talking about their personal values, the evidence seems to be in my favor.

The average age of sexual initiation is 17, while the average age of marriage is around 25. In a national study, 95 percent of individuals between the ages of 18 and 44 have had premarital sex. Furthermore, American parents are overwhelmingly in favor of accurate sex education — 99 percent want



Courtesy of iStock

Columnist Michael Heckle argues that abstinence-only education prevents students from learning about a natural part of life and can put them in danger of obtaining a sexually transmitted disease.

their kids to receive information about STDs and HIV, 96 percent want students to learn the basics of "how babies are made" and 83 percent want youth to know how to put a condom on. However, 93 percent want their children to wait until marriage. While this is perfectly acceptable, as it is a parent's job to wish their children the safest life possible, parents should encourage moral attitudes about sex is within their family. In school, accurate information should be the priority.

There has been a dramatic drop in teen pregnancy since 1995. While advocates of abstinence only attempt to take the credit, 85 percent of the decline can be attributed to easier access to contraceptives. Although the effectiveness of contraceptives has been questioned, failure rates are as low as .5 percent.

While abstinence is not a bad thing — as it should be up to one's moral compass to choose how to express their sexuality — presenting false information and denying real education about sexual health is damaging to America's youth. Federal funding is exclusively put toward abstinence-only programs,

which have proven to be ineffective. We owe it to our children to present objective and accurate information about human sexuality in our public schools and we need to do it now.

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# CHURCH HAS ROOM FOR LGBT COMMUNITY

Churches out of date on advancements for lesbian, gay, bisexual and transgender population

By Maddy.Beiwel  
@iowastatedaily.com

Individuals in the LGBT community are valid. That's a fairly uncontroversial statement, perhaps one of the least inflammatory things that's been said in the Iowa State Daily opinion section for a little while. No one's going to knock down my door and accuse me of anything for acknowledging the basic humanity of a group of people, at least I hope not, because it's obvious and indisputable.

LGBT people have made great strides in recent years. While I certainly do not believe it's enough, the fact that same-sex couples can marry and adopt children in any state is a huge step in the right direction.

But what about the church? I've stated before that my belief, or lack thereof, is not pertinent, and I will not deeply go into it but I did grow up in a Southern Baptist church. To clarify, Southern Baptist is just a name, and while it originated in the South, it doesn't solely exist in that region. While I dearly love the people I grew up around and always will, I can't pretend that the message wasn't staunchly conservative and at odds with many of the beliefs I hold today. It certainly wasn't pro-gay.

The Southern Baptist Convention website states, "We affirm God's plan for marriage and sexual intimacy – one man, and one woman, for life. Homosexuality is not a "valid alternative lifestyle." The Bible condemns it as sin."

An earlier video created by the convention included this message: "Even a desire to engage in a homosexual relationship is always sinful, impure, degrading, shameful, unnatural, indecent and perverted."

But people are people whether they're accepted or not, and there are gay people in churches all



Courtesy of iStock  
While thousands of churches across the United States embrace the full inclusion of lesbian, gay, bisexual and transgender people, Columist Beiwel believes that is still not enough and encourages all institutions to be accepting of everyone, including the LGBT community.

across the United States. More than 5,000 churches "intentionally embrace the full inclusion of lesbian, gay, bisexual and transgender people." Some denominations also allow for gay people to be a part of the clergy. These denominations tend to be of the more mainstream variety and include the United Church of Christ, Episcopal Church, the Conservative Jewish Movement and the Society of Friends, otherwise known as the Quakers.

This, too, is a giant leap forward. It's no secret that many sects of Christianity do not look kindly upon the "open practice" of homosexuality. Some verses of the Bible openly condemn those

who engage same-sex relationships. Is it really acceptable to reject this group of people from the religion that many of them grew up in because of something they cannot change?

While I certainly believe I am correct, and many people agree with me, I'm not going to insist that everyone agree or act in accordance with what I say.

LGBT people have their place in the church and should not be shoved away in the corner as people to be ignored or whispered about.

They should be accepted and appreciated, understood and celebrated. This country is moving forward, and we should celebrate

our inclusiveness in all of its positive forms.

More lesbian, gay and bisexual people are considering themselves to be Christian than at any other time, in direct contrast to the national trend of decreasing faith. The number jumped 6 percent in two years.

It is no longer unusual to see queer couples or people in the street, and it shouldn't be controversial that many LGBT people have faith in something bigger than themselves.

Faith, in and of itself, is a wonderful thing, I can't argue that. It's hope to help combat what can be a scary world; it's light in a dark time.

I understand that some beliefs in many faiths do not correspond with the acceptance of the LGBT community. Pushing away my own probably clear feelings, that doesn't give anyone the right to completely condemn another.

Condemnation takes many forms, both inside and outside the church. I can't change people's beliefs, but I can ask that people understand that faith and religion come in many different forms. Just because someone doesn't express in the way you do and doesn't accept what you do, does not mean that what they have is less than what you have.

When you try to push something down and yank it away, it can completely ruin it. Christians often talk about the "Fellowship of Believers," while simultaneously telling homosexual people they are damaged and broken and have fallen short. They say it, usually, in the context that "we all have fallen short," but I always heard it as gay people have fallen further. This is an old rhetoric that has improved in some ways.

Christianity has an image problem. While that seems incredibly "millennial," it's the truth. They often have unique experiences of struggles to which many youth can relate. It's easier to get comfort from someone's message when you know they come from a background similar to your own, especially when you know you won't hear the rhetoric that who you are is sinful.

I appreciate that the church is trying to be more inclusive. It's a breath of fresh air, and I'm glad that people are trying to be more accepting of those who are different from them. I don't think the "we're all the same" narrative is always appropriate because, while it is well-meaning, it's not always true.

We're different, and that's fantastic. We should celebrate those differences and appreciate them, both inside and out of the church.

# ISU setting the goal for diversity

## Volleyball works to be more inclusive

By Brian Mozey  
@iowastatedaily.com

Every year, ISU coach Christy Johnson-Lynch brings her new team into the auditorium in the Jacobson Athletic Building.

Each player introduces themselves and their cultural backgrounds. This is the first step to understanding the diversity on Iowa State's volleyball team.

Samara West said this discussion is beneficial, but practice is where each teammate understands an ethnicity or culture at a deeper level. These learning opportunities are what West and Monique Harris look forward to during the season.

"I think it's really interesting to learn about the diversity on this team, and personally, I enjoy those types of experiences," West said. "Even though the state of Iowa is predominately white, the Iowa State volleyball team, in my opinion, is a diverse group of women."

Iowa State has three players who are African-American. The other nine are Caucasian. These numbers are similar to Division I women's volleyball statistics as well, according to the NCAA Demographics Search database.

The database shows 76.6 percent of women volleyball athletes during the 2007-08 season were Caucasian, while 12.11 percent were African-American and 11.3 percent were other under-represented races — Asian, Hispanic/

Latino, Pacific Islanders, American Indian, two or more races and other.

