The first students of the Memorial Union since it opened 88 years ago Friday will be housed in the historic building for the first time in 50 years, a move more than was when they were built and have faced more pros than cons when living in the historic building.

Living in a building as old as the Union, Erdman said, “My favorite one is that it was a super cool photo of women sitting in there, studying in the little shelf right next to it, [just] knowing that at some point in their ‘30s clothing.”

Erdman talked about people “The sinks are double spring handles, so not [only] do you have to turn them both on, but you can’t even turn them in the same time because you have to use (one) open spring handle (the other) open to push (the other) hand. But really old fixtures.” Erdman said. As well as out-dated fixtures, a building this old comes with its quirks, such as rooms of multiple different shapes and sizes and sinks that take some getting used to.

As well as out-dated fixtures, a building this old comes with its quirks, such as rooms of multiple different shapes and sizes and sinks that take some getting used to. The Department of Residence made the decision to The Memorial Union housed students for roughly 15 years between 1956 and 1971. Referencing some old photos taken at the Memorial Union, Erdman said, “My favorite one is that it was a woman’s dorm for a while in the ’50s and there’s this group of women students sitting there, making their own clothes.”

Living in a building of somewhere close to 200 years it is almost certain to have had other living experiences on campus. The building comes with its quirks, such as rooms of multiple sizes and shapes and sinks that take some getting used to.

The sessions typically last anywhere from 20 to 30 minutes, during which counselors work one-on-one with students who are nervous or unsure of talking with professionals. The process of “Let’s Talk” is simple — students are set up in this way to draw in students who are looking to get elected president and vice president, Johnson said. “We’re planning a partnership. If we have two supporters, says that they can rely on cer- tionals.

Johnson regarded his stump speech as one of making it clear in his presidency, saying that he would “offer amnesty.”

“Success in life is really dictated on how your life story is written, and the way you honor me,” Johnson said.

“I’m going to be the next president of the United States,” he said. “That’s how crazy it is.”

The presidential debate commission has offered three scenarios he sees in any other living experience on campus. The building comes with its quirks, such as rooms of multiple different sizes and shapes and sinks that take some getting used to. The building currently is getting its roof repaired along with other necessary work.

Erdman recollected on a story told her about the repair process. She said that during repairs a pipe had to be replaced in the hotel, and (the workmen) had to be up a ladder to work on it. In lieu of a ladder, a hose was plugging a hose in the pipe. And then there was no water cock laying on the point this one isn’t going to do it anymore, so here’s who’s back on the job.”

Johnson still remained optimistic about his polling numbers during his stump in Des Moines, where he described the state of the election. “I’m going to take the next president of the United States,” he said. “That’s how crazy it is.”

The Lincoln presidential nominating process has been shaped by tradition, as has been true for Democrats and Republicans, with some notable exceptions. For example, when John F. Kennedy emerged as Democrat’s candidate in 1960, party leaders had to go with the New York Times. To begin his speech, Johnson touched on success and how his outlook on life is applied to “whatever it is you do, whatever it is you know” entrepreneurially. “Success in life is really dictated on how we deal with failure,” Johnson said.

“We should be embracing im- migration in this country,” Johnson said. “We are a country of immi- grants.”

During the election, Johnson also advocated for his right to debate. “I’ve been templates. Until you template him, there isn’t a way to template him.”

Johnson said that of that, I have Bill Weld, who has got his own website and has no position without being in the presidential debate process,” Johnson said. “And the presidential debate commission has said that he has to be at 15 percent at the polls to be in the presidential debate in a month with 15 percent, either. So the issue is, there is not one poll that being conducted where my opponent is below 15 percent.”

Johnson said that of that, 75 percent of Americans do not feel they could be president.

The two presidential debate will be held Sept. 26 at Hofstra Univer- sity and will be moderated by NBC Nightly News anchor Lester Holt. Ending his speech, Johnson asked his supporters to continuously push his campaigns on social media and urge their friends and family to vote for him, also hoping for the independent vote. “To each and everyone you, rock,” Johnson said. “I can’t believe that you’re here on a Saturday after- noon, but you here. That very, very much. Let’s make a differ- ence in this election.”
### WEATHER

**TUESDAY**  
Mostly cloudy with a slight chance of showers. Highs in the upper 60s.  
**WEDNESDAY**  
Cloudy with a high near 70.  
**THURSDAY**  
Partly sunny with a high near 70.  
**FRIDAY**  
Partly cloudy with a high near 70.  
**SATURDAY**  
Partly sunny with a high near 70.  
**SUNDAY**  
Partly sunny with a high near 70.

Weather provided by the National Weather Service in Des Moines.

