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Way Kuo, president of City University of Hong Kong and a National Academy of Engineering member, will discuss higher education during his lecture, “Soulware: The American Spirit in Global Higher Education,” at 4:10 p.m. Wednesday in the Alliant-Lee Liu Auditorium of Howe Hall.

In 2016, Kuo published a book on higher education titled “The Soulware within Higher Education.” According to the Iowa State Lecture Series website, “soulware” is a type of culture, mentality, professionalism, behavior and way of thinking. Kuo’s goal of his study on soulware is to discuss educators’ quality of soulware during his lecture.

### Student Government to name new senators

**BY CASSIE LEHMANN**
@iowastatedaily.com

At Wednesday night’s meeting, Student Government will be seating at-larges to committees, naming new senators and reviewing the procedure for passing finance and bylaw bills. Student Government plans on seating at-larges to the Green Initiatives Fund, Public Relations, Civic Engagement, Student Initiatives and Diversity and Inclusion committees.

Iowa State students Aline Milach Teixeira and Michael Moreno will face approval for the Green Initiatives Fund committee and Emily Howey, Grace Campidilli, Kyle Kost, Daniel Hayes and Tejas Jhamb will face approval for the Public Relations Committee for the at-large positions on each respective committee.

Additionally, graduate student Kayonna Topp will face approval for the Civic Engagement committee and senior Kyle Eckrich will face approval for the Student Initiatives committee. Alyssa McMichael, Aona Vymetal, Behnia Shirazi, Cheyenne Carlson, Joseph Scholl, Madalyn Walker, Marie Beecham, Trinity Dearborn and Veronica Kharunda are on the ballot to be seated on the Diversity and Inclusion committee and will face approval.

Student Government will also be approving and seating senators representing Human Services, Public Relations and Diversity and Inclusion committees.
POLICE BLOTTER

10.1.19

Vincent Nicholas Castillo Rivera, age 18, of 3803 Tripp St. - Ames, Iowa, was arrested and charged with harrassment in the first degree at 209 Hyland Avenue (reported at 2:05 a.m.).

Vincente Nichols Castillo Rivera, age 18, of 3803 Tripp St. - Ames, Iowa, was arrested and charged with domestic assault, aggravated felony assault, at 209 Hyland Avenue (reported at 2:05 a.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.
Impeachment is a congressional prerogative protected in the Constitution, but it is not one invoked often. “There are only 17 people who’ve had a majority vote in favor of at least one count of impeachment; only one of those cases was actually impeached,” said John Shelley, Iowa State professor and chair of the political science department.

The high crimes and misdemeanors category allows Congress the freedom to convict whatever they find necessary, a category allows Congress the freedom...
Greenlee fair benefits students

BY QUINN VANDENBERG
iowastatedaily.com

The Fall 2019 Greenlee School of Journalism and Communication hosted its Jump-Start Internship and Networking Fair noon to 4 p.m. Tuesday in the Great Hall of the Memorial Union.

The fair occurs every academic semester and is orchestrated to assist Greenlee students in finding an internship for experience and potentially filling the required internship for a Greenlee graduation requirement.

A wide variety of businesses attended the fair looking for students from the three Greenlee majors of advertising, public relations and journalism.

Some of the 33 companies and nonprofits represented were the Iowa Cubs, Iowa Public Television, Renewable Energy Group Inc., KHOI community radio, Boone News-Republican, KDSM-TV Fox 17 channel and Lifetouch Inc.

Jessie May, sophomore in public relations, and Calissa Weers, freshman in public relations, attended the fair together; both were seeking internships to work in corporate communications and potentially filling the required internship for a Greenlee grad who attended.

“I noticed that ‘Need Writers’ poster,” Weers said. “What I wanted to do with PR is writing, so that sticks out to me.”

The Iowa State College of Agriculture and Life Sciences booth was operated by Barb McBreen, a communications specialist for Agriculture and Life Sciences Administration. McBreen said they need writers for the College of Agriculture and Life Sciences.

The college offers paid internships year-round to students providing experience in magazine publication, video production and writing news releases and student profiles.

Some students attending the fair are repeating participants and were searching for another internship to add to their resume.

Erin Czyzewski, junior in public relations, handed out her resume to different companies.

“I want to work with people with differing abilities,” Czyzewski said. “At Iowa Sports [Foundation] there’s an adaptive sports department, but also I’m really interested in learning more about nonprofits and even agriculture.”

