Within the College of Veterinary Medicine, fourth year students can receive practical hands-on training by treating farms’ livestock through a Field Services rotation.

Troy Brick is the lead veterinarian of Field Services and assistant professor of veterinary diagnostic and production animal medicine. Brick guides students in the Field Service clinic’s program to give veterinary students the opportunity to take off-campus house calls to farms around the area.

“We sit in a unique position because we’re one of the few real businesses here on campus that has to operate like a business,” Brick said. “But we have to run in the confines of a university system.”

... Field Services’ clinic is a two-week rotation provided to fourth year veterinary medicine students at a time and serves clients with food, animals and camels.

“If you eat or wear it, we look at it,” Brick said. “We operate as a typical farm animal, except for equine, clinic.” Equine Field Services, another two-week rotation offered to fourth year veterinary medicine students, also be giving out goodie bags.” said. “They will have a student staff person at Parks during Barks@Parks Library will also provide coloring activities, puzzles and possible distractions in their apartments or dorm rooms, and Gillen said it can be a place for people to connect.

The buildings are the same every year,” Lyon said. “This is a very specific garden railway built by a group in Kentucky called Applied Imagination. There are only 17 such garden railways in North America. What makes it unique is all of the structures are made from natural material.”

This year, the train display not only boasts small scale versions of iconic landmarks that dot the Iowa State campus — including the Campanile, which actually plays music in the exhibit, and Beardshear Hall — but also brings something new to the table. The train’s new addition for this season is the butterfly wing from Reiman Gardens.

The Christina Reiman Butterfly Wing has been a part of the Gardens since 2002, according to the Reiman Gardens website. It is a 2,500 square foot enclosure that can house as many as 800 butterflies at a time. Nectar from over 300 tropical plants, with a range of 30 different families and 70 varieties, provide the inhabiting butterflies with plenty of food.

Materials for the model Butterfly Wing include birch sticks, horse chestnut burl, natræ sticks, rose of Sharon sticks, grapevine, winged euonymus, driftwood, turkey tail fungus, willow sticks, sinocalycanthus pod and thistle roots, according to the Reiman Gardens website.

As for some of the unique included buildings from around campus, the Hub is one of them. Back in 1891 when Ames was not yet the large campus town it is today, it had a train known as “the Dinkey” that ran in front of it.
CORRECTIONS

The Iowa State Daily welcomes comments that warrant correction.

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

POLICE BLOTTER

12.5.19

Frank Edward Sirtoff, age 34, of Ames, Iowa, was arrested and charged with domestic assault with injury, simple/violent assault, at 1011 Lincoln Way (reported at 3:39 a.m.).

CALENDAR

12.6.19

WinterFest, Memorial Union and near Central Campus location daily. Join us for WinterFest! Enjoy free horse carriage rides, cookie decorating, ice skating, photo snow globes and many more events.

WinterFest: Crafts, Workplace of the Iowa State Memorial Union at 4 p.m. A celebration of the holiday season at Iowa State, with most events held in the Memorial Union. Experience winter-themed events, displays and traditions for students and the Ames community. Drop in to make an Ugly Sweater Ornament at The Workspace.

Winterfest: Horticulture Club: Poinsettia sale, Foreman Gardens parking lot 12:30 p.m. Students in the forestry club will sell Christmas trees and holiday wreaths. Proceeds support club activities.

Winter Open House, Iowa State Bookstore at 4 p.m. We are kicking off the holiday season in store with promotions in every department. We will have Voice contestant, EllieMae, performing from 4-6 p.m. along with a wine tasting from Wood- en Wheel Vineyards. Olaf from Frozen will be here for photos and warm hugs as well. Enjoy some winter treats and an hour of free parking in the MU ramp with any purchase.

FORESTY CLUB: TREE AND WREATH SALE

Reiman Horticulture Club members will sell poinsettias of various colors Dec. 4-7 at a different campus location daily.

Wood-Burned Ornaments, Workplace at the Iowa State Memorial Union at 2 p.m. Need a last minute gift? Starting with a wood slice, stamp a design on and trace it with a woodburner, or frehand your own idea.

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A capella group has “No Re-Choir-Ment”

BY LOGAN METZGER
@Iowastatedaily.com

A student organization is now going to be performing its first ever concert. No Re-Choir-Ment, a mixed a capella group, practices for its “Carol With Us” concert on Thursday. The group is inclusive, allowing anyone with an interest in a cappella to join.

