

**YOU ASKED, SHE ANSWERED**

Wendy Wintersteen sat down with the Daily and answered questions that you posed on social media. Watch what she had to say online.

» **MORE ONLINE**

**BASKETBALL BEGINS**

The men's and women's basketball team took the court for the first time this fall. Find photos and game recaps online.

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An independent student newspaper serving Iowa State since 1890.

MONDAY 11.06.2017 No. 55 Vol 213

41°▲ 28°▼

**STUDENTS**

# 'IT'S NOT RARE, IT'S RARELY DIAGNOSED'

BY EMILY.BLOBAUM  
@iowastatedaily.com



EMILY BLOBAUM/IOWA STATE DAILY

Laura Weiderholt (left) and Taylor Schumacher (right), both have postural orthostatic tachycardia syndrome (POTS), which is a form of dysautonomia that affects the proper functionality of the automatic nervous system. The two met as teaching assistants in their genetics lab. Weiderholt was instrumental in helping Schumacher become diagnosed with POTS earlier this year.

## Students share invisible disability

### SYMPTOMS OF POTS

Postural orthostatic tachycardia syndrome, or POTS, is a type of dysautonomia that causes an increase in heart rate when resting. Symptoms may include the following:

- » drop in blood pressure upon standing
- » hypovolemia (low blood volume)
- » fatigue
- » frequent headaches
- » lightheadedness
- » nausea
- » fainting
- » chest pain
- » blood pooling

Information courtesy of Dysautonomia International

For many, Nov. 3, 2016 is remembered as the night the Chicago Cubs won the World Series, ending its 108-year drought. But for Taylor Schumacher, that date would be remembered as one that would ultimately change her life forever.

Schumacher, along with her brother and other friends, watched Game 7 from Olde Main Brewing Co. At the start of the game, she felt OK. But with the passing of each inning, she felt progressively worse.

In fact, Schumacher felt so nauseous, she had to leave for her apartment before the game was even over, missing the final out in the 10th inning.

She may have missed the historic win, but she remembers the celebrations on Welch Ave, just several blocks away from her apartment.

"I heard it all while I was in the bathroom [puking my guts out]."

#### Getting diagnosed

Schumacher's flu eventually passed. But several of the symptoms lingered. She was exhausted, had little energy, was constantly dizzy and passed out on occasion.

She went to the doctor and had blood work done, but nothing abnormal came back.

So she returned to class, where her fellow classmate, Laura Wiederholt, pointed out something wasn't normal.

Wiederholt, senior in biology, recognized Schumacher's symptoms as being similar to her own, when she was diagnosed with postural orthostatic tachycardia syndrome

(POTS), in 2013.

She referred Schumacher to Dysautonomia International, a non-profit organization that aims to raise awareness about the disorder, and urged her to return to the doctor again.

At the doctor, they administered a tilt table test, and Schumacher passed out within nine minutes of standing up, her heart rate dropping.

The doctors explained it as being orthostatic hypertension, saying there wasn't much they could do. But she wasn't satisfied, so she later went to the Mayo Clinic, where she was then diagnosed with POTS in May of 2017.

#### The journey to normal

Schumacher, a former softball player at Ames High School, was used to working out almost every day, running several miles at a time and lifting weights several days a week.

After developing POTS, she couldn't walk to class or walk up a flight of stairs without taking frequent breaks.

Because she didn't receive her diagnosis until late May, she spent all of the spring semester not knowing how to take care of herself, much less knowing what was causing her symptoms.

"I didn't feel like a normal person," Schumacher said. "I was missing classes all the time, having to drop classes, not being able to work or work out or do the things I really enjoyed. A lot of times I was too tired to socialize with friends so I felt very isolated."

But after receiving tips from Wiederholt on living a normal life with POTS, she's started working out again.

Schumacher makes a point to attend one-hour workout sessions with Devin Wilmott, owner of Train with Dev, several days a week.

Wilmott creates workouts that exercise the entire body, but modifies them in a way that they can be done sitting or lying down. She also will incorporate frequent breaks to give Schumacher's blood time to slow.

Each day is a challenge to find the right balance between getting a good workout in and destroying her body for the rest of the week, Schumacher said.

Upon Wiederholt's advice, Schumacher also reached out to Student Disability Resources and was able to receive accommodations for exams, as she has trouble focusing with her brain fog. In addition, she also scheduled her classes to be spaced out in increments that give her appropriate breaks to relax.

"I know my limitations and I've accepted the fact that I'm not going to be completely normal and do everything that other people can do. I've just got to do what I can with what I have."