Davis Van Egdom, senior in advertising, had worked with video production for the College of Agricultural and Life Sciences and the Iowa Cubs.

One of his classes provided extra credit for attendance at the fair, but he was happy to spend the afternoon meeting with his former employers and scout for opportunities after college.

Alexander Stack, senior in advertising, was at the fair operating a booth for Life-Touch Inc., a photography company specializing in school pictures.

“I work with the marketing team a lot to do our newsletter, our social media campaign that we’re trying to start up,” Stack said. “We’ve done some website work. [...] I do a lot of market research, so sending out emails to different clients.”

Stack said he began his internship by applying to the company online and he supported bringing Life-Touch to the internship and networking fair in an effort to look for a replacement for when he leaves the company and to provide another student with the experience he had.

The Spring 2020 Jump-Start Internship and Networking fair is scheduled for noon to 4 p.m. on March 5 in the Great Hall of the Memorial Union.

A stormy start to CALS Amazing Race

BY AMBER FRIEDRICHSEN
iowastatedaily.com

The CALS Amazing Race began at 6 p.m. on Tuesday at the Farm Bureau Pavilion in Kildee Hall. Teams of four assembled despite the rainy conditions.

Formerly known in years past as the CALS Olympics and CALS Club Championship, this year the event took a new name as the CALS Amazing Race. Another new aspect this year was the event being open to any student, not just members of the College of Agriculture and Life Sciences club.

Cole Eden, a sophomore in agronomy, is a co-chair for CALS Council, the group in charge of organizing the race.

“This year we had it set up so people outside the College of Ag and Life Sciences could also sign up to compete,” Eden said.

Representing a team or not, participants gathered before the race started, to sign in and take team photos. Most teams arrived in raincoats and water proof shoes with umbrellas in hand. Some teams brought makeshift uniforms, like the cut-out jean shorts and furry woes worn by representatives of Farm House Fraternity.

On display in the pavilion was the traveling trophy of past CALS competitions, most recently won by the Agricultural Business Club in the 2018 games. Despite the downpour there was not enough incentive to motivate racers, there was also a table full of prizes — from baseball caps to draw-string bags to even coffee cups. Teams taking the highest places would have first pick from the prizes.

Eight destinations around campus made up the race. Teams had to perform a task at each stop. Once the task was complete they were given an envelope with clues to direct them to the next challenge.

Devan Mann, a senior in agronomy, is another co-chair for CALS Council. Mann and his four fellow co-chairs were responsible for creating each of the eight challenges.

“The tasks] test basic agricultural skills,” Mann said. “Nothing strenuous [...] just a way to get people involved and enjoy CALS week.”

To start, teams had to listen to and name five songs. Once the songs were identified, teams got their first envelope leading to their first destination. The following tasks ranged from trivia questions about agriculture and the history of Iowa State to designing a new baseball cap.

“People could be anyone you know, they could be apart of this community and just imagine what they’ve gone through,” Daly said.

Daly said she thinks education is the biggest part of LGBTQIA+ history.

Students share views on LGBTQIA+ month

BY LOGAN METZGER
iowastatedaily.com

LGBTQIA+ History Month is October which means yearly traditions of events focusing on LGBTQIA+ students at Iowa State are now in full swing. This month is a time of remembering the past and learning from it, so what do students think about this history month?

Claire Daly, a freshman in psychology:

“Since our community has started at Iowa State and this month is a big opportunity to educate those who don’t know much about the community’s history. “Since our community has started to become the new norm, people who aren’t associated with it should be educated,” Daly said. “It’s better to be educated rather than ignorant.”

Nyamal Toang, a sophomore in linguistics:

“LGBTQIA+ History Month to me means that I get to learn a lot about LGBT history that I didn’t know before because I don’t know that much at all really,” Toang said.

Toang said during the history month, she gets to learn about the perspective of many different people, both queer and straight.

“It is important to remember our history because when we live our lives...”

GAY PRIDE - PG8

Quinn Vandenbergs/iowastatedaily.com

The Fall 2019 Greenlee Jump-Start Internship and Networking Fair

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I’ll admit it. I have no idea what to write about. I sit here, watching the small line that represents my cursor blink, yet my mind remains blank. As time continues moving, I feel as though I have remained in one spot, unable to think.

The term, “writer’s block” was coined by a part from England described it as “Indefinite, Indescribable terms.”

The French picked this term up and, in fashion, formed it to mean that the tortured writer can not write without terror and pain. There are many types of writer’s block. Not being able to come up with a workable idea is the most common kind.