However, the percentages in each category have been slowly evening out in the last seven years. In the 2014-15 season, the most recent statistics, the database showed that 67.49 percent of female volleyball athletes were Caucasian. The percentage of African-American players totaled 13.92 percent and underrepresented races were at 18.59 percent.

Harris and West said they have seen the gap in diversity from personal experiences in high school, club and college levels of competition.

Harris is from Clinton, Iowa, which is a predominately white community, but as an African-American, she was never discriminated against by her peers or community, she said. Harris said her intention was to play volleyball at an all-black college because her parents went to all-black colleges, but she loves the state of Iowa.

She said she loves how supportive the Ames community is and admired how Johnson-Lynch strives for a team that is talented and diverse.

"I feel like the state of Iowa is such a homely and welcoming state that it really doesn't matter what race you are because they're just so kind and open to the fact that you're different," Harris said. "I love Iowa."

West, an African-American, came from a different background than Harris. She is from Omaha, Neb.,

**DIVERSITY p9**



Max Goldberg/Iowa State Daily  
Junior Monique Harris sets the ball in a game against North Dakota State on April 9 during Iowa State's first round of the spring tournament.

## DIVERSITY p8

and was an underrepresented player on her high school volleyball team, but her club team was equally diverse from all different types of backgrounds.

West felt similarly when she arrived at Iowa State because the university was close to home.

"I knew that I was going to be the minority here at Iowa State, but I haven't felt out of place as a Cyclone," West said. "Overall, my race and cultural background haven't been much of an issue so far in college."

Grace Lazard is from London, England, and has experienced more than her fair share of diversity as one of African-American players on her team. Even though she's part of the minority on her team, she's not treated differently,



Iowa State Daily

ISU sophomore middle blocker Grace Lazard is from London, England, and is one of three African-American players on the ISU volleyball team.

which is why she loves Iowa State and her volleyball coaches.

"It doesn't matter what race, culture or ethnicity you are because Christy [Johnson-Lynch] looks at

her team as specific individuals that all have one goal in mind," Lazard said. "That goal is to win a national championship. Christy looks at your talent and that's what got me

on this team, not anything else."

Iowa is a predominately Caucasian state with 92.1 percent being Caucasian, 5.6 percent Hispanic/Latino, 3.4 percent African-

American, 2.2 percent Asian, 1.7 percent two or more races, 0.5 percent American Indian and 0.1 percent Pacific Islanders, according to the 2014 Iowa Census website.

More than 88 percent of students at Iowa State are Caucasian, 4.33 percent are Hispanic/Latino, 2.79 percent are Asian, 2.58 percent are African-American, 1.95 percent are two or more race students, 0.24 percent are American Indian and 0.1 percent are Pacific Islander, according to the spring 2016 Iowa State University Minority Report.

Johnson-Lynch said these types of numbers from the Iowa Census and Iowa State University reports can scare off recruits who want a diverse community and campus, so she's trying to make collegiate women's volleyball a more diverse sport.

Johnson-Lynch is a member of the American Volleyball Coaches Association (AVCA), which tries to recruit more underrepresented students to the sport.

"It can be very challenging finding a diverse group from club teams because not many minorities play the sport," Johnson-Lynch said. "To find the diversity, you must go to a lot of tournaments both national and local and have that eye to see the potential within an athlete at any given situation."

If everyone supports diversity within the sport, then why hasn't there been a change in numbers regarding race in women's volleyball?

Johnson-Lynch said there's no definite answer, but she could think of a

DIVERSITY p10

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**DIVERSITY p9**

couple reasons that could influence these statistics in volleyball.

Johnson-Lynch said one idea was the popularity of the sport because volleyball doesn't have professional teams in the United States, so there's nothing to strive for in the future. Professional teams exist in foreign countries such as Germany, France and Italy, but none exist in the United States except the Olympic team.

Graduating senior Caitlin Nolan agrees that the popularity is lower compared to teams that have professional sports, but she

believes Johnson-Lynch has strived for a diverse team every year she's been at Iowa State.

"I think you see a person from every background on this team, and Christy [Johnson-Lynch] did a great job not only recruiting talent but a diverse team," said Nolan, who is Caucasian and from the state of Texas. "It's easier to think that everyone is similar to you, but once you see people's backgrounds and struggles, I think it makes you into a better person."

Johnson-Lynch uses other resources to help student-athletes become familiar with Iowa State and uses the Multicultural

Student Affairs office for athletes who are underrepresented on campus.

Kenyatta Shamburger, assistant dean of students and director of Multicultural Student Affairs, said the office tries to help students and recruits feel comfortable at Iowa State by answering questions and giving them experiences from other underrepresented students on campus.

Shamburger said he hopes the Multicultural Student Affairs Office can work closer with the athletics department to help underrepresented students in their recruiting efforts. He understands that the transition from a team to a student can be hard, but help from staff should make it easier for the individual.

"The athletic department does a really good job of providing opportunities and resources for student-

athletes," Shamburger said. "Diversity is important on athletic teams because each player should be learning from each other, and it can make a team stronger."

The Multicultural Student Affairs Office might help with the recruiting players to Iowa State, but it shouldn't be the only one to contribute. Johnson-Lynch said the NCAA and the Big 12 need to help promote more diversity within the sport as a conference and national association.

Meghan Durham, assistant director of public and media relations for the NCAA, said the NCAA supports diversity in any sport, but doesn't take an initiative in recruiting because that comes from the coaching staff of the university.

The Big 12 conference didn't comment on the topic of diversity within the

sport of women's volleyball because "it is more an institutional matter," said Laura Rasmussen, director of social media for the Big 12 conference.

The answer to why there hasn't been a change to create more diversity in women's volleyball is non-existent. Even though the answer doesn't exist, Johnson-Lynch said diversity will be a focal point for her and her AVCA organization.

Harris said she can see the gap between Caucasian and underrepresented athletes closing throughout her years as a volleyball player. She wants the gap to close in the future, but she thinks the sport will continue to treat everyone fairly no matter whether the gap exists.

West agreed with Harris and hopes to see more diversity in women's volleyball, but she knows it's

going to take time. She said she hopes more teams follow Johnson-Lynch and allow the players on the team to understand everyone's backgrounds, so everyone can learn from one another.

Lazard also hopes for a more diverse sport because it would create stories and memories that would last a lifetime. She said everyone in the Ames community has been supportive of her international switch. She hopes most communities around the country are like Ames because she feels right at home as a Cyclone.

"Before, it seemed like the minorities were players that stood out on the team," Harris said. "I feel like now there's so many more on each team where they're not standing out as much, which for being a minority, not standing out can be a good thing."

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AMENITIES SUBJECT TO CHANGE.

# ISU club's success sparks chatter

Recent on-field performances have loyal fan base wanting ISU baseball to return to Division I level

By Jack MacDonald  
@iowastatedaily.com

For decades, Iowa was graced by the presence of baseball to an extent where people just couldn't get enough of it.

Now there isn't enough at Iowa State.

Movies have been created to showcase Iowa's love for the game, and one of the most well-known baseball movie quotes came from Field of Dreams, a movie filmed in Dyersville, Iowa.

