Juuling has been used as a replacement for traditional cigarettes. already addicted to the nicotine content. devices give off the illusion that they are with the Juul and other vapor products, these consume nicotine. culturally recommended as a safer way to vapor products have been publicly marketed and Department of Public Health, traditional cigarettes on Sept. 18, as schools across the country have had issues with students being introduced to nicotine, and those impacts have had some reach on the Ames community. Within the last decade the availability and usage of these products has increased, in some cases, replacing traditional cigarettes for long-time smokers. In fact, the initial draw to vapor products was the idea that they could help smokers quit traditional cigarettes and ideally, all nicotine products entirely. However, the reality of the situation is quite different, especially for teens and young adults. Garin Buttermore said, from the Iowa Department of Public Health, traditional cigarette usage has gone down and the usage of vapor products among teens and young adults has been steadily increasing. This comes as no surprise, especially to members of the health community. Vapor products have been publicly marketed and culturally recommended as a safer way to consume nicotine. Paired with the variety of flavors that come with the Juul and other vapor products, these devices give off the illusion that they are not harmful to one’s health until the user is already addicted to the nicotine content. The nicotine content of these vapor devices are a concern for some, especially to the younger demographics who may ignore the harmful effects these devices pose. One Juul pod contains roughly the same amount of nicotine as a pack of cigarettes. This can make addiction easy and it can go unnoticed by the user as the pods are marketed with appealing flavors. However, according to the School, Community and Media Relations Director for Ames Community School District, Eric Smith, this does not seem to be as much of a problem in the Ames Community. The policy for the district and the high school specifically bans the use of cigarettes and e-cigarettes. The Thiel Student Health Centre has seen an increase in students reporting they are using these products from their normal questioning during appointments. Laura Knowles, the clinical supervisor for nursing and patient services for Thiel Student Health Center, conferred with providers at Thielon to get their view on the growing usage of vaping products in college aged individuals. “Providers have noted much more vaping with our college aged students also — and increased nicotine usage in this form,” according to Knowles in an email. Knowles also said there are concerns for the future of these users as there are other chemicals within the products which can have “harmful and possibly dangerous effects” for these people which can be equal to or worse than smoking. “The studies are still being worked on — and we may not know much more until a few more years down the road when health issues start coming up for those who have been using these products for quite some time,” according to Knowles in an email.

According to the National College Health Assessment for Iowa State, daily usage of cigarettes has dropped from 11.1 percent of students in 2010 to just 1.5 percent in 2017. However, their numbers are not as clear for e-cigarettes because the NCHA did not include questions about them until the 2017 edition of the assessment. Despite this fact, in 2017 1.8 percent of students reported using e-cigarettes daily and 21.1 percent who reported vaping in the past 30 days. In comparison, 29 percent of students smoked cigarettes in the past 30 days in 2017. Some on campus are looking to respond to this so-called epidemic. Student Government passed a resolution on cigarette usage on campus in October. While the resolution focused primarily on the littering of cigarettes on the edges of campus, it did reaffirm the anti-smoking policies. The resolution stated that it “recommends that Iowa State University, in conjunction with whatever law enforcement and/or other relevant disciplinary bodies necessary, take action to enforce university policy and state law…”. Student Government also stated that it opposed “the use of cigarettes and e-cigarettes on campus.”

Discreet nicotine prevalent in schools

BY NATHAN.CIRIAN
@iowastatedaily.com

The Food and Drug Administration (FDA) released a statement saying that they intended to increase regulations on E-Cigarettes and other vapor products on Sept. 18, as schools across the country have had issues with students being introduced to nicotine, and those impacts have had some reach on the Ames community. Within the last decade the availability and usage of these products has increased, in some cases, replacing traditional cigarettes for long-time smokers. In fact, the initial draw to vapor products was the idea that they could help smokers quit traditional cigarettes and ideally, all nicotine products entirely. However, the reality of the situation is quite different, especially for teens and young adults. Garin Buttermore said, from the Iowa Department of Public Health, traditional cigarette usage has gone down and the usage of vapor products among teens and young adults has been steadily increasing. This comes as no surprise, especially to members of the health community. Vapor products have been publicly marketed and culturally recommended as a safer way to consume nicotine. Paired with the variety of flavors that come with the Juul and other vapor products, these devices give off the illusion that they are not harmful to one’s health until the user is already addicted to the nicotine content. The nicotine content of these vapor devices are a concern for some, especially to the younger demographics who may ignore the harmful effects these devices pose. One Juul pod contains roughly the same amount of nicotine as a pack of cigarettes. This can make addiction easy and it can go unnoticed by the user as the pods are marketed with appealing flavors. However, according to the School, Community and Media Relations Director for Ames Community School District, Eric Smith, this does not seem to be as much of a problem in the Ames Community. The policy for the district and the high school specifically bans the use of cigarettes and e-cigarettes. The Thiel Student Health Centre has seen an increase in students reporting they are using these products from their normal questioning during appointments. Laura Knowles, the clinical supervisor for nursing and patient services for Thiel Student Health Center, conferred with providers at Thielon to get their view on the growing usage of vaping products in college aged individuals.