“Each of our three groups will sing a festive song to celebrate the season. We will also be raffling off some fun prizes. There will be some awesome food as well. Please bring your friends to get festive with us,” Jarosz said. "It’s been a joy and privilege to be the LAS dean’s artist-in-residence,” Mukherjee said. “ISU Theatre is cultivating the citizen artists of the future, with the key word being citizen. These young citizen artists are dynamic, fierce and bright. Collaborating with them, listening to them and learning from them has been an extraordinary experience and has fortified my belief that they are the answer to the great challenges we face today.”

The Iowa State Department of Music and Theatre is performing “Anon(ymous),” a retelling of the Greek epic poem “The Odyssey” as a modern-day refugee story. The department’s main goal is to inspire and create a community with creativity and diversity at Iowa State, as a push for that goal, the theatre department will be performing “Anon(ymous)” by Naomi Iizuka.

“Anon(ymous)” is an adaptation of Homer’s “The Odyssey,” where a young refugee, Anon, encounters new friends and dangerous enemies while on a search for his family through ocean settings to urban cities throughout the U.S. This production is directed by Arpita Mukherjee. Mukherjee, artistic director of the New York-based Hypokrit Theatre Company, is guest directing the production as part of the College of Liberal Arts and Sciences’ (LAS) dean’s artist-in-residence.

“The Odyssey” has “No Re-Choir-Ment,” according to the No Re-Choir-Ment student organization page. “Each of our three groups will sing a festive song to celebrate the season. We will also be raffling off some fun prizes. There will be some awesome food as well. Please bring your friends to get festive with us.”

No Re-Choir-Ment is a mixed a capella group for students who are interested in singing in a collegiate a capella ensemble but do not have time to add both a cappella and choir to their schedules. The organization is not associated with the choir department and is a more “laid back” alternative to traditional choirs at Iowa State.

“High school, I did a lot of a capella, and at my high school when you auditioned for a capella group, that was your choir,” Jarosz said. “It replaced your time in choir, so it wasn’t so crazy time commitment. I really liked that option, and it allowed me to focus on something I enjoyed a lot. Coming to Iowa State, if you want to do a capella you have to take choir as well.”

Adding a capella and choir on top of some people’s schedules was not an option, so Jarosz decided to make something new.

“I was like, ‘You know what? It’s time for something different,’” Jarosz said. “I made a poll on Facebook and asked a bunch of students if they would be interested in it, and there were about 20 people who were super gung ho about it.”

Membership for the group is determined through an audition process at the beginning of each semester. Each member is considered equally, and there are no restrictions.

“The idea is we meet once a week for an hour and a half, and we take as many people as necessary to complete the groups,” Jarosz said. “We have three different groups right now, and if we get more people, we will add more groups, and if we lose people, we will condense groups. We are all-inclusive and incredibly flexible to anybody who is interested in auditioning to be a part of this club. We don’t cut people; if you want to do it, we will let you do it because everyone deserves that opportunity.”

No Re-Choir-Ment meets once a week from 7 to 8:30 p.m. on Thursday to rehearse and discuss organizational matters. The time commitment is minimal and flexible to all members, and dates and times depend on which ensemble a member is in.

The Margaret Sloss Center For Women and Gender Equity at Iowa State will be hosting its final Feminist Friday of the semester today. Jeremy Withers, an associate professor of English, will be leading this week’s discussion over “Gender and Bicycles in 1980’s ‘Nostalgia Science Fiction’” at 11 a.m. in the Sloss House.

Withers will use this time to take a closer analysis over the traditional characters which are portrayed in the science fiction genre — in shows such as “Stranger Things” and comic series “Paper Girls” — and how they are portrayed with the modern transportation of the times — such as bicycles.

“These texts, a lot of them, have sort of problematic depictions of gender when they’re referencing or showing people using bicycles,” Withers said. Withers’ study on this topic led to the publishing of his first novel, “The War of the Wheels: H.G. Wells and the Bicycle,” back in 2017 and the creation of another novel, “Futuristic Cars and Space Bicycles: Contesting the Road in American Science Fiction,” set to release in July 2020. Withers’ second novel will explore the topic of cars versus bikes, which he said is a very real problem in today’s world, deciding how much space in cities should be reserved for cars and how much for pedestrians and bikers.

