StuGov bill censures Department of Residence

BY CASSIE LEHMANN
@iowastatedaily.com

Wednesday night, Student Government passed a bill censuring the Department of Residence for their reaction time and statements on issues regarding recent events.

"[Students] have been told a lot over the years that things will change, and they don’t change,” said Senator Jan Searles. “I would like to see the Department of Residence, as a unit, take the resolve clauses that we have, the actions that we have outlined, take some initiative and put those into place.

The bill titled “Censuring The Department of Residence” does just that.

Many members of Student Government came together to back the bill.


“Racism has no place or protection on campus as it violates the University’s Principles of Community, and [...] there have been high profile events in recent years that have highlighted the systemic failure of the Department of Residence within the University to respond to incidents of harassment of protected classes,” according to the document.

This censuring comes after Bean House in Geoffroy Hall was defaced multiple times with a racial slur, pictures surfaced of Student Government Adviser Alex Krumm with his face painted black previously posted on his Instagram and students protested the events by blocking off Lincoln Way, demanding to talk to President Wendy Wintersteen.

One case specially mentioned was a recent instance in Geoffroy Hall — “one such instance was the failure to publicly or privately address the recent racist vandalism in Geoffroy Hall in a reasonably timely manner,” stated in the bill.

"[Senators] felt the issue that was made was not the addressing, it was the communication of the addressing,” Sen. Searles said.

A resolution the bill enforces is a campus-wide policy of a 48-hour administrator response time to all events to the parties affected, whether or not the solution is clear. All parties involved in the case will be kept up to date on the status of the case as well.

Going beyond the bill, Student Government will be establishing a committee to enforce the new act.

"[The committee] will make sure there is an action plan set into place and acted upon in a timely manner, emphasis on a timely manner,” Searles said.

The bill passed Wednesday night with a vote of 25-0-1.

Cyclones return to site of program’s revival

BY NOAH ROHLFING
@iowastatedaily.com

Two years and a month later, Iowa State returns to the place where the football program’s revival began to play in Saturday night primetime on FOX. The Cyclones have said they’re prepping just like it’s any other game, but the history is undeniable.

On Oct. 7, 2017, Iowa State football was 2-2 in coach Matt Campbell’s second season with the Cyclones. After close losses to Iowa and Texas — a game in which Iowa State’s offensive success showed up and the team wore the now-infamous “bugle” alternate logo helmets — the Cyclones were ranked a day or two before traveling to Oklahoma to face the No. 3-ranked Sooners. Jacob Park, until then the team’s starting quarterback, had taken a personal leave of absence from the program and would not be traveling to Norman, Oklahoma.

Park would never play another snap for the Cyclones (he currently plays quarterback for Missouri State), but the history is undeniable.

The university is implementing a temporary policy regarding chalking, effective Monday, which will limit what students are allowed to chalk on campus. Chalkings will be limited to the event title — which can be up to seven words — and the registered student organization that is sponsoring it, according to the policy.

The policy was implemented following an interim policy change from the Division of Student Affairs on Thursday regarding an interim policy change on campus chalkings.

The policy enforces is a campus-wide policy of a 48-hour administrator response time to all events to the parties affected, whether or not the solution is clear. All parties involved in the case will be kept up to date on the status of the case as well.

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The bill passed Wednesday night with a vote of 25-0-1.

Iowa State updates chalking policy

BY LAUREN RALIFF
@iowastatedaily.com

Students at Iowa State received an email from the Division of Student Affairs on Thursday regarding an interim policy change on campus chalkings.

The university is implementing a temporary policy regarding the chalkings effective Monday, which will limit what students are allowed to chalk. Registered student organizations will be the only groups allowed to chalk on campus.

Chalkings will be limited to the event title — which can be up to seven words long — as well as the time of the event, place and the registered student organization that is sponsoring it, according to the Iowa State policy.

"Registered student organizations may chalk ONLY to publicize an upcoming event that is open to all students,” the policy states. According to the policy, no student may erase, remove, modify or otherwise impair the legibility of any chalkings.

This is the first time Iowa State has created a policy in accordance with specific limitations in regards to chalking.