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Midterm voting surpasses previous records

BY ISD STAFF

Preliminary voting results reveal that Iowa citizens turned out in droves to participate in the electoral process Tuesday, with almost 61 percent of Iowa’s registered voters participating in the 2018 midterm election. More than 3,200,000 voters have been tallied as of Wednesday morning, according to the Iowa Secretary of State’s Office, topping the previous record set in 2014 of 1,142,311 votes.

“I am very proud that so many Iowans across the state came out and made their voices heard in record numbers. They have once again proven that we are a leader in voter registration and participation,” Secretary of Paul Pate said in a press release.

Pate was re-elected Tuesday night to his third-term securing 52.5 percent of the vote against Democrat Deidre DeJear. In Story County, 61.5 percent of the 69,525 registered voters cast their ballot. In almost all races, Story County residents voted majority Democrat.

On Wednesday, Iowa began the process to conduct the first statewide post-election audit in Iowa history. The audits are anticipated to be completed next week, according to the Iowa Secretary of State’s Office.

“Post-election audits add another layer of integrity to the election process,” Pate said in the press release.

Election integrity has been a priority of Pate, who in recent years, has worked to institute voter ID laws that are set to go into full effect beginning in 2019.

Midterm voting surpasses previous records

BY DEVYN.LEESEON
@iowastatedaily.com

Attorney General Jeff Sessions has been replaced by Matthew Whitaker, a native of Ankeny, Iowa, following Sessions resignation Wednesday.

Whitaker, Sessions’ former chief of staff, was critical of an investigation into Donald Trump by Special Counsel Bob Mueller, saying Mueller was “dangerously close to crossing a red line in a 2017 CNN op-ed.

Assistant professor of political science David Andersen said Trump’s request for Sessions to resign was to further his control over the Mueller investigation.

“I don’t think there is any doubt whatsoever that Trump wants the Mueller investigation to be shut down and for no findings to ever be publicly released,” Andersen said. Trump has been pushing for Sessions’ resignation since he recused himself from the Mueller probe after details were released of a meeting between Sessions and a Russian ambassador during the 2016 election.

While Sessions was pressured to resign for more than a year, his final resignation came just one day after the midterm election, which Andersen said was intentional.

“As soon as Sessions recused himself from the Mueller investigation, Trump made it known that he wanted Sessions to resign, and he was cautioned by others to not fire him so he allowed him to stay in the office until after the midterm election,” Andersen said. As soon as he had the latitude to act, he looked to put in a new attorney general to do what he thinks an attorney general should do, which is protecting him.”

Three years ago the register of voters in Des Moines Central Precinct was updated to include mail-in and absentee voters, which have been used in previous elections.

As of Friday, there were 79,182 registered voters in the central precinct of Des Moines, which is the same number of people who voted in the last three midterm elections.

As of Wednesday, 10,211 people had cast their ballots through mail-in or absentee voting, which is a 27.1 percent increase from the 2014 general election.

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Iowa State Daily Thursday, November 8, 2018

CALENDAR

Thursday, Nov. 8
Brown Bag: Nature at Noon – Holiday Decorating
12 to 1 p.m. at Reiman Gardens. Bring your lunch to the Gardens and enjoy this annual demonstration of holiday decorating with flowers, greens, and other materials.

Fall Pruning Workshop
1:30 to 3:30 p.m. at Reiman Gardens
Join Sarah Rummery, Reiman Gardens’ Manager of Horticultural Operations, and Sharon Herk, Reiman Gardens’ Horticulturist, for an informative and hands-on workshop designed to familiarize you with all the V’s of autumn pruning!

Great Tech Gifts for Students and Staff this Holiday Season
3:30 to 4:30 p.m. at ISU Book Store Tech-Cy
Unsure what to gift for the Holiday this year? Work with our Apple Campus Rep to find the perfect gift!

