PRESIDENTIAL SEARCH SEEKS NO. 16

BY DANIELLE GEHR
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Long before fall finals, even before Halloween, the 16th president of Iowa State University will be selected.

Dean Luis Rico-Gutierrez is one of many working to find a president that represents the Iowa State community as a whole and works to uphold the land-grant mission.

While other universities, such as Auburn University, did not include their community in the decision of who their next president should be, Rico-Gutierrez wants to give all students, faculty and staff a voice.

“I think the bottom line is we’d really appreciate the opinion of everybody. The committee members, that is a service position,” Rico-Gutierrez said. “We’re all there representing groups of people in the university and our job is to receive information of the candidates, but also to represent the voices of everybody in the university.”

Rico-Gutierrez is co-chair of the presidential search committee along with Dan Houston, president and CEO of Principal Financial Group. The rest of the committee is made up of Iowa State faculty members, including Faculty Senate President Tim Day, staff members and several Iowa regents.

Student Government President Cody West and Graduate and Professional Student Senate President Vivek J. Lawana are the only two students on the committee.

There are two parts to the process, Rico-Gutierrez said, the first of which will be confidential. Rico-Gutierrez explained the importance of protecting privacy of their candidates at least at the beginning of the search.

“Iowa State is a destination. This is a place that I feel people want to come and become president. Because of that, we expect to have a very high level of candidates participating in this,” Rico-Gutierrez said. “Which means that they already will have very high level jobs somewhere else.”

He said if privacy is not offered for at least the initial screening, many of these candidates may have been discouraged from applying.

“The intention really is we want to have the highest caliber of applicants, as many as we can, so we can have depth in that initial pool,” Rico-Gutierrez said.

The application deadline is Thursday giving the search committee less than three weeks to review. The committee must select the semi-finalists by Sept. 12, which Rico-Gutierrez said will likely range between eight and 12 candidates.

On Sept. 26 and 27, the semifinalists will be interviewed off campus at a neutral location.

From those interviews, the list will be reduced once again and the finalists will be invited to campus where open forums will be held for the community to take part in. These campus visits will take place Oct. 9 through 13.

“We really value input from everybody at the university. The presidency is a very special position. They impact every single person at this institution. So it’s all students, all staff, all faculty,” Rico-Gutierrez said. “We’re going to have open forums and when [the candidates] are here, there are going to be special sessions with different groups.”

Open forums were also held in June to get community input before the search began. Rico-Gutierrez said this input was used to shape the job description found on presidentsearch.iastate.edu.

“It was an amazing process to go through to writing [the position description]. We got opinions from every member. We’re all more or less in sync,” Rico-Gutierrez said. “We want somebody that treasures the land grant mission of teaching, of making sure that we create knowledge and we disseminate that knowledge for the better of Iowa, obviously, and the world in general.”

After the community input, the final decision will be that of the Iowa Board of Regents. On Oct. 23, the search committee will present all the information to the board and the board will use this to decide who will be the next Iowa State president.

“In terms of service to the university, it’s a very special honor,” Rico-Gutierrez said. “My background… it’s about giving voice to people in processes that will have an impact on them. So for me, this was a great opportunity to put this in practice, to make sure that we open the process as much as possible when we can.”

Interim President Benjamin Allen told the Iowa State editorial staff he is taking steps to ensure a smooth transition when the next president is chosen. This includes making decisions over open positions.

“Some of these things, you either want to make a decision on hiring someone or make a decision to delay,” Allen said. “So we had to decide these are the jobs that we should delay before the new person comes here, these are the jobs we should decide.”

Even in positions they decide to wait on, Allen said they are still laying the groundwork.

Based off the amount of applications already received, Rico-Gutierrez is optimistic that the search committee will make all the layout deadlines, but added that nothing is set in stone.

“From what I’m hearing right now, we’ll have great depth, we’ll be able to move with the timeline the way it is so I don’t foresee any changes,” Rico-Gutierrez said.

Rico-Gutierrez encourages people to not only reach out to him with any opinions or feedback pertaining to the presidential search, but to also reach out to the two students on the search committee.
Museums to display faces of Iowa State

In addition to portraits, artist Rose Frantzen also paints landscapes, still lifes, and figurative works.

