Meet the four women of Iowa State football

BY MATT.BELINSON
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Think about Iowa State football. Who is seen as the driving force behind the program’s success? Brock Purdy? Matt Campbell? Breece Hall?

While all three people have been vital to the success of the Cyclone’s football team over the last two years, some impact doesn’t have to come on the field for it to be felt.

Every day, four women impact the lives of players and the day-to-day operations of the Iowa State football team, but go virtually unknown to the common fan.

Erica Genise, Natasha Novak, Meaghan Hussey and Erin Hinderaker are those women. Each has a different journey of how they got to work for Iowa State football, but all share the common thread of what it means to be a woman in the predominant-male world of football.

ERICA GENISE

With over 20 years in football administration, Genise has seen it all and knows what it takes to be a woman in the male-dominated sport.

After graduating from the University of Iowa in 1993, Genise began her career in football working as a coaching assistant for the Minnesota Vikings from 1993-97. Once the running backs coach for the Vikings, Tyrone Willingham took a head coaching job at Stanford in 1997, Genise’s path in football began to take off.

After Willingham got fired as head coach at Stanford in 2002, he took Genise and the rest of his staff to Notre Dame, where Genise would assume the role of psychology assistant for the Minnesota Vikings from 1993-97.

In combined efforts with Iowa State, the veteran correctional services worker serves as the head coach for the football teams.

WOMEN pg8

Resources available for victims of domestic violence

BY LORETTA.MCGRAW
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Domestic violence comes in a multitude of forms, most commonly beginning as emotional abuse prior to sometimes advancing to verbal, physical, sexual, economic abuse and forms of isolation.

“Domestic violence is a form of behavior from which a person’s significant other extends violent or aggressive behaviors toward them,” said Renee Ramson, a community treatment coordinator for the Second Judicial District Department of Correctional Services. “The psychological aspect behind why people batter others while victims may stay is highly intricate.

There are no specifics in relation to why people become the victim of abuse, but many have to stay given their individual situations. Despite the many variables that affect each person’s situation, many commonalities exist.

Enormous impacts tend to be the involvement of children, pets or financial factors. In the case of many victims there are resources available to help them escape abuse. One such resource for residents of Iowa is Assault Care Center Extending Shelter and Support (ACCESS).

ACCESS serves Story, Boone, Greene, Marshall and Tama counties and has a 24-hour crisis hotline reachable at 1-855-963-4641. The service can help provide shelter for victims of domestic violence and their children.

In combined efforts with Iowa State, the veterinary medicine program helps to foster pets until a permanent solution away from their abusers can be found for owners.

“In our experience, abusers don’t change,” said Eman Mahgoub, ACCESS Story County/Iowa State campus domestic abuse advocate. “They might temporarily but in the long run they don’t change. We want clients to know we believe in them and that we don’t ever question them.”

Power and control is the main thing that permits an abuser of either gender to abuse someone. According to the National Center on Domestic Violence

The Daily takes home awards from convention

BY JAKE.WEBSTER
@iowastatedaily.com

The Associated Collegiate Press and the College Media Association recognized the Iowa State Daily’s news and design staff with several awards during their annual convention Thursday through Sunday.

“Last year was an intense year for breaking news, and we did a great service to our community in many different ways,” said Annelle Wells, the Daily’s editor-in-chief. “Seeing that recognized makes it the cherry on top of an amazing year.”

The award recognizes the work done during the 2018-2019 school year. At the time, Wells was the news editor of academics and Alex Connor was the editor-in-chief.

On Saturday, the Daily received a Pacemaker from the Associated Collegiate Press, collegiate journalism’s “preeminent award,” according to the Associated Collegiate Press’ website.

“The Daily also placed third in the College Media Association’s category recognizing the best daily newspapers at four-year colleges and universities. Wells had kind words for her predecessor, Connor.

“Alex Connor inspired me as a leader, and is one of the most hardworking, dedicated and passionate people that I know,” Wells said. “I hope to continue this high standard of excellence for this organization.”

WOMEN pg8

DOMESTIC pg8

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POLICE BLOTTER

11.3.19
Keith Rayshon Ward-Taylor, age 20, of 308 7 Ave SW - Altoona, Iowa, was arrested and charged with failure to use headlamps when required at 308 7 Ave SW (reported at 2:15 a.m.).