Workshop: Marketing Your Study Abroad Experience
4:15 to 5:30 p.m. at 0105 Curtis Hall Students will learn how to format international experiences on a resume and incorporate study abroad into a behavioral-based interview questions. The workshop is applicable to students who participated in a faculty-led travel course or semester-long exchange program, or any student interested in studying abroad. RSVP by 6 Nov.

Cyclone Cinema
7 p.m. at Carrie Hall 101
The Spy Who Dumped Me — The Spy Who Dumped Me tells the story of Audrey (Kumis) and Morgan (McKinnon), two best friends who unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy.

Daily Dialogue: Panel discussion
7 to 8 p.m. at Pioneer Room, Memorial Union
The Daily Dialogue, hosted by the Iowa State Daily, is a place for conversations you can’t always have at the family dinner table. The first event will feature five speakers who each share a story that shaped their personal political awakening.

Gender and Power in Contemporary Somalia
7 p.m. at Ames Public Library, 515 Douglas Avenue
Fartumo Kusow will discuss her most recent novel, 7 p.m. at Ames Public Library, 515 Douglas Avenue
Fartumo Kusow will discuss her most recent novel, “The Boy Who Dumped Me,” at 7 p.m. on the fourth Wednesday of each month during the academic year. The book follows two Somali siblings born during the Ugandan refugee crisis and their personal political awakening. The story will be told through the eyes of male and female characters and major themes of their work. Kusow draws connections between the main themes of social hierarchy, female relationships, power, and prejudice.

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CORRECTIONS

The sidebar on Page 5 in the Nov. 7, 2018 edition of the Iowa State Daily featured an error regarding the Georgia Governor race. The sidebar listed the race as “Georgia House” and noted that Republican Matt Rosendale beat Democrat Jon Tester in the race. The sidebar also listed that Republican Matt Rosendale beat Democrat Jon Tester in the Montana Senate race, however the race had not been called as of 2:30 a.m. on Nov. 7 and Tester beat Rosendale. The Daily regrets this error.

POLICE BLOTTER

11.6.18
Travis James Wanflacht, age 19, of 703 Lynn Ave — Ames, Iowa, was arrested and charged with operating while intoxicated and possession of drug paraphernalia at Lincoln Way and Lynn Avenue (reported at 7 p.m. on the fourth Wednesday of each month during the academic year. The book follows two Somali siblings born during the Ugandan refugee crisis and their personal political awakening. The story will be told through the eyes of male and female characters and major themes of their work. Kusow draws connections between the main themes of social hierarchy, female relationships, power, and prejudice.

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Editorial Board: The publication board meets at 5:15

Correction: The Daily regrets this error.

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$28 MILLION DESIGN
Team chosen for Gerdin Business Building expansion

BY KIRSTIE MARTIN
@iowastatedaily.com

Eleven design-building teams presented project proposals to the Ivy College of Business for their expansion of the Gerdin Business Building. After much deliberation, BNIM of Des Moines and Story Construction of Ames were picked to design and build the expansion for the Gerdin Business Building.

Danny Johnson, director of the Ivy College of Business Facilities, said the construction of the expansion will start after the first frost. Johnson also said the trees, which currently occupy the space of the future expansion, will be removed and replanted.

A press release from the Ivy College of Business states, “the need for the building addition has never been greater.”

Classes are held in the Gerdin Business Building from 7:30 a.m. to 10 p.m. from Monday through Thursday, and on Fridays from 8 a.m. to 5 p.m. Some business classes are held outside of the business building because of the lack of space and some Ivy College of Business faculty members have offices in the Memorial Union.

“We are fortunate to have a beautiful, modern facility,” said Dean David Spalding in a press release from the Ivy College of Business. “Unfortunately, we have outgrown this space. Our enrollment numbers were up again this fall. We now have 4,931 students, making us the fastest growing college at Iowa State University for the fourth year in a row.”

The estimated $28 million addition will be approximately 45,000 square feet and is anticipated to be completed in 2020. The addition will include more classrooms, study areas, computer labs, a multi-purpose space and faculty offices. Danny Johnson said they plan to hold January 2021 classes in the addition.

The expansion project will save the major walkway that goes through the Gerdin Business Building.

“The main goal is... the majesty of the building being lit up to still be here,” Johnson said.

Org demands climate change action

BY TYRUS PAVICICH
@iowastatedaily.com

Calling for environmental action, Ames residents have formed an environmentalist group.

The group first called for action from the Ames City Council at their Oct. 16 meeting.

One of the speakers was Erwin Klaas, who was representing Iowa’s Climate Action Team.

