National Recovery Month celebrates progress made by those struggling with mental illness

BY WILLA COLVILLE
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At a university with more than 35,000 students, people have opportunities every day to interact with hundreds of others. This means students interact with multiple people suffering from mental illness or substance abuse on a daily basis, whether they know it or not.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), one of five adults experienced a mental illness in the last year. Similarly, one in 13 people over the age of 12 needed treatment for a substance abuse disorder.

While many struggle with mental health, SAMHSA believes proper treatment and services can change a person’s life. This is why each September, National Recovery Month is celebrated throughout the United States.

“Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease,” according to the SAMHSA website.

Here in Ames, Community and Family Resources (CFR) plans to celebrate National Recovery Month with community members. CFR is a local non-profit agency that offers substance abuse, mental health, gambling treatment and prevention services in Story, Boone, Calhoun, Hamilton, Humboldt, Pocahontas, Webster and Wright counties.

CFR offers a variety of programs including drug or alcohol detoxification and gambling addiction services to help patients lead healthy, happy lives. Last year, CFR provided behavioral health treatment to approximately 3,000 individuals.

On Sept. 15, CFR will host the 6th Annual Recovery and Wellness 5K Run/Walk. The event, which takes place at Ada Hayden Park from 8 a.m. until noon, includes the 5K as well as other activities. For $10, participants can get free chair massages, create spin art, play yard games and enter giveaways. Healthy snacks and behavioral health resources will also be given to participants.

“Each year CFR joins this effort to raise awareness about the effect of behavioral health on overall health, the importance of prevention and how people can recover from mental health and substance use disorders,” said Sally Cartner, operations director at CFR.

This is the sixth year CFR will put on this event. People can register individually or as a family for the 5K or simply attend the event and enjoy the other activities.

For those with a loved one suffering from substance abuse, CFR offers education and prevention programs. These programs are also provided to schools, businesses and community groups.

At Iowa State, there are resources available for those suffering from mental health issues such as substance abuse. There are also many different ways students can educate themselves on the topics.
POLICE BLOTTER

Tommie Harkin, age 20, of 8310 Larch Ames, Iowa, was arrested and charged with public intoxication at Larch Hall (reported at 12:07 a.m.). An officer investigated a property damage collision at Stange Road and Venker Drive (reported at 10:56 a.m.).

Nicholas Koles, age 18, of 1115 Hill Street Sugar Grove, Illinois, was cited for possession of alcohol under the legal age at Lot G2 (reported at 2:19 p.m.).

Michael Cameron Stanley, age 21, of 2140 Hawthorn Court Drive Unit 2311 Ames, Iowa, was arrested and charged with providing alcohol to an underage person at Lot G2 (reported at 2:19 p.m.).

Nicolas Robert Williams, age 18, of 581 Long Hill Road Gurme, Illinois, was cited for possession of alcohol under the legal age at Lot G3 (reported at 2:27 p.m.).

Jonathan Riley Branch, age 20, of 203 Ash Avenue Ames, Iowa, was cited for possession of alcohol under the legal age at Lot G3 (reported at 2:58 p.m.).

Brady Roger Stoves, age 20, of 1314 Sard Cherry Lane Huxley, Iowa, was cited for possession of alcohol under the legal age at Lot G3 (reported at 3:08 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 515-294-5689 or via email at editor@iowastatedaily.com.
Tom Vilsack spoke about international trade relations and the impact on United States agriculture on Tuesday night in the Great Hall of the Memorial Union.

Vilsack is the current president and CEO of the U.S. Dairy Export Council. He formerly served as Secretary of the U.S. Department of Agriculture and also as governor of Iowa.

Mark Rectanus, Iowa State professor, describes Vilsack as "a very strong advocate for forward-thinking global perspective for Iowa and the United States."

Vilsack discussed complexities within agriculture trade and how debates over GMOs, climate change, tariff agreements, diseases and more factors go into trade agreements and often create blockades between countries.

He emphasized how farmers are under stress in today's economy. Prices for agricultural goods are going down, and while that may seem good to the average consumer, it also means farmers aren't earning as much.

"Corn may be selling for three dollars a bushel, but if it costs four to put it in the ground, the farmers aren't earning anything," Vilsack said.

Another major topic was the recent trade war between the United States and China.

Vilsack said the trade issue in China is not about dollars and cents, but rather a clash of philosophies.

"In America, we patent our inventions and make money off people that want to distribute those inventions. In China, inventions are more 'community owned,'" Vilsack said. "This is one way that the trade negotiations with China can be tricky. China might ask for one of our patents to use for themselves, but American philosophies may see that as intellectual theft."