#### Rarely diagnosed

It may have been pure luck that Wiederholt and Schumacher were in the same genetics lab, allowing Schumacher to have a quicker diagnosis process.

But in reality, the odds are pretty high

## CITY POLITICS



COURTESY OF THE SZOPINSKI CAMPAIGN

## SZOPINSKI

**How do plan to move Ames forward?**

There's a growing body of research ... about how cities are changing, communities are changing in the manner in which they are able to bring business, retain business, retain populations, bring in residents and that is through amenities. We have a really great city and we have the opportunity to have even more amenities, a healthy life center, we're looking at complete streets which makes this community open to being a healthier place to live. I like for us to revisit the building of a conference convention center which I think is, we know we are losing business and that we need to have that happen here in Ames. But all of these are what is going to help move us forward to make us more attractive and to retain what we have.

**What ways would you want to improve the relationships between the university and the city?**

We have a strong history of collaboration with the university and we need to make new leadership aware of both the importance to both the city and university. This is something to brag about. The same would be true for the school district's administration and new leadership on the school board. We need to be working together to form strong relationships with these institutions, but I also believe these relationships need to employ all members from our institutions.

**"How do you, as city leaders, with special powers assigned to you, plan to tangibly help alleviate those chronic feelings of alienation among our black Ames residents, to where they feel confident in building a future for themselves and their families in our city ... and how do you plan on being a facilitator of this?"-asked by Sean Carlton-Appleton on Oct. 18.**

Questions to do with, or asking about race, are probably the most complicated questions and sometimes we fear that we are going to say the wrong thing even when we are trying to say the right thing. I have been around for a long time, I have lived in a lot of different places, personally I have tried very hard, I personally want to facilitate better relations. I can not make individuals necessarily behave better but I can certainly strive to gather other individuals and other groups who I know are eager to do better. Implicit bias training, which was held in [the Ames Public Library], a few months ago was a wonderful eye opener and I encourage everyone, if you have the opportunity, to do that type of training because even when you think you are doing well, there is just things that [are] subconscious and it is ingrained from our various lives. Or at least I can speak for myself-- I cannot speak for everybody-- for my life. But one example that I will use and you know it is not a surprise to anybody, I am one of the founding members of the Ames Progressive Alliance and I am very proud that as one small part of this community after one too many black men were shot in this country, we decided we needed to do something and be a little more proactive. So we went to one of the predominantly black churches here in town, the Body of Christ Church, the police department came, we got together, we had small group discussions, those discussions are still ongoing, and I think that is a start.



COURTESY OF THE HAILA CAMPAIGN

## HAILA

**How do plan to move Ames forward?**

We need to work together as a community. We need to start listening and understanding or continue listening and understanding one another ... Secondly is collaborating with Iowa State, the county, school leadership. I understand years ago, they used to have quarterly meetings. I propose we reinstitute that to foster good communication.

**What ways would you want to improve the relationships between the university and the city?**

[The question] is implying that there's actually some problems potentially and I don't think there is ... However, I get really excited about relationships and the new president coming is going to be very, very important. The city of Ames and [the] university are intertwined and dependent upon one another that they're both successful. And about relationships, for 30 years in owning a business, I've built relationships with people. [They're] about listening and collaborating.

**"How do you, as city leaders, with special powers assigned to you, plan to tangibly help alleviate those chronic feelings of alienation among our black Ames residents, to where they feel confident in building a future for themselves and their families in our city ... and how do you plan on being a facilitator of this?"-asked by Sean Carlton-Appleton on Oct. 18.**

I believe that starts with each of us individually reaching out and building relationships with individuals. It is not just a matter of saying 'someone else should do it,' it is actually us personally reaching out across the aisle, across the street, whatever, and just saying "I want to get to know you." How can we really understand anybody if we don't really know them, and that's what's important. So I am committed to establishing and building relationships with people from all different walks of life... Secondly is, in terms of getting them to stay in the community, is are there jobs, that there are businesses that are being intentional about trying to engage people of color to come in and work. I know in our own business, we have a variety of people from different walks of life, and that has been very enriching and a very positive situation. So I say personally, and also the other thing is just by engaging people in conversation as a mayor, to understand how we can better break down those barriers...

# Mayoral candidates Szopinski and Haila compare plans

BY DANIELLE GEHR  
AND K. RAMBO  
[@iowastatedaily.com](mailto:@iowastatedaily.com)

**>> VOTING DAY**

Local voting will take place Tuesday, Nov. 7. Pick up the paper Tuesday for a full voting guide, including voting locations, how to register the day of and profiles on mayoral and city council candidates.

Compare city council candidates responses from last week's debate online.