Keith Rayshon Ward-Taylor, age 20, of 308 7 Ave SW - Altoona, Iowa, was arrested and charged with failure to wear or maintain safety belt at 308 7 Ave SW - Altoona, Iowa, was arrested and charged with drug possession of a controlled substance, second offense, at 444 Welch Avenue (reported at 2:15 a.m.).

Antonio L. Finley, age 23, of 3512 Z N 40 St - Omaha, Nebraska, was arrested and charged with criminal mischief in the fourth degree at 607 17 Street (reported at 4:51 a.m.).

Kelsey Victoria Wadden, age 19, of 5101 Walnut Ridge Dr - Des Moines, Iowa, was arrested and charged with public intoxication at 930 Wacker Boulevard (reported at 2:51 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.

FEATURE PHOTO

Drag show
Jaymee Sexton lip-syncs to a Rihanna mix at the 2019 Fall Drag Show in the Great Hall of the Memorial Union on Saturday.
Academy of Dietetics and Nutrition Foundation scholarship winners named

BY JULIA.BENDA ibowsatesdaily.com

Jessica Nigg and Jennifer Watson, Iowa State University education graduate students, are the winners of the Academy of Dietetics and Nutrition Foundation scholarship. Watson and Nigg are both involved in continuing their education in apparent, events and hospitality management.

Watson, who has a bachelor’s degree in dietetics, an associate’s degree in culinary arts and a master’s degree in food service and lodging management, said the scholarship she received is helping her pay for graduate school. Watson said she is passionate about her field because she loves to teach.

“I love to eat, I love to cook and I love to tell people and talk to people about it,” Watson said. “I love teaching it. I teach currently at a university here in Denver and I teach cooking classes to hospital staff and nutrition students. I like to talk about the importance of eating good food and being able to cook good food so you can either meet your customers’ demands or help your clients eat healthy and the like.

Nigg said the money has helped her not have to take out student loans, which she had to do when she started her Ph.D. program. Nigg completed her bachelor’s and master’s degree at Eastern Illinois University before starting the long distance hospitality management and using electronic communication.

Multiple times per year, the Primary Healthcare Clinic (PHC) in Ames provides free STD testing. During the semester, PHC brings their mobile testing unit to campus to give students more access to testing.

That works for them. The two remaining testing dates are Nov. 13 and Dec. 5 from 8-1:45 p.m. To schedule an appointment, call 515-294-5801 and mention GYT. Issues relative to sexual health are common at any age, but especially among college-aged men and women, according to the Nikki Nigg, a Ph.D. student in dietetics.

Multiple Thielens Student Health Center offers a variety of sexual health services to both men and women in a confidential environment in which they can discuss any questions and concerns. They can receive answers regarding sexually transmitted infections, birth control, abortion and reproductive health for all genders.

Available for women only, the clinic also includes evaluation and treatment for sexual health issues, HIV testing, PrEP (pre-exposure prophylaxis), contraception options, pelvic and breast exams and pap smears.

Available services for men only include evaluation and treatment for sexual health issues, HIV testing, PrEP (pre-exposure prophylaxis) and information about testicular self-exams.

“Student Health recommends that sexually active individuals be tested for sexually transmitted infections annually, or anytime there is a new partner,” according to the Thielens Student Health Center website. “It is not uncommon to have an STI and show no symptoms. Student Health has STI tests to screen for any sexually transmitted disease.”

Thielens Student Health Center works to reduce sexually transmitted diseases on the Iowa State campus through a conduit distribution program.

Condoms are distributed in residence halls, Greek chapters, the administration office at Thielens Student Health Center during business hours, clinic exam rooms and restrooms at Thielens Student Health Center, the Memorial Union, Parks Library, State Gym and Lied Recreation Athletic Center.

“Correct and consistent use of the male latex condom is highly effective in reducing STD transmission,” according to the CDC website. “Use a condom every time you have anal, vaginal or oral sex.”

For a guide on how to use a condom correctly go to the CDC website.
Democrats talk unity at ‘Liberty and Justice Celebration’

BY MALLORY TOPE
@iowastatedaily.com

The Democratic primary currently has 16 candidates competing to stand out to voters, and among them Andrew Yang is one of them, bringing a flagship policy position of a universal basic income.

After graduating from law school, he was hired at a law firm but soon left and joined several start-up businesses over a several year period, eventually earning a CEO position at a test prep company. In 2012, Yang was named as an Ambassador for Global Entrepreneurship as well as a Champion of Change in 2012 by then-President Obama. In 2016, he ran a write-in campaign for the presidency, making him one of the earliest candidates to do so.