"If you build it, he will come."

Iowa State built Cap Timm Field in the 60s, and wins began to pour in. For 109 years, the university had a thriving NCAA Division 1 baseball program. But losses came too. No loss was bigger than when the team was cut in 2001 because of Title IX laws and budget constraints.

"Iowa State used to be one of the most storied and historic programs before it was cut," said junior Justin Kelm, ISU Baseball Club vice president. "Baseball is America's pastime."

## THE LAST YEAR

On April 21, Spencer Allen sported the purple and white of Northwestern University, but 15 years earlier,

Allen proudly wore the Cardinal and Gold of Iowa State. That was until the baseball program was cut his senior year.

Allen, who is now the head baseball coach at Northwestern, was a team captain in 2001.

To this day, he vividly remembers the day the news broke that he would be part of the last team to play baseball at Iowa State.

"They brought us into a football conference room, and Bruce Van De Velde walked up front," Allen said. "I didn't really know how to react other than being angry and sad."

Allen, now several years removed from the day he was sitting in front of Van De Velde, who was Iowa State's athletic director at the time, said he understands why the decision had to be made and added that it's never easy to bring that news to athletes.

At that time, Iowa State was in one of

the best baseball conferences in the country, and Allen quickly directed his growth as a player toward that, but the biggest life lessons he learned were from representing the Cyclones on and off the field.

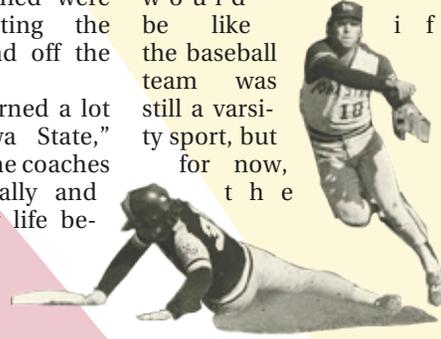
"I really learned a lot playing at Iowa State," Allen said. "All the coaches treated us equally and prepared us for life beyond baseball."

Although Allen had a handful of emotions running through him that day, he said the feelings have leveled out and he now understands that money doesn't grow on trees. Allen also offered a suggestion on how to bring back the team that will provide a smaller burden financially for the school.

"I think having a combo stadium would be a great way to cut the cost," Allen said. "Pairing it with a team in the

Nortwoods League or a minor league team would be an option."

Allen still wonders what Iowa State would be like if the baseball team was still a varsity sport, but for now, the



dreams will have to continue to be dreams.

## CLUB TEAM

Jake Reichling, a freshman at the time, started the ISU Baseball Club in 2001 when he learned that the baseball program was going to be cut. The club officially took the field in the spring of 2002 after it received funding from Student Government.

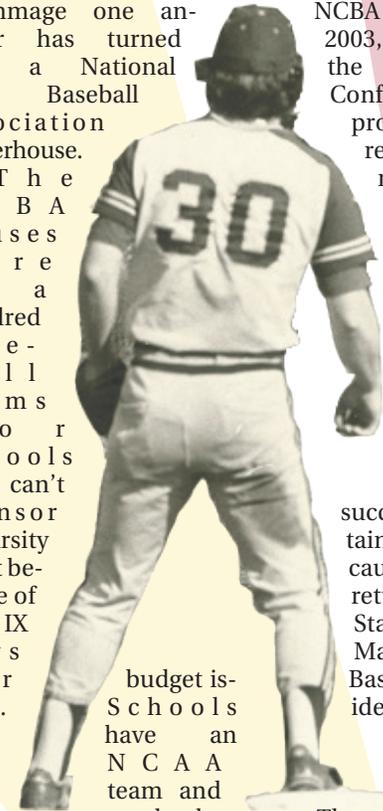
What initially started as a group of about 50 players who split into four teams in order to

scrimmage one another has turned into a National Club Baseball Association powerhouse.

The NCBA houses more than a hundred baseball teams for schools that can't sponsor a varsity sport because of Title IX laws or that

budget issues. NCBA teams have enough player interest to field another team also compete in the NCBA.

In its inaugural season in the

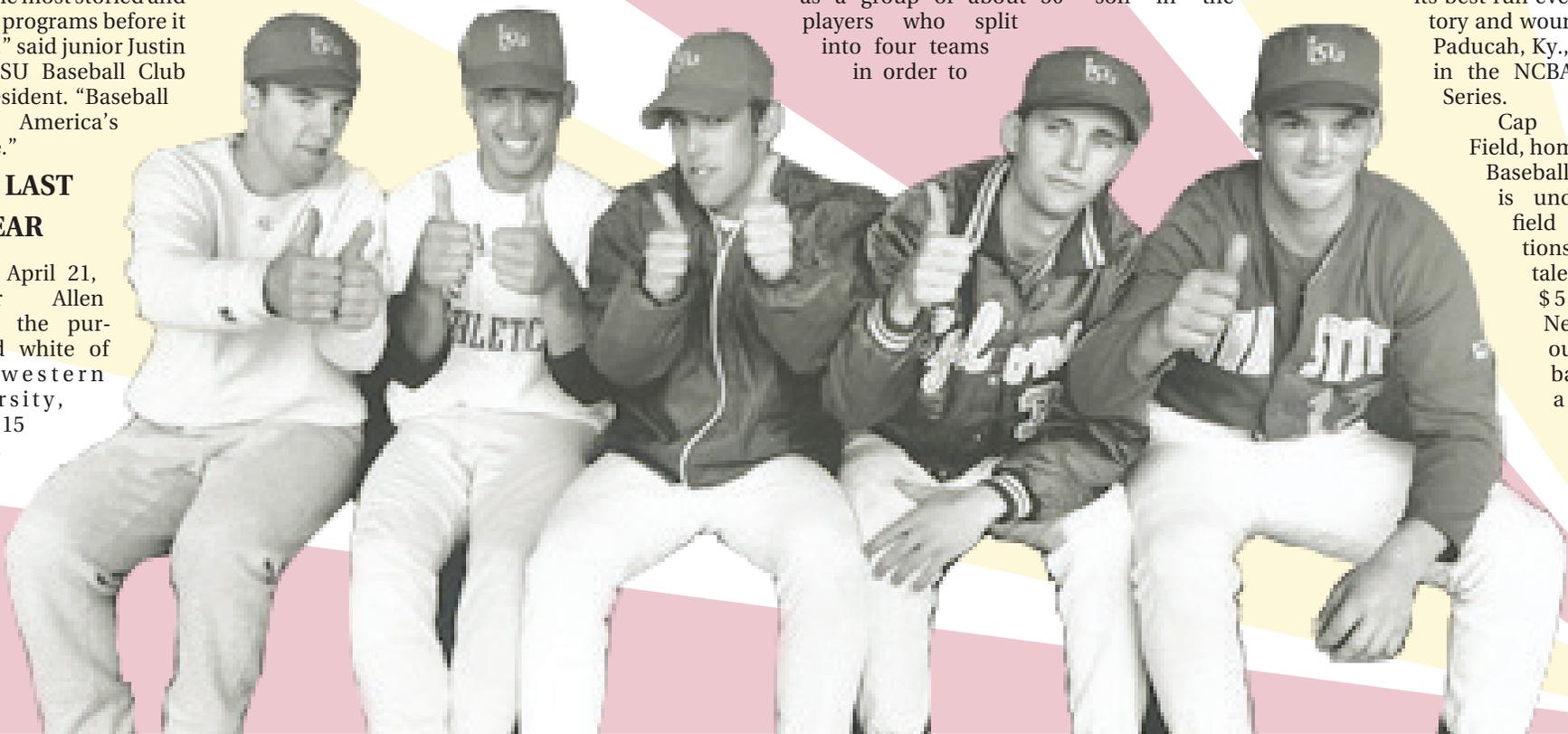


NCBA in the spring of 2003, the club won the Central Plains Conference. That propelled it to the regional tournament against Wisconsin, where the Cyclones lost the series 2-1. Again, in 2004, the club won its conference and fell short in the regional series.