The policy library defines acceptable chalkings as “the marking of a sidewalk surface with chalk in order to publicize an upcoming event that is open to all students.”

The policy was implemented following an escalating volume of chalkings on campus in recent years,” according to an Inside Iowa State release.

The university reserves the right to remove any chalkings that do not meet the standards of the policy, according to the policy.

"Facilities planning and management staff will remove all chalkings that doesn’t comply with the interim policy,” the policy states.

University administrators are planning to work with Student Government to establish a permanent policy regarding chalking, according to the Inside Iowa State release.

The new policy mirrors the chalking policy at the University of Iowa.

"Facilities planning and management staff will remove all chalkings that doesn’t comply with the interim policy,” the policy states.

University administrators are planning to work with Student Government to establish a permanent policy regarding chalking, according to the Inside Iowa State release.

The new policy mirrors the chalking policy at the University of Iowa.

"Facilities planning and management staff will remove all chalkings that doesn’t comply with the interim policy,” the policy states.

Iowa State releases statement regarding the policy change. The university reserves the right to remove any chalkings that do not meet the standards of the policy, according to the policy.
IOWA STATE DAILY BUSINESS DIRECTORY

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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-9688 or via email at editor@iowastatedaily.com.

CALENDAR

11.7.19
BRA (Bras to Recycle and Aid Women) Collection, Multiple Collection Boxes. Throughout Campus all day in partnership with Support the Girls, the Office of Sustainability is collecting gently-used and unworn bras toward supporting Central Iowa women in need.

First Generation College Student Celebration, Dold Room, Memorial Union at 11 a.m. ISU faculty and staff are invited to engage and network with first-generation students as part of the National First Generation Student Week celebration. Registration is encouraged.

Competition: ISU Innovation Prize, Economic Development Core Facility at 4 p.m. Students, faculty, staff and Ames community members compete in one of three challenges: agriculture tech, education tech and global impact. Facilitated by David Tominsky, entrepreneur and community builder from Cedar Rapids.

Paint Your Own Pottery: Sweater Weather, Workplace at the Iowa State Memorial Union at 4 p.m. Autumn leaves abound in our fall bisque! We will show you the basics of painting your piece and fire it within a week. Drop off or fire yourself an hour to finish.

Serve the World With Hyper Innovation - Steve Johanns, Mackay Hall Auditorium (811 1st St) at 4 p.m. Over 25 years of experience in technology, energy, infrastructure, and innovation, Steve Johanns founded Veriown Global Inc., bringing internet-connected solar energy to the 1.2 billion people around the world without access to a power grid. Steve has a passion for disrupting the conventional thinking that caused our global problems of climate change and poverty, with his goal to hyper innovate the world’s last mile.

11.6.19
Kacie Marie Strong, age 28, of 145 S Hancock St. - Ames, Iowa, was arrested and charged with simple/serious domestic assault at 1429 Ridgewood Ave. (reported at 7:31 p.m.).

Steven Wayne Cartee, age 23, of Ames, Iowa, was arrested and charged with drug paraphernalia at 1315 S 8th Avenue (reported at 9:37 a.m.).

Steven Wayne Cartee, age 23, of Ames, Iowa, was arrested and charged with possession of drug paraphernalia at 1429 Ridge-wood Avenue (reported at 7:31 p.m.).

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POLICE BLOTTER

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IOWA STATE DAILY

Friday, November 08, 2019

POLICE BLOTTER

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Steven Wayne Cartee, age 23, of Ames, Iowa, was arrested and charged with drug possession of a controlled substance at 1315 S 8th Avenue (reported at 9:37 a.m.).

Steven Wayne Cartee, age 23, of Ames, Iowa, was arrested and charged with possession of drug paraphernalia at 1429 Ridge-wood Avenue (reported at 7:31 p.m.).

Karen was arrested and charged with_simple/serious domestic assault at 405 5 Street (reported at 7:55 a.m.).

Karen, age 36, of 1429 Ridgewood Ave. - Ames, Iowa, was arrested and charged with possession of drug paraphernalia at 1429 Ridge-wood Avenue (reported at 7:31 p.m.).