“Only boys get to be mobile,” Withers said. “Only boys get to have fun on bikes, and I find that very problematic that they’re bringing that part of 80’s culture into shows and texts. They’re not realizing there’s this problematic gender element.”

What originally inspired Withers to take part in this particular academic study on bicycles was that during graduate school in his 20s, he picked biking back up for fun, and he said he hasn’t stopped since. Now, each day he bikes to work, healing his daughter behind to bring her to daycare, regardless of weather conditions, to reduce his own carbon footprint.
Talk About It: Mental health

Symptoms may impact academic performance

By Sage Smith

Iowa State Daily, Friday, December 06, 2019

Mental health can correlate with academic performance, which can present obstacles for students, especially during the busy time of final exams.

Charles Peasley, graduate psychology student, said a lot of research is finding an increase in mental illness disorders, specifically among the college population.

The Psychology 131: Academic Learning Skills course taught by Alexander Toftness, graduate psychology student, covers topics like how to approach test taking and time management.

There is a week called “Stress and Health Week” Toftness’ psychology course where the class discusses how stress can affect the body.

“So it’s a physiological reaction,” Toftness said. “It can be psychological in the body.

It can be psychological in the body.

“Keeping a routine is really important and feeling anxious about things, your body changes its priorities.”

The body can react negatively to the stress hormones. Toftness said a stressed body thinks it’s under attack because of the stress, which can cause problems such as an increased heart rate and weakened immune system.

“You sort of trick them into thinking that they’re in danger when you’re stressed out,” Toftness said. “That’s how they react to the stress hormones.”

Kay McClelland, junior in psychology, learns about what can affect a college student’s academic performance in her psychology classes.

McClelland said she’s currently learning how depression affects people. Depression can change the rapid eye movement (REM) cycle while people sleep, which can make them more tired than usual. People with depression may also experience a lack of motivation.

Someone close to McClelland had suffered academically because of his mental health.

That person had already done well in school and was doing the honors program at college. After the end of a long-term relationship, McClelland said she noticed changes.

“It started with kind of situational depression due to [the breakup], but then it lasted a long time; it lasted the entire semester,” McClelland said. “He had no motivation to do anything, he didn’t go to class and his GPA tanked a lot, but he was two-point-something, and that was really out of character.

Then in order to stay in honors, he would have to get like a 4.0 the next semester, which is really hard, so he wasn’t in honors anymore because of that.”

After starting medication, he is doing well in school again, but it did negatively affect his academic performance and social life, McClelland said.

Toftness said when it comes time to talk about coping with stress, there are three things he likes to tell his students to keep in mind throughout Dead Week and Finals Week: Those three things include keeping habits or routines, exercising and using “self-talk.”

“Keeping a routine is really important and staying on track with your life in every way that you possibly can, even if you don’t quite feel up to it,” McClelland said. “Just keeping that routine and going out of your way to find help and prioritizing self-care.”

Toftness said the idea of self-talk is for

The Center for Excellence in Learning and Teaching (CEL T) has hired two new faculty fellows.

Clark Coffman and Rob Whitehead have different responsibilities within CEL T, as they are the newest faculty fellows.

Coffman, an associate professor in genetics, development and cell biology, is CEL T’s graduate student and postdoctoral professional development officer. Whitehead, an associate professor in architecture, is the high-impact practices fellow.

The appointments are half-time and began this summer, lasting three and two years, respectively.

Whitehead’s role centers around three initiatives: service learning, project-based learning and open educational resources.

Service-learning curriculum incorporates community service into course instruction.

“Service learning happens across all of the colleges in many different ways, but currently there is no common way to designate what courses are service-learning courses,” Whitehead said. “One of my responsibilities is to get a group of people together who are doing service learning around campus and try to have us teach and learn from each other.”

Whitehead also is coordinating project-based learning, resulting on different ways courses or activities can be taught.

“It is essentially the idea of brainstorming, testing and implementing,” Whitehead said. “This happens all over in architecture, engineering, ag and business. It often happens in capstone classes all around campus, but before this fellowship, there was no common practice.”

In addition, Whitehead will serve as CEL T’s lead on open educational resources, which includes the Miller Open Education Mass-Grants.