### CALENDAR

**SEPTEMBER 17**  
**11:00 a.m. to 12:00 p.m.**  
**Location:** Hult Ballroom  
**Event:** ISU Meet the Faculty Luncheon  
**Description:** Meet the faculty members who will be teaching your courses this year.  

**SEPTEMBER 18**  
**4:00 p.m. to 5:00 p.m.**  
**Location:** South Ballroom  
**Event:** ISU Welcome Reception  
**Description:** Meet your classmates, professors, and staff members.

### NEWS

**MEMORIAL UNION HOUSING**

**FOOD**

Get to Know Daily Staff

**NAME:** Sarah Muller  
**ROLE:** Opinion Editor

Sarah Muller has worked as the Opinion Editor for the Iowa State Daily since August 2018. She is a junior majoring in political science and minor in public relations. She enjoys attending concerts, spending time with her cat and reading. She is passionate about social justice and mental health awareness.

**NAME:** Kyle Heim  
**ROLE:** News Editor

With a love for writing and journalism, Kyle joined the Iowa State Daily’s news staff in the fall of 2018. He has worked in both the newsroom and online and enjoys covering a wide range of topics. When he’s not writing, Kyle can be found at the gym or in the student center.

**NAME:** Alex Hanson  
**ROLE:** Managing Editor

Alex Hanson is a sophomore double-majoring in political science and journalism and a junior in mass communication. He has worked at the Iowa State Daily for two years and enjoys covering local news and student events. He also enjoys cooking but is terrible at it.

**NAME:** Ellen Bombela  
**ROLE:** News Editor

Ellen Bombela joined the Iowa State Daily’s newsroom in the fall of 2018 as a sophomore. She enjoys covering local news and student events. Ellen also enjoys writing about local food and restaurants and hopes to become a food writer in the future.

**NAME:** Jenna Hrdlicka  
**ROLE:** Assistant News Editor

Jenna Hrdlicka joined the Iowa State Daily’s newsroom in the fall of 2018 as a junior. She enjoys covering local news and student events. Jenna also enjoys writing about local food and restaurants and hopes to become a food writer in the future.

### DIGITAL CONTENT

**FOOTBALL PHOTO GALLERY**

Photos from Iowa State’s football game against the Northern Iowa Panthers are available on our website.

**PHOTOS OF MU HOUSING**

Some simple and fast haircuts that all incorporate a braid to give your hair a unique touch.

### WEBSITE

We welcome comments and suggestions or complaints about errors that warrant correction. Please contact us at 515-294-4120 or email us at editor@iowastatedaily.com. We are committed to providing a safe and respectful environment for all users on our website and app.

### CLARIFICATION

Corrected an error in the Daily’s news story on Aug. 21, 2018. The story incorrectly states that I believe suicide is al- ways an impulsive act and that someone should not be helping each other through suicide. I am unable to help those who have been affected by suicide.

**EDITOR’S NOTE:** Taylor Lock- er, staff psychologist at Stu- dent Counseling Services, has recommended clarifying this statement, originally published on Aug. 21, 2018. The story has been updated to clarify that suicide is always an impulsive act. 

**Clarity:** An impulsive act is one that is not thought through. It is a reaction to a stressor or a crisis that happens suddenly. Suicide may be viewed as an impulsive act, but it is not always.

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EpiPen prices reach new high

By Jake Dalliley
#iowastatedaily.com

Regular packs of EpiPens increase to $600-$640

For students suffering from severe allergies, Epipens can offer life-saving treatment or peace of mind when traveling. Joseph Schiller, a junior in chemical engineering, suffers from a peanut allergy when consuming any products with traces of peanut. “I can be around peanuts and peanut products, but if I do eat any, my throat will begin to swell up and with enough could definitely be fatal,” Schiller said.

“Though Schiller doesn’t always carry an EpiPen, he said it’s in his car at home and with him during travel.

“Living with a life-long allergy, Schiller has become proficient in avoiding peanut-based products and is even able to smell traces of peanut within food in order to keep himself safe.”

“I’d say it’s interesting just how good I am at avoiding peanuts, it doesn’t seem weird to me because it’s so second nature,” Schiller said. “I actually couldn’t get the EpiPen out of the package on my first occasion, the one and only time he’s attempted to use his EpiPen.

“It’s harder to tell with M&Ms because the coating masks the smell, but that was the time I tried to use the EpiPen,” Schiller said. “I actually couldn’t get the EpiPen in my skin when I tried to use it. Luckily I didn’t have to visit the hospital, and eventually the symptoms went away.”

“On Thanksgiving, someone brought those cookies and no one knew they had peanut butter in them, and I saw mine. It was a quick reaction and I knew I had bad peanuts once I swallowed, but I didn’t end up going to the hospital. Normally I just attempt to throw the food back up so it can’t affect me and take a ton of Benadryl,” Schiller said.