"[The club's] success can certainly help the cause of baseball returning to Iowa State," said junior Matt Odland, ISU Baseball Club president. "There is always that potential."

The club has had some of its best seasons in club history in the past three years. In the spring of 2015, the club went on its best run ever in history and wound up in Paducah, Ky., playing in the NCBA World Series.

Cap Timm Field, home of the Baseball Club, is undergoing field renovations that totaled near \$55,000. New dugouts, a backstop, a Cap Timm



Memorial and awards plaque highlight the makeover, which is being completed by an ISU design class.

### TITLE IX

A website detailing the history of Title IX can be summed up into 15 words to describe the law that was passed by Congress in 1972: "Requires gender equity for boys and girls in every educational program that receives federal funding."

In addition to the education side, the athletics side also requires equality, which is a top priority for the NCAA.

Iowa State currently has six men's and 10 women's sports, and in order for the school to comply with the law, every sport has to have an even playing field.

"Athletics is just one element of Title IX," said Calli Sanders, Title IX coordinator for Iowa State athletics. "There is clearly a correlation in the growth of women's sports and when [Title IX] was passed."

When looking at men's and women's scholarships, the number of scholarships given to each gender must be proportional to the number of athletes.

If male participation is higher, the dollar amount toward men will be higher than women, but will still be equal for female sports.

Sanders said the student body population at Iowa State in the 2014-15 school year was 56.2 percent male and 43.8 percent female, while men accounted for 53.9 percent of the athletes at Iowa State and women accounted for 46.1 percent.

This means there can be slightly more male athletes than female athletes.

"There is a little bit of wiggle room, but typically if you are within 5 percent of the population you will be fine," Sanders said.

"It has been tested in the courts and we have been close to the mark for many years."

On top of a proportionate scholarship balance, both genders must have equal resources such as coaches, facilities, practice times and travel logistics.

### BUDGET

Title IX may have been a reason for the baseball cut, but the ISU athletic department's budget ultimately put the program to rest and has kept it at rest.

In 2001, the athletic department had a \$1.4 million budget deficit, and a big portion of that came from baseball and men's swimming and diving.

The team only had an average attendance of a few hundred people in previous years, and that was too small of a crowd to generate revenue to dig themselves out of the hole they were already in.

Iowa State's athletic department had a total operating revenue of roughly \$68 million for the 16 varsity sports that Iowa State supported in the 2013-14 school year, according to Shaw Media, which acquired the financial data from the Freedom of Information Act requests sent to the NCAA. After paying for coaches' salaries, travel expenses, equipment, etc., that \$68 million in revenue dwindled to a \$202,669 profit.

"I think if there was backing from donors and past players, then [reinstating a Division 1 baseball program] could be a realistic thing," Odland said. "I'd like to see a survey on what people's thoughts are on this subject."

Iowa State was one of only six Big 12 schools to break even in athletic department profit in 2013-14.

It would take roughly \$15-22 million to bring back baseball, Odland said.

The bulk of that expense would come from

building a field that is up to Big 12 standards.

West Virginia, a fellow Big 12 school, recently constructed a new baseball stadium that cost nearly \$21 million.

The Mountaineers partnered with the West Virginia Black Bears, a team in the short-season Class-A New York-Penn League, to save money on the stadium.

### FUTURE

No one knows better what the baseball club has experienced in the past four years than Chad Allmann.

Allmann is a senior pitcher for the club and made an immediate impact when he first stepped onto the field.

Allmann has witnessed the growth of the fall ball league grow from 50 players his freshman year to 150 his senior year.

Allmann was also there when the club was struggling to keep up with Iowa in conference play.

He was also there when the club stepped onto the field in Paducah for the NCBA World Series.

"Huge progress has been made from when I first joined the club," Allmann said. "The facilities have been upgraded, our fan base has grown and the talent of our players has grown."

Allmann put out a step-by-step plan on what he thinks it would take to garner talk of a team returning.

Step one and step two have already occurred with a World Series berth and Cap Timm Field renovations.

The only step missing is a loyal fan base big enough to support a Big 12 baseball team, but he doesn't see that taking much longer to create.

"It's only a matter of time before baseball is back," Allmann said. "Iowa State Alumni want it back and it may only be 10 years down the road before it returns."



Courtesy of the ISU Baseball Club  
The ISU Baseball Club takes a photo together after earning a berth to the National Club Baseball Association national tournament.



Courtesy of Iowa State University Library and Special collections department  
The ISU baseball program dates back to 1892 and made appearances in the College World Series in 1957 and 1970.



Iowa State Daily  
Iowa State's Aaron Hinnah rounds third base before scoring against South Dakota State on April 9, 2011.

# Core pieces for professional life

By Anna.Chandler  
& Brittany.Moon  
@iowastatedaily.com

## Women

### Blazer to dress up or down

Whether pairing this versatile piece with boyfriend jeans or tailored pants, the blazer can be transformed from an essential business garment to a stylish weekend piece. Blazers come in a variety of fits and styles, so it's necessary to have a few in your closet for different occasions.

### Dress pants

When purchasing dress pants, it's important to find a pair that fits your body shape for a more flattering office look.

For people with fuller hips, look for a darker color to downplay the curves.

Skip the abstract patterns and find a pair with a wider hem to offset the hips.

For those with a tummy, find a fabric that contains some spandex. Straight- or flare-legged pants are perfect for this body shape because they create an illusion of an hourglass figure.

If you have a petite figure, it's important to find shapes that don't overwhelm your small frame.

Cropped pants are the way to go, and vertical elements such as pinstripes will elongate the legs.

If you are tall, you're in luck. You can pull off just about any style.

Pleats, bold details and cuffs will work for you. Whether a flare pant or skinny style, many options exist for this body type.

### Khakis and/or dark denim

The ultimate classic business casual look is khaki pants or dark denim.

### Crisp white button-up

When finding a piece to invest in, the classic white button-up

shirt is polished and professional. Dress it up or dress it down, but find one that is good quality and wrinkle resistant.