Karen, age 28, of 145 S Hancock St. - Ames, Iowa, was arrested and charged with drug paraphernalia at 1315 S 8th Avenue (reported at 9:37 a.m.).

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Students, admin meet to discuss recent issues

BY MADISON MASON
@iowastatedaily.com

Students and Iowa State administrators gathered together to discuss the Students Against Racism demands Thursday in the Sun Room of the Memorial Union.

These students and administrators introduced themselves under the moderation of Araceli Lopez-Valdivia, senior in political science. The students on the panel were Alex Rodriguez, sophomore in political science; Liliana Delgado, junior in mathematics; Trinity DeArbo, senior in women’s and gender studies; Hugo Perre, junior in liberal studies; Brian Gonzalez, senior in finance; Kortni Lewis, junior in animal science; and Dhior Raturi, a graduate student in materials science and engineering, who organized the event.

“The conversation this week will be with Parks Library’s local librarian of the Special Collections and University Archives Rachel Seale, an outreach archivist, who will be joined by Assistant University Archivist Rachel Rauen-Seale. The conversation will explain how students can leave their legacy on Iowa State. What Acheson and Seale will be discussing includes not only how have a great experience at Iowa State and also leave a lasting impression on one of the most highly acclaimed research universities in the Midwest. This means going beyond just making a lasting impact; it means physically adding to history in the making.”

Seale and Acheson, along with many others, played a special role in developing the Special Collections and University Archives, which identifies, selects, preserves, creates access to, provides reference assistance for and promotes the use of rare and unique research materials that support major research areas of Iowa State, according to the Parks Library website.

Acheson played an even more specific role in building up the student records, especially the records of those who came from historically marginalized and underrepresented communities. This brought to the staff’s attention a large number of areas for which the archivists lacked.

“This session discusses the scarcity of records representing women and other marginalized communities on campus and their contributions to Iowa State. The Special Collections and University Archives are trying to close this cultural memory gap,” Seale said.

A new club on campus is aiming to help the homeless while putting plastic to good use.

Bed of Bags is a new club at Iowa State that started last spring by current senior and club president Camille Miller. Bed of Bags is made up of Iowa State students who use plastic shopping bags to make durable, waterproof beds for homeless people.

In addition to helping the homeless, the club is also making a positive impact on the environment. To make one bed, it takes about 700 plastic bags. Bed of Bags collects plastic bags from group members, friends and places like homeless shelters or the Salvation Army. As a new group, Bed of Bags has yet to recruit more members, but has appealed to a variety of different students, including marketing, environmental science, general education and engineering majors. They meet once a week for two hours in Pearson Hall. During that time, they are usually able to make at least one bed.

“The time it takes about five people to complete one bed is about an hour. This might mean two people use their arms to knit while three other group members make plarn, or plastic yarn. They just do the plarn making, which is super easy; it’s really repetitive and can be super relaxing after a long day of school work,” said Madison Strauss, club member and junior in marketing.

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The Campus Climate Response Team is being renamed the Campus Climate Reporting System (CCRS) to better reflect its purpose, and the communication process is being reviewed for improvement.

Iowa State Police will continue and expand annual bias trainings for all officers and will be extending it to all Department of Public Safety (DPS) staff. In addition, racial intelligence training will be held for all DPS supervisors in December and all officers in the spring.

One of the main points the student organizers made during the time when they were asking questions was the administration’s lack of providing a zero-tolerance policy solution. “We can’t make consistent rules that we apply to everybody,” Norton said. “So if we have a vandalism policy, zero tolerance for vandalism. That means any act of vandalism, no matter the extent of it.”

“Bed of Bags is an Iowa State club that started in the spring of 2019. Members recycle while helping homeless Iowan communities by weaving plastic bags into beds for those in need. Bed of Bags uses plastic to help homeless communities

BY SYDNEY NOVAK
@iowastatedaily.com

As snow covers campus, the community of Ames can look forward to warmth and snacks at the Sloss House during this week’s Feminist Friday.