**EXTRA CONTENT ONLINE**

## Racial Equality and Catholic Teachings



### Anne Clifford Msgr. James A. Supple Lecture

Anne Clifford, the Msgr. James A. Chair in Catholic Studies at Iowa State University, will speak about Dr. King's life and work advocating for racial justice in light of recent developments in America and Catholic teachings on racism, especially those of United States Bishops.

Monday, November 6, 2017

7 pm - Sun Room, Memorial Union

Cosponsors: Philosophy and Religious Studies, Catholic Student Community, St. Thomas Aquinas Church and Student Center, and Committee on Lectures (funded by Student Government)

## BUSINESS

# Grilling the competition



COURTESY OF DEADEYE BBQ

Deadeye BBQ, created by Tyler DeVos and Michael Hanstad, won the Collegiate Entrepreneurs Organization competition out of 60 other pitchers. This is the first time in 22 years an ISU student has won the competition, which consists of three rounds of pitching to different judges followed by Q&A sessions.

BY DAWIT.TILAHUN  
@iowastatedaily.com

Iowa State's entrepreneurship program made history as it not only placed in the top three, but took first place at the national Collegiate Entrepreneurs Organization (CEO) competition, for the first time in 22 years.

This past week, a group of students traveled to Tampa, Florida to attend the annual national CEO conference.

The conference brings college entrepreneurs from all around America to learn from keynote speakers, network with other entrepreneurs and even pitch their own business for the chance of winning \$5,000, in addition to qualifying for the U Pitch competition in Chicago.

This year, Iowa State sent 14 students and one faculty member to the three-day conference from Oct. 26 to 28. U Conceal It by Andrew Pauley and Deadeye BBQ by Michael Hanstad and Tyler DeVos represented Iowa State as they pitched their businesses to a panel of judges.

The pitch competition consisted of three rounds, with an applicant pool of 150 pitchers which was narrowed down to 60 in the first round, down to 12 in the second round and six pitchers competing in the third and final round from which the top three were selected.

The final round featured businesses and ideas ranging from tech for sharing studio space, to mug lids for on-the-go mug use. DeVos pitched for Deadeye BBQ all three rounds.

After each pitch the judges would ask a series of questions about revenue streams, distribution channels, customer demographics and many more similar questions to both understand the business and test the young entrepreneurs understanding of their own business.

"I describe his Q&A like being at a soccer shoot out, where every ball went in, and each question that he got was another goal," said Judi Eyles, director of the Pappajohn Center for Entrepreneurship.

Each round consisted of a fresh set of judges and a fresh set of questions.

"I knew all the answers because I ask myself those questions every day; it was almost like I had all the answers to the test," DeVos said.

Prior to the pitch competition, DeVos met with Eyles for two hours a week for a month to craft the pitch. With Eyles' help, DeVos and Hanstad were able to lay out the storyline for their winning pitch.

"It was super easy, because at the end of the day I was talking about my experiences...I get up for this everyday, I am excited about this, otherwise I wouldn't be doing it," DeVos said.

DeVos leveraged their unique story of finding the old barbecue sauce recipe on a notecard in his aunt's cupboard to

**"I could not tell you who was in the room, because it was like no one was there, that's how focused I was on the judges."**

**-Tyler DeVos, creator of Deadeye BBQ**

learning the ins and outs of building a business and discovering the difficulties of balancing school when pitching their business.

In the final round, DeVos pitched in front of seven judges and a room filled with over 150 people consisting of fellow entrepreneurs, friends and family.

"I could not tell you who was in the room, because it was like no one was there, that's how focused I was on the judges, making sure I had eye contact with them and that I was speaking directly to them," DeVos said.

When declared the winners, the two founders took the stage with smiles spread from ear-to-ear, taking pictures and talking to the swarm of other entrepreneurs who congratulated them.

"It was like the proud mom moment," Eyles said. "Just watching Tyler [DeVos] go from his first pitch to where he was and the way he answered those questions, I had confidence that he was going to be at least top three."

Along the road of building Deadeye BBQ, Hanstad and DeVos have picked up a number of skills from approaching store managers and building their communication skills to getting hands-on experience working with the cash flows of their business.

"From getting the raw material and turning it into its finished good, you get a more in-depth and real-world experience from what you get in the classroom," Hanstad said. "I've been able to take the knowledge from the classroom and put it to action at the same time."

For students interested in starting their own business Hanstad advised: "Just go for it, this is the best time to start a business."

**FEATURE PHOTO**



KATLYN CAMPBELL/ IOWA STATE DAILY

**» MULVEY PLAYS MAINTENANCE SHOP**

Peter Mulvey, singer-songwriter, performed at The Maintenance Shop on Nov. 4.