“I’m an old man,” Klaas said. “I’m 83 years old, and I am worried about my grandchildren and the kind of world they’re going to be facing when they get my age. And it’s not going to be pretty if we don’t do something quick. So, young people need to pay attention to this and start doing something, because they’re the ones that are going to be affected.”

Most of Ames’ power is generated locally through natural gas and the burning of trash collected from residents. Recyclables are burned as well. Questioning the impact of refuse burning on air quality needs to be weighed against landfills’ methane release and effects on water quality.

Klaas continued, “We don’t know all the reasons [why],” said Gentile. “One reason is that the pre-frontal cortex is not fully developed, which helps [us] think about ‘should I do this or shouldn’t I?’ However, video game addiction is treatable. Gentile said he believes that it is a type of impulse control disorder, where you know of video games as a coping mechanism and its risk for game addiction

Study shows some at high risk for game addiction

BY MEGAN TESKE
@iowastatedaily.com

Studies show that some people may be at risk for video game addiction. Douglas Gentile, professor of psychology, and some colleagues at Iowa State conducted a study to see how the use of video games as a coping strategy can lead to video game addiction.

“One of the ways addiction starts is by dysregulating coping,” Gentile said. “What starts as functional coping becomes dysfunctional.”

Gentile said video game addiction is defined by how much it damages your life. It can hurt multiple aspects of your life, such as social and family functioning and work and school functioning.

Gentile and his colleagues found that people who have high anxiety and serious mental health symptoms, such as depression or attention deficit, are more likely to use video games as a negative coping strategy and become addicted.

“If you have a reason to need to cope, and you use games to cope, that can predict higher addiction symptoms,” Gentile said.

There are positive and negative strategies to coping. Gentile explained that positive strategies are ones that actually help, and negative ones are strategies that are mostly used as a distraction.

Although there is no specific age that people are more likely to get addicted, Gentile said that generally adolescents between the ages of 13 and 25 are at a higher risk to be addicted to anything than others are.

“We don’t know all the reasons why,” said Gentile. “One reason is that the pre-frontal cortex is not fully developed, which helps [us] think about ‘should I do this or shouldn’t I?’”

However, video game addiction is treatable. Gentile said he believes that it is a type of impulse control disorder, where you know you should stop, but you just can’t manage the impulse. His opinion is that it should be treated by cognitive behavioral therapy where therapists help people recognize and manage the impulse. Some therapists think that people need to quit video games altogether in order stop the addiction. There are very different opinions and suggestions about how the treatment should work.

“You let it go from being a passion to something you enjoy to something that’s controlling you,” Gentile said. “You let it go from something you enjoy to something that’s controlling you.”
Yasmine Rodriguez, a graduate student in graphic design, said she came up with the name of her project, she brainstormed names pertaining to the border and immigration.

"I wanted to explore what identity is, what nicknames are that our families used to call us," Rodriguez said. "Some of the nicknames [that are used] come from racial slurs."

The United States had its share of social activism as the Civil Rights Movement saw its rise following the assassination of Martin Luther King and the rise of the Black Panther Movement.

In the Summer Olympics, two black American athletes were shown raising their fist in the air while awarded their medals, which was shown as a black power gesture.

Rodriguez said that she knew that the topic that interest her the most and would captivate her would be immigration.

"I was always told, ‘it’s in your blood,’" Rodriguez said.

For her design, Rodriguez said that she realized she used a similar type face to what was used in the designs captured during the 1968 Summer Olympics in Mexico City.

Rodriguez said that she came across the social activism surrounding the Olympics that year and did see similarities between the two countries in 1968 as Mexico saw political activity and there was inequality between rich and poor Mexicans.

"People always got involved through design, work," Rodriguez said.

Rodriguez said she also had help from her Alex Braidwood — associate professor in graphic design — who suggested she display her work on a website.

Rodriguez said when she was coming up with the name of her project, she brainstormed names pertaining to the border and immigration.

Finally she settled on Borderline. For her color scheme of the artwork, Rodriguez selected black and yellow, making sure the colors did not come across as a political party.

"I didn’t want this to take on a political side through colors," Rodriguez said. "I did not want it to be a political skew or want it to be endorsing a party."

For her artwork, Rodriguez called it a lash at President Trump and his immigration policies and rhetoric, however, Rodriguez said she has done it in a smart way.

"It finally was a way I could react, do something about [immigration]," Rodriguez said.

She also said that with the current surrounding immigration in current times, it would be harder for children of immigrants now then when Rodriguez was growing up.