BY PARKER REED
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Returning to Iowa State for some can be a nostalgic experience. Whether you’re returning for your sophomore year, or visiting years after graduation, elements of campus can seem extremely familiar. And a certain part of Iowa State is about to seem much more familiar for a certain group of people.

University Museums will be featuring Faces of Iowa State: A Portrait Series by Rose Frantzen at Brunnier Art Museum running from Aug. 21 - Dec. 8.

After an overwhelming amount of praise at the Iowa State Fair, Faces has turned into a touring exhibit, with six total locations this fall including Ames.

All 39 portraits were painted by Maquoketa, IA artist Rose Frantzen. From presidents to alumni, Faces attempts to capture everything and everyone that makes Iowa State University what it is today, and that means representing people from all stages and tiers of the Iowa State family.

“The focus of Faces of Iowa State is to celebrate not only the tradition and the impact of portraiture at ISU, but also show the development of ISU as a story of democracy where the vision, dreams and actions of individual people play a vital role in how our collective identity is shaped,” read the exhibit’s official description.

Admission to the exhibit is free, and more information can be found at the University Museums website.

THE BIGGEST & NEWEST BACK TO SCHOOL POSTER SALE

Where: Campanile Room - 2nd Floor Memorial Union
When: Wed. Aug. 16 thru Fri. Aug. 25
Time: 9 A.M. - 6 P.M.
Sponsor: Iowa State Memorial Union - Student Activities Center

IOWA STATE DAILY
Thielens Student Health Center is bringing attention to sexual health by emphasizing long-term birth control, PrEP medication for those who are HIV negative wanting to sexually interact with those who are HIV positive and encouraging students to get HPV vaccinations that could prevent cancers in men and women.

Health Center Director Erin Baldwin credits her team for the expansion of services they have been able to supply the ISU community.

“We had a great year last year, we had the most visits we had in history,” Baldwin said. “We are happy with how things are going and we have a good team on board. We are excited for this school year.”

Women’s health

Mary Raman, nurse practitioner in women’s health, mentioned their emphasis on long-term birth control options, Intrauterine Devices (IUD) and Nexplanon. These are birth control options that are inserted by a medical professional.

“One of our goals is to increase awareness and implementation of those types of contraceptives,” said Raman. “They’re the most effective form of contraceptives available at this time and they are very safe for almost all women.”

IUDs, according to the website Birth Control, “is a small t-shaped device that is made out of flexible plastic.” It can keep a woman protected from pregnancy from between three to 12 years with over 99 percent effectiveness.

IUDs are inserted into the uterus and creates thick cervical mucus that keeps the sperm from attaching to the egg. Since the sperm does not reach the egg, the egg is not fertilized and pregnancy does not take place. There are two types of IUD, copper and hormonal. The copper IUD does not provide hormones while the hormonal IUD does and can stop ovulation.

Nexplanon is a small bar that is “the size of a cardboard match stick,” according to Birth Control. The bar is inserted into the arm and releases hormones that also make the cervical mucus thick and prevents the sperm from fertilizing the egg.

Student Health can get women started on either of these birth control options by having a consultation to find the right option for the patient and then a second appointment to insert the birth control.

“We have more providers who can place those types of contraceptives,” Raman said. While some providers are family practice and can help with any women’s health care, four providers are specifically trained in inserting IUD and five are able to insert Nexplanon.

PrEP

Pre-Exposure Prophylaxis, or PrEP, is part of a series of anti-HIV medication that allows people who are HIV negative to be sexually active with people who are HIV positive without becoming infected.

“Dr. Dan Fulton [infectious diseases specialist from Mary Greeley Medical Center], came over and we had a good primer about PrEP,” Raman said. “I think that’s something that is something as providers we are learning more and more about.”

Student Health is able to help provide PrEP to those who are interested.

“We want to help identify those students who would benefit from it and typically we are going to refer them to Dr. Fulton,” Raman said. ”We can initiate it here and Dr. Fulton can help consult with that, but ideally, for compliance purposes the start of it would happen with Dr. Fulton.”

According to the Center of Disease Control, current studies show that the maximum protection can be reached after approximately three weeks of taking PrEP.

“The majority of [Dr. Fulton’s] patients that are on PrEP are Iowa State students,” Raman said. “So we have a really critical role.”