Vilsack told a story about his first few weeks as governor and how at that time, protests in Seattle at the World Trade Organization were in full swing. He said he tried to get into the headquarters and was "assaulted" by protestors outside the gates.

"This shows you the level of passion people have over trade agreements," Vilsack said.

Although people may be passionate about trade agreements, Vilsack said that "agriculture in the U.S. is not a number one priority." He said this is because of how significant the agriculture population was in the late 20th century, with about 25 million farmers in the industry.

Today, there are a little over 2 million farmers, and Vilsack said about 1.3 million of those are "hobby farmers." That leaves about 700,000 farmers left in the United States.

Vilsack's solution to this problem is "by not talking about farm issues without talking about food issues."

By doing so, Vilsack said this would raise the amount of people in the industry to 43 million.

During the open question forum, a farmer spoke about his troubles keeping his farm afloat in the competitive market and having to eventually close his dairy farm. He had been on the farm for 70 years and attended Iowa State.

Vilsack told the audience that this man is not alone. For many, farming is more of an identity than an occupation. But today, larger farms are beating out small farms.

There was no solid resolution for the farmer who asked the question, but Vilsack said there is a major problem in the United States when transitioning our economy, and compared it to farmers losing their jobs to the inevitable loss of jobs in the taxi and semi driver industry.

With self driving cars on the rise, these drivers will be out of a job with nowhere to work.
Suicide prevention

Iowa State receives Garrett Lee Smith Memorial grant

We are humbled by this opportunity to be part of the conversation and to really help students the most.”

— Mark Rowe-Barth

Student Government will review multiple funding requests as well as the Big XII Voter Challenge during their third meeting of the semester.

Previous meetings have focused on Iowa State’s trademark policy. However, the original bill was killed in last week’s meeting and a new resolution is still in progress by Sen. Sam Freestone.

Until then, the trademark discussion has been shelved and Student Government will move onto other items like the Big XII Voter Challenge—an event where the schools of the Big 12 see who has the highest increased voter turnout.

Their discussion will also include the possibility of funding African Night, an annual event to celebrate diversity and African culture. Requested for the event is $4,902 for food and venue.

Discussions will be held over funding the National Society of Black Engineers to go to a convention for roughly $200 and the National Society of Black Engineers to go to a convention for $2,232.

Students will move onto other items like the Big XII Voter Challenge during their third meeting of the semester.

Suicide is the second leading cause of death in Americans aged 18 to 24. As this is the age of most college students, suicide prevention is extremely important at universities across the country.

Recently, Iowa State was awarded the Garrett Lee Smith Suicide Prevention Grant for more than $300,000 to help build and strengthen infrastructure to be proactive for students struggling with suicidal thoughts and actions.

According to the website, the purpose of the grant is “to facilitate a comprehensive public health approach to prevent suicide in institutions of higher education. The grant is designed to assist colleges and universities in building essential capacity and infrastructure to support expanded efforts to promote wellness and help-seeking of all students.”

Including Iowa State, 18 institutions received this grant this year. Director of Student Health and Wellness Mark Rowe-Barth said he wasn’t expecting to hear anything until September, but got a surprise one morning.

“On July 25, I woke up that morning and as usual I checked my email and there it was,” Rowe-Barth said. “[The email] said we were receiving the grant.”

“We want to work with staff you wouldn’t ordinarily think of like academic advisors, and work on things like motivational interviewing,” Rowe-Barth said.

An outreach program will be the fourth funded activity. The program will raise awareness of all resources available to students if they are struggling with suicidal thoughts, mental health issues or abuse of drugs. The program will work with

Student Government to disseminate information to students about who they can talk to if someone they know is in trouble.

The fifth activity is going to be the hiring of a new position on campus. A committee is being formed to select someone to be hired as a suicide prevention specialist on campus.

“Thankfully because we were informed that we were receiving the grant when we did, we should be able to have the position filled by mid October,” Rowe-Barth said.

The last activity is student organization support, which is a goal to help sponsor student organizations like the American Foundation for Suicide Prevention and other student organizations that are focused on encouraging one another.

“The idea here is to really get people together to support one another and really find a way to do the most for students on campus,” Rowe-Barth said.

With a new suicide prevention specialist on campus, a stronger infrastructure and a better support system, Rowe-Barth says this is helping in a big way and will hopefully stimulate conversation.

“We are humbled by this opportunity to be part of the conversation and to really help students the most,” Rowe-Barth said.

If you or someone you know is struggling, call the Suicide Prevention Hotline at 1-800-273-8255 or if in an emergency situation, call 911.”
Ticket prices and the parking myth

Benjamin Franklin once said that “in this world nothing can be said to be certain, except death and taxes.” If Franklin had attended Iowa State, he probably would have added parking tickets to the list.