Writer’s block can strike a poor soul at any point in their writing. You could have an idea outlined, but can’t figure one part of it out or maybe you are through the first half, but can’t come to terms with the rest of the plot. Maybe you are almost to the end and come to the realization that what you have been writing really isn’t that good, yet you can’t find a way to fix it. Finally you could be completely done with your work, but you are petrified about what people might think of it, so you bury it.

Luckily, a quick search through google shows that a large number of self-help blogs have come up with answers to writer’s block. According to those blogs, the main way to cure writer’s block is simply try writing anything. Ironically, that is exactly what this column is. Wiki-haw (and its wonderfully helpful pictures) says to make time for your writing and come up with it bit by bit. One Quora user says the best way to get going is to write on a piece of paper to minimize distractions.

However, I don’t think that there is a single way to get rid of writer’s block. I think writer’s block is a unique situation where everyone’s problem is different and so are their solutions. Perhaps the best way for someone to get over their writer’s block is to go outside and have a break, while someone else doing this is only going to get distracted and waste time. For me, personally, I think a nice mix of scrolling through Twitter for a few minutes and typing about anything usually can shake a few bright ideas onto the page.

Writer’s block is one of the worst things that can happen to a writer. It is infinitely frustrating to be sitting at a computer, deciding you are going to write, and not having any words to put on the screen. But it is a problem that every writer is going to have to deal with, and while there are infinite ways to get rid of it, each person is going to have to find the way that works best for them.

Columnist Connor Bahr believes writer’s block is one of the worst things a writer can endure. Bahr argues the solution for writer’s block differs from writer to writer.

Figure one part of it out or maybe you are through the first half, but can’t come to terms with the rest of the plot. Maybe you are almost to the end and come to the realization that what you have been writing really isn’t that good, yet you can’t find a way to fix it. Finally you could be completely done with your work, but you are petrified about what people might think of it, so you bury it.

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The Cyclones ran into trouble in their first away game of the season this past weekend, but they are coming back home to face Texas Christian University (TCU) on Saturday.

INJURY UPDATE
Iowa State has dealt with a few nagging injuries over the course of the season. Starting center Colin Newell hasn’t seen the field since the Northern Iowa game all the way back on Aug. 31. Newell’s leg injury is healing, but Campbell still called him questionable.

“It remains to be seen what the Cyclones will do with the offensive line once Newell makes his return. Collin Olson, who shifted from left guard to center in the wake of Newell’s injury, has received glowing reviews from the coaching staff, and standout freshman Tiseron Downing has performed well since taking over at the vacant spot left behind by Olson.”

Coach Matt Campbell said that Taison Milton and Kene Nwangwu are back to 100 percent.

On the other side of the ball, Campbell is not so optimistic about JaQuan Bailey’s chances. Bailey injured his lower leg against Baylor, and in the Tuesday press conference, Campbell listed him as “questionable to doubtful.”

BY ZANE.DOUGLAS
@iowastatedaily.com

“I think that we all learned that we can stay with the top dogs, work really hard, just out work them,” said sophomore setter Jenna Brandt. “It’s been a pretty great gift to have,” Johnson-Lynch said. “You know, two starters out and people playing their position play so well.”

Looking toward Iowa State’s next game against Kansas on Wednesday, Johnson-Lynch said, “I think we know two starters out and have people playing their position play so well.”

“I think we did a lot of good things but we’ve got to keep working harder on the things we didn’t do so well, then we can win those games,” senior outside hitter Josie Herbst. Iowa State head coach Christy Johnson-Lynch said, “I think we have to be ranked in the AVCA Coaches Poll for the second time in two weeks.

In the past six seasons, Iowa State has played well in its first conference home game — the team holds a 4-2 record in conference openers over the past six years. However, the Cyclones have lost their last two out of three conference home games.

Against Kansas, Iowa State will have its second opportunity to capture their first win of the season.

“Every game is an opportunity to work together as a team,” said sophomore setter Jenna Brandt.
Parkinson's disease is complications from leading causes of death in people with music to target specific functions. You have listening to music, you can manipulate the brain or brain regions, “Stegemöller said. “If you could tweak what parts of the music you make her work possible.

According to Stegemöller, music therapy works in many different ways. First, music increases the brain’s ability to make new connections. Increasing the amount of dopamine, an essential transmitter molecule in the brain, is one of the main ways music therapy works. Listening to preferred music automatically increases this chemical, and music therapy stimulates it in desired regions of the brain.