Yang’s flagship universal basic income proposal is called the Freedom Dividend by his campaign. It would be a universal basic income measure granting every American adult 18 years or older in the United States money from the government. The beginning proposal is $1,000 a month with the possibility of change over time.

When not trying to pay for the Freedom Dividend, Yang suggests a tax on companies such as Amazon, Facebook and Google. He would also likely have to raise taxes due to the estimated $28.8 billion in annual cost. Another campaign issue Yang has discussed is “Medicare for All.” His policy is all Americans must have guaranteed access to medicine. He has also proposed a flat salary for doctors, saying it would help to clarify and stabilize costs of medical procedures.

The final main policy is what Yang is calling human-centered capitalism. He has said he believes the current trend of the U.S. capitalist system is not benefiting many people.

Overall, Yang is polling anywhere from one to six percent support nationally among likely Democratic primary voters. This has allowed him to qualify for all of the Democratic presidential debates so far. From a political background, Yang has been successful in outperforming several lifelong politicians.

Jackson Miller, sophomore in journalism and mass communication at Iowa State, is the social media director for the “Cyclones for Yang” group.

Miller said there are a few reasons for Yang’s success, including the level of impact through social media and the internet the campaign has been able to achieve.

"His online presence is huge,” Miller said. According to a College Pulse poll, Yang is tied for third among Democratic voting college students, while Joe Biden has nine percent support. Bernie Sanders leads with 32 percent support, followed by Elizabeth Warren with 25 percent support.

Miller said he thinks college students like Yang because his ability to back up his arguments. Yang has appeared on online shows including The Joe Rogan Experience and the Ben Shapiro Show.

Other Democratic candidates may have not done the same because they are unable to support their ideas, but they can, Yang said.

"He is capable of backing up his claims with actual data and facts,” Miller said.

In a Siena College poll released Friday, Yang is tied for sixth place among likely Iowa Democratic caucusgoers with three percent support alongside Kamala Harris. Warren currently leads with 22 percent support followed by Sanders with 18, Biden with 17 and Amy Klobuchar with four percent support. All other candidates have two percent support or less.
Meditation helps with stress, sleep and focus

BY GRAYSON GOSS
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Meditation is an ancient practice that originated in India around 3,500 B.C. The practice itself largely consists of sitting still and focusing on one’s breathing, with the goal of calming the mind of all the thoughts roaming around. It is a deceptively simple task. Some Hindu and Buddhist monks spend their entire lives perfecting their meditative state to reach a state of nirvana.

Despite this activity having an intensely spiritual background, there is a large body of scientific evidence that suggests daily or even weekly meditation is beneficial. Here are some of the benefits college students can take advantage of with meditation.

Stress reduction — With exams, homework and social activities, it is no wonder college is a stressful time for many. When we feel stressed, that is due to an activated stress chemical in our body called cortisol. Cortisol was useful for our ancestors, helping them survive physical stress and stress reactions, which is beneficial in combating the daily stress of college.

Better sleep — Sleep has been shown to be an important key in memory and the learning process. Lack of sleep, whether from parties or study sessions, can impact one’s learning tremendously. It doesn’t help knowing that roughly 30% of the general population suffers from insomnia.

Thankfully, scientific studies have exhibited that meditative practices can help people fall asleep faster and have deeper sleep. Meditative mindfulness also helps in regulating one’s thoughts to prevent insomnia “runaway thoughts.”

Default mode deactivation — The default mode network (DMN) is a collection of neural circuits that has been linked to what some call an “inner critic.” This inner critic can be detrimental to students who need to work on a focused task, as the DMN can cause one’s mind to wander and ruminate on various other thoughts.

Mindfulness exercises with meditation have shown to reduce activity in the DMN and cause people to enter a “flow” state of increased creativity and increased effort, both of which are useful for college students with meaningful work to do.

The best part about meditation in this digital age is that you can meditate anywhere. Even if you are on your daily commute or have five minutes away from work, you can use mobile apps like Headspace and Calm (both of which are freely available) to help you start meditating today!

Using these practices of meditation and mindfulness will aid in a less stressed and more focused life for everyone.

The latest span of discourse also sparks interesting introspection into the narrative of the disenfranchised. The inability of decision-making garnered by both the administration and the power elite is often greater than those decisions they do make, and this inability of action has sparked re-action, re-action fueled by the effects of political and social extremism and the disenchantment perceived by the marginalized sectors of both the community and the country.