"It's really good to be back," Mulvey said after playing The Maintenance Shop years ago. Mulvey also talked to the crowd about Lake LaVerne saying "can we have a word about that lake... and by word I mean 'lake'?"

**POLICE BLOTTER**

**10.29.17**

An officer met with an individual to provide resources regarding sexual assault at Armory Building (reported at 1:01 p.m.).

An individual reported the theft of a light bar at 4130 Maricopa Dr (reported at 3:42 p.m.).

**10.30.17**

An individual reported damage to a motorcycle caused by a falling tree branch at Lot 38 (reported at 11:32 a.m.).

An individual reported being harassed at Eaton Hall (reported at 3:09 p.m.).

An individual reported the theft of a bicycle at Geoffroy Hall (reported at 2:17 p.m.).

**10.31.17**

**Phillip Regan Miller**, age 21, of 4120 Maricopa Dr Unit 202 - Ames, IA, was arrested and charged with theft at 4120-202 Maricopa Dr (reported at 1:20 p.m.).

An officer checked on the welfare of an individual at Black Engineering Building (reported at 2:49 p.m.).

An officer investigated a property damage collision at Lin-

coln Way and Union Dr (reported at 3:16 p.m.).

An officer investigated a property damage collision at 13th St and Stange Rd (reported at 5:16 p.m.).

An individual reported being sexually assaulted on October 20 at Friley Hall (reported at 4:29 p.m.).

**11.1.17**

An officer checked on the welfare of an individual at Wilson Hall (reported at 1:44 a.m.).

An officer initiated a driving violation investigation at Lot B5 (reported at 2:37 a.m.).

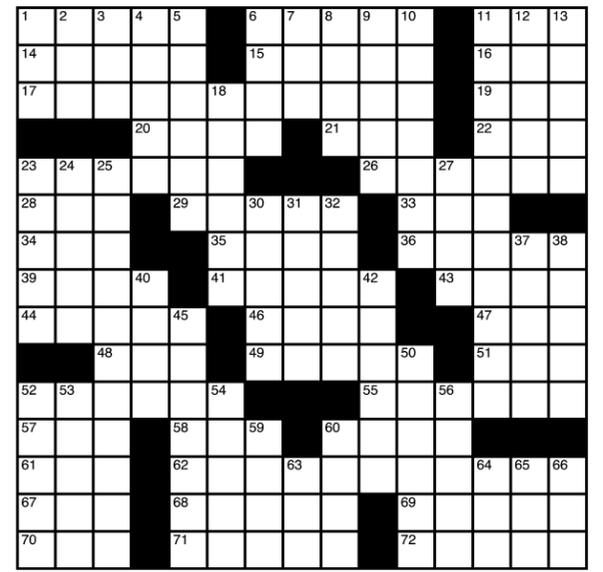
An individual reported damage to a bicycle at Friley Hall (reported at 11:01 a.m.).

An officer investigated a property damage collision at 224-C2100 Beach Rd (reported at 8:25 a.m.).

An officer initiated a drug related investigation at Armory Building (reported at 4:31 p.m.).

**Ally Marie Barr**, age 18, of 917 Welch Ave Unit 4324 - Ames, IA, was cited for gathering where marijuana is used, possession of drug paraphernalia, and possession of alcohol under the legal age at Lot 61A (reported at 6:45 p.m.).