As students started to come back to campus this year, they may have noticed white signs displaying the new parking fees or realized their parking tickets were higher than normal. College students aren’t made of money, so some might be feeling the new fines more than others. But isn’t that the point?

Tickets are supposed to be a deterrent. If parking tickets were lower, everyone would park where they want and just pay the small fee. According to Mark Miller, ISU parking director, though the official data is still being collected, the amount of permit holders calling about “someone being in their spot” has gone down drastically since this time last fall.

This increase in fines didn’t come out of nowhere. “Permit holders were very vocal,” Miller said. After a long discussion, the Transportation Advisory Council (TAC) decided a ticket increase would help deter parking spot thieves.

What about the myth that if your car isn’t registered in the system, you don’t have to pay the ticket? Why should some one with an unregistered car care about the new higher fees?

The parking policy states that “sanctions may be assessed against the owner or operator of the vehicle involved in each violation or against any person in whose name the vehicle is registered or parking privileges have been granted and charged to the violator’s university account.” But how would ISU Parking know that your car is tied to you, and then your university account?

ISU Parking currently uses a government system to pull registration data from a car’s plates or vehicle identification number (VIN). So unless you remove your plates or hide your VIN, ISU will know it’s you. They then send the parking ticket to whoever the car is registered to, which according to Miller, is often the parents. Yet, there are students who will still roll the dice. “We don’t catch everyone every time,” Miller said.

In the end, if you don’t want a parking ticket, don’t park where you’re not supposed to.

PARKS WITHIN WALKING DISTANCE FROM CAMPUS

If you don’t have a car or only want a quick break from campus, these are some accessible options to explore.

Pammel Woods

Pammel Woods is located right on campus, north of Town Engineering Building and near the campus cemetery. It’s named after Louis H. Pammel, a prominent Iowa State botanist. You can enter the woods’ trails at signs near the marching band practice field. If you decide to take a stroll there, listen for bird calls like the Eastern Wood-Pewee’s rising “pee-ree” or the White-breasted Nuthatch’s nasal laughing sounds. White tailed deer are also residents here.

Emma McCarthy Lee Park

Located west of engineering row, Lee Park is accessible via surrounding neighborhoods. However, flooding this past summer damaged the bridge from Oakland Street, so try to access the park from Ross Road. The park neighbors Munn Woods, a forest with several trails, tall trees and a creek to jump over. Listen for barred owls and their shuffling “who-cooks-for-you” call, and look for raccoon tracks in the creek beds!

ISU Arboretum

The arboretum is located west of the intermodal facility near the Southwest Athletic Complex. You can jog or walk on the surrounding paved trails or stroll through the arboretum on the grass. Iowa State is labeled a Tree Campus USA—how many different kinds of trees can you pick out?

GET OUTSIDE

Happy third week of classes. Have you been celebrating by starring at your upcoming assignments and feeling a sense of impending doom? If you want to escape your dorm room, it’s easy to go outside and catch some sun or hang out under a tree on central campus. However, there are also some great options around Ames if you want to escape the hustle and bustle of campus altogether.

A park near campus is Psiax Arboretum, a small park near ISU campus.

You can visit the arboretum for a break from your busy life. There are also some great options around Ames if you want to hang out under a tree on central campus. However, there are also some great options around Ames if you want to escape the hustle and bustle of campus altogether.

Parks Driving Distance from Campus

If you have a car and you want to explore Ames even further, here are a couple of gorgeous parks to check out.

River Valley Park

River Valley Park is northeast of campus, off 13th Street. It neighbors the Skunk River, which is one of the main rivers in Ames. Lots of wildlife enjoys the river: beavers and otters have been spotted at River Valley Park before. Look for signs of beaver activity by inspecting the trees for bite marks. According to some reviews on Google, in the winter there is an outdoor area to ice ski, so you can look forward to that when the cold weather arrives.

Ada Hayden Heritage Park

Ada Hayden is located north of the North Grand Mall, off of Grand Avenue. The park has a large lake where you can kayak, fish or look for other wildlife like turtles and aquatic birds. The park has a perfect figure 8 trail around the lake for jogging or walking, and it’s surrounded by prairie landscape. If you’re around Ames in the summer, you might see goats at Ada Hayden—they’re “guest landscapers” that help eat up weeds on the prairie.

You don’t have to look far to find a good spot to relax. There are also many options in Iowa State itself. If the campus courts are too busy, you can play volleyball, basketball and tennis at Brookside, or hold a cookout in one of their several shelters.