"I look very hard," Rodriguez said of her mother’s deportation in 2007 when Rodriguez was 15 years old.

Overall, Rodriguez said she believed there had been good response to her artwork. However, Rodriguez could also recall a few negative.

Rodriguez said when she posted an Instagram Ad, which was artwork detailing the cost of the proposed wall that Trump has spoke of and promised to build during his campaign, to advertise her work, there were people who would comment saying they did not care about the cost, but just wanted the wall built.

Rodriguez said it was the demographic of those commenting negatively on the post that surprised her.

The young white men, in their teens, with the negative comments were what brought fear to Rodriguez.

While some supporters of Trump have brought Rodriguez’s fear, the rhetoric and immigration policies proposed from Trump has her concerned.

Recently Trump has proposed to end birthright citizenship through an executive order, which was formed through the 14th Amendment following the Dred Scott ruling in the Supreme Court in 1857 and Emancipation Proclamation in 1863.

Rodriguez said that she knows that Trump cannot end the birthright citizenship through an executive order but that Trump and others are valid to make arguments for immigration reform.

"We need to keep families together," Rodriguez said. "That should be our first priority."

Rodriguez said when she came up with a few negative.

Over the summer, outrage raged when the Trump administration family separation policy was revealed as part of the administration’s zero tolerance policy toward immigration.

Children were separated from their parents or those who accompanied them in their attempt to cross the border into the United States.

The children were then placed in detention centers after being separated. According to a New York Times article, government officials reported that nearly 3,000 children were separated from their families.

Rodriguez said important to get children out of the detention centers and also have to acknowledge children that have parents that have been deported from the country.

For Rodriguez, to determine a topic to focus on, it’s all about researching a topic and knowing the ins and outs of it and being able to tie in its historical relevance.

"The work have to appeal to people, make it relevant," Rodriguez said.

Rodriguez will be showcasing her artwork from the Borderline collection from Wednesday until Sunday in the College of Design Gallery. On Wednesday, a reception was held and at the exhibit Rodriguez said she plans to give out postcards with the hopes that people will learn more about the topic.

The people who reached out to Rodriguez were the ones she least expected to reach out to her and resulted in Rodriguez sharing her experience with immigration concerns that helped them understand the complexity of the issue.

“Borderline’ exhibition
Grad student brings immigration activism into artwork

BY WHITNEY MASON

Yasmine Rodriguez’s exhibit "Borderline" will be on display until Sunday in the College of Design.

Triangular Fraternity finds permanent home on Lincoln Way

BY KENDALL SHARP

Iowa State’s chapter of Triangle Fraternity moved into their permanent home on 2316 Lincoln Way.


In 2010, Triangle Fraternity sold their property because they knew they didn’t have a use for it anymore. They hoped to reacquire and save their money for other housing options to come down the road.

"That house was close to 100 years old and had a lot of physical issues that needed addressing and we didn’t want to put money into it," More said.

Triangle Fraternity later had a three year lease at the Sigma Alpha Epsilon (SAE) house and it expired spring 2018. There was talk of extending their lease, but Triangle Fraternity hoped to find a permanent home.

"It was an exhaustive search of available properties," More said. "We really hadn’t been a lot of availability. The SAE house that they had been renting was never going to be a permanent option."

As their lease’s expiration closely approached, there were no available, permanent housing options available for Triangle Fraternity.

Until Sigma Chi Fraternity’s national board contacted Triangle Fraternity’s Housing Board to say their house was open for purchase.

"The purchase of the house happened really quick," Fenton said. "It happened in about 30 days this summer. We had a bunch of guys round up everybody’s stuff in their rooms. We spent a whole weekend moving it over to our new house on Lincoln. It just sat in the middle of the house for most of the..."
Cold showers improve health

Frigid waters good for body, skin and hair

BY NOAH GALLOWAY

There is a Dutch athlete named Wim Hof who is known for his ability to endure temperatures of extreme cold. He attributes this unique skill to his breathing techniques that supposedly allow him to handle intense temperature discomfort. He is the reason why I began taking cold showers a couple years ago. There are many health benefits for partaking in this routine. Cold showers improve overall health and increase mental toughness.

Cold showers are known to improve immunity because the frigid water results in an increase in metabolic speed rates which activate the immune system. This leads to the release of additional white blood cells. Cold showers can also improve your skin and hair. Medical Daily offered their take on the issue.

"Hot water has the tendency to dry out our skin, so it’s best to use cold water to tighten your cuticles and pores, which will prevent them from getting clogged. Cold water can "seal" the pores in the skin and scalp too, preventing dirt from getting in," according to the Medical Daily.