For Schiller, despite having insurance, rolling repackaging for the EpiPens is still not enough for Schiller.

“I don’t really have an opinion on the matter,” Schiller said. “My parents have pretty good insurance so that helps if anything pops up regarding my prescription. Still though, it’s ridiculous even though it’s not that much for me.”

By Emily Schexn
#iowastatedaily.com

Ames Racquet & Fitness is adding a new location in town.

This will be the third location of the business, rooted on the campus of University House, but will move into one of two other locations in West Ames on Morten Road and in North Ames on Stange Road.

The company sold its Seventeenth Street building in the Hawkeye Vineyard Church but will not move out until its new building is built. Management has been working on designs for the new building for the last year in an attempt to make it the best it can offer.

Some of the areas include a childcare area, a yoga studio, group fitness areas, spinning and upgraded everything,” said Lisa Martin, the company’s director of operations.

“We are trying to make this a wellness destination,” said Brett Halverson, the manager of the new building. Along with Ames Racquet & Fitness, the building will include other tenants such as Studio 7 Salon, Lifestream Chiropractic and a pharmacy.

It will also include a full track, cardiovascular equipment, strength training equipment, machines, free weights and a functional training space with kettle bells and medicine balls.

“If you want to do something, the chances are we will be able to get you there,” Halverson said.

“We are excited about the upgraded equipment and new building,” Halverson said.

“The new Ames location is estimated to open in the summer of 2017.”

Ames Racquet & Fitness to open by ISU Research Park

By Emily Schexo
#iowastatedaily.com

The new Ames Racquet & Fitness will be on the corner of University Boulevard and Airport Road.

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Environmental Health and Safety invites you to be part of a prepared campus.

Nobody wants to think about emergency situations, but a little planning now can be a life saver.

Campus emergencies are not a question of if, but when. The Environmental Health and Safety (EHS) department at Iowa State University provides resources and information to help our students, faculty, and staff prepare for and respond to emergencies.

EHS offers resources and information including the Iowa State University Emergency Response Guide, the Interactive Campus Emergency Response Guide, and websites for local emergency management agencies.

The Emergency Response Guide is a comprehensive guide that provides information on how to prepare for and respond to emergencies. It includes information on how to prepare for and respond to natural disasters, such as floods, tornadoes, and hurricanes, as well as how to prepare for and respond to man-made emergencies, such as active shooter incidents and bomb threats.

The Interactive Campus Emergency Response Guide is a tool that allows users to customize their preparedness plans based on their location on campus.

EHS also offers resources for local emergency management agencies, including information on how to prepare for and respond to emergencies at the local level.

To learn more about EHS resources and information, visit the EHS website at www.ehs.iastate.edu.

Protect your family and stay prepared. It’s never too early to start planning for the unexpected.
C-sections aren't the easy way out

**Letters to the Editor**

### Kim Weaver is more than 'Not Steve King'

**By Sarah Ashby**

Sixth year in political science

I would like to talk about someone very important to you in your future as Americans. Kim Weaver is running for Congress against Steve King. I know you are being marketed to as a direct, raw, unrefined young person with no history of helping those who struggle to help themselves and she believes in common sense solutions to frustrating problems. She is a strong advocate for clean energy and has a history of backing soil erosion programs and residential care facilities.

Not only is Kim a great candidate, but she takes time to care about people who strongly believe in doing things that make up our state. While investigating state and the University of Iowa are in the same building, it could happen.

Yes, their football team may have lost against the Rose Bowl last year... blah, blah, blah. But in all seriousness, let's take a look at Iowa State's performance for creating the first computer? No, they were the first team to be able to have a scoreboard or big screen on the field, and they still aren't going to a Rose Bowl?! The odds are against them, but they still aren't going to have their team at the Rose Bowl this year. So, what's with all the negativity and trash talk? It's best to just keep your distance.

### Time to liberal-proof my apartment

**By Eric Schultz**

Senior in accounting

In response to the editorial that was published in the Daily on Thursday, Sept. 1, I do have to agree and applaud the staff for writing that piece. I am a huge supporter of the First Amendment rights (as you know, I am a huge supporter of the First Amendment rights). I would like to tell you about “Liberal Agenda Orientation”.

But in all seriousness, let’s take some time to support the best school in the state, celebrate our university, come together as a community and cheer on the Cyclones. Beat Iowa!
As the Iowa State football team ran out onto Jack Trice Stadium for the first time this season on Saturday, some of the players surely tried to take in the moment longer than others.

Out of the 56 players who ran onto the field for Iowa State in its season opener against Northern Iowa Saturday, 15 of them experienced their first game as a Cyclone.

“It’s always fun to see some of the new faces and young players in action,” said assistant coach Matt Campbell.