Rhythm in music improves the creation of connections by causing the neurons in the brain to fire at the same time. Harmonic structures in the music help reduce the amount of confusing information your brain takes in from the outside world.

The final process utilized in music therapy is the use of music to stimulate certain parts of the brain to improve certain functions. These five things, according to Stegemöller, are what make her work possible.

“As a music therapist you can think that you could tweak what parts of the music you want to use to target specific parts of the brain or brain regions,” Stegemöller said. “If you wanted you could just use reading music to target a specific brain function. [With] listening to music, you can manipulate the music to target specific functions. You have access to the whole brain.”

According to Stegemöller, one of the leading causes of death in people with Parkinson’s disease is complications from swallowing. Her singing groups implement choral and vocal exercises that are proven to improve muscles used for swallowing and the respiratory system.

“We have the vocal exercises that we do, the vocal and breathing exercises and then we have the group singing,” Stegemöller said. “We actually think they are playing two separate mechanisms. Vocal exercises and breathing exercises, we think those are what are contributing to the improvements in respiratory control and the swallow.”

In her study on the subject, “Experiences of Persons with Parkinson’s disease Engaged in Group Therapeutic Singing,” her initial study included lip buzzing, glissandos, crescendos, decrescendos, articulation and group singing. Each of these musical devices built upon muscles and new mental connections. The exercises saw many of the subjects improve their ability to talk and swallow.

Her research had some interesting results outside of talking and swallowing that changed the trajectory of her research yet again.

“What we have found is that after one hour of singing, their motor symptoms — we are talking things like tremor, gait, things that are not related at all to singing — are significantly improved,” Stegemöller said. “Not directly related to singing. We were like, ‘Wow, that is kind of amazing.’”

When Stegemöller began a group in Ames six years ago, the participants did not want to leave the community they discovered. The initial study proved that singing in a group setting benefits the patients’ mental status and stress levels. To continue their research, they switched to focus on measuring this new variable.

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Looking to the future, Stegemöller works with groups from around the U.S. and as far as Australia and England to one day provide the Parkinson’s disease community with a large scale study on music therapy. In Ames, her work has shifted to uncovering music therapy’s effect on inflammation in the brain. She has no intention of stopping her work as a music therapist.

“I am always very forward as I am a music therapist and I have a Ph.D. in neuroscience, I am a music therapist,” Stegemöller said. “The whole reason for why I am doing this is because I wanted to know how music therapy works. I will be an advocate until the day I die. As long as the profession wants me to be an advocate for them I will be an advocate for them in whatever way I can.”

Music therapy changes lives
Research finds music helpful for Parkinson’s disease

BY EMILY URBAN
@Iowastatedaily.com

Elizabeth Stegemöller, associate professor in kinesiology, stood on the John F. Kennedy Center for Performing Arts’ stage for the grand opening of the REACH — the new art facility aimed at further connecting the audience to art — and was asked to give a presentation on her research.

Stegemöller and her team have conducted research on the effects of music therapy in patients with Parkinson’s disease for six years. Her research covers the gamut of symptoms such as gait, finger tapping, stress and singing. Through the years she has expanded the field as well as developed lasting relationships.

The concept of music therapy is not new to the world of science, but Stegemöller and her fellow researchers’ work on its effects on Parkinson’s disease doubled the number of papers published on the topic. Stegemöller’s research mainly focuses on singing, but she has studied finger tapping, motor control and gait in the past.

According to Stegemöller, music therapy works in many different ways. First, music increases the brain’s ability to make new connections. Increasing the amount of dopamine, an essential transmitter molecule in the brain, is one of the main ways music therapy works. Listening to preferred music automatically increases this chemical, and music therapy stimulates it in desired regions of the brain.

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Music therapy has proven to be beneficial for people with Parkinson’s disease. Music increases the brain’s ability to make new connections, while also stimulating parts of the brain to improve certain functions such as swallowing and motor control in the hands.

The Neck
Improved muscle strength improves swallow.

The Lungs
Singing improves lung capacity and strength.

The Hands
Exercises improve motor control.

The Brain
Stimulation creates new neutral connections.

The Heart
Music improves stress levels and sense of community.

The Feet
Gait improves through exercise and dance.
Iowa State Daily Wednesday, October 2, 2019

**TALK P1**

related to mental health.

Our hope is by the end of the series, we may have more resources available for those who need it and want to learn more about their mental health.