HPV vaccination

The Center of Disease Control (CDC) is suggesting that people between 15 and 26 years old get a three-dose vaccination for Human Papillomavirus (HPV) which are available at Student Health.

Most people with HPV never develop symptoms or health problems, according to the CDC, and some infections go away by themselves within two years.

But sometimes infections last longer and can cause cancers and other diseases.

HPV can be contracted by having oral, vaginal or anal sex.

“HPV infection causes cervical, vaginal and vulvar cancers in women, penile cancers in men and oropharyngeal and anal cancers in men and women.”

“The vaccination has been on the market for 10 [or] 11 years now and it is typically covered [by insurance companies],” Raman said.

CDC is suggesting 11 to 12 year old girls to start getting the HPV vaccination because it is before most females become sexually active that they can be exposed. For those who retrieve the vaccination between ages 9 and 14, there are only two doses necessary.

REGISTER NOW

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• Ages 3 and up
• Flexible class times
• Small classes for individual attention
• Former college dance instructor, Beth Clarke, Director

“Quality Dance Education with an Emphasis on Confidence and Self-Esteem”
ALCOHOL pg3

Saying good-bye for the last time

In August 2014, Veishea retired. Last spring, it would have celebrated 95 years. But instead, it mourns three – a void left for many in its absence. So as then-Iowa State President Steven Leath stood in the front a room in 2014, a brown Iowa State podium before him, he discussed the arrest rates, the citations – which reached just over 450 total in April 2014.

Nine students, Leath said, were suspended from Iowa State that year. During Veishea’s tenure, the event took the lives of two individuals.

“I’ve looked over the past 30 years at events and we’ve seen events surrounding Veishea degrade into what amounts to a week-long alcohol-fueled party,” Leath said.

Veishea had evolved into a new being, an irresponsible, unstoppable, unfathomable system. The true purpose of the university celebration, Leath said, had become completely overshadowed by this “new culture.”

People were upset because Veishea had, once again, been abolished. Named after the university’s colleges when the event was founded in 1922 – veterinary medicine, engineering, industrial science, home economics, and agriculture – Veishea’s purpose was to serve the school.

Even past Iowa State presidents were unsure of how to handle the event and what it shaped into. In a press release in 2006, then-Iowa State President Gregory Geoffroy announced that Veishea would follow the university’s standard alcohol policy, meaning that the substance would be permitted on campus, including residence hall dorms, for students of legal drinking age.

The decision regarding the alcohol policy follows one of the few gaps in the timeframe of Veishea in which it was cancelled for a year in 2005.

This decision came after students caused an upward of $100,000 in damage during a 2,000-person riot in which 35 people were arrested.

A riot report in 2004 depicted that all the riots tied back to one commonality: alcohol abuse and good weather.

Bringing it back?

A campaign promise, Student Government leaders Cody West and Cody Smith are hoping to restore Iowa State tradition through an alternative student-lead festival that will “develop a sense of camaraderie not only among current students, but alumni and all friends of Iowa State.”

And the transition period now is something West refers to as “The Veishea Void.”

“We want all students to know the true value of what it means to be a Cyclone.”

An argument for tradition

Dave Soochoo, an ’82 grad on the Veishea committee for three of his four years at Iowa State, remembers what it means to be a Cyclone fondly.

He said even when the university was considering whether or not to cancel Veishea he wrote to the committee managing the evaluation and said he “then and still believes now that one of the most important factors in favor of keeping Veishea was that it was the training ground for students to learn how to be successful in a real work environment.”

To Soochoo, it was more than the alcohol or partying but “a huge opportunity for students to learn and practice the skills they needed to be successful after graduation.”

And when Soochoo’s senior year came along, and he was offered the chance to work on the Central Committee – the group responsible for planning and executing Veishea – the traditional closing ceremony provided him with a stark realization.

“College is now over [it] is time to move on.”

WE’VE RAISED THE BAR ON ACADEMICS FOR INCOMING STUDENT-ATHLETES

ncaa.org/academics

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ISU THEATRE AUDITIONS!

Thursday, August 24 — 6 - 10 p.m. — 0308 Carver Hall

Out of the Fire: The Banned Books Monologues

Many roles available!