Coffman directs CEL T’s four-course preparing future faculty program designed for graduate and postdoctoral students pursuing faculty careers.

Participants are aided throughout the process by self-chosen faculty mentors who are not their thesis advisers.

The first semester-long course covers the expectations of what faculty encounter at different institutions, from community colleges to top research universities. Participants create and edit cover letters, research statements and vitae.

“We have faculty panels come from a whole spectrum of institutions and talk about what faculty life is like, what the promotion and tenure process is like and how to put together an application,” Coffman said. “We tell the students this course really is about finding your fit.”

The next course continues work on job materials, such as diversity statements, but shifts focus to pedagogy. The third class provides teaching experience that could include teaching a section of a mentor’s course. The final course is an independent study that can range from preparing research grants to portfolio development.

The program could be completed in a semester or a half, as some courses can be taken simultaneously.

Participants who complete the first two courses earn the designation of a preparing future faculty associate. Those who complete three courses are fellows, while finishing all four earns them the label of scholar. The levels of distinction can be beneficial when trying to land a first job.

“All fellows are encouraged to look at postdoctoral fellowships when they are finishing the program,” Whitehead said. “Many will also pursue the next step of becoming professors.”

Coffman and Bovenmyer also work closely with the Center for the Integration of Research, Teaching, and Learning (CIRTL) on campus, a national program focused on effective teaching practices in higher education.

Coffman also collaborates with the School of Education’s graduate student teaching certificate program aimed at graduate students looking to become professors.

Bernie Sanders talks organic agriculture in Story County

By Mallory Tope

Iowa State Daily, Friday, December 06, 2019


Iowa Organic Association is a statewide nonprofit organization committed to organic and education outreach policy and community corporation, according to its website.

Organic Farmers Association is an organization that seeks to unite organic farmers and promote the use of organic agriculture, according to its website.

“[The] potential for the future of agriculture in the United States is at stake,” said Ron Lehman, the executive director of the Iowa Organic Association.

Sanders spoke of the challenges farmers face in order to maintain the growth and integrity of organic agriculture. He mentioned large corporate businesses wishing to get into agriculture.

Sanders outlined his plans for Iowa farmers and agriculture across the United States — breaking up agribusiness monopolies and mitigating climate change to increase farmers’ success.

“Monopolies own 82 percent of the meat packing industry, 85 percent of the soybean processing, 63 percent of the pork packing and 53 percent of chicken processing,” Sanders said.

Sanders promised farmers he would appoint an attorney general who will break up “agribusiness monopolies.”

Calling out the fossil fuel industry, he said, “their short-term profit is not more important than the future of this planet.”

He pointed out the role agriculture has in climate change and the struggle farmers face due to the extreme weather changes. Iowa farmers have faced struggles associated with extreme flooding in recent years. According to analysis by the Iowa Farm Bureau Federation, flood damage to the state in 2019 could top $2 billion.

Iowa farmers were able to ask Sanders questions about his policies and plans for the future of agriculture nationwide.

Sanders answered questions on how his plans will help organic agriculture, control agribusiness from buying up small farms, how soil helps maintain the amount of carbon in the air and how he will keep organic food “truly organic.”

Calling it a support family-based agriculture in America, whether they are in a city or rural area, which is why our policy is to support those in and going into family agriculture” Sanders said.

Sanders concluded the forum by stating his plans for agriculture across the U.S.

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Wrapping up the fall semester

Take time to reflect on your accomplishments

BY ANNELISE WELLS
@kowastatedaily.com

At the beginning of the semester, it’s hard to imagine making it through the long weeks ahead. Finals Week seems like a year away, and the daunting amount of work between August and December seems near impossible and never-ending.

But the next thing you know, you blink, it’s already almost Dead Week and you have no idea where the time went.

Time moves so quickly, especially during the school year, and we don’t even notice it. It’s so easy to get caught up in assignments, exams, projects and work shifts as the calendar changes from month to month.

The end of the semester and the end of the year are a great time to slow down and reflect on everything that has happened and what you have accomplished.

I’ve learned about leadership. With a job that is in an ever-changing field as journalism, I’ve learned to be an adaptable leader who is calm under pressure. With breaking news a possibility every day, it’s important to be flexible and show that to my staff.

I’ve learned about the true impact local journalism has on the community. I am lucky enough to be the face of the Iowa State Daily to the world outside our newsroom, and I get to speak and interact with people who read our content daily and see how our stories impact them.