“The conversation this week will be with Parks Library’s local librarian of the Special Collections and University Archives Rachel Seale, an outreach archivist, who will be joined by Assistant University Archivist Rachel Rauen-Seale. The conversation will explain how students can leave their legacy on Iowa State. What Acheson and Seale will be discussing includes not only how have a great experience at Iowa State and also leave a lasting impression on one of the most highly acclaimed research universities in the Midwest. This means going beyond just making a lasting impact; it means physically adding to history in the making.”

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The main point of the student organizers’ meeting was that the administration’s lack of providing a zero-tolerance policy solution is not enough. “We can’t make consistent rules that we apply to everybody,” Norton said. “So if we have a vandalism policy, zero tolerance for vandalism. That means any act of vandalism, no matter the extent of it.”

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**Talk About It:**
Mental health of faculty and staff

BY SAGE SMITH
@iowastatedaily.com

Editor's note: This is part six in our weekly mental health series “Talk About It.” Sensitive content may follow.

Mental health is an important part in the everyday lives of Iowa State faculty and staff, just as it is for students. Stephanie Downs is the wellbeing coordinator for ISU WellBeing.

Downs came to Iowa State in April 2014 as the university’s first wellness coordinator in University Human Resources. She obtained a master’s degree in health promotion and has over 20 years of health and wellness experience.

“What we know, mostly from surveys and comments from different workshops is that [...] a lot of it ties around stress,” Downs said. “We certainly know that sleep has become an issue for a lot of our faculty and staff and [...], is a concern as much at it is for students. The workload stress, kind of work-life balance issues from the workload to what everyone else deals with [...] is certainly on top of the list.”

An increase in mental health issues, such as anxiety and depression, has shown up across the workforce in America, and Iowa State has resources available for faculty and staff who may be struggling.

*W*hile the *Student Counseling Services* on campus don’t provide services for faculty and staff, there are other available options. *There is a confidential Employee Assistance Program open for Iowa State employees. The program has master-level counselors available 24/7, and faculty and staff can also be referred to counselors in the area for support.*

“We have a lot of different trainings and workshops around reducing stress, finding purpose, building teams,” Downs said. “So on a little bit less clinical aspect, there’s support in that way, and I think that departmental meetings are continuing to look for resources.”

All of the resources offered by ISU WellBeing can be found on their website.

Nathaniel Wade is a psychology professor and director of Network Community Counseling Services. Wade is a licensed psychologist in Iowa and has been leading group counseling for over 20 years.

The Network Community Counseling Services is located on the basement floor of Science Hall 1, room 56, which is in the southeast corner of the building. They offer low-cost individual and group counseling for those who are 18 years and older.

“We specialize in group,” Wade said. “So [the] one thing that we are really good at and really value is kind of a group therapy situation, but when we have openings for individual and people want to do individual, then we can make that happen.”

As the primary supervisor for the Network Community Counseling Services, Wade offers support to the other counselors there.

**RESUME PG8**

Just like college students, faculty and staff experience stress and issues with mental health. Iowa State offers many resources for faculty and staff members, including 24/7 counselor support available for faculty and staff who may be struggling.

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**TALK PB8**

Iowa State’s Writing and Media Center hosted the workshop “Landing a Perfect Job: Using your First-Gen Experiences on your Resume” at the Hilton-Lied Student Success Center on Thursday.

Two of the program’s coordinators, Carolyn Gonzalez and Kelly Wenig, led the event. They said their intent was to help students incorporate their first-gen experiences into their resumes.

Gonzalez, who works as the assistant director of the Writing and Media Center, is a first-generation student herself. She has done a lot of work regarding first-generation students, which allows her to help.

“I’ve done a lot of work regarding first-generation students, which allows her to help,” Gonzalez said. “Also, oftentimes first-generation students come from lower socioeconomic backgrounds as well.”

Gonzalez said a common result of a low socioeconomic background is that students tend to work many jobs to support themselves at college. They then don’t have time to participate in extracurricular activities or other opportunities at their university.

Wenig, intercultural learning specialist at the Writing and Media Center, also noted possible challenges first-generation students might face, some of which affect a student’s motivation when seeking a job.