**CROSSWORD**



- ACROSS**
- 1 Parking lot attendant
  - 6 False friends
  - 11 Brillo competitor
  - 14 St. Teresa's home
  - 15 Just beginning to learn
  - 16 Demolition need
  - 17 High-maintenance Gonzales?
  - 19 Native Nebraskan
  - 20 Power co. service
  - 21 Pitcher Maglie
  - 22 Dove call
  - 23 Off-the-cuff stuff
  - 26 Took a chance on
  - 28 Cinque e uno
  - 29 Naps, say
  - 33 Versatile bean
  - 34 Fond du \_\_, Wisconsin
  - 35 Like a blue moon, in old Rome
  - 36 Hand-holding group dances
  - 39 Sacred synagogue cabinets
  - 41 Muse of poetry
  - 43 Forum robe
  - 44 Rahm Emanuel, vis-à-vis Chicago
  - 46 Felipe or Matty of baseball
  - 47 Outdated PC monitor
  - 48 Curly tormentor
  - 49 December drop-in
  - 51 \_\_ to the city
  - 52 Bee bites
  - 55 One in the game
  - 57 Curved part
  - 58 Feverish
  - 60 In need of sharpening
  - 61 Round-bottomed cooker
  - 62 Overeating bird tempting Sylvester?
  - 67 Eden outcast
  - 68 Spooky
  - 69 "Sesame Street" roommate
  - 70 "L.A. Law" co-star Susan
  - 71 Sports page data
  - 72 Sporty sunroofs
- DOWN**
- 1 Airport shuttle, often
  - 2 Many a Monopoly prop.
  - 3 More than a fib
  - 4 Respected village figure
  - 5 President after Polk
  - 6 Like "stewardess" nowadays, briefly
  - 7 "I \_\_ what you did there"
  - 8 Meadow moms
  - 9 Storm-tracking device
  - 10 In vogue
  - 11 Bullwinkle pal who's been working out?
  - 12 En pointe, in ballet
  - 13 Waited in line, say
  - 18 Harsh
  - 23 Muslim religion
  - 24 Stiller's partner
  - 25 Fussy Disney mouse?
  - 27 Smudge on 49-Across's suit
  - 30 Poet Teasdale et al.
  - 31 Refrain syllables
  - 32 Kept under wraps
  - 37 Shake hands (on)
  - 38 Mythical man-goat
  - 40 "It won't be long"
  - 42 Yield
  - 45 Periods of power
  - 50 Way off base
  - 52 Cut, as logs
  - 53 Valuable stash
  - 54 Driving hazard
  - 56 Bright-eyed
  - 59 Actress \_\_ Flynn Boyle
  - 60 Salon supplies
  - 63 \_\_ for tat
  - 64 Record producer Brian
  - 65 Gratuity
  - 66 "Right!"

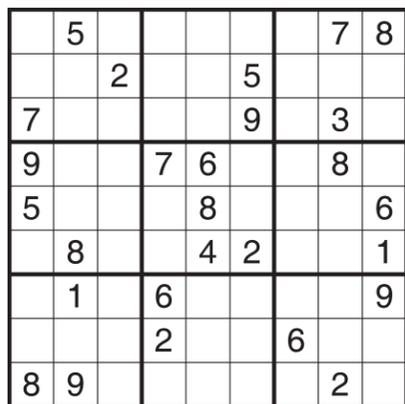
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**SUDOKU** BY THE MEPHAM GROUP



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

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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](mailto:editor@iowastatedaily.com).

**IOWA STATE DAILY**  
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**General Information:** The Iowa State Daily is an independent student news paper established in 1890 and written, edited and sold by students.

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294-2003
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- Publication:** ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.
- Fall & Spring sessions:** The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.
- Summer sessions:** The Iowa State Daily is published digitally on a daily basis. Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.
- Subscription costs:** Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.
- Postmaster:** (USPS 796-870) Send address changes to: Iowa State Daily 2420 Lincoln Way, Suite 205 Ames, Iowa 50014
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## COLUMN

# Include common sense in gun laws

BY EILEEN.TYRELL  
@iowastatedaily.com

Gun control. Along with abortion, it's one of the most controversial topics in the modern political climate and is a major dividing line between the two parties.

It is also one of the most misunderstood publicly debated issues, and in the wake of the Las Vegas shooting, it is more vital than ever that everyday citizens - and our lawmakers - understand the truth of the gun control debate so that action can finally be taken.

So let's talk about the truth.

60 percent of Americans currently believe the laws covering the sale of firearms should be more strict than they are now.

51 percent of Americans believe that we should pass new gun laws as well as more strictly enforce the ones we currently have.

70 percent support requiring all privately-owned guns to be registered with the police.

74 percent support enacting a 30-day wait period before buying a gun.

96 percent support requiring background checks for all gun purchases.

68 percent favor a ban on assault-style weapons.

64 percent favor banning high-capacity magazines that hold more than 10 rounds.