I’ve gotten to see the amazing people who make up Iowa State. There is so much good happening on this campus each and every day.

I’ve learned to be more thankful. The staff who I work with every single day pour their hearts and souls into this job. They go to class all day and then come straight to the newsroom to work all night. I am forever thankful for their love, patience and friendship.

Please get involved with us. Keep sending letters to the editor or join the editorial board. Your voice is important, and we are here to help create public discussion.

We’ve done a lot this semester. We have covered extensively the road to the 2020 election and started a policy twitter to keep you up-to-date on what you need to know before you caucus. We also were lucky enough to be honored with high honors at the ACP/CMA awards in Washington D.C.

If you’ve picked up a paper, sent a letter to the editor, read the Daily Dose, clicked an article on one of our tweets or liked us on Facebook — thank you. Our ultimate mission is to serve you and provide you with fair, holistic journalism.

We still have lots more to do in the new year. Good luck with finals and the rest of the semester — we’ll see you then.

Impeachment policies show fairness

BY ISD EDITORIAL BOARD

For the past couple of weeks, the United States House of Representatives has been hosting impeachment hearings. In these hearings, various people have come before the House to share their testimony regarding various offenses claimed against President Donald Trump.

When these hearings conclude, members of the House of Representatives will draft Articles of Impeachment outlining the specific offenses for which they believe the president should be impeached. The House will then hold a vote where a simple majority can officially impeach the president.

For that reason, impeachment must not necessarily be for a crime. Historically, the House of Representatives has enabled “high crimes and misdemeanors” to blanket many offenses that aren’t criminal in nature.

In fact, over two-thirds of all charges in articles of impeachment drawn by the House have not explicitly charged the accused of a crime.

It is likely that Trump will be impeached, making him the third president ever to be impeached. It is unlikely that Trump will be removed from office, however. The Senate requires a two-thirds majority to remove an impeached president. The reason for this is that the House is currently controlled by a majority of Democrats while the Senate is currently composed of a majority of Republicans. In times as politically polarizing as these, party allegiance could be enough to keep Trump in office.

Impeachment and removal from office have been likened to our judicial system where the accused is allowed a trial by a jury of his or her peers. This is accurate in that charges are brought against a public official (by the House) and a trial is held (by the Senate).

And it certainly is a nice idea to think that we would give the president a fair opportunity to defend himself but that justice is the ultimate goal. That, however, is untrue.

There isn’t a standard of proof by which senators or congressmen must judge evidence. In criminal trials, jurors need to be confident beyond reasonable doubt that the accused is guilty. In impeachment, senators and congressmen make their own judgment call.

That’s a good thing enough. Believe it or not, that makes the process more fair. Impeachment isn’t a black and white process, and it shouldn’t be viewed as such. The Constitution is purposely vague about impeachment in order to allow Congress the power to remove people as it sees fit.

Impeachment and conviction are not a search for truth but rather a method for Congress to exercise the power granted to it in the Constitution.
It’s championship season

BY TREVOR HOBROOK
@iowastatedaily.com

This weekend caps off a bitter-sweet time of year for college football. Last weekend, viewers across the country enjoyed rivalry matchups in each conference, generating excitement, whether it was the Iron Bowl, the Apple Cup or somewhere in between.

I hated to see last week’s games conclude, but we get the opportunity to dive right back in with the conference championships this week. Fans get a game on Friday night followed by nine nationally televised games slated for Saturday.

**PAC 12**

Oregon and Utah match up in a game I consider a tossup. Oregon had its playoff hopes snatched away with a loss to Arizona State for the Ducks’ second loss of the year. I love Utah’s running back Zack Moss, but I’ll sit with the pick and take Justin Herbert and the Ducks.

An Oregon win is a bad result for the conference because it eliminates Utah from contention. If the Utes win, they likely slide into the playoff.

**BIG 12**

Two teams that narrowly knocked off Iowa State meet in Texas for the championship game. Baylor and Oklahoma enter with each team looking mediocre since mid-October.

The last five games for each squad is sprinkled with tight wins and a loss. Baylor’s lone loss comes against the Sooners in a game it led by three scores at one point. I’m not in love with either team, but I’ll take the Sooners in a single-digit margin of victory.