Callbacks: Friday, August 25

The Children’s Hour

By Lillian Hellman

12 women, 2 men

Callbacks: Saturday, August 26

Stop by the callboard outside of 0310 Carver Hall to sign up for an audition time and to pick up materials!

Visit www.theatre.iastate.edu or e-mail isutheatre@iastate.edu for more information. Funded by Student Government.
Armed with Walmart glasses and high quality cameras alike, Iowa State students and staff took to campus to catch a glimpse of the partial solar eclipse.

Some professors cancelled class while some students just skipped, despite the eclipse coinciding with the first day at school. Nevertheless, people headed out to Central Campus and its surrounding areas to witness the long-awaited event.

“I watched the eclipse from Curtiss because my next class was in Jischke and Curtiss had the best view nearby,” said freshman Eric Reuss, whose reaction to the eclipse was captured in a photo posted on Iowa State’s Instagram page. “When the picture was taken, a hole in the clouds allowed us to see the eclipse, and so I raised my arms in celebration.”

The mass of people that came out to watch was somewhat unbelievable. Tim-Shi Tam, the university carilloneur and associate professor of music, was playing in the Campanile, and when she finished, came outside to watch onlookers in awe of the sky.

“Inside the Campanile, I can’t really look out, but afterwards I could see a lot of people, students and staff,” said Tam, who played Bonnie Tyler’s ‘Total Eclipse of the Heart’ during the eclipse. “Everyone was so excited, including myself. I think it’s really cool that I can share the experience with everyone - play some music, help each other commemorate this special occasion.”

According to NASA, the next total solar eclipse will fall on April 8, 2024, and will hopefully garner the same wonder and excitement that this one did.

“Every time it happens,” said Tam, “I think it’s unique.”
Editor’s note: Alcohol has an effect on many college campuses — Iowa State is not immune. Before students even step foot on Iowa State’s campus, they take AlcoholEdu, meant to help educate them about safe drinking habits. During students’ time at school, underage or not, alcohol may very likely be a part of their experience.

“Wasted Away: The culture of alcohol at Iowa State’, which is a collaborative project between the Greenlee School of Journalism depth reporting class and the Iowa State Daily, explores what that experience looks like — good, bad or otherwise — and analyzes how it can affect other aspects of their lives.

Beer, lots and lots of beers.

For Iowa State alumnus Lisa Kirchhoff, the ’88 Veishea riot is still one of the most bizarre things she’s ever witnessed.

Off-campus parties were being busted and shut down by police and Iowa State students were moving from one party to the next. Kirchhoff recalls that soon, there was nowhere left to go. The students were fed up. And to Welch they went.

But the police moved there too, as Kirchhoff remembers it, their presence seemed to just “piss people off even more.” The police, decorated in riot gear, couldn’t gain control of the Campustown crowd.

Bottles were being thrown and fires were being started — one even leaving a hole in the middle of the street several feet deep.

Johnny Orr, then-head basketball coach, then addressed the masses of students in an attempt to calm them. Only then, Kirchhoff said, did they begin to disperse.

The riot of ’88 marked a future precedence of violence during Veishea. It was the first time that alcohol outshadowed the celebration, that partying kissed goodbye to tradition. Mayor Ann Campbell described it as a wake-up call. Veishea was not the Veishea anyone knew anymore.

Saying good-bye for the first time

Veishea has been abolished!

The headline stretches across the front page of October 3, 1940 edition of the Iowa State Daily Student. A call to “every loyal Iowa State man and woman to join in a concerted movement to restore Veishea to its rightful place” is made by Iowa State President Charles E. Friley.

Less than a week later, the annual spring festival marks its return – Veishea reinstated.

Only 20 years after its origination, Veishea came to a startling halt.

The Veishea Committee voted to abolish the event due to a lack of student apathy and too many leaving campus during the celebration, according to Daily archives.

But following a “stormy discussion” the “tremendous pressure exerted by the Iowa State student body brought withdrawal of the decision to abolish Veishea.”

For 76 years following, the tradition of celebration, cherry pies and Veishea Village would live on, that is until a culmination of events – a riot here, a flipped over vehicle there — would bring the 92-year-old tradition to a close an alcohol-fueled Tuesday night in April 2014.

A distant memory

A ’97 Iowa State alumni, Scott Gillam, described Veishea as “always very fun.” But to him, it was a victim of its own success.