### Dress tops

A few dressy tops should become a key part of your wardrobe. For the days when a button-down just doesn't feel right, skip the T-shirt and go for something like a peplum top. These blouses are transitional from the office to a night out.

### Leather belt

When starting on your young professional closet, purchase a black and/or brown leather belt. They can be paired with your trousers, khakis or denim jeans; and if you're feeling a little more outgoing, tie them around the waist of a dress or skirt. This accessory will become a key piece you never even knew you needed.

### Colored button-up options

Break away from the basic white shirts and buy yourself some dress shirts in a variety of colors and patterns to give your wardrobe a little variety. Along with anything else, choose things that are in accordance with the attitudes and dress policies in your workplace.

### Black heels

You should feel comfortable spending a little more on work-appropriate shoes because comfort is key when you wear a pair of shoes all day, every day. Look for high-quality leather pumps in black, with a mid-height heel, no higher than 3-3.5 inches. Ideally, they should be closed-toe, which is comfortable and professional. Closed toe tends to be the best option throughout seasons.

### Wrap dress

The garment that will become the most versatile and worn dress in your closet is the wrap dress. Created by Diane von Furstenberg, many imitations of the style exist. The knee-length dress, usu-

ally with sleeves is an A-line piece that flatters many body types while also being business appropriate.

### Pencil skirt that falls below the knee

The everyday essential — a pencil skirt, makes getting dressed for work easy since it's seasonless, goes with everything and won't ever go out of style.

## Men

### Suit

Seasonless. Timeless. Versatile. A single-breasted suit is a necessity for the men's wardrobe. A navy suit is particularly stylish, especially when paired with brown shoes.

### Blazer

Even if you already own a suit, the blazer can also expand the wardrobe. A classic blazer can be dressed down with denim and a T-shirt or dressed up for a business meeting with dress pants and a button-down.

### Separate dress pants

A pair of classic chinos can be worn anywhere. From the casual weekend errands to a Monday morning business meeting, the pants are versatile.

It's important to have a few pairs so you aren't stuck wearing a suit every day. Although the skinny style is a trend right now, make sure the pair is tailored to your body.

### Casual suit jacket

The sport coat will make you look put together no matter the occasion. Add a pocket square and you will be set for a business event, or pair it with denim jeans and you will be ready for a night out of dinner and drinks.

### Oxford

One of the best collared shirts that is versatile, comfortable and durable, is the Oxford button-down top, which is a staple item

regardless of age or shape. The long-sleeve top can be worn with a suit coat, blazer or stand alone.

### Variety of button-downs

The shirts should be tailored while not too tight. Once the perfect fit is acquired, colors come into play. Shades of blue and other neutral hues pair well with khakis, jeans and a suit.

### Dress shoes

The options are endless. From black classic oxford shoes to gray suede desert boots or brown loafers, it's essential to have a variety.

### Dress socks

They can clash, but not obnoxiously. Don't show too much ankle, but go for a pair of pants that skims the ankle enough to see the stylistic accessory.

### Belts

No outfit is complete without a belt. And the belt must always match the shoes. Have a few in your closet for everyday use.

### Ties

A solid dark color will always be a safe, traditional style. But if you are feeling more outgoing, add stripes or small print that isn't overwhelming to the eye.

## Both genders

### Size is important

Know your measurements. If garments aren't appropriately fitting, an entire outfit can look like a bust.

### Tailoring is a must

Not everything you buy will fit to a T. Hem those pants that are a little too long and bring in the sleeves on that baggy shirt. Pay the extra few dollars to have it professionally done so you never have to worry again.

### Blacks and browns

Know how and when to mix them. Never pair black with dark brown, and make sure the tones contrast each other enough to look flattering.



Brittany Moon /Iowa State Daily

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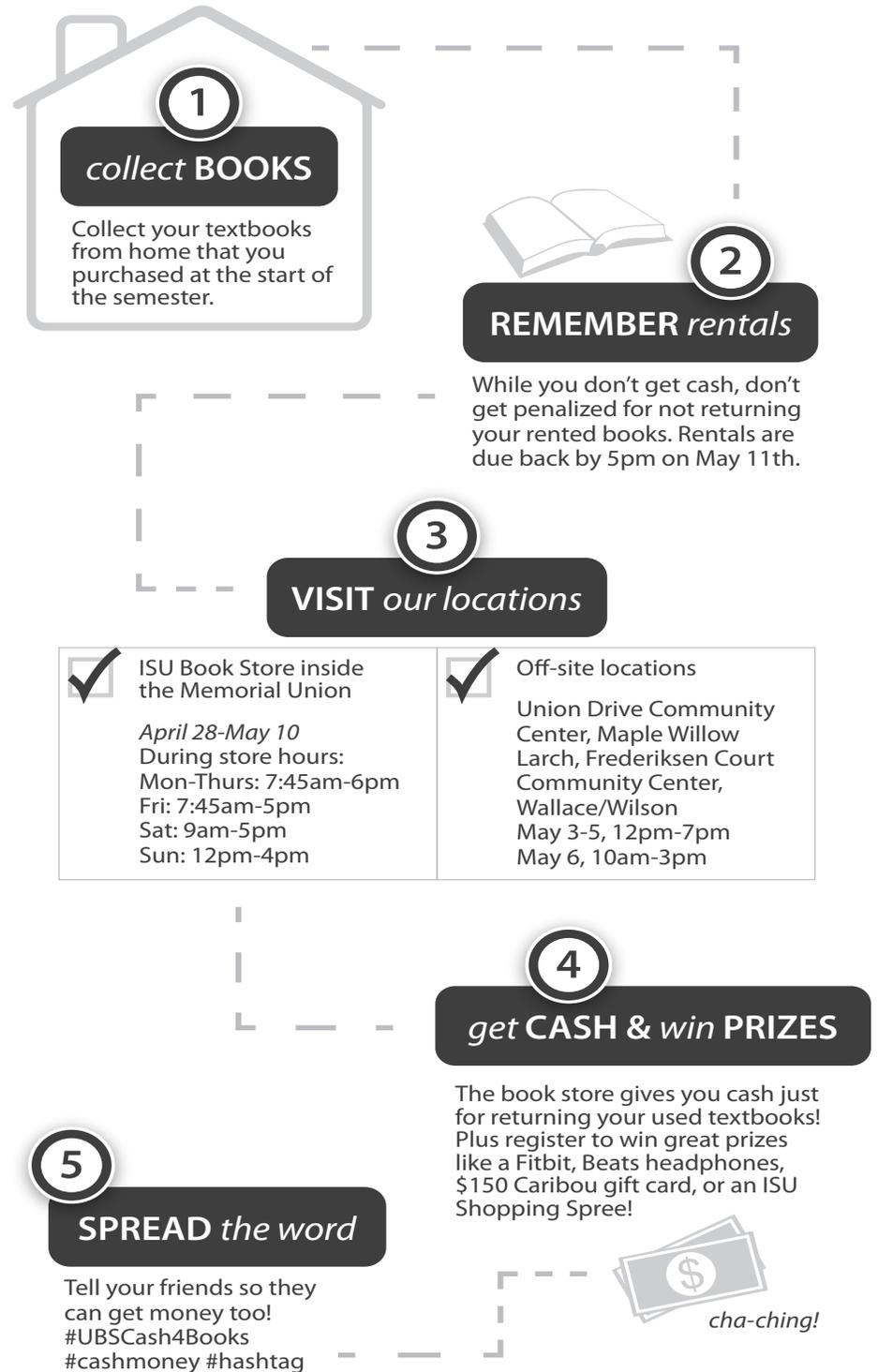