This is a stress relieving habit. Menprovement mentioned some thoughts on the topic, "they will lower levels of uric acid, and boost levels of Glutathione in your blood—making you less susceptible to pain and they aid in muscle recovery after a difficult workout by helping them to handle intense temperature discomfort. He is the reason why I began taking cold showers a couple years ago. There are many health benefits for partaking in this routine. Cold showers improve overall health and increase mental toughness.

Cold showers build will power and emotional resilience. Science Direct mentioned, "This can be viewed as an adaptation to repeated oxidative stress, and is postulated as mechanism for body hardening. Hardening is the exposure to a natural, e.g., thermal stimulus, resulting in an increased tolerance to stress, e.g., diseases. There are a plethora of reasons why you should indulge in this habit. Cold showers boost fertility in addition to increasing testosterone.

Taking cold showers improves health and mental toughness. It provides many health benefits for the human body. This is one of the best things you can do to improve your health. The first cold shower will be very miserable but I promise you it only gets better. There is a big mental aspect of doing this. Right from the start of the day you are telling off that voice that wants you to be comfortable and content with where you are at in life.

Governor Kim Reynolds, invest in the students of Iowa

Dear Governor Kim Reynolds,

Congratulations on becoming the first elected female governor of Iowa. It’s a major milestone in Iowa politics. However, now that you’re in office, we have some things we’d like to ask of you, specifically in regards to higher education: please invest in Iowa State and the state’s other regent universities.

Earlier this year, Iowa State was faced with yet another budget cut. Now, obviously money doesn’t grow on trees and no budget gets balanced overnight. However, we hope you recognize the importance of the prestigious public universities in Iowa and the financial burdens the university and its students are under due to recent budget cuts. Some may say, “oh, Iowa State will be fine. They have plenty of money!” Iowa State is not a for-profit university, so every penny in goes to benefiting the students. Whether it’s through teacher’s salaries, facility improvements, or club funding, all the money goes to improving the university. These budget cuts come back to the students in the form of increased tuition, something no one is a fan of. However, tuition has been raised before, but this past time, it was different. In September, Iowa State fell in a national ranking of universities. The culprit? Funding.

“Adequate financial support is vital as we work to fulfill our responsibility to provide an outstanding educational experience for our students and to help meet the needs of Iowans,” Wintlesteen said in a statement provided to the Iowa State Daily in September. “Rankings reflect the decreased investment in public higher education in Iowa.” This investment needs to return to Ames for the benefit of Iowa, for the benefit of Iowa State and for the benefit of the Cy-clones.

Now, there are some things that will help that came up this recent school year. First, student enrollment has finally plateaued with 3,668 less students than 2016’s enrollment. Iowa State is also no longer literally running out of physical building space and the Forever True fundraising campaign reached their $1.13 billion goal early. However, Iowa State shouldn’t have to rely on decreasing enrollment and a university sized bake sale to fund the university. If there was ever a time to reinvest in higher education, there is no time like the present. Iowa State by no means will be shutting the doors if there is another budget cut, but we could see another drop in rankings soon if you and the Iowa Legislature do not start prioritizing higher education, across the state’s regent universities. No one wants to see that happen.

The not so distant future of the higher education students in Iowa rests in you and your administration’s hands. Please, help take some of the financial burden off of the students coming to Iowa to learn. Congrats on the election, and we look forward to your historic first term as governor.

Regards,

The Iowa State Daily Editorial Board
Cyclones start season strong

Iowa State men's soccer club faces promising season

BY NICK FLORES
@iowastatedaily.com

The Iowa State men’s soccer club has been providing players with a fun and competitive atmosphere since the early 2000s. The club faces off against other club teams from schools across the country as well as some Division II and III soccer teams.

Senior and president of the club Jordan Golla emphasized the competitiveness of the team and the clubs aspirations to someday become a Division I sport.

“In terms of club teams we’re definitely one of the more competitive ones in the midwest and if we had the opportunity to have a D-1 team we’d for sure be competitive," Golla said.

The men’s club soccer team has scored 15 goals in their first six games of the year so far and they show no signs of stopping their impressive run. In the 2017-18 season, the club finished with 12 wins and four losses total.

This year looks even more promising for the team. In September, the club hosted the Cyclone Invitational which included the likes of Northern Illinois, Nebraska-Lincoln and Minnesota State University, Mankato, to name a few. The team made it to the finals and tied for first as the championship game was canceled.