With the large outside-student base the celebration brought, issues would follow.

It’s a story that nearly every Iowa State alumni shares: their Veishea experience, each different but carrying a similar strand of resemblance, a similar vein to separate from.
POLICE BLOTTER
AUG. 18, 2017
Justin Dennis Briguet, age 19, of 2112 Lincoln Way - Ames, IA, was arrested and charged with unlawful possession of alcohol under the legal age at Gray Ave and Sunset Dr (reported at 9:27 p.m.).
Christophans Bruckel, age 22, of 2906 Lincoln Way - Ames, IA, was arrested and charged with public intoxication and possession of alcohol under the legal age at Sunset Dr (reported at 11:21 p.m.).

An individual reported damage to a wall at Friley Hall (reported at 11:21 p.m.).

CORRECTIONS
The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.
Public education in America has been an integral part of advancing our local communities and nation. We found common ground in mandating affordable primary education so that our youth can grow up to know more than the generations before them. Early in our nation’s history, states invested in public universities knowing that an educated public would be more able to solve problems and advance the state socially and economically. With the G.I. Bill in 1944, a nation thanked its brave men and women for liberating a continent and advanced the state socially and economically. With the G.I. Bill in 1944, a nation thanked its brave men and women for liberating a continent and the tools needed to move our great nation forward.

The value of an educated public is clear. Our local communities and nation do better when we invest in our people so that they may contribute to our society. However, lawmakers in the Republic-
can-controlled state legislature must have forgotten the various benefits of investing in our state universities as they have consistently failed to appropriate the adequate funds to keep tuitions affordable for Iowa families.

Over the summer, a task force commissioned by the Board of Regents released a 5-year tuition plan that seeks to raise the cost of attendance at Iowa State by 7 percent annually until 2022. Resident students at ISU would, under the proposed plan, pay $10,537 in tuition by fall of 2022, up from $7,456 for this academic year. Governor Kim Reym-
olds even acknowledges that the steep increase is too much for Iowans saying that “there is no way that Iowa families could afford a 7 percent increase over five years.”

The Governor is correct in her assess-
ment that it will be hard for many Iowa families to spend up anywhere from $522 to $3,081 a year in order to attend a state university. What she failed to grasp is the fact that she, along with the state legislature, have the power to ensure that Iowans have access to affordable, high-quality secondary education. They can choose to support Iowa students by increasing state funding to our three public universities, or they can continue to offer major tax breaks to large corpo-

rating which led the state into its last fiscal dilemma.

The choice for Gov. Reynolds couldn’t be more clear. Either stand by your cor-
rect assessment that the tuition increase is too much and appropriate more funds for the universities, or explain to the state and young voters why corporations deserve tax breaks more than our youth deserve an affordable education.

Salo: Necessary dining changes

BY MEGAN SALO
megan.saloidaal.com

Public education in America has been an integral part of advancing our local communities and nation. We found common ground in mandating affordable primary education so that our youth can grow up to know more than the generations before them. Early in our nation’s history, states invested in public universities knowing that an educated public would be more able to solve problems and advance the state socially and economically. With the G.I. Bill in 1944, a nation thanked its brave men and women for liberating a continent and the tools needed to move our great nation forward.

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Salo: Necessary dining changes

BY MEGAN SALO
megan.saloidaal.com

In past years, it’s been fairly easy to share meal swipes at the dining centers by passing back one card so that everyone can get in.

But now, every student ID is locked for one hour after a swipe, making the “pass back” impossible. If the meal plan is already paid for, then why is it such a big deal for other people to use the meal?

“When people give other people their card, it actually works properly.”

Iowa State University administrators (L-R) Miles Lackey, Jonathan Wickert, Benjamin Allen and Martino Harmon.

“Now, Seasons is open until 10 p.m. So, people can go to Seasons and eat basically the same food, and Conversations is open for breakfast on the weekends as well.” Ali said.

Iowa State also opened a brand new dining center in Friley.

DINING HOURS

Conversations Dining
Monday – Thursday: 10:45 a.m. – 8 p.m.
Friday – Sunday: 10:45 a.m. – 4:30 p.m.

Friday Windows
Monday – Friday: 11 a.m. – 11 p.m.
Saturday and Sunday: closed

Seasons Marketplace
Monday – Thursday: 6:45 a.m. – 10 p.m.
Friday – Sunday: 8 a.m. – 8:30 p.m.