"Someone who can come from far away, they're away from their support system and they're trusting that the university will take care of your most prized possession — which is your mental health." Dr. Christopher Hanes said college mental health connects with all areas of social aspectadly.

"Mental health and wellness and academic success are inextricably linked," Hanes said. "College is a period of growth, transition and opportunity. It's important to have mental and emotional wellness including mental health is important when navigating this experience in successful ways. Providing mental health services supports the academic mission in promoting a successful and healthy learning experience. A significant rate of student dropouts in college are linked to mental health problems."  

Iowa State provides a student health and wellness unit that includes on-campus resources from areas such as counseling to student health, mental health and athletics, as well as other areas. Student Wellness, Student Counseling Services, Thulin Student Health Center and Recreation Services are part of the unit.

"This year we served seven percent of the ISU student population and our utilization has increased 33 percent over the past five years," Hanes said. "Nationally, we have seen a 30 percent to 40 percent increase over the past five years in part because of popularization of mental health. Many students seeking help is six times the growth in enrollment during the same period of time." Student Counseling Services has a mission to enable 146 percent increase in crisis-related services over the past five years.

Student Counseling Services is located on the third floor of the Student Services Building with 8 a.m. to 3 p.m. walk-in hours Monday through Thursday, as well as 8 a.m. to 5 p.m. on Fridays, and 9 a.m. to 3 p.m. on Mondays. Student Counseling Services offers various groups including "Self Love" and "Anxiety Group" as well as workshops such as "Create Your Own Calm." "Student Counseling Services" utilizes a stepped care services model that provides brief counseling services to enrolled ISU students," Hanes said. "[...]

A way of viewing [stepped care services] is as a system that is designed to meet the continuum of mental health services that can be provided by properly trained and highly skilled personnel.

The Stepped Care Model is a process that starts with "Self Help," which includes a variety of mental health wellness programs. Hanes said Student Counseling Services recommends apps such as "Calm," "Breathe2relax" and "Insight Timer." These provide skill development and guided resources to support wellness and coping," Hanes said.

"We offer a large number of weekly groups designed to promote connection, support and skill development for students to address their needs," Hanes said. "We also have a new team called the Care Management Team and they provide intensive case management support services to students when bridging to community or our most at-risk clients." For the "most at-risk clients" Iowa State Police Department offers services such as a welfare check. Kinsey Phillips, the mental health advocate and program coordinator for Iowa State Police Department, said a welfare check is when a family member or friend call to check on someone he believes has a mental health crisis, and Phillips or Denger will go to the scene and speak with the person.

"What that looks like — the actual welfare — is if someone is available to escort both, we would go and actually go to the residence of that person or wherever they're going and make sure that that's the case," Denger said. "If they need to go to the hospital, we can transport them to the hospital and take them to the emergency department. If they don't need to go to the hospital, we can provide resources or say 'we'll reach out to you tomorrow and make sure you're doing okay' — whatever that may be."  

Phillips said if neither she nor Denger are available, an on-duty police officer will respond to the welfare check. Denger said Iowa State Police Department will try to provide study breaks during midterms and finals week as a way to give students a break from their studies.

"I call it a study break, we'll just go to the library and just say 'Hey we're here, we're not asking for anything, we just want you to have a break,' Denger said. "And it's neat to see the reactions on people and our students and just say 'Hey, you know what? Keep doing what you're doing, have some sugar, have some cookies and fight through it.'"

Denger said she also wants to build the relationship between students and officers. "We want people to feel comfortable to go to our officers and know that they're highly trained, they're highly skilled and they're highly passionate," Denger said. "[The officers have] broken that stigma that they had and could have had, you know with mental health as well, I know I had to do myself and that's why I'm so passionate about mental health."

For students who are looking to maintain their mental health, Hanes said he would recommend students to be prepared, healthy and commit to a wellness routine. "If you can manage your mental health at one point in your life, it is easy to use that method on campus to support students' growth and wellness during their collegiate careers," Hanes said. "ISU is a place where you can embrace life challenges within a compassionate and supportive environment. I recommend students consider three steps to their mental health. One, be prepared and learn the signs of the things that steps you can take to get support. Two, be healthy and be successful at ISU, commit to a wellness routine and reflect yourself regularly. Three, get connected to peer people in your life and form connections with others on campus through formal or informal communities and resources and pursue pathways to get support when needed."  

**Resource phone numbers**

There are many numbers students in need of immediate support can call, including resources like Ames Police and the Student Wellness Center.