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# ISU services assist in eliminating stress

## Student Services Building offers ways to de-stress

By Rebecca Haars  
@iowastatedaily.com

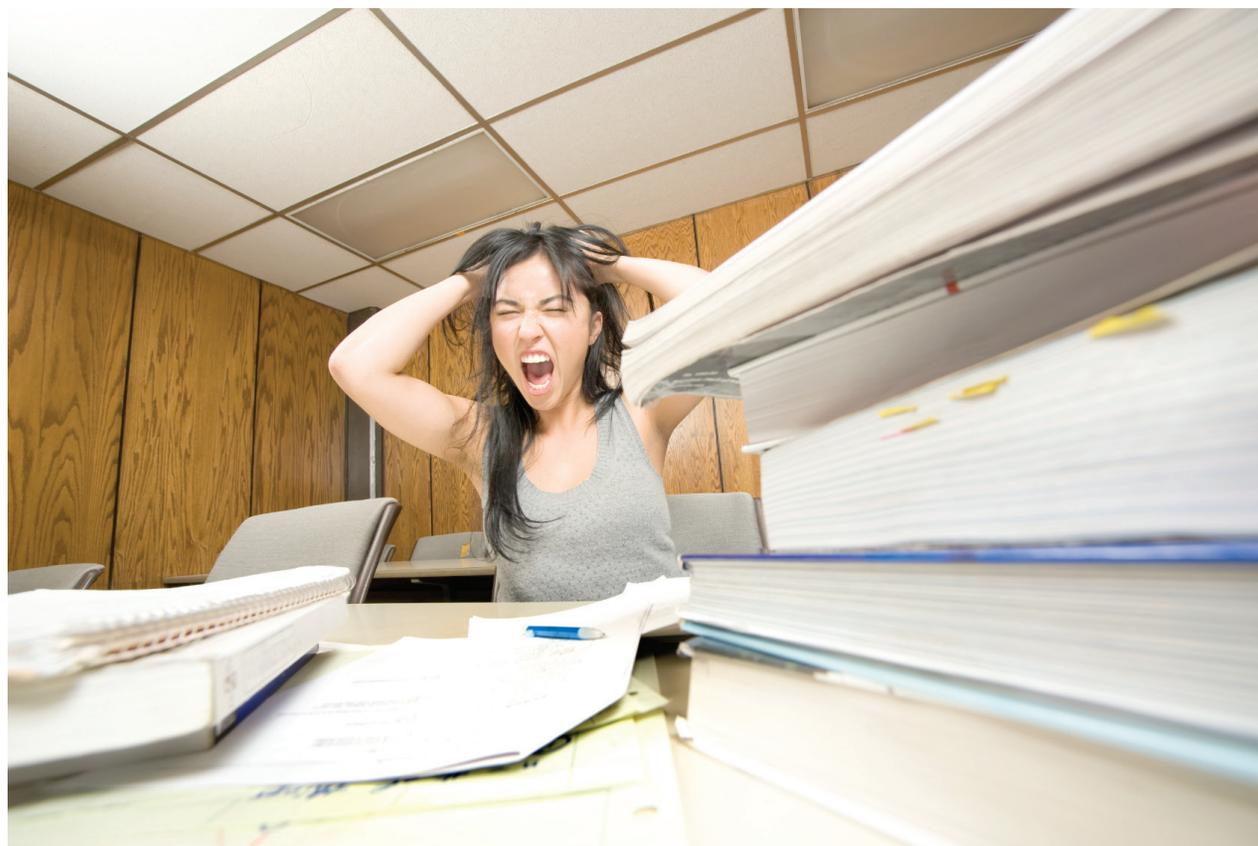
The amount of topics students stress over is endless; however, so are the amount of services offered at Iowa State to help students deal with these stressors.

Whether it's not knowing where to turn in a form, feeling overwhelmed with classes, financial problems or anything in between, Iowa State has a place for students to go.

The first problem most students face is not knowing where to go to get help with whatever issue they are facing.

"Start with us. That's what we're here for and to kind of help you come up with a system," said Michael Davis, assistant director of Student Assistance and Outreach Services.

Davis and other Student Assistance and Outreach staff are located in the



The tedious workload of college classes can often lead to stressful situations for students, but the Student Services Building includes multiple options to help de-stress, including the Dean of Students Office, Student Assistance and Outreach Services, Career Assistance and Student Counseling Services.

Courtesy of iStock

Student Services Building on campus.

Students can find multiple types of services in the building that include the Dean of Students, Student Assistance and Outreach Services, Career Assistance and Student Counseling Services.

Student Assistance and Outreach Services can help students avoid running around campus trying to find which

building they need to go for their problem.

"Depending on what you're looking for we take care a lot of the things in house," Davis said.

Student Assistance and Outreach Services has numerous connections with the other facilities on campus such as the Academic Success Center and financial aid.

An individual only knows so much about a certain topic.

Student Assistance and Outreach Services staff try their best to solve the problem right there; however, if

this cannot be done, they make sure to lead the student in the right direction.

Another service they might lead students to is Student Counseling Services, which on the third floor of the Student Services building.

Student Counseling Service covers a wide range of options to help students. Individual counseling, group counseling, couples counseling, Biofeedback services, Let's Talk services and career services are all offered.

"So far this year, we have served about 2,000 stu-

dents in our counseling services and about 12,000 students in our outreach and biofeedback services," said Joyce Davidson, clinical director of Student Counseling Services.

Let's Talk is a great place to start if a student is curious about counseling.

"Let's Talk is a drop-in consultation service where you can come in for anywhere between five minutes and 60 minutes to talk to somebody about some of your concerns that you're not sure about," said Stephanie Carrera, one of the Let's Talk counselors.

"In some ways it's helpful to get a counselor's perspective and get a taste of what counseling could be like."

If students feel they want further counseling or know from the beginning they want counseling, they can skip the Let's Talk service and head straight to the Student Counseling Services.

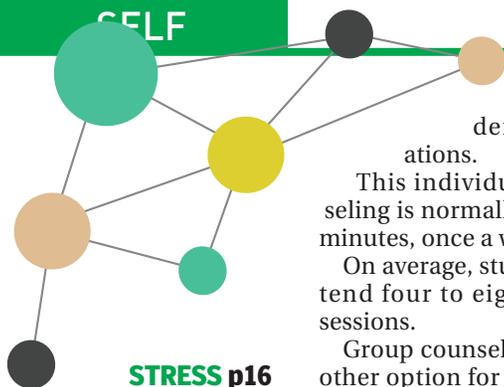
Walk-in times are available from 8 a.m. to 3 p.m. Monday, Tuesday and Thursday for students who have one to two hours they can put aside to fill out some papers and meet with a staff member.

