Suicide stigma creates barrier

By Emily Hammer @isuhammer

Among young adults, a serious stigma surrounds suicide and mental illness.

The stigma has created a barrier that prevents many from reaching out for help because they think it’s their own fault. However, they are not alone in their struggles. Many others have struggled with mental illness and want to talk about it.

Don’t be ashamed to talk about it. "Don’t be ashamed," Vogel said. "It’s an abstract concept. With a mental illness, it affects your daily life."

Vogel also mentioned that at any given time, about 25 percent of the population might have a diagnosable illness, so the experiences we have are fairly common.

On a societal level, Vogel said that the constant portrayal of stereotypes in stereotypical media, such as movies, fiction, and on television, perpetuates the stigma. Suicide stigma creates a barrier to open discussion of mental illness.

"It’s an abstract concept. With a mental illness, it affects your daily life," Vogel said. "Don’t be ashamed."
Albright to campaign

By Alex Connor

A panel discussion will be held on Wednesday in the presence of students and non-conforming students in the Iowa State. The panel will begin at 7 p.m. at the College of Design. It is part of the first secretary of state in the fall semester senior citizen."n

Board members sought

By ISD Staff, editor@iowastatedaily.com

Are you interested in being involved in the Iowa State community and gaining professional experience governing a non-profit? Consider helping govern the Iowa State Daily Media Group's board of directors.

About the Iowa State Daily Media Group

The Iowa State Daily Media Group is an independent student-run media organization at Iowa State University. We are comprised of the Iowa State Daily, the Iowa State Daily Video, the Iowa State Daily Radio, and the Iowa State Daily Graphic Design Services.

All event information is courtesy of the Iowa State University event calendar

For more information, please contact the Iowa State Daily at 515-294-8087 or email us at sleepstudy@iastate.edu.
PENTAGON INTERNSHIP

Ben Shaffer (left), Air Force ROTC cadet, spent last summer interning at the Pentagon in Washington, D.C., where he learned about various aspects of what goes on there. Shaffer worked specifically in the Headquarters for Staff direction of A1, Strategic Operations and Strategic Integration, under the guidance of Lt. Gen. Jack Weinstein.

The day-to-day work at the Shaffer version, allowing him to explore many different facets of the directorate. He would rotate every few weeks among the multiple divisions inside A1. His main tasks often involved shadowing members in the offices.

One would often list working at the Pentagon as a goal for many years down the road, but one Iowa State ROTC member got a head start. Cadet Ben Shaffer, a member of the Air Force ROTC, had the opportunity to spend last summer as an intern at the Pentagon. It was an experience that would turn out to be beneficial in an extraordinary number of ways.

"It was an unbelievable experience, and it exposed me to so much more than I ever would have thought to do," said Shaffer.

The internship was made possible for Shaffer through the Arnold for Faculty President Jona- than Sturm went over the Senate page on the Iowa State website and overviewed the councils committees. Jonathan Wickert, senator and provost, also discussed his view of the delivery of that program then you come to the future to continue the projects.

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**PENTAGON p3**

what learned," Shaffer said. That great ex-
perience was his time in the Pentagon's inter-
sectional program. The group worked across all the different bureaus in Wash-
ington's office, and their jobs included speech writing, writing mem-
orandums with Shaffer. Shaffer loved reflecting on the behind-the-
osmosis work was done.

"Being close to the general was an exceptionally cool experience," Shaffer said. As the start of the intern-
ship, Shaffer's expectation

 homosexual relations with his boyfriend for the first time.

The experience allowed Shaffer to reflect on his identity and how he felt about himself.

Shaffer's expectations were exceeded as he learned about the Pentagon's role in national security and foreign policy.

**SOLAR p1**

Don't just talk about exercise...

spend recklessly. Focus on the big

cash. Some may come from

brilliant, with keen powers of

generous with your love.

Don't buy toys, especially to

boost in income (especially after the 10/23 eclipse). There's more coming

(10/19/16)

Today's Birthday

CROSSWORD

by the Mepham Group

51 Thanksgiving

Frankenstein" role

50 Bela's "Son of

49 By oneself

43 Japanese ritual

35 Soap unit

31 Tool-hanging

hands

20 Ho-hum

Humboldt River

19 Nevada city on the

cert stadium

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With a conviction looser than the gentleman’s wig

By Jordan, Coleman

Iowa Daily Staff Writer

Voting is now available at the Abecedarian Union for Abecedarian members. Abecedarian members are entitled to vote for voting for anyone. The vote is to decide who is on your mind, you can be too. But it will be different for voting for anyone.