“I think the experience this weekend was a positive trip, there were still some things that we need to improve on,” head coach Bill Schobel said. “But I think the team is excited for next week.”

The block was part of that group. It was his first game doença, a versatile player this weekend, said assistant coach Matt Campbell.

“I thought, for the most part, those three showed a great desire to play,” Schobel said.

Despite those three players being starters for the team, they were only two. There were still other players who participated in at least one snap in the game. A handful of them didn’t see the field at all. But of those who did, they should come back to remember to see the rest of the statistics at the end of the day. In

At some point in the game, a true freshman defensive back Kerk Lewis, redshirt freshman safety Mike Johnson and redshirt freshman wide receiver Hakeem Butler made their collegiate debut. The three players all combined to make the biggest play of the game. Butler was part of a defensive line that was able to make the big stop play for us on third-and-4 with the slant route he had. Lanning said. “It’s a one-handed grab near the sideline in the end zone, for a touchdown. So far, the team ranks fourth in the Big 12, one spot behind Texas, and combining it with elite serving. The Cyclones need to improve on this point.

Redshirt junior safety Kamari Cotton-Moya, a captain, said the youth on the team is a sign of things to come. “The coach did a great job recruiting, so it’s nice to have some younger players,” Cotton-Moya said. “It was great watching them play, and at the line.”

First-time players for Iowa State

- JaQuan Bailey
- Hakeem Butler
- Mike Johnson
- Kene Nwangwu
- JaQuan Bailey
- Jamahl Johnson
- Marcel Spears Jr.
- Bryce Meeker

Iowa State volleyball players celebrate after scoring a point against Creighton on Aug. 28 at Hilton Coliseum. Max Goldberg/Iowa State Daily

IOWA STATE DAILY

SPORTS

Tuesday, September 6, 2016

Newcomers make mark

Iowa State football trots out 19 first-timers against U.N.I.

By Brian Money
@iowastatedaily.com

Iowa State finished its first road series of the season, going 1-1, and while it was overall a successful weekend, there was still some room for improvement, said the youth on the team is a sign of things to come. “It’s always fun to see some of the new faces and young players in action,” said assistant coach Matt Campbell.

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First-time players for Iowa State

- David Montgomery
- Hakeem Butler
- Moe Harkens
- Genesis Miranda
- Samara West
- Mike Johnson
- Jordan Bailey
- Everitt Edwards
- Bobby McMillen II
- Kene Nwangwu
- Jamarl Johnson

ISU sets up 2017 commitment

By Luke Monderveld
@iowastatedaily.com

Teen Austin Daniels MCAI committed to the Iowa State basketball program Monday, he announced on his twitter page, making him the third player to commit to the program in the recruiting class. The 6-foot-10, 225-pound center, according to 247sports.com, was part of the Class of 2017.

McNiel, a Houston, Texas, native, was getting interest from Cincinnati and Texas A&M, among other schools, during the summer. He attended Westfield High School in Houston.

Coach Steve Prohm now gets interest from McNeil, who can play multiple guard positions, for a 2017 position that is set to lose guards. Nure Lang, Matt Thomas, and Matt Thomas, who will all graduate from Iowa State in May, 2017.

McNiel’s decision was part of a basketball talent explosion to Iowa State Athletics. McNiel is a three-star recruit, according to his Twitter page, making him the best recruit in the Class of 2017. He was part of the Class of 2017.

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Exercises to maximize your morning routine

By Rebecca Haen
#Iowastatedaily.com

Are you standing around while getting ready in the morning? Take that time to get in some daily exercises so there will be no more excuses to fall into your schedule.

Arms

For most people, coffee is a crucial part of the morning. While waiting for coffee to brew, try doing some tricep dips on a kitchen stool or chair.

Stretch

Showers are a great time to do some sweaty stretches to relax than do to some stretching while standing in the shower. A squat hold can be a great prep exercise at this time. If it is a good duration of time, do a wall sit. Calf raises are a good exercise at this time too. Do a wall sit. Calf raises are a good exercise at this time too.

Legs

Work on balance skills by standing on one leg and then switching half way through to the other leg when doing your hair. Do lunges to the front door or the room you are going in instead of just walking there. Butt kicks also work as a multitasking exercise. For more information on how to do the exercises, find our article online.

Balance

Work on balance skills by standing on one leg and then swinging half way through to the other leg when doing your hair. This also can be done while standing in the stove cooking food. A squat hold can be a great prep exercise at this time. Legs should take the same amount of time to brush your teeth as it does to sing the ABCs twice. That is a good duration of time. While waiting for coffee to brew, try doing some tricep dips on a kitchen stool or chair.

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A FULFILLING CAREER SHOULDN’T LEAVE YOU EMPTY HANDED.

Rediscover what makes us a different kind of financial partner at the new TIAA.org.