Walk-in meetings allow students to discuss why they need to meet with a staff member.

The student and the staff member will go over what best meets the student's needs.

One option for students is Biofeedback Services, which "is a tool that helps us observe the body's physiological responses to everyday events," according to the Iowa State University Student Counseling Services website. "Once we are aware of these stress reactions, we can learn to change our body's response through biofeedback training, which often results in greater relaxation, focus, and healthier coping strategies."

Carrera said it's a self-guided program that teaches skills on how to bring about people's bodies calming and relaxation response.



**STRESS p16**

“... In our biofeedback center, we use two types of feedback,” she said. “We use feedback from your heart, so how it changes over time, and then the skin conductance cause when we’re stressed we tend to sweat a little bit more.”

“So using that feedback, we have computers that show you how your body changes when you’re under a stressful situation.”

One-on-one counseling meetings are sometimes the best fits for some stu-

students’ situations.

This individual counseling is normally lasts 45 minutes, once a week.

On average, students attend four to eight of the sessions.

Group counseling is another option for students. Students are placed in groups depending on their current situation.

Most groups have about six to eight people in them. They meet for about 90 minutes each week.

Numerous services are also offered outside of the Student Services Building. One service is the Academic Success Center, which provides tutoring, supplemental instruction and academic coaching.

If a student seeks improvement in academic skills, academic coaching helps build time manage-

ment skills, test taking skills, study habits and note taking skills.

Financial stress is another problem many college students face.

The Financial Aid office is located in Beardshear Hall.

They provide help with loans, scholarships, problems with the U-Bill, filling out the FAFSA, general financial aid advice and other financial skills like budgeting in college.

If a student has problems academically, academic advisers are always available to help.

Whether a student is questioning his or her major, having troubles scheduling classes, trying to decide whether to drop a class or any other academic issue, an academic advisor is available for all of those stressors.

Professors are also won-

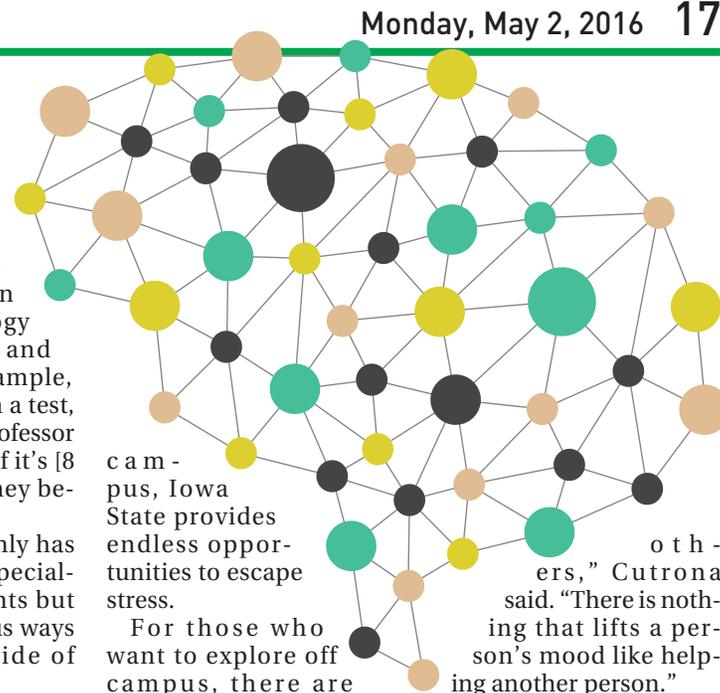
derful people to go to when a student is dealing with academic problems.

“Don’t ever let a problem fester, hoping it’ll go away,” said Carolyn Cutrona, psychology department chair and professor. “For example, if you sleep through a test, email and call the professor immediately, even if it’s [8 p.m.] Otherwise, they become unsolvable.”

Iowa State not only has facilities that are specialized to help students but there also numerous ways to de-stress outside of these buildings.

Taking time to relax and de-stress is important.

Whether it’s going to the library to read a book, working out at the gym, taking a meditation class or joining one of the countless clubs or organizations on



campus, Iowa State provides endless opportunities to escape stress.

For those who want to explore off campus, there are plenty of parks to walk in, a yoga studio to take relaxing classes at and many other distressing activities.

“Volunteer opportunities. Go volunteer, go tutor a child, go work at the food bank handing out food to

others,” Cutrona said. “There is nothing that lifts a person’s mood like helping another person.”

Whether it’s a larger problem that needs long-term guidance or a smaller issue that a walk through Central Campus can fix, ISU students have countless paths available to take when looking to de-stress.

# Local artists shape Ames' music scene

City's musical creativity 'could fill a book'

By Jacob.Beals  
@iowastatedaily.com

College towns are filled with different kinds of entertaining activities for students to participate in. Ames is no different, and one of the primary sources of entertainment inside the city is the local music scene.

In fact, there is a diverse history behind it, and as more students and resi-

dents come to town, they expand the tradition.

Nate Logsdon, one of the founders of Maximum Ames Records and lead singer of the local band Mumford's, said the history dates back a few generations.

He said he believes all of the musical creativity that has happened in Ames could fill a book.

"There's just so much history," Logs-

**MUSIC p19**



Jacob Beals /Iowa State Daily

Nate Logsdon, one of the founders of Maximum Ames Records, performs with his band Mumford's during the Ames Winter Classic earlier this year at the Maintenance Shop.



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**MUSIC p18**

don said. “Every generation of bands is carrying out this cycle that previous generations have carried out.”

He has carried on that tradition through promoting and performing music in Ames.

Logsdon said artists such as The Poison Control Center, Leslie and the LY’s and Strong Like Bear are some of the groups that have inspired his work.

He said one of the most influential parts of making music in a local scene is hearing something from his own friends in the community.

“The most inspiring thing to me is hearing a song that I love from someone I know personally,” Logsdon said. “You can only have that experience in a local

music scene.”

Logsdon is just one of many passionate participants in Ames music.

He and others have had the chance to expand their musical careers because of other artists who paved the way.

ISU students who have an interest in music can explore their passion just by looking in Ames.

That’s what happened to ISU graduate Dylan Boyle, who got involved with the local scene while still in college.

Boyle said he had a band with some of his friends who also attended Iowa State.

Since then, Boyle has drawn inspiration and influence in his own music from the local scene. He currently performs blues and rock at many gigs throughout the year.

He mentioned that many people around Ames have supported his passion for music and he believes the sense of community in the music scene is one of the best aspects.

“Ames wasn’t just a college town to me, it was a hometown,” Boyle said.

Current students are also adding to the local scene by forming more bands. Justin Booth is the president of the GENRE music club on campus, and one of his goals is to get bands from the organization into the scene and known around Ames.

Booth has also felt that the scene has given him opportunities as a musician and he explained that he feels that one of the best things about local music is the opportunity to watch young and upcoming artists rise in their

careers.