A bridge over the Skunk River provides outdoor enthusiasts an entrance to hiking trails at River Valley Park.

BY SHAKIRA STOWERS

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EDITORIAL

Ticket prices and the parking myth

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In the end, if you don’t want a parking ticket, don’t park where you’re not supposed to.
Hurry-up offense strikes in week one

BY AARON MARNER
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Iowa State football coach Matt Campbell and several players met with the media Tuesday to discuss the canceled week one game against South Dakota State and to preview this week's matchup with Iowa.

Hurry-up offense bodes well

It didn't take long for Iowa State's offense to move the ball down the field and score on its first possession last Saturday.

The Cyclones started on their own 17-yard line and marched down the field in just five plays.

Redshirt senior Kyle Kempt found redshirt junior Hakeem Butler across the middle on 2nd and 12 for a first down. The Cyclones didn't huddle and instead ran to the line for the next play, a 9-yard run by junior David Montgomery.

"It was just effective because of the gameplan, what we saw from them coming forward," Kempt said. "We thought tempo was a good way to get them out of place and it ended up working out." Montgomery's run set up a 2nd and 1 situation, where the Cyclones again ran a hurry-up offense. Kempt found junior Deshaunte Jones on a screen play for a 55-yard touchdown.

The score, of course, didn't count in the end because the game was eventually canceled. But the final three plays of the drive showed Iowa State's ability to get set and communicate it's next play effectively, which could benefit the team going forward as defenses struggle to keep up with the pace.

"We pride ourselves on getting [set] as fast as we can," said junior offensive lineman Josh Kispit. "Trying to get the defense off its game. Trying to give us an advantage of them not getting set up."

Offensive line facing tall task

Iowa's defensive line is consistently one of the better units in college football. That's no different this year.

"I think [it] is a great challenge," Campbell said. "I couldn't be more impressed, you go back through the last two, three years of this football team and when they needed to make a play, that defensive line has spearheaded things."

"I think you're getting one of the best defensive lines in the country."

Last week was a prime example of Iowa's defensive line. Northern Illinois was sacked five times and faced constant pressure off the edge from Iowa.

"The Hawkeyes recorded a late safety in the final quarter, thanks in part to help from the defensive line. Iowa State's toughest task Saturday might be containing the Iowa pass rush and creating running lanes for Montgomery. The weather may make the trench battle even more important.

Campbell defends suspension decision

Controversy arose after Iowa State's canceled game. Seven total Cyclone players were suspended, three of which were suspended for one game.

Campbell and athletic director Jamie Pollard decided to count the canceled game as fulfilling the suspension, which caught the eye of fans and media members.

"It would be naive to think [they're only missing] a game," Campbell said. "The reality of those situations... there's a lot of other things that go into it other than just the game aspect."

"When you don't get to practice with the first team for the last month, or you're on the scout team for the last three weeks, or you had to get up in front of your teammates and apologize, maybe earn your way back on the team — those are the teachable moments," Campbell added.

The three players who were suspended for one game — redshirt senior Kamiko Tongamou, redshirt senior De'Monte Ruth and redshirt junior Johan Good-Jones — should be available for the Cy-Hawk game. Ruth and Good-Jones were back on Iowa State's depth chart this week.

Cyclones aim to bounce back from slow season start

BY SAM STUVE
@iowastatedaily.com

Five of the six teams Iowa State soccer has played this season made the NCAA tournament last season.

For the majority of the season, the Cyclones have remained competitive against their opponents, but they have only been able to capture one win so far this season.

Cyclones head coach Tony Minatta touched on that and more in his Tuesday media availability.

Inconsistent play has plagued the Cyclones

What's kept them from winning those games is inconsistent play. In the Denver and Colorado games, the Cyclones looked outmatched early on, but as the game went on the Cyclones' play improved.

"We got off to a slow start against Denver, and we struggled to get into a rhythm," Minatta said. "Against Colorado, we started off slow, but I think we played really well as the game went on."

Those slow starts hindered Iowa State's chances as it drew against Denver 0-0 and lost 3-1 against Colorado.

The Cyclone bench has been providing valuable minutes

In the games against Denver and Colorado, the Cyclone bench made an impact and swung momentum in Iowa State's favor.

Throughout the Denver and Colorado games, eight Cyclones came off the bench and saw some minutes. So far this season, at least seven players have come off the bench and provided valuable minutes in each game this season.

Two bench players have caught Minatta's attention: freshman defender Taylor Bee and freshman midfielder Kara Privitera.

Against Colorado, Bee and Privitera made their first appearances in the Cyclones starting XI.