Storms Dining
Monday – Thursday: 7 a.m. – 7:30 a.m.
Friday: 7 a.m. – 1 p.m.
Saturday: Closed
Sunday: 4:30 p.m. – 8:30 p.m.

Union Drive Marketplace
Monday – Friday: 6:45 a.m. – 7:30 p.m.
Saturday and Sunday: 8:30 a.m. – 8:30 p.m.
**INTRAMURAL SPORTS SCHEDULE 2017-2018**

**ENTRY ONLINE AT WWW.RECSERVICES.IASTATE.EDU/**

### 2017

<table>
<thead>
<tr>
<th>Sports</th>
<th>Entries Open</th>
<th>Entries Close</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Pitch Softball (Open)</td>
<td>August 14</td>
<td>August 24</td>
</tr>
<tr>
<td>Ultimate Frisbee (M,W)</td>
<td>August 14</td>
<td>August 24</td>
</tr>
<tr>
<td>Bag Toss (Open)</td>
<td>August 21</td>
<td>August 30</td>
</tr>
<tr>
<td>Spikeball (Open,W)</td>
<td>August 21</td>
<td>August 30</td>
</tr>
<tr>
<td>Flag Football (M,W)</td>
<td>August 21</td>
<td>August 31</td>
</tr>
<tr>
<td>Disc Golf (M,W)</td>
<td>August 28</td>
<td>September 6</td>
</tr>
<tr>
<td>Broomball (M,W)</td>
<td>August 31</td>
<td>September 8</td>
</tr>
<tr>
<td>Badminton Singles (M,W)</td>
<td>September 4</td>
<td>September 13</td>
</tr>
<tr>
<td>Sand Volleyball (Open)</td>
<td>September 11</td>
<td>September 20</td>
</tr>
<tr>
<td>Pickleball Doubles (Open,W)</td>
<td>September 18</td>
<td>September 27</td>
</tr>
<tr>
<td>9 Ball Pool Singles (Open)</td>
<td>September 18</td>
<td>September 27</td>
</tr>
<tr>
<td>Volleyball – 6 Player (M,W)</td>
<td>September 22</td>
<td>September 29</td>
</tr>
<tr>
<td>Adventure Race (M,W,C)</td>
<td>September 29</td>
<td>September 30</td>
</tr>
<tr>
<td>Racquetball Singles (M,W)</td>
<td>October 1</td>
<td>October 11</td>
</tr>
<tr>
<td>3 vs 3 Soccer (Open, W)</td>
<td>October 11</td>
<td>October 17</td>
</tr>
<tr>
<td>Table Tennis Singles (Open,W)</td>
<td>October 17</td>
<td>October 23</td>
</tr>
<tr>
<td>8 Ball Pool Doubles (Open)</td>
<td>October 23</td>
<td>October 29</td>
</tr>
<tr>
<td>Bouldering Competition (M,W)</td>
<td>October 29</td>
<td>October 31</td>
</tr>
<tr>
<td>Ice Hockey (Open,W) - $70/team</td>
<td>October 31</td>
<td>November 1</td>
</tr>
<tr>
<td>Basketball – 5 Player (M,W)</td>
<td>November 1</td>
<td>November 7</td>
</tr>
<tr>
<td>Wrestling (M,W)</td>
<td>November 7</td>
<td>November 13</td>
</tr>
<tr>
<td>Water Volleyball (C)</td>
<td>November 13</td>
<td>November 19</td>
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<tr>
<td>Table Tennis Doubles (Open,W)</td>
<td>November 19</td>
<td>November 25</td>
</tr>
<tr>
<td>Team Bowling (Open)</td>
<td>November 25</td>
<td>November 31</td>
</tr>
<tr>
<td>Hearts Card Tournament (Open)</td>
<td>November 31</td>
<td>December 1</td>
</tr>
<tr>
<td>Euchre Doubles (Open)</td>
<td>December 1</td>
<td>December 7</td>
</tr>
<tr>
<td>Texas Hold’em (Open)</td>
<td>December 7</td>
<td>December 13</td>
</tr>
<tr>
<td>Free Throw Shoot (M,W)</td>
<td>December 13</td>
<td>December 19</td>
</tr>
<tr>
<td>Co-Ed Volleyball (C)</td>
<td>December 19</td>
<td>December 25</td>
</tr>
<tr>
<td>Dodgeball (M,W)</td>
<td>December 25</td>
<td>December 31</td>
</tr>
<tr>
<td>Soccer – Outdoor (Open,W)</td>
<td>December 31</td>
<td>January 1</td>
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<tr>
<td>NCAA Basketball Pick’em (Open)</td>
<td>January 1</td>
<td>January 7</td>
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<tr>
<td>Co-Ed Broomball (C) - $40/team</td>
<td>January 7</td>
<td>January 13</td>
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<td>Tennis Doubles (Open,W)</td>
<td>January 13</td>
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<tr>
<td>Racquetball Doubles (Open,W)</td>
<td>January 19</td>
<td>January 25</td>
</tr>
<tr>
<td>Best Shot Golf (Open) - $20/per.</td>
<td>January 25</td>
<td>January 31</td>
</tr>
</tbody>
</table>