Although the team does have a competitive tenor, Golla also described the club as an outlet to meet new people and create friendships.

“Every day at practice everyone brings their all but at the same time a lot of us are friends," Golla said. “So there is that friendly competitiveness where you go have fun and joke around with the team but when you’re in the games and practicing it is 100 percent competitive.”

Senior and Vice President Andres Montalvan also touched on the friendly atmosphere of the team.

“The good thing about tryouts is that its the first week of school," Montalvan said. “Everyone is new so you get really close to them.”

The club tryouts are on the first Monday, Wednesday and Friday of school every year which allows for students to meet new people and settle in faster.

“My best friends have all been from the club," Montalvan said. “I spend most of my time here and this has definitely been the biggest part for me at least for friends.”

Junior Jake Orlowsky described his experience with the club as a good way to maintain this balance his classes and playing games weekly.

“It’s been really fun," Orlowsky said. “I like playing soccer a lot and it’s a good way for me to still take my classes seriously and play some competitive soccer as well.”
BY TREVOR.BABOCK
@Iowastatedaily.com

Society has labeled the polarizing “sport” of pro wrestling as violent, demented and of course “fake” throughout its messy history. However, today some are giving pro wrestling a new label: art.

Actor, director and assistant professor of the arts at Iowa State, Cassin Murphy, is among those who believe pro wrestling is an art form.

“There’s this notion that because boxing is ‘real’ and MMA fighting is ‘real’ so wrestling is ‘fake’ and that somehow negates it from being artistic,” Murphy said. “The basic tenets of what we teach our acting students is no different than what you see on the pay-per-view screens.”

Murphy uses pro wrestling as an example in his intro to performing arts class to introduce students to unfamiliar ideas of what performing arts can be.

“It’s about broadening that spectrum of what we as a contemporary society see as artistic,” Murphy said.

“I think people sort of dismiss [pro wrestling] because it feels like it’s supposed to be fake and we are all not in on the joke, but I think a lot of people who watch wrestling are in on that joke and they appreciate it anyway and they can still have an emotional response to it even though recognizing ‘oh they’re acting,’” Murphy said. “It’s the same thing as going to see a play at Fisher Theatre. We know that those people are acting, but we can still respond to it in a way that’s meaningful.”

So what exactly qualifies as art?

Murphy said he believes that, in art, a craft must be involved as well as some degree of spectatorship, both of which is found in pro wrestling.

The basis for a pro wrestler’s character, outside of major companies such as World Wrestling Entertainment (WWE), are often formulated by the wrestler themselves.

Massaro’s wrestling persona is four-mouthed, obnoxious, enjoys eating pizza in the ring and believes he’s better than you because he’s Sicilian.

“I’ve always been told that your wrestling gimmick should be who you are times a thou-sand,” Massaro said.

Massaro revealed that he also wrestles under the masked kung-fu fighting panda character “Ultimo Panda” complete with a full panda costume.

For wrestling promotions in Maryland and beyond, Fuller portrays a spoiled brat who con-stantly bites off more than he can chew.

“I am always impressed by the level of physical commitment that [pro wrestlers] have because they don’t do anything half-heartedly,” Murphy said. “It’s always done at one hundred percent or if possible it’s done above.”

Murphy wonders how much creative input pro wrestlers have on their performances and character versus the input of a group of people within the company pro wrestlers work for or what audiences want.

Vinnie Massaro is a full-time pro wrestler and pro wrestling trainer with 21 years of experience.

“I do use my creative instincts and my creative brain,” Massaro said. “I perform in front of audiences. I like to see how they react and sometimes I change things based on how they react. Unfortunately there’s some companies with a lot of rules where [pro wrestling] isn’t art. They tell you to do this, this, and this’ and don’t stray from it. It can be art, but sometimes it’s not.”

Josh Fuller is a 19-year-old pro-wrestler from Hollywood, Maryland.

“Even if you’re being told what to do or ‘hey this is what we want out of you tonight’ it’s still our adaptation,” Fuller said. “We’re painting a picture of someone else’s vision for an audience to see.”

The art of pro wrestling
Finding the theatrics in ‘fake’ wrestling
BY TREVOR.BABOCK
@Iowastatedaily.com

“I kind of consider pro wrestling as its own thing. It just has elements of all these different worlds,” Fuller said. “It’s not like a competitive sport but there’s a hint of competition there and you’re giving it your all and you’re putting your body on the line. When you’re designing a match there’s a million things you have to think about. Whether or not something is logical, what makes sense for your character, what furthers the story, you want it to build. There’s all these aspects that make it artistic but it’s hard for the general public to know that because they don’t know the specifics of what goes on backstage.”