**SUN BELT**

Louisiana and Appalachian State collide at the same time as Oklahoma and Baylor. Without seeing much of either team this year, I’ll lean Appalachian State, but I expect a close game with a lot of offense.

**MAC**

I feel very confident that Central Michigan will stomp Miami Ohio in the final dose of Ohio State quarterback Jalen Hurts during the Iowa State vs. Oklahoma game on Nov. 9.

**CONFERENCE USA**

Florida Atlantic comes in as a heavy favorite over UAB. Can the Blazers pull off the upset? Though UAB isn’t playing Iowa State, I say no.

**AMERICAN ATHLETIC CONFERENCE**

Memphis and Cincinnati wrapped up the regular season with the Tigers winning 34-24.

The two meet again this weekend. I think the Bearcats are a little overrated and leaned on a lot of close wins to climb up the rankings. I’m going with Memphis.

**SEC**

LSU is the best team in the country, in my opinion, and Georgia is a pretender. I give the Bulldogs no chance to win this game.

The Bulldog defense might slow LSU a little bit, but the Tigers will wear it down with strong rushing and passing capabilities on offense.

**MOUNTAIN WEST**

This is a lopsided game on paper with Boise State winning the conference.

**BY JOHN MILLER**
@iowastatedaily.com

The Iowa State Cyclones have returned to the NCAA Tournament. But they will face a familiar face on Friday in Minnesota — the Creighton Blue Jays.

The Creighton Blue Jays are one of only two teams to make the NCAA Tournament in each of the last 15 seasons. The Blue Jays have averaged 23 wins a season in that time frame, and they have made the Sweet 16 three times during that period.

The Blue Jays are led by junior Doug McDermott, who was named the Conference USA Player of the Year in 2015. McDermott was also named to the All-Conference team twice and was named to the All-American team once.

Iowa State has a lot of options offensively, with stars such as Jared Butler and George Conditt. The Cyclones have a balanced offense, with a mix of inside and outside scoring.

The Blue Jays have a strong defense, led by junior forward Doug McDermott. The Blue Jays are currently ranked 15th in the country in field goal percentage, and they are holding their opponents to 43.3% shooting. The Blue Jays are also a good rebounding team, grabbing 47.8% of their rebounds.

The Blue Jays have a lot of experience on their roster, with six players having at least two years of experience. The Blue Jays have a strong post presence, with McDermott and senior forward Grant Gibbs leading the way.

The Cyclones have a deep bench, with a mix of experienced and young players. The Cyclones have a strong bench, with seniors Matt Thomas and Jack Nunge leading the way.

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MOVIES AND MUSIC

New Music Friday

12.06.19
*"Adore You" – Harry Styles
*"Christmas Tree Farm" – Taylor Swift
*"Put A Little Love On Me" – Niall Horan
*"Live Forever" – Liam Payne
*"Montana" – French Montana
*"Romance" – Camila Cabello

12.07.19
Modest Mouse's new single "Ice Cream Party" is a soothing six-minute, progressive ballad with dark undertones. The repeated chorus, "there's an Ice Cream Party at my house, please come over" throughout the long track reads as an alley for growing up with child abuse, which lead singer Isaac Brock has a history with. As the chorus progresses, it becomes more emotional and darker, as the instrumentation continues to progress into a psychedelic and indie journey. The track is reminiscent of some of the longer tracks in Modest Mouse's catalog, and tries out new effects and instruments, "Ice Cream Party" an intriguing step for Modest Mouse.

Release of the Week

"Ice Cream Party"  
Modest Mouse

New Movies ---> The best of Disney+

With the drop of Disney+ recently, there's been a blast from the past. Everything from classic Disney cartoons, to Star Wars, to Marvel and more is at the fingertips of their viewers. But where do you start? Here are three movies on Disney+-to get you started on an endless journey of binge watching.

* "A Goofy Movie" (1995)
  A story about father and son bonding. "A Goofy Movie" is Disney character Goofy's first solo movie, and a classic '90s performance. This animated, light-hearted film became known as a cult classic among those who were kids at the time.

* "10 Things I Hate About You" (1999)
  A classic teenage love story. "10 Things I Hate About You" features high school seniors Kat and Patrick going in circles around each other in an attempt to sort out their feelings for each other. This movie isn't nostalgic only for its story though, as the soundtrack brings forth classic '90s vibes.