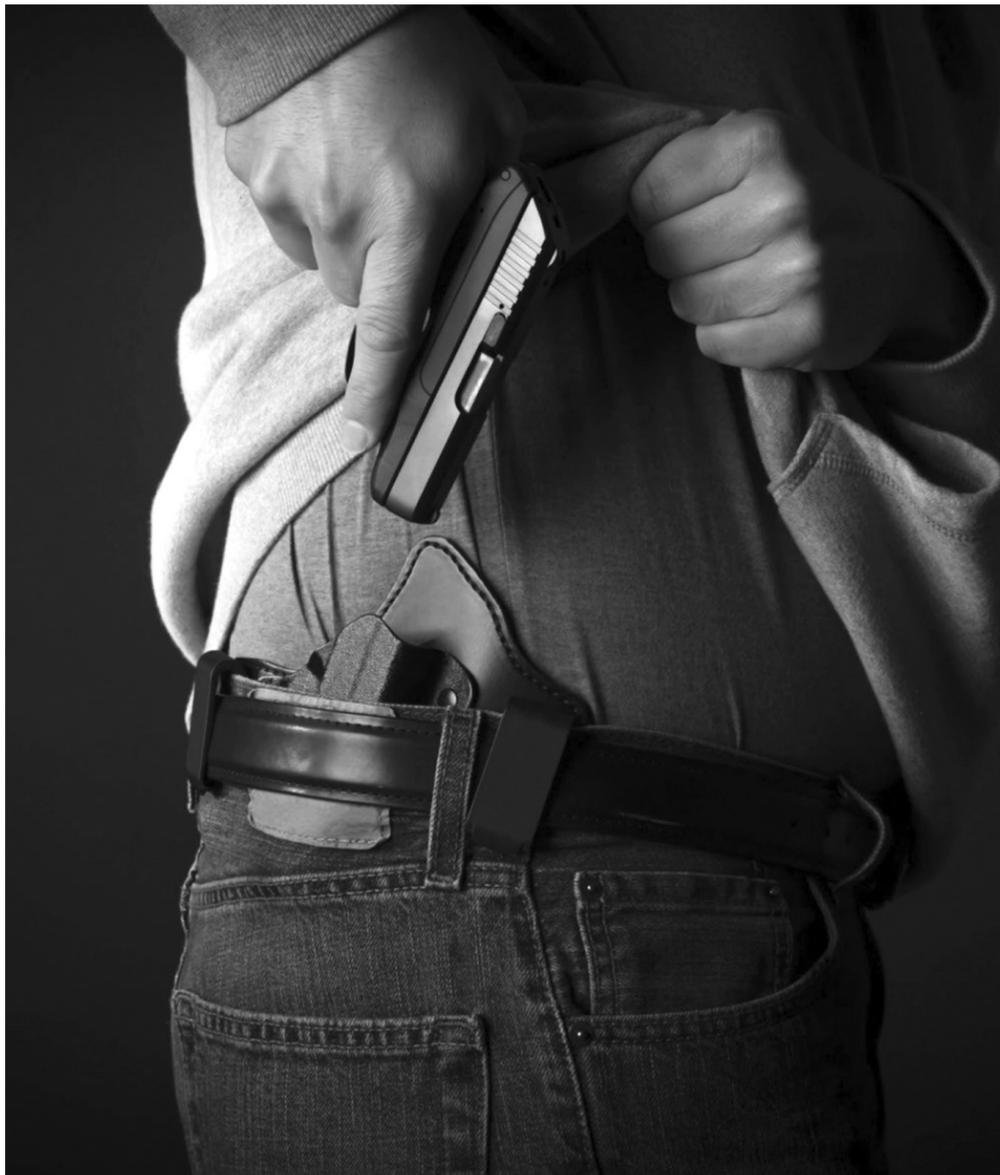
If you ask me, that's a lot of consensus for an issue that is supposedly tearing our nation apart.

The truth is no matter what side of the issue you are on, we meet in the middle a lot more than you would expect.

Like most things in life, the gun-control debate is not black or white.

There is a lot of gray area on the topic, and that gray area is home to a frequently misunderstood term: common-sense gun laws.

Common-sense gun laws are not a well-disguised attempt to take away your guns or eliminate the second amendment. Instead, common-sense gun



COURTESY OF WIKIMEDIA COMMONS

Columnist Eileen Tyrell argues for the implementation of common-sense gun laws as they are supported by many civilians and could help prevent mass shootings such as the shooting in Las Vegas.

laws aim to tighten up existing gun-control laws and create new ones in the hopes of preventing more mass shootings from occurring.

They are laws that protect the constitutional right of citizens to bear arms, as well as the lives of innocent citizens from being taken in a mass shooting.

Examples of measures that would be taken under common-sense gun laws include eliminating public access to bump stocks and high-capacity magazines, implementing a national permit-to-purchase policy and closing up existing loopholes in our gun laws.

These measures are not infringing on the rights of anyone.

If you are a law-abiding citizen who can pass a background check, then by all means, go out and buy guns.

But there is no need for everyday citizens to have access to 60 and 100 round magazines, or for anyone to be able to purchase a gun without a background check.

And besides these types of measures being common sense, as we learned earlier, they are supported by a majority of Americans.

I am 18 years old, and four of the five worst mass shootings in modern history have occurred in my lifetime. I don't want to see another one.

Our Constitution may guarantee the right of all citizens to bear arms, but there is a line that needs to be drawn when it comes to gun control, and that line is right at common sense.

We can, and need to, find a middle ground between gun rights and gun control, or else we will continue to be stuck in the cycle of mass shootings.