Twenty-one-year-old pro wrestler Jordy Summers from Las Vegas believes that it’s just a matter of where and when.

“I definitely consider what I do more on the art side because I’ve had a total of one match that I’ve actually had to do athletic shit,” Summers said.

Summer’s explains his character as an angry teenager trying to find himself through emo band lyrics and long wet hair.

“Artists usually contact us about when they are coming through the state or trendes they’re willing to perform at,” Schroeder said. “They tell us the dates and times they’re available.”

Students volunteering for SUB help choose which acts they schedule into their Comedy Nights.

“We usually watch their content and we try to keep guests diverse,” Schroeder said. “So Comedy Night doesn’t just have the same type of guy-comedians performing.”

“SUB makes sure to incorporate diversity into their events. Schroeder said. ‘We usually have a breath of fresh air to the event with her sharp sarcasm backed up by her versatile acting skills.’

“Opening up for Springs will be a student approved by the comedian herself. Recordings of stand-up shows from Tuesday night’s Open Mic Night show will be sent to Springs where she will hand pick one lucky student to warm up the audience before she performs.”

“Schroeder said he didn’t yet know of any other pro-fessional comedians coming to future Comedy Nights. ‘We officially schedule performers in about a month or two in advance before their shows,’ Schroeder said. For a fun break during the week, be sure to see ‘Springs’ free show at 9 p.m. Thursday at the Maintenance Shop in the Memorial Union.”

Daphnique to headline SUB Comedy Night
BY MARGARET.TROUP
@Iowastatedaily.com

Daphnique Springs will be performing her stand-up comedy show Thursday at 9 p.m. in the Maintenance Shop.

Springs is an actress, writer and comedian. While she has appeared on hit shows like “How I Met Your Mother” and “Jimmy Kimmel Live!” she is best known for her witty comedy.

Springs is currently touring around the country performing live for audiences everywhere.

Springs’ comedy acts range from stories about her personal life to commentary on current events with a comedic twist.

By using dark humor, Springs is able to relate to the audience confidently, making for an unparalleled comedy show.

Maintenance Shop Director, Matt Schroeder, explained how the Student Union Board (SUB) is able to welcome talents such as Springs to our school.

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Daphnique Springs is the 2015 Winner of the She-Devil Festival in New York City and the 2016 Winner of the American Black Film Festival.
by Whittaker who could have the authority to limit the extent of the Mueller investigation. A former lawyer, Aynes says he quit his job for the Iowa State College Democrats, said he thinks Trump is looking for any way to put himself above the rule of law, and that Whittaker, who will take the position of acting Attorney General until President Donald Trump appoints a permanent replacement, is a “career politician who will do anything to please the president.”

Ayers said there were a few Senators who actively faced Trump, but after the election Republicans would do “little more than token opposition to radical authoritarian decisions.”

“Trump did not want to bring this up before the midterms because he didn’t want to face hostility from Republicans across the party,” Ayers said. “He had been cautioned by several prominent Republicans in the Senate not to do this. I think he made a wise political decision to hold off until all of the votes have been cast.”

For Massaro the character aspect of pro wrestling has been his biggest challenge. When Massaro was hired for El Rey Network’s critic and one question is how much shit you can take away from the power plant, how much plastic you could use recyclable. And if you took plastics out of the waste stream, maybe the operation and maintenance costs would be lower and lower our power costs.

Other adaptations could be made to better adapt the city for more environmental-friendly forms of transportation, such as bike lanes.

At the state level, the Attorney General’s office has been working with Juul through a variety of committees with former Attorney Generals and public health officials. The committees are finalizing their work but the communications director for the Attorney General’s office, Lynn Hicks, summarized their work in a phone call.

He said primarily they wanted “the FDA to know that these products should be kept as an alternative option for adults to use as a way to cut their use of traditional cigarettes.”

He also expressed that it was the goal of Attorney General Tom Miller to lower the adult smoking rate further.

The committee is not suggesting people take up vaping. “If you don’t smoke at all, don’t start vaping,” Hicks said.

According to a media release from Aug. 2 from the Attorney General, the adult smoking rate dropped from 16.8 percent to 13.9 percent

From DANNIELLE PETERSON/ IOWA STATE DAILY

THE EXTERIOR OF THE NEW HOME OF THE TRIANGLE FRATERNITY ON LINCOLN WAY. THE HOUSE PREVIOUSLY BELONGED TO SIGMA CHI.

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