“A lot of times, it seems that it’s more of a confidence issue,” Wenig said. “They don’t feel like they have the same experience as others. It’s that experience gap that we are trying to overcome and help students realize it’s not an experience gap, it’s an experience difference.”

Being unfamiliar to college like a first generation student can be difficult. Nonetheless, Gonzalez said there are positive aspects of being a first-generation student as well.

“There is quite a lot of pride and resilience that comes along with being a first generation student,” Gonzalez said. “[They] have, perhaps, more unique experiences outside of the university that might differ from your own.”

*Image 171x802 to 563x1020*

**DESIGN BY BROOKLYN WILLIAMS, PHOTO COURTESY OF GETTY IMAGES**

**BY AMBER FRIEDRICHSEN**
@iowastatedaily.com

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**TALK PB8**

**BY ANNA OLSON**
@iowastatedaily.com

One of Tom Steyer’s top aids in Iowa, Pat Murphy, offered campaign contributions to local politicians in order to get support for Steyer’s White House bid.

“As a former legislator, I know how tricky the endorsement process can be for folks in Iowa,” Murphy said in a statement. “It was never my intention to make my former colleagues uncomfortable, and I apologize for any miscommunication on my part. I joined the campaign because I believe Tom is the best candidate to take on Donald Trump and that he shares Iowa’s values. I know that Tom’s message will resonate with leaders across the state and that any endorsements will come from the merit of his message.”

Murphy, a former speaker of the Iowa House of Representatives, did not deny he had offered campaign contributions in exchange for campaign endorsements in his statement.

Sen. Herman Quirmbach, D-Ames, said these contributions are unusual.

“This is not generally done,” Quirmbach said. “I would never accept such a donation, nor would I approve of any other candidate or official holder doing so.”

While it may be legal — if reported and non-corporate — Quirmbach said he knows of no specific case when this was done and would “strongly discourage” anyone from offering or accepting such a donation.

Murphy’s actions would only be illegal if they were not reported to election authorities as in-kind contributions.

The Steyer campaign released a statement noting they did not authorize the offer of donations for endorsements.

“Tom has not made any individual contributions to candidates in Iowa this year, and he will not be making any contributions,” the statement said. “The endorsements he receives are earned because of Tom’s campaign message, his decades-long work taking on big corporations who put profits over people and his work registering and organizing voters across the country to support progressive causes. Our campaign policy is clear: we will not engage in this kind of activity, and anyone who does is not speaking for the campaign or does not know our policy.”
Sanders to address the climate crisis

Senator’s Climate Crisis Summit a step toward change

BY OLIVIA RASMUSSEN
brasmussen@iowastatedaily.com

Iowa State University’s College of Agriculture and Life Sciences is one of the world’s leading institutions of agriculture. Students learn how to navigate different aspects of science, conservation and agriculture and what it means to Iowa, the country and the world.

As our climate continues to face pollution, extreme weather conditions and an array of environmental issues, students and young adults are left to pick up the pieces and gear up to face the crisis head-on.

One politician is making a noticeable difference with his policies regarding the climate crisis. Senator and presidential hopeful Bernie Sanders of Vermont has worked with other politicians and climate experts to put together the Green New Deal. The Green New Deal expands on topics such as rebuilding America’s infrastructure, creating new jobs that are needed.

Columnist Olivia Rasmussen believes Sen. Sanders is effectively addressing the climate crisis.

Sanders has a plan to ensure corporations aren’t solely controlling agriculture, providing a fair playing field for farmers and implement fair trade deals. Though most Democratic candidates acknowledge the danger our current climate catastrophe has on the environment, Bernie is the candidate who is prepared to roll out plans that’ll protect the environment as well as protect farmers, families and rural communities.

Something historic in the Midwest will be happening Saturday: Sen. Sanders and Rep. Alexandria Ocasio-Cortez will be convening with climate experts for a Climate Crisis Summit at Drake University. The event will be a vital part of figuring out how we tackle the crisis collectively.

Guest columnist Andrew Fackler argues Workday is doing more bad than good.