## EDITORIAL

## Students, get involved in city politics

As voting for city elections is upon us tomorrow, the editorial board wants to remind you to get out and vote. Vote not just because you have the power to, but because local officials make more impact on your daily life than any other level of government.

Students, faculty and staff of the Iowa State community are impacted every day by decisions made for the Ames community at large. While in many ways Iowa State is its own bubble within Ames, the university and city — in some eyes one entity — are so melded together it's impossible to separate the two.

The city and the university have to work together in order to be a high-functioning and cohesive place that attracts both students, permanent residents and private business. We have a specific message for students. Millennials are statistically less likely to vote, according to the Washington Post. Let's change

that. Look at the Daily's coverage of the candidates and find out more about how to vote.

Issues such as resources for sexual assault survivors, lease gaps and mental health haven't always been at the forefront of local leaders' minds though greatly affecting students. Lincoln Way expansion and economic development also impact students' experience at Iowa State.

Choose a leader who you think will work well with Iowa State's President-select Wendy Wintersteen. Both the city and ISU should work on big projects to increase investment and attract and retain students and professionals of all types.

The cost of living, driven significantly by housing costs, can negatively or positively affect a person's decision on where to study. The city plays a role in this.

Zoning laws have an effect on the number of people who can live in the areas surrounding campus. The city of

Ames with the new mayor should work together with Iowa State to help increase inclusion and celebrate diversity throughout our community. Neither the university nor the city can make meaningful progress on diversity and inclusion if they don't work in tandem. Neo-Nazi and white supremacy posters being placed on campus is a larger issue that requires the action of an entire community.

The ISD Editorial Board believes the new mayor and city council members should actively engage with students to listen and understand their struggles. Then, they should work just as tirelessly to help address these issues as they do for permanent residents. Don't let students issues take a backseat.

If students got more involved in local government, officials would have to listen. Students have the chance to hold power in decisions made in Ames, but only as much as they get involved. So, go vote.

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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.

## WRESTLING



HANNAH OLSON/IOWA STATE DAILY

Brothers Derek and Skyler St. John reunite at Iowa State as assistant coach and wrestler, respectively. Skyler St. John joins the Cyclones after following in his brother's footsteps at Iowa.

# Wrestling becomes a family affair

BY TREVOR HOLBROOK  
@iowastatedaily.com

During a sports season, most Division I athletes spend more time with their teammates and coaches than they do with anyone else.

A common cliché is that members on a team become “brothers” or “family.” For Skyler and Derek St. John, it isn't a cliché.

The two brothers utilized Iowa State as a destination to reunite.

When two siblings are intertwined while working together, the relationship can be different when you've known the other person your whole life. For the St. John brothers, the chemistry is a strength.

“I've obviously known [Skyler St. John] all my life, so it's maybe a little bit easier [to coach him] just because you know what maybe makes him tick a little bit better,” Derek St. John said.

Skyler St. John said he has a strong relationship with Derek St. John and the two see eye-to-eye.

Not only are the brothers mentally in sync, but the duo also has a similar physical frame and style.

During Derek St. John's wrestling career, the former Hawkeye wrestled at the 157-pound class. In Skyler St. John's career, he's split time wrestling at 157 pounds and 165 pounds. This season, Skyler St. John will start out as a 165 pounder on the depth chart.

“I'd say we're pretty similar [physically],” Derek St. John said. “Obviously, there's finer little details that are a little bit different, but overall, the body types and style of wrestling are pretty similar.”

Before the St. John brothers could benefit from each other's presence on the same team, the two had a windy road.

Derek St. John completed his collegiate career as one of the most decorated 157-pound wrestlers at the University of Iowa.

At the conclusion of Derek St. John's career, he wasted no time getting back into the sport. Derek

St. John accepted an assistant coaching job at North Dakota State in 2014. In his one season with the Bison, North Dakota State accumulated a 9-4 record.

Derek St. John continued his coaching ascend at Virginia Tech in the two years following his lone season at North Dakota State.

When Skyler St. John enrolled in college, he followed in his brother's footsteps, earning a scholarship with the Hawkeyes. The brothers had different levels of success in Iowa City.

After redshirting in his freshman year at Iowa, Derek St. John's work on the mat garnered him four-straight All-American honors. He had the knack for providing clutch performances on big stages.

At the NCAA Championships, Derek St. John finished fourth as a freshman, second as a sophomore, first as a junior and fifth as a senior.

Skyler understands the experiences Derek St. John had in his collegiate career and realizes he can benefit from Derek St. John's wrestling wisdom.

“Well, obviously he's been there, so you open up your ears and listen to what he's got to say,” Skyler St. John said.