### SPRING 2018

<table>
<thead>
<tr>
<th>Sports</th>
<th>Entries Open</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bouldering Competition (M,W)</td>
<td>January 1</td>
</tr>
<tr>
<td>Ice Hockey (Open,W) - $70/team</td>
<td>January 1</td>
</tr>
<tr>
<td>Basketball – 5 Player (M,W)</td>
<td>January 1</td>
</tr>
<tr>
<td>Wrestling (M,W)</td>
<td>January 8</td>
</tr>
<tr>
<td>Water Volleyball (C)</td>
<td>January 8</td>
</tr>
<tr>
<td>Table Tennis Doubles (Open,W)</td>
<td>January 8</td>
</tr>
<tr>
<td>Team Bowling (Open)</td>
<td>January 22</td>
</tr>
<tr>
<td>Hearts Card Tournament (Open)</td>
<td>January 22</td>
</tr>
<tr>
<td>Euchre Doubles (Open)</td>
<td>January 29</td>
</tr>
<tr>
<td>Texas Hold’em (Open)</td>
<td>January 29</td>
</tr>
<tr>
<td>Free Throw Shoot (M,W)</td>
<td>February 5</td>
</tr>
<tr>
<td>Co-Ed Volleyball (C)</td>
<td>February 9</td>
</tr>
<tr>
<td>Dodgeball (M,W)</td>
<td>February 9</td>
</tr>
<tr>
<td>Soccer – Outdoor (Open,W)</td>
<td>February 26</td>
</tr>
<tr>
<td>NCAA Basketball Pick’em (Open)</td>
<td>March 12</td>
</tr>
<tr>
<td>Co-Ed Broomball (C) - $40/team</td>
<td>March 5</td>
</tr>
<tr>
<td>Tennis Doubles (Open,W)</td>
<td>March 26</td>
</tr>
<tr>
<td>Racquetball Doubles (Open,W)</td>
<td>April 9</td>
</tr>
<tr>
<td>Best Shot Golf (Open) - $20/per.</td>
<td>April 9</td>
</tr>
</tbody>
</table>

- M - Men
- W - Women
- C - Co-Ed
- Open - Any Gender

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WE NEED YOU TO MAKE THIS CALL

FLAG FOOTBALL REFEREES NEEDED!

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The Iowa State soccer season officially kicked off Friday, when the Cyclones started the season against the Creighton Blue Jays.

However, the team is playing their first games of the season without third-year starting goalie, Lindsey Hendon. Hendon, a Lakewood, Colorado native, finished the 2016 season with a school record of 10 shutouts as a net minder, proving to be a valuable piece to a team that nearly went to the NCAA Tournament.

“She was such a solid player in goal last year,” head coach Tony Minatta said. “She’s a senior and a leader.”

In February, Hendon tore her ACL and knew she would be spending her summer rehabilitating.

“I feel like I’m progressing really well – taking it one day at a time, and getting better,” Hendon said. “I’m working with my trainer and the coaches just trying to do as much as I can. I’m still close, working off the field with the team, trying to get a different perspective when I’m not playing. I just need to get better every day.”

Today, six months later, Hendon’s road to recovery is almost complete.