What about the center? Those who occupy the realms of the politically unknowing and unwilling, what will be of their fate? Not only will this span of discourse that consumes both the country and campus end in mutual annihilation or complete separation? Would the political and social creation that is bound into perspective the fear of the potential reality, considering the effects of political and social extremism and the disenchantment perceived by the marginalized sectors of both the community and the country.

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Power of the people and the politics of rage

BY ANTONIO BALL
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When looking at the current state of affairs in both our country and our campus, one thing becomes clear. Ideology is no longer mere “ideology.” Beliefs and values are transforming into actions, ways of life. What one side considers a defense, the other considers a threat. The recent span of events at Iowa State are merely reflections of the deepening tension and polarization of the nation and its citizens.

“Communism” and “Fascism,” code words that are flung by opposing forces who see each other as “the enemy.” The late American sociologist C. Wright Mills in his 1958 book “The Causes of World War Three” states the following: “In the vortex of struggle, each is trapped by his own fearful outlook and by his fear of the other, each moves and is moved within a circle both vicious and lethal” (Mills: 1958: P. 4). Mills warning puts into perspective the fear of the potential reality, will this span of discourse that consumes both the country and campus end in mutual annihilation or complete separation?

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

Feedback policy: The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback. Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.
BY ZANE DOUGLAS
@IOWASTATEDAILY.COM

Kurtag, Logue close Big 12 repeat as individual champs

The Wildcats picked up three-star recruits over the offseason, and also welcome the return of Xavier Sneed, who tested out the draft process but withdrew to play his final season of eligibility with the Wildcats.

Will they tough for Kansas State without Barry Brown Jr. or Dean Wade, but they haven't fallen off of a cliff enough for me to agree with them at No. 9 in the conference.

6. IOWA STATE

Iowa State is suffering from the same thing that Kansas State is this season. The Cyclones lost five first-string-caliber players in Marial Shayok, Lindell Wigginton, TAJAUR-Tucker, Cameron Lard and Nick Weiler-Babb.

Iowa State gained two guards who have already been a terrific defensive presence than some of the departing members, meaning that the look and feel of the team will be quite different. Coach Steve Prohm has looked at a more traditional five on the floor with two bigger players at the 4/5 positions, but the emergence of Zion Griffin might be the key to the Cyclones' season.

There is a lot to like about Iowa State, but look for some growing pains early with a change in team identity.

Read more about Big 12 basketball online.
A timeless, manic masterpiece

BY TREVOR.BABCOCK
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Whether or not one appreciates or considers Robert Eggers’ “The Lighthouse” to be a “good movie,” it’s not a movie viewers can easily forget. It’s arty and ambiguous without crossing into muddled pretentiousness, despite being infinitely open-ended. It’s disturbing and tension-filled, but wants you to smile at it. It offers two career performances from Robert Pattinson and Willem Dafoe — the kind you can’t imagine any other actor pulling off.

In its imagery, symbolism, setting and thematic tools, run away at you long after you leave the theater. It doesn’t cut corners; it takes risks, it’s not what you would expect based on the film’s trailers or even watching Eggers’ last film, “The Witch.” It’s the kind of film that demands multiple viewings, with enough to offer on the surface to not require them.

The film begins with the bleak arrival of two lighthouse keepers on a distant island and unfolds without anything to hold the viewers’ hands. Almost immediately, the keeper’s shift at the lighthouse unfolds into a tense, unnerving, hilarious and hallucinatine journey.

The first layer to “The Lighthouse” to unpack is the film’s presentation. The black-and-white, shot on 35 mm film uses a 1.37:1 aspect ratio and is accompanied with a doorful orchestral score. The film dawns the atmosphere of old school silent horror movies. As the film progresses, these directorial elements prove to be enhancements and not gimmickry. Removing color adds to the already time-worn dialect delivered by the characters, and lighting is used to help convey emotion in the strong characters moments throughout. The film’s aspect ratio serves as a reminder of the claustrophobic setting. The score is unique and synonymous with the most memorable moments of the film. These directorial elements working in a modern movie provide an experience unlike anything before it.

In today’s digital age of film, it can be hard to grasp the reality of an environment. From the lighthouse’s creaky cabinets to the crashing waves, churning seagulls and intense thunderstorms, it’s easy to be immersed with the level of attention put into the environment’s authenticity.

The authenticity carries over to the characters. Thomas Wake (Willem Dafoe) has a sailor’s accent so thick that at first he’s difficult to interpret. Eggers wrote the dialogue after researching real journals of lighthouse keepers of the 19th century. Dafoe’s performance is so convincing that even as an appreciater of Dafoe’s work throughout many other films, one cannot help but marvel at it.