In Skyler St. John's stint at Iowa, the Cedar Rapids native struggled to find an abundance of mat time. He was unable to compete during his redshirt season due to injury.

In his redshirt freshman season, he finished 4-2, while snagging a win in his only dual appearance.

In Skyler St. John's final season donning the black and gold, he compiled a record of 5-3 with a 1-1 dual record. He spent time wrestling at 157 and 165 pounds throughout the season.

After the 2016-17 season, the departure of then-Iowa State wrestling coach Kevin Jackson granted former Virginia Tech coach Kevin Dresser the opportunity to return to Iowa and coach the Cyclones.

Eventually, Dresser elected to accept the job at Iowa State. One of Dresser's assistant coaches happened to be the eldest St. John brother, Derek.

With Derek St. John relocating to Ames, it

seemed like a prime opening for Skyler St. John to join his brother.

“He was pretty much the biggest part, pretty much the only part,” Skyler St. John said about his brother's influence into coming to Iowa State.

Since practices have started, Skyler St. John's demeanor and hard work have stood out to Dresser.

“I see a guy who comes in, keeps his mouth shut and works hard,” Dresser said about Skyler St. John. “That's what we need.”

Skyler St. John's work ethic and the luxury of his familiarity with Derek St. John gives the red-shirt junior an edge. He needs every advantage he can get because he has stout competition for the 165-pound spot.

Logan Breitenbach is another redshirt junior in the mix for the 165-pound spot. Last season, Jackson cemented Breitenbach as a Cyclones starter.

Breitenbach finished the 2016-17 season with a 5-11 record, including a 0-8 record in duals. Despite finishing the season with a losing record, the 165 pounder received valuable mat time.

Before Breitenbach and Skyler St. John were battling for the starting position at Iowa State, the two got a taste of competing against each other last season.

While Skyler St. John was at Iowa, Breitenbach and Skyler St. John bumped into each other while pursuing the Pat 'Flash' Flanagan Open Championship.

Skyler St. John got the best of Breitenbach, pinning the 165 pounder three minutes and 35 seconds into the match. Skyler St. John's momentum carried him to a first place finish, while Breitenbach recovered for a third place finish.

Even with the loss to Skyler St. John on his record, Breitenbach is confident he will retain his place as the top athlete at the 165-pound spot.

“He's definitely a tough wrestler, but I don't see myself giving up the spot,” Breitenbach said. “I've been the guy representing Iowa State for the past two years, so [I look] to continue that trend.”

# A coffee a day keeps the doctor away

## Students and faculty weigh in on the health benefits of coffee

BY LAUREN.KLINE  
@iowastatedaily.com

For some students and staff, coffee is a non-negotiable part of their daily routine. However, it's a non-negotiable part people may not stop and think about when it comes to their health.

According to a study from the U.S. National Library of Medicine, drinking coffee may lower one's chance of Parkinson's Disease.

According to rush.edu, some of the positive health benefits of drinking coffee include a decreased chance of being diagnosed with Type 2 diabetes, control symptoms of Parkinson's disease, slow the progress of dementia, maintain a healthy liver, increase heart health and reduce the risk of melanoma.

Students and staff on campus have their own opinion about why they drink coffee, and what they believe about its benefits to one's health.



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»» Denise Wolf,

*Parks Library associate*

"I drink eight cups of coffee a day. I know the health benefits help blood pressure, your heart health, and increases your life span."



»» Chyenne Cihak,

*sophomore in animal science*

"I don't know any health benefits, but I know I need coffee to get through my 8 a.m. class."



»» Isabel Miller,

*junior in public relations and international studies*

"Poop. It helps me with that."



»» Nicky Dugan,

*junior in apparel, merchandising and design*

"I have heard that coffee helps you live longer. I think that it might help Alzheimer's. I see a lot of stuff on TV about health benefits of coffee, but that's it."

» POTS PG1

that two people within the same area have some form of dysautonomia.

According to Dysautonomia International, it's estimated that between 1 million and 3 million Americans are affected by POTS.

However, with a combination of symptoms of POTS being common, having no single underlying cause of the illness and having only scraped the surface in terms of research, doctors often have a difficult time recognizing and/or diagnosing it.

"[POTS] isn't rare, it's rarely diagnosed," Wiederholt said. "There could be hundreds more people [that have POTS] on campus."

Wiederholt, having lived with POTS for over four years, has become an advocate for living with a disability.

Wiederholt hopes to familiarize people with POTS and dysautonomia, and is glad that she was able to help diagnose someone else with the condition.

"I have a 100 percent diagnosis rate, so far I haven't been wrong yet."

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