“Hendon is getting stronger every day,” Minatta said a week before the season started. “They said she was 75 percent. I think she might already be 80-85 percent.”

Usually a torn ACL would sideline an athlete for close to a year, although Hendon will be back much sooner than that.

“If she’s a field player, we’re not discussing this right now,” coach Tony Minatta said. “But, being in goal, you’re not expected to turn and sprint and cut and do those things.”

Because of the way Hendon plays her position, she could return to the field as early as September.

“Her game is really about positioning herself in the goal,” Minatta said. “She’s not the type of keeper that’s going to get that diving save in the goal. I think we’ll be in a good place within a month or so.”

Hendon said that the battle to get back on the field has been hard work.

“It’s a little bit frustrating when you have an injury because there are going to be a lot of days when you are in pain,” Hendon said. “You can only do as much as you can and you just have to slowly progress to get up to a point. But I feel a lot better now. I’m starting to get into soccer stuff and that’s a big step for me.”

Behind Hendon is a freshman and sophomore that are battling to keep the seat warm before the senior’s return.

“The battle between Antonia [Reyes] and Dayja [Schwichtenberg] is something we have never seen before,” Minatta said. “If we can get through a couple weeks with those two, and when Hendon gets back she’s coming back and leading the team.”

BY CONNOR FERGUSON
@iowastatedaily.com

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When Alexis Conaway first arrived at Iowa State, senior year seemed so far away. Now, here she is. Preparing for her senior season.

“It’s definitely strange,” Conaway said. “So, to be here and know that it is my last pre-season, my last scrimmage. All the lasts are kind of weird.”

The weird feeling aside, Conaway is excited for her final year in Ames. Probably the best word to describe Conaway’s play in the Cardinal and Gold is efficient.

During this year’s scrimmage against the Drake Bulldogs, Conaway was perfect on her first three hits. She would finish the match with a .500 hitting percentage.

If that performance, along with her first three seasons are any indications, Conaway could become the most efficient player in Iowa State volleyball history.

Heading into her senior season, Conaway owns three of the top seven single season hitting percentages in program history. In 2014, the 6-foot, Orange City native became the first freshman to ever hit over .300 in a season at .321. As a sophomore in 2015, Conaway tallied the second best hitting percentage in program history with .351. Then last season, she led the team with a .323 percentage.

Overall, Conaway is entering her final season with a .331 hitting percentage.

“(Conaway) knows who she is, meaning she knows how she can score,” Johnson-Lynch said. “She is going to score much differently than how Grace (Lazard) will score. Alexis knows how to move the ball around. So, she will see an open spot on the court and she will tip the ball there. She just knows where to put the ball, how keep it in play when she needs to, when to go for it.”

But Conaway credits her success to her teammates and coaches.

“A huge reason for that is the setters,” Conaway said. “I could not hit if we did not have great setters. Monique (Harris) is awesome and Piper (Mauck) is doing a great job. The coaches have helped me so much as a freshman, I switched positions. There is no way that I would have been able to do as well as I am able to without them patiently guiding me through. The team has definitely helped with that.”

During her final year at Iowa State, Conaway expects to be more of an explosive player than in year’s past because of style changes the Cyclones have made.

“This season, Iowa State will utilize the swing block technique more often, meaning that the Cyclones will thrust their arms back before they jump, giving them more momentum on the way up. “The timing is harder, but when you get it, I think that will make a huge difference for our team,” Conaway said. “We are more bigger and physical as blockers this year.”

Conaway expects the swing block will allow her to be more of a presence blocking wise, which is one of her goals this season. Along with being a better blocker, Conaway just wants to be a consistent player for the Cyclones. Someone who can encourage everyone and keep them focused and on path when things get shaky.

While Conaway has set personal goals for herself, her main goal is the team’s benchmark: making the NCAA Tournament. However, she wants to get further than she did her first three years.

During her Iowa State career, the furthest Conaway has reached in the NCAA Tournament is the second round. Conaway expects to go much further in the tournament this season.

“We definitely have the talent,” Conaway said. “So now it is keeping the focus in practice. Keeping that mindset. Just being competitive. No matter who we are playing, it is going to be a challenge. Any team can win on any night.”

How far the Cyclones will make it in the tournament, if they make it, is still unknown. However, they know that Conaway should be as efficient as ever.