- Veterans Crisis Line and National Crisis Line: 800-273-8255
- Iowa State Crisis Textline: text ISU to 741741
- The Trevor Project: 866-488-7386
- Iowa State Police Department: 515-294-4428
- Ames Police: 515-239-5133
- Iowa State Student Counseling: 515-294-5056
- Student Assistance: 515-294-1020
- Wellness Center: 515-294-1099
- Thelen Student Health: 515-294-5801

**TALK P1**

Inclusion.  

Junior Ellana Crab is fellow as president of The Asian Student Association. McKenzie Meradith and Joshua Hanuyang will face approval as senators of Public Relations and Engagement, respectively. Hayat Samal will also face approval as sen- ators of Diversity and Inclusion.

Additionally, Student Government will look at passing a resolution on campus consent on bills relating to finance and bylaws.

Blynn, previously a Student Government currently state funding of all bills shall be passed by a roll call vote. The unanimous consent on finance and bylaw amendment bills would grant Student Government a quicker processing of bills and preserve the time of the Senate without limiting the rights of senators.

Student Government will take precautions in which the Senate will be reviewing a bill to remove potential conflicts of interest in the election Commission. The Election Commission holds hearings during the election cycle to hear potential violations.

The bill states the Election Commission would not hear conflicts of interest in the system. Alternate members would be involved in Election Commission and attend weekly scheduled regular meetings but would not have voting rights unless needed for quorum purposes.

For more information or to contact your senator, visit stugov.iastate.edu. The senate meetings are open to the public at 7 p.m. Wednesdays in the Campanile Room of the Memorial Union.

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**SOUTHWERE P1**

to have universities be viewed more as necessary rather than accessories of learning.

Southwereal is a quality in educators that helps create an innovative envi- ronment and empowers students to fulfill their academic potential.

Kuo was named the president of the City University of Hong Kong in May 2008 and is known for his work with designing the reliability of electronics systems and nuclear energy. He is also a founding member of the Hong Kong Academy of Sciences.

Kuo has had various titles through- out his career. He spent some time at Iowa State during his early years and was promoted to a full professor in 1988.

Kuo’s various positions include, but are not limited to, serving on the management team at Oak Ridge National Laboratory, being the dean of engineering at the University of Tennessee and being the first foreign expert to be invited to conduct an assessment on post-accident safety of the Fukushima Daiichi Power Plant after the tsunami in Japan.

Kuo holds a doctorate in engineer- ing, which he obtained from Kansas State University, and a Bachelor of Science degree, which he obtained from National Taiwan Hua University located in Taiwan.

Southwereal: The American spirit in Global Higher Education is free and open to all Iowa State students, faculty and staff.

**LGBTQIA+ P4**

**CALP P4**

"There is a carrying--water-basket relay, searching for stuff in a bucket," Mann said. "We need people to be grateful for how we are living now and all the people who have sacrificed their time and lives for the history that we have today."

Young said if people forget the history a lot would be lost.

Trinity Dearborn, a senior in women’s and gender studies:  

"For me, [LGBTQIA+ History Month] is a time when visibility and representation really come to the surface," Dearborn said. "It’s also the time I see a lot of tokenization and floating around people — we're trying to show that we're here, without actually doing anything to back it up.”

Dearborn said they think the month is important because there is a lot of history of the LGBTQIA+ community that is never taught.

"It's our roots, it's where we come from, even if someone doesn't know the history, they are still affected by it," Dearborn said. "It’s not mainstream and that’s a problem.”

Dearborn said the LGBTQIA+ community is just as much a part of society as anyone else, and that the history of that community has had a lot of push for it to be buried and never looked at. They said it is an act of resistance to know that history.

"Read articles, learn more about the things that interest you and try to reach out beyond what mainstream media is showing," Dearborn said. "We're thinking about furthering our own development, sometimes it doesn’t have to be for clot.”

"Just another obstacle," Evans said. "We wish it was sunny, but we’re persistent.”

A similar perspective was that of Michelle Hanson, a senior in agricultural studies. Hanson was a member of the team representing Alpha Gamma Rho, an agricultural fraternity belonging- to CALS.

Hanson and his team said they were ready to compete and not worried about the weather.

"If it’s tomato comes, maybe," Hanson said. "I think it’s a really big thing for students to also think about eating healthy and spreading that knowledge and making other people aware of the things that are good for you.”

In the end, Hanson’s team did not take home the trophy. The winning team—made up of members of the dairy science and animal science programs—crossed the finish line before anyone else. The back to back winners completed the race in 22 minutes.