GUEST COLUMN

Iowa State’s Workday can’t do what AccessPlus can

BY ANDREW FACKLER
fackler@iastate.edu

Iowa State’s new HR and payroll software Workday has been hailed as a great technological leap in how the university operates by top administrators and the company itself, yet it seems as though the opinions of many professors, staff and especially student workers tell another story and are not being heard.

My short time with the program thus far has been incredibly stressful, and only displays a handful of issues with the program.

I work two jobs for the university—one in the department of special collections at Parks Library, and one as a graduate assistant in the department of community and regional planning. Administering payroll through AccessPlus, this was never an issue, but Workday was clearly not built to do what our AccessPlus can do.

I genuinely hope it improves drastically before AccessPlus is phased out forever.

Guest columnist Andrew Fackler argues Workday is doing more bad than good.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.
Iowa State Daily  Friday, November 08, 2019

**Cyclones playing the favorite**

Bolstered lineup prepares for high expectations

BY ZACH MARTIN

Iowa State's Marcus Coleman wrestles Utah Valley's Kyle Snelling during their dual meet Feb. 3.

Head coach Kevin Dresser took one glance at his 2019-20 Iowa State wrestling squad and turned to state an expectation that hasn't existed Iowa State.

"It's time for Iowa State wrestling to be a top-10 team, and then eventually progress into a top-five team," Dresser said at media day. "These guys have kind of arrived and this team made a statement in college wrestling last year in terms of progress."

In all states Sunday morning.

"This is a motivated team," said redshirt freshman David Carr. "To see the gains we made, I think we did good, but we can do way better."

"I just got to wrestle smart, stay in my stance and have good leg defense — get my offense going on my feet," Degen said, who is ranked third at 149. "Everything will work itself out.

"Iowa State was one of the top teams in the country last year," Dresser said. "It's going to be fun year, this year," Dresser said. "It's going to be fun year, it's going to be fun year, it's going to be fun year."
Self-care has been a controversial topic for years, with while some people define self-care as selfish and pretentious, it is actually a very necessary part of maintaining one’s mental health. This concept can provide a whole variety of activities from digging warm tea with a good book to visiting an amusement park and eating a corn dog. Lisa Nolting, program coordinator for Iowa State University’s Student Wellness Center, said, “We define self-care as prioritizing one’s well-being — many of [my clients] are working on consistently taking care of themselves in various ways by taking time to journal, eating regular meals, being outside or spending time with friends.”

While this term is important for health professionals to know, it has also made its way into common vocabulary for many people.

“If [self-care] is taking some time every once in a while to make sure you’re treating yourself right, like taking a break from studying or hanging out with people you care about … making sure that you are taking care of yourself and your well-being,” said James Bachman, sophomore in chemical engineering.

The trend of self-care can be seen all over social media through the use of the hashtag #SelfCareSunday. One such post comes from actress and writer Tomi Adeyemi’s (she/they) personal Instagram, a photo of Berry in a bubble bath with the caption, “It’s been a really long day, but still making time for #SelfCareSunday with my bubble bath.”

An alternate take on the mental health campaign can be seen with former first lady Michelle Obama. In one of her posts, she is posed mid-blink while holding a necktie ball above her head. Obama’s picture was captioned, “It doesn’t always feel good in the moment. But after the fact, I’m always glad I hit the gym. How did you take care of yourself on this #SelfCareSunday?”

Obama isn’t the only enthusiastic who is passionate about self-care Jess Pagor, freshman in pre-dietetics, is too. “I typically go to the gym every day, occasionally before class, but it can be hard to do so every day at night,” said Pagor. “Sometimes I go to the pool just to relax after my workout. I always try to because it gives me a boost of energy.”

But even the same person can have different methods of self-care. While Pagor does work out daily, she has a few other ways to get some extra self-love and relaxation in. “It’s that little bit of decompressing,” Pagor said. “I always have music on […] Go to eat when you’re too stressed out. [My friends and I] love spending time at the beach.”

When researching self-care, it can seem daunting and intimidating. However, any act of personal appreciation and de-compression will suffice, from 10 seconds of controlled meditation to a complete Harry Potter marathon of 19 hours and 39 minutes.