* "The Nightmare Before Christmas" (1993)
  Is it really the holiday season if you don't throw on this classic? A perfect film for transitioning from Halloween's spooky season to Christmas time. "The Nightmare Before Christmas" is a story of searching for belonging, but taking the wrong route. The music isn't half bad, either.

EVENTS

12.06.19
* "Black Lives Matter: Fashion, Liberation and the Fight for Freedom" exhibit - All day, Ames Public Library
* WinterFest 2019 - All day, Iowa State University
* North Grand Farmers' Indoor Holiday Market - 10 a.m. - 5 p.m., North Grand Mall

12.07.19
* WinterFest 2019 - All day, Iowa State University
* North Grand Farmers' Indoor Holiday Market - 10 a.m. - 5 p.m., North Grand Mall
* Deb Never - 8 p.m., Maintenance Shop
* "Anonymous" by Naomi Iizuka - 7:30 p.m., Fisher Theater

12.08.19
* WinterFest 2019 - All day, Iowa State University
* North Grand Farmers' Indoor Holiday Market - 10 a.m. - 5 p.m., North Grand Mall

MUSIC AND MOVIES

Horoscopes - Dec. 6

ARIES - March 21 – April 19
Do not let someone's nasty comment eat you up. If you get mad, you’ll only play into their hands. Instead, be extra good to them. All they want is to be liked. By rising above the petty fight they seem to beaching for you will show them your maturity. Taking the high road is always wise for you.

TAURUS - April 20 – May 20
Someone is trying to get a rise out of you by acting in a controversial way. They thrive doing things in order to get your attention. Could it be that they have a little crush on you? Their weird behavior is nothing you can't roll with, so their plan is going to backfire. They've underestimated how smart you are and are still intrigued.

GEMINI - May 21 – June 20
Are you feeling intimidated by a new intellectual? Don’t be! The more they talk about how much they know, the more obvious it will become that they’re oblivious. So just let them have their 15 minutes of fame. True intelligence is all about knowing that you don’t know everything — be humble, and keep learning.

CANCER - June 21 – July 22
Tempo is key today. Do your best to stay in rhythm with the people around you, which won’t be easy. Everyone you encounter today is marching to the beat of their own drum, and you’ll have to move to the beat. This challenge will be good for you, though. It will help you learn to be even more flexible than you already are.

LEO - July 23 – Aug. 22
Give yourself a little bit of compassion today. You’re your own best support staff! You cannot listen to negative people who are telling you how badly things could go. Instead, just put your blinds on. Turn off the outside world, and find comfort inside your mind. You will find all the encouragement and love you need.

VIRGO - Aug. 23 – Sept. 22
To encourage more growth in one of your friendships, be more generous with your constructive criticism. Honesty is the best policy, focus on the positive and amp up your enthusiasm before telling them the downside of their behavior. You have a right to be a more active part of this relationship. And in order to do so, you have to speak up more.

LIBRA - Sept. 23 – Oct. 22
Today, try to spice up your life by trying something new and different — whether it’s a new household renovation project, a new bestselling novel, a new type of cuisine or just a new route to and from work. Getting stuck in a routine is no fun — especially now, when there are so many wonderful things in your life to explore. There is no excuse for not mixing things up today. You have the time, you have the energy and you definitely will have the desire you need!

SCORPIO - Oct. 23 – Nov. 21
Even though you are full of energy and positive ideas, today is not the ideal time to keep expanding into different areas. Right now, it’s time to stick close to home base and focus on just one or two people or projects that need you the most. Your ambition can be satisfied by perfecting your technique with everyday tasks. You don’t always have to be pushed to discover new continents.

SAGITTARIUS - Nov. 22 – Dec. 21
More than ever before, you are feeling confident and your communication skills are exceptional. You are finally ready to have that difficult discussion you’ve been putting off for a while. So step right up to the person who’s been pushing your buttons for far too long. You don’t have to be rude about what you say to them, you just have to make it clear to them that you won’t tolerate it any longer.

CAPRICORN - Dec. 22 – Jan. 19
Someone who is where you want to be in life is giving you a vision of the future you want to have some day — but what you might not realize is that the day is closer than you think. Switch your focus from your day to day routine and start thinking bigger picture. Expand your worldview to wake up your ambition. Prove that you’re ready to work for what you want.