"They both [played] very well against Denver, and they both had strong performances against Purdue," Minatta said. "They've definitely distinguished themselves."

Tough schedule continues this week with Iowa and Milwaukee coming to town

So far this season, the Cyclones have faced some high-quality opponents. Five of the six opponents that the Cyclones have faced this season either made it to the NCAA tournament or won a conference regular-season title last season.

This weekend is no different, as the in-state rival Iowa Hawkeyes and the tough Milwaukee Panthers come to Ames.

"Once again we have two tough games on the weekend," Minatta said. "Iowa is 4-0-1 on the season, with its only non-win coming against Missouri in a game that finished in a 0-0 draw. The Milwaukee Panthers have experienced a lot of success in recent years, as they have gone 20-0-4 in their last 24 games and haven't lost a regular season game in regulation since November 2016.
Ringo Starr leads the All-Starrs in a journey through their former bands’ discographies. Starr is set to perform on Wednesday in Stephens Auditorium.

Wednesday marks the first time a Beatle will perform at Stephens Auditorium.

BY TANA.GAM-AD
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Stephens Auditorium is due to host the iconic supergroup, Ringo Starr & His All-Starr Band, on Wednesday — led by former Beatles drummer and vocalist Ringo Starr.

This will be The All-Starr Band's fourth date of their North American tour, which started not long after recently wrapping up their European tour. The group has been touring for more than two decades, originally formed in 1989.

Starr has led 13 different variations of the band, members comprised of rotating stars who had from other well-known bands.

The current version of the band includes Gregg Bissonette, Graham Gouldman from 10cc, Warren Ham from AD and Kansas, Colin Hay from Men At Work, Steve Lukather from Toto, and Gregg Rolie from Santana and Journey. The concept of the rock supergroup is credited to producer David Fishof.

The All-Starr Band does not release any original work as a group but instead focuses on showcasing the work of each individual member. However, every few years, they release a live album, usually when a new All Starr Band is formed. Their latest album of this series is “Ringo at the Ryman,” the DVD from their 2013 tour. Starr, who was awarded a solo knighthood by Queen Elizabeth in January, released his 19th studio album in September of the previous year under Universal Music Enterprises. The album, called “Give More Love,” is currently being promoted on the All-Starr Band’s tour.

The album features Starr’s former Beatles bandmate, Paul McCartney, along with former and current members of the All-Starr Band. The album contains new original music by Starr and re-recordings of previously released songs such as “Photograph” and “Back Off Boogaloo,” which was Starr’s highest-charting single in the United Kingdom.

The album, “Give More Love,” shows off Starr’s minimalist rock style with hints of country and folk-indie influence. The songs reflect Starr’s roots as they are reminiscent of his earlier days in the way he strips things back to lighthearted tunes that carry those 60s and 70s peace and love vibes. Starr’s music in the album is playful and open-hearted, yet it definitely still carries a feeling of rockabilly swagger.

All-Starr Band concerts typically have set-lists that expose the band as a whole. Starr performs songs from both his solo career and his years with the Beatles, then each band member takes turns performing their hits throughout the years as well. The band functions well, as each member gets their time to shine in the spotlight, rotating through the songs that end up being played.

According to Iowa State Center Executive Director Tammy Koolbeck, they are no less than thrilled to be having the band perform at Stephens.

"I think it’s going to be fabulous to have a Beatle at Stephens along with all the rest of all the great musicians in the band. We’ve had a few Beatles tribute bands on stage, but this will be our first real Beatle and we’re very excited. I think that everyone is going to really enjoy themselves," she said.

Koolbeck credits the ability of securing the big act to the Mammoth Screen production company.

“We’ve done a lot of shows for them and they like our building,” Koolbeck said. “They were looking for somewhere that would work for the band routing wise. And because they’ve had good experiences with us and know that we can take care of big acts like Mr. Starr, it really helped.”

Stephens Auditorium’s last big act was Bob Dylan who played in October of the previous year.

Koolbeck also draws an interesting parallel between Stephens and Starr. “This year is our 50th anniversary and it is an interesting thing that the day Ringo will be performing here, will be his 50th anniversary of him returning to the Beatles after he left for a couple months," she said.

Tickets for the show start at $69.50 and are available at Stephens Auditorium’s box office, online at Ticketmaster.com or by calling 800-745-3000.

According to Koolbeck, there are around a hundred seats left since the release of some production holds opened up 30 to 40 seats in the first ten rows. The north doors on the ground floor, south east and south west doors will all open at 7 p.m. and the show will start at 8 p.m. Stadium rules apply, there will be no food or drink allowed inside. There will also be bag checks and security will be using metal detector wands.
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