For example, Alyssa Raiter, freshman in engineering, values her little moments. “The basic stuff like showering and washing your face every day — just having a routine — it’s really nice,” Raiter said.

Due to the portrayal of bath bombs and face masks for self-care, there is a common misconception that self-care is only for females, but that is not the case. “I spend quite a bit of time just relaxing and hanging out with friends,” Bachman said. “That’s my way of self-care. I like finding a good book to read and taking a break from stuff that is stressful.”

Although self-care can be a versatile method of supporting one’s well-being, there can be challenges in a dorm setting. With the lack of bathtub, space and financial security, popular routines need to be adapted to make similar results.

“It can be hard to get that quality alone time, but if you find someone that you can [hang with] … it’s nice to be alone, but it can be hard,” Pagor said.

Joining this viral trend can be extremely rewarding with only minimal effort. Considering joining a fun student organization to discover a new passion. Invite some friends over for a Netflix movie night. Go to a local cafe and sip coffee by a window. Or if that requires too much exertion, take some time to snack on a comfy sofa. There are multiple ways to recharge, but it’s important to find the best, individualized fit.

Sometimes, people need help exploring these options. Under the “services” tab on the Student Counseling Services websites, there is a link to the MindBodySpa, which has several guided meditations and mindfulness activities. Other self-care advice is a quick Google search away. Jonathan Van Ness, a hairstylist from the hit show Queer Eye,Infrastructure, is passionate about the importance of self-care in an interview with Delish magazine.

“It means something different to all of us, but can you make some time for self-care today?” Van Ness said.

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**Dark denim trends approach as weather cools down**

**BY HANNAH SCOTT**

Whether you’re ready or not, the most wonderful time of the year is upon us: winter in Iowa. The air is cooling and students are finally starting to bundle up. With the shifting of the temperatures comes the shifting of wardrobes as well. “Largely I think it’s to match the environment around us, when you look outside at the color changing leaves and dark brown trees, I think we like to dress according to the seasons,” said Emma Hassemer, former Trend magazine editor-in-chief. “It’s common that people will associate different colors with the seasons, so I think it’s very normal that when fall and winter hit, you see a lot of people’s color palette changing."

One at the most popular ways to spice up an outfit in the winter time is to incorporate darker-wash denim. The trend made its way back into an outfit the style is definitely picking up steam as the weather cools down, and with the arrival of something new often comes the question many ask themselves: Can I pull that off? “I love to add elements of myself into the fashion trends,” Hassemer said. “Whenever I need inspiration or don’t know what to wear I open up Pinterest, flip through my Vogue books or hop on Instagram to see how my favorite bloggers are styling the latest trends. If you don’t think you could pull off a certain trend, try a smaller approach and start with accessories.”

While darker denim may seem hard to work with, one only needs a few simple tactics to work this new trend into a multitude of outfits.

**WARM IT UP**

One of the first and most obvious ways to throw together a look is simple — wear your coat! With winter coming, nothing is more classic than a big chunky sweater, some booties and a pair of dark jeans to really feel the season.

For an even more classic look, go with a neutral sweater, or if you’re feeling funky, throw on a brighter color for a bold statement.

**GRUNGE IT UP**

Black ripped jeans definitely bring a certain rock vibe, so play it up! Throw on an oversized jean jacket, beanie, converse or choker with the denim to bring back a ‘90s-inspired look that is fun for the new often comes the question many ask themselves: Can I pull that off? “I love to add elements of myself into the fashion trends,” Hassemer said. “Whenever I need inspiration or don’t know what to wear I open up Pinterest, flip through my Vogue books or hop on Instagram to see how my favorite bloggers are styling the latest trends. If you don’t think you could pull off a certain trend, try a smaller approach and start with accessories.”

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**CLASSIC IT UP**

While some may overlook basics, sometimes the simplest pieces can pull an outfit together. For a simple style, pair the jeans with a basic tee and slip on for a timeless style.

Graphic tees showing off your favorite band, television show or celebrities make any outfit fun. To add a more feminine flair to the look, pair the denim with a flowy, floral or light top to offset the weight of the pants, and throw on some sandals or small heels in order to pull the whole idea together.