The character of Wake is, and comes to the lighthouse reserved and entitled with kept secrets. Pattinson is able to present his character in many different lights, as the character opens up personally and dips into insanity. While Dafoe brings a more entertaining and arguably more memorable performance, Pattinson is more complex, nuanced and erratic. As their time at the lighthouse extends, the two keepers’ relationship and mental states collide. There’s a lot to examine in each character’s personality and how their personalities mix together in their unfortunate situation.

A lot of the character interaction is intentionally funny, which comes unexpectedly in a movie trying to maintain a harrowing atmosphere. However, the comedic elements work, and while this choice and many other choices made in the film end up sacrificing a fully horror experience, it only adds to the film’s manic charm and bizarre insanity. There’s nothing else like “The Lighthouse” and it’s hard to draw any significant comparisons.

With unreliable points of view and an unconventionally paced plot, time spent watching the film is hard to gauge for the viewer, much like the characters’ own sense of time. Even on a second watch, the film’s sense of time is disorienting.

Eggers clearly intended this film to be interpreted in any way the viewer sees fit, not giving many signs to point in a specific direction. “The Lighthouse” is packed with enough strong dialogue, imagery, symbolism and plot details to piece together something profound for yourself, but the film doesn’t feel like it has one underlying message begging to be analyzed and discovered. For its long-lasting impact, along with some of the best performances and direction ever in film, “The Lighthouse” already feels timeless, a film to behold and discuss for years.

‘Red Dead’ series comes to PC for the first time with new release

BY MARGARET.TROUP
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Rockstar Games’ “Red Dead Redemption 2” is coming to PC on Nov. 5.

“Red Dead Redemption 2” is the prequel to Rockstar’s 2010 game “Red Dead Redemption.” This prequel follows Arthur Morgan, member of the Van der Linde gang in 1899, as he sets out with his fellow gang members.

With this being the first game in the “Red Dead” series that will be available on PC, expectations from fans are high. According to Rockstar Games’ website, it appears they will not disappoint.

A variety of additional material along with technical, graphical and performance enhancements will be added to “Red Dead Redemption 2” to make it the best possible version of this epic, Wild West tale.

New graphical and technical enhancements to the PC version include better lighting, higher quality snow trails, enhanced reflections, higher resolutions of shadows and much more. In addition to visual elements, “Red Dead Redemption 2” on PC will include more story-based content: Three bounty hunter missions, two gang hideouts, four weapons, two treasure maps, seven horses, five collectable trinkets and one mission will be included as never-been-seen content in the PC download.

“Red Dead Redemption 2” on PC also includes free access to “Red Dead Online.” This online world will contain both NPC and free players who are playing around the world. After creating your own character, you can join up with other players to form your own gang and have fun in the open world Wild West.

Pre-purchasing “Red Dead Redemption 2” for PC gives the player even more extra content includes a war horse, an online survival kit, a treasure map, extra in-game money and 50 gold bars that can be used in the online mode. Players will also receive a free copy of Rockstar’s other PC title, “Bully” in the following: “Grand Theft Auto III,” “Grand Theft Auto: Vice City,” “Grand Theft Auto: San Andreas,” “Bully: Scholarship Edition,” “The Van der Linde” and “Drama: The Complete Edition” or “Max Payne 3: The Complete Edition.” Pre-order is available until Nov. 4.


**Domestic and Sexual Violence's Intervention Project**, it is pertinent that there be respect, according to the National Center on Domestic and Sexual Violence's Intervention Project, this power and control can be maintained in relationships and a number of other struggles. 

Mental health issues also have a huge impact on how someone can have poor behavioral control and suffer from a number of personality traits. The toxicity of a relationship may also lead to abusive tendencies resulting from instabilities in emotional stress, jealousy, unhealthy familial relationships and a number of other traits. Not all the blame may be placed on this, however, because the community plays a role in every person's life. The community can be a support to the ACCESS urbana advocate. 

The relationship of a perpetrator may also lead to abusive tendencies resulting from instabilities in emotional stress, jealousy, unhealthy familial relationships and a number of other traits. Not all the blame may be placed on this, however, because the community plays a role in every person's life. The community can be a support to the ACCESS urbana advocate. 

"If you get the ball rolling, if you keep pushing the rock, it's going to start moving, and once it’s done, it’s unstoppable," Hussey said. "It feels like a victory for me too."