“Those artists that you know and love and enjoy, they grew up in a place just like Ames and they started off in a scene,” Booth said. “One of the neatest things ever is finding someone early on and watching them grow.”

Those rising bands can find an audience right in town, thanks to a tight-knit community and the help of companies such as Maximum Ames Records and Nova Labs.

Kyle Folvag, senior in advertising, believes the scene in Ames has an “all in this together” attitude because the artists inspire one another to go out and tackle the biggest challenges of a music career.

“It’s encouraged me to do it,” Folvag said. “To actually go out and play shows and book tours

and put out something I believe in.”

With enough of a rich past, the future of the music scene in Ames appears to be a bright one.

The opportunity for young musicians is available; they just have to be willing to seek it out.

Logsdon stressed that anyone who wants to pursue music in Ames can’t be afraid to put on their own shows and go out and meet other artists.

He also has faith that there will always be more people who come into town and will want to carry on the tradition.

“It just makes me so sure of Ames and so sure of our history knowing that there’s always going to be people that independently come upon this desire to create culture and create music,” Logsdon said.



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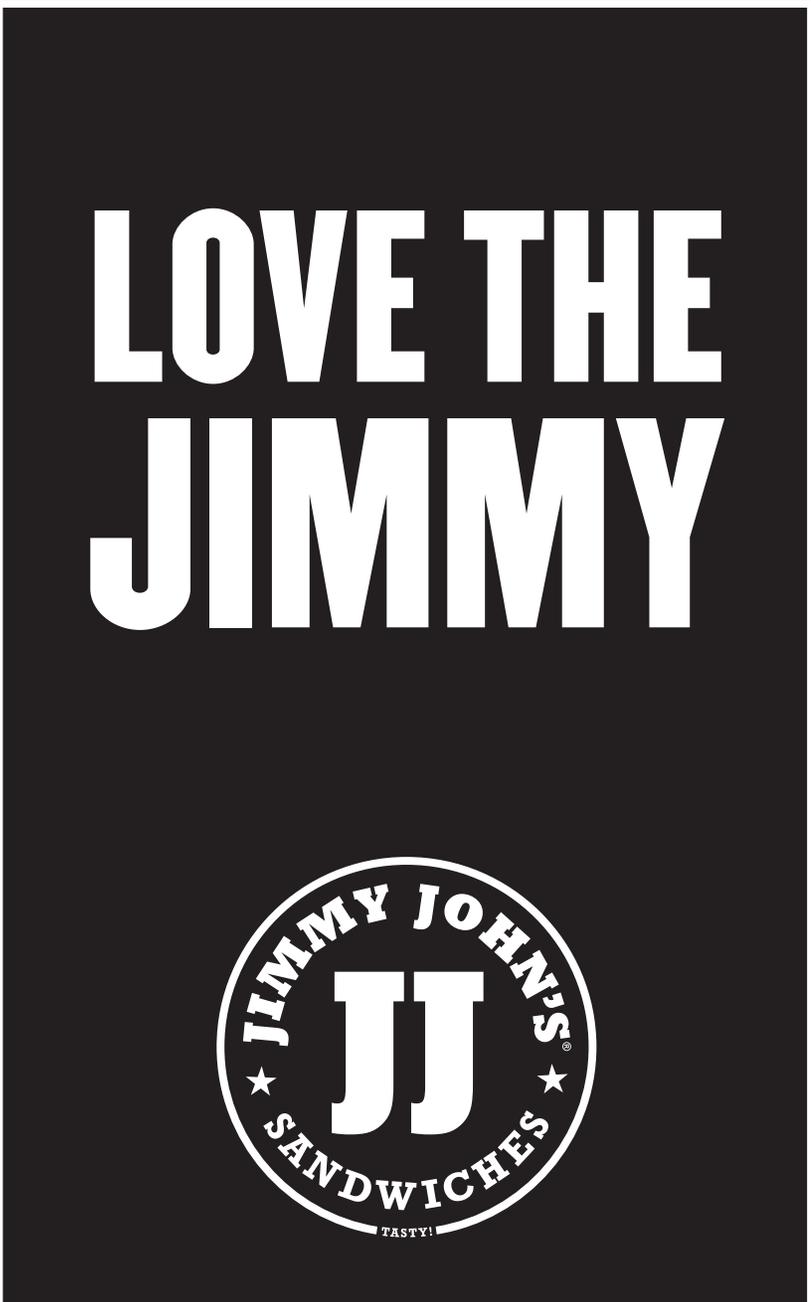


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Visit [mchs.edu/gueststudent](http://mchs.edu/gueststudent) today to complete the Guest Student application form.

### Classes Start May 31 - Liberal Arts & Science Classes

| Course  | Course Title                              | Credits  | Day(s)            | Time           |
|---------|---|----------|-------------------|----------------|
| BIO 180 | Human Anatomy Lecture.....4               | T/R..... | 5-6:55 p.m.       |                |
|         | Lab Session (option 1).....               | T.....   | 7-9:25 p.m.       |                |
|         | Lab Session (option 2).....               | R.....   | 2:30-4:55 p.m.    |                |
| BIO 185 | Human Physiology Lecture.....4            | R/F..... | 5-6:55 p.m.       |                |
|         | Lab Session.....                          | R.....   | 7-9:25 p.m.       |                |
| BIO 203 | Microbiology Lecture.....4                | M/W..... | 5:30-7:25 p.m.    |                |
|         | Lab Session.....                          | M/W..... | 7:30-8:45 p.m.    |                |
| BIO 302 | Pathophysiology.....                      | 3        | T/R.....          | 5-6:55 p.m.    |
| ENG 101 | English Composition I.....                | 3        | M.....            | 5-8:55 p.m.    |
| ENG 102 | English Composition II.....               | 3        | W.....            | 5-8:55 p.m.    |
| ENG 225 | Young Adult Literature and Medicine.....  | 3        | M/W.....          | 10-11:55 a.m.  |
| HIS 236 | History of the Modern World.....          | 3        | Web               |                |
| MAT 102 | Math for General Studies.....             | 3        | M/W.....          | 10-11:55 p.m.  |
| MED 101 | Medical Terminology.....                  | 1        | M/Web-assist..... | 6:30-7:55 p.m. |
| PHA 202 | Pharmacology.....                         | 3        | M/Web-assist..... | 5-6:55p.m.     |
| PHI 110 | Critical Thinking in a Diverse World..... | 3        | Web               |                |
| PSY 101 | General Psychology.....                   | 3        | M/W.....          | 3-4:55 p.m.    |
| PSY 202 | Developmental Psychology.....             | 3        | W/F.....          | 8-9:55 a.m.    |
| PSY 202 | Developmental Psychology.....             | 3        | Web               |                |
| SOC 102 | Sociology.....                            | 3        | M/W.....          | 10-11:55 a.m.  |
| SPE 105 | Small Group Communications.....           | 1        | M.....            | 5-6:20 p.m.    |
| STA 330 | Biostatistics.....                        | 3        | T/R.....          | 10-11:55 a.m.  |

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