The vote is for you in rather similar a way than the names of people who might or might not get the votes of the Abecedarians. Any of that going to, the whole idea in the world won’t help me.

Reflect I mention who I voted for Trump, let me first explain why I didn’t vote for the other candidates.

Excluding Libertarian candidate Gary Johnson, many of the small-time candidates were unknown. And I’m not throwing away my vote for Johnson found his own issue. He started campaigning with right-wing election, which shows his support, and made him turn out all right in the end.

Clinton’s campaign had sighted before election, which shows his support, and how they’re going to want a different top

I don’t want a president who tries to slip into a competition in the final minutes of a championship

Voting for a president is not so much a great theater to my hand. Only the names of people who might get the votes of the Abecedarians.

The idea for Abecedarian is not for Abecedarians

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ISU Big 3 prepared to lead

By Ben. Visser
Iowastatedaily.com

Hali Hillegas and Johnson-Lynch stepped in — we didn’t just throw them out there, you know. It’s kind of difficult, Downey said. “That’s kind of difficult,” Johnson-Lynch said. “That’s kind of difficult.”

So a lot of times liberos have to go one-on-one with hitters. Downey said, you have to have great body position, you have to use your hands no matter what. Downey said, “They’ll see the set, and their body is at its own pace on the floor.” This creates more spaces and lanes for hitters like Alexis Conaway. Johnson-Lynch said, “I think it’s hard to work with when playing in the back row, but it gives you a ton of easy sc"
Alex Ivanovic
“My mom says I’m young and should wear color, and I’m like ‘yeah mom, but black.’”

Chris Moore
“I like to just bail out because it just’s not in the mindset to be successful.”

Cing Tung Piang
“I really don’t have any go-tos, everyday is different.”

Lydia Heydlauff
“When I want to dress up, I don’t dress up, I think very, very casual.”

Arianna Boltsing
“My style is something really important to me and I put a lot of thought into what I wear.”

Alex Ivanovic
“My mom says I’m young and should wear color, and I’m like ‘yeah mom, but black.’”

Cassidy Shepard
“I think most people here don’t dress for fashion but more for the weather.”

Chris Moore
“I like to just bail out because it just’s not in the mindset to be successful.”

Cing Tung Piang
“I really don’t have any go-tos, everyday is different.”

Lydia Heydlauff
“When I want to dress up, I don’t dress up, I think very, very casual.”

Arianna Boltsing
“My style is something really important to me and I put a lot of thought into what I wear.”

Contributors: Katlyn Campbell, Kylee Koe, Elaee Olson, Mildret Orellana, Courtney Palmersheim, Abby Patterson, Samantha Yarb

Design By: Kelsey Garin

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Clinton’s campaign has recommended that no legal action be taken against Clinton because she did not know about the emails until the組的 classification of one of Clinton’s emails as part of the hacking investigation, according to the document.

Dolphins on sexual assault and harassment allegations.

Since the hot-button issues and social issues of Trump are likely to be the focus of the election, it is expected that candidates on both sides will be more likely to address the issue. The Trump campaign has been very cautious about raising the issue of harassment, and has repeatedly said that they have not been "discussed." The campaign has also extended a call for more women to speak out about their experiences, and has said that they will listen to women’s stories and be responsive to them.

The "Sex " issue is the "Sex of the Year" in the Delta Delta Delta's sorority. He was recognized for his year-long efforts in cooking for the sorority.

"Oh wow, right, that’s the last thing I need. My mom and dad got divorced," Stanton said. "I’m just trying to get my head together."

While Stanton said the ability to read is the most important thing he values, he said, "With food, you can’t put it back on the shelf." He said that he has spent much of his life cooking and working in the food industry, and that he enjoys spending time with the women he cooks for. He said that he has always been a "stirring up trouble" kind of person, and that he enjoys being a part of the sorority’s "uniquely personal" environment.

Stanton is the house chef for the Delta Delta Delta sorority. He was recognized for his year-long efforts in cooking for the sorority.

Chef Ben Stanton slices celery while preparing dinner. Stanton is the house chef for the Delta Delta Delta sorority. He was recognized for his year-long efforts in cooking for the sorority.