AQUARIUS - Jan. 20 – Feb. 18
More than ever today, it is important for you to remember that you are not in charge of anyone else’s happiness, only of your own. Do not fall for any guilt that might get tossed your way. And if other people are holding you responsible for their unhappiness, they are not being fair. It might sound harsh, but you have to put your own needs ahead of their perceived needs today.

PISCES - Feb. 19 – March 20
Despite the fact that the people around you right now might be less than thrilled about what is going on, you have to keep your bright outlook! Don’t join in with others who might be throwing a great big pity party. Let other people live under a cloud while you choose to stay hopeful and focused on going where it is that you want to go.
to help students and staff get to and from campus. The Duskay used to cost five cents per ride and included a coffee cup and mail in addition to people until it was replaced with an electric streetcar in 1907. Now the Hub serves as a cafe for students and staff to enjoy. However, the RG Express train display takes the Hub back to its roots with a working miniature version of the Duskay that runs in front of it.

The miniature Hub is made from driftwood, operates as an entity separate from Brick’s Field Services rotation. Brick said this two-week rotation usually begins with a Powerpoint brief giving an overview of the rotation, at then one student and clinician to the ISU Dairy Farm to conduct rounds on the cows. “One of us, the clinicians or the post-docs and at least one of the students every day of the year, 365 days a year, do the treatments out of the ISU Dairy Farm [to any sick or potentially sick cows],” Brick said.

The ISU Dairy Farm has between five and 15 sick cows that require treatment, said Austin Ashbacher, fourth-year veterinary student. Some common conditions of the cattle treated at the ISU Dairy Farm, include mastitis (inflammation of the udder), retained placenta during birthing and lameness, Ashbacher said.

The other standing appointment held by the college involves a trip outside the Field Services clinic’s usual area of operation to treat calves in western Iowa.

On Tuesdays every week there are two clinicians and a group of students that go out to western Iowa to the Hurlan area and visit two places, one very large and then one smaller dairy farm, to do treatments for sick cattle.

Ashbacher said going to western Iowa and getting to perform pregnancy checks on the animal was one of his favorite experiences in the Field Services rotation.

“We go in rectally with our arm and we reach down and feel [the uterus] through the rectal wall, and then we can palpate their pregnancy,” Ashbacher said. “It’s a very hard skill to learn.”

Ashbacher said getting to perform pregnancy checks on hundreds of cows in western Iowa helped him perfect the skill and give him confidence in his abilities.

Amanda Farmer, fourth-year veterinary medicine student, said she was “freaked out” the first time she went into a cow’s stomach twists and you have to go in and do a c-section, Farmer said. “Unfortunately, the calf was dead and the cow was so sick by the time we got there that she had to be put down late.”

“Some of the things you should never have to do,” Farmer said. “Some of them are pretty hard. When you see it for the first time, you’re like, ‘I don’t understand how this happened.’”

Farmer said it is tough being called to work in the middle of the night for emergencies, but if you have to be able to be on call, you have to learn where she learned the most during the rotation.

Ashbacher said on the first day of the rotation, the students collate into groups of six to decide together the shifts for on-call time themselves.

“Nobody was trying to skip out on on-call time,” Ashbacher said. “No matter what rotation you’re on, as long as everybody is working together and helping each other, things go so much better.”

When going out on calls, Ashbacher said most farmers want to be taken care of, which helps the students be successful and patient with students and are very respectful.

“For the most part I think [farmers] are very warm and take some sense of pride in participating,” Farmer said. “I think the clients are very happy to have us out and learn.”

Ashbacher said he remembers having the opportunity to perform a displaced abomasum surgery during the Field Services rotation.

“A displaced abomasum is when one of a cow’s stomach twist and you have to go in and do a c-section,” Ashbacher said. “The cow is standing up. She’s fully awake, but you’ve made this incision in her side and you got your arm in the stomach to bring the way in to do that.”

Farmer also said aspiring veterinary students should keep a good attitude through hard work.

“Some days are harder than others,” Farmer said. “You might have to put an animal to sleep and you might feel like that, but just remembering why you’re doing that and keeping a positive attitude will help you get through it.”

“Personally, I’ve never heard a student say they’re not feeling their best,” McClelland said. “So keep that in mind, and be kind to people because you never know who is struggling.”