Another simple way to add flair to an outfit is simple — the more, the merrier. Layering gives a fun and unique vibe to any outfit and allows for warmth and style to combine. Throw on any jacket, cardigan or sweater to add a different flair and play around with different outfits and wear styles. Lots of people are afraid of pairing denim with denim, in fear of recreating a Britney and Justin remake, but simply make sure the shades and tones in denim are different in order to avoid doing so.

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**FRENCH TUCK IT UP**

Popularized by Queer Eye’s Tan France, the French tuck is a style trick that can elevate any look, even the simplest pieces can pull an outfit together. For a simple style, pair the jeans with a basic tee and slip on for a timeless style.

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**PREP IT UP**

With any trend comes the opportunity to throw in a classy spin, so
He also supervises the group therapy sessions, which are led by doctoral students in counseling psychology.

Wade said people typically think they need to see an individual therapist, but group counseling can work for most concerns they may have.

“Our groups are mixed,” Wade said. “We have people in there with relationship concerns, concerns, going through divorces, people who have had past abuse or people who have anxiety or depression or both. The idea is then for us to connect with each other and use those relationships in the group to help in the therapy or depression or both. The idea is to connect with individuals in the group to help in the therapy.

Iowa State faculty and staff can also find services in the Ames community or reach out to nearby places, such as the Des Moines area. The university is located in the heart of the state’s capital city and is home to the popular Throwdown15 tournament, where teams compete in various sports.

The Cyclones received a hero’s welcome at the 2018 Outback Bowl in Florida. The team was replaced after the previous season’s loss to Alabama, and many wondered if the Cyclones would be able to run as smoothly as they had in previous years. The Cyclones were feeling refreshed after picking up their second win in the season’s final month. The 2017 season ended with Iowa State’s first bowl trip since 2013, another top-five upset — this time at home against TCU — and an 8-5 season.

But redshirt sophomore tight end Charlie Kolar said Tuesday the win wasn’t as big of a deal now as some would make it sound. "I don’t know how to define a culture-changing win," Kolar said. "You could argue that was one of our biggest wins."

Besides, the Sooners were able to get their revenge in 2018, winning in Jack-Tice Stadium by a score of 27-27. The Cyclones were able to keep that game close, but it wasn’t enough to pull the upset over the Big 12’s dominant program. Marcel Spears said the Sooners’ win didn’t change the Cyclones’ expectations, but it makes their impact less significant.

"We talk about [the upset], but last year they came to our house and beat us," Spears said. "It’s just a very humbling experience, and I can’t wait to go down to Norman and play them again."

The Cyclones as a whole are wanting to focus on the task at hand. It’s hard to blame them. There isn’t much argument that this game is the most important of Iowa State’s season so far. Not just because it’s the next game up, as Kolar said, but because the Cyclones’ Big 12 Championship hopes hang in the balance.

"It’s the guy you can see on the sideline who’s kind of ushering excitement amongst the group," Campbell said. "I think it’s a tremendous challenge."

Lamb hasn’t missed a beat — in part because of the performances by quarterback Jalen Hurts, a grad transfer from Alabama. Hurts was sort of an unknown quantity in the Big 12, having a starter-turned-backup at Alabama, and many wondered if the Oklahoma offense would be able to run as smoothly as it had under Baker Mayfield and Kyler Murray.

Hunts is the epitome of a dual-threat quarterback. The Sooners have used him a lot in designed runs and he is a threat to take off if there is nothing open downfield. With 21 touchdown passes and 13 rushing scores, he will be a huge task for the Cyclones.

"Tudy one of the best runners right now on top of one of the best quarterbacks in college football right now," Campbell said. The Cyclones are feeling refreshed after picking up their second win in the season’s final month. The 2017 season ended with Iowa State’s first bowl trip since 2013, another top-five upset — this time at home against TCU — and an 8-5 season.

"You can’t go into the season building your resume, they will be able to give it to potential employers. Wenig said students should not be using the exact same resume for each job they are seeking. You should be creating a new resume, or at least tweaking your resume for every position that you apply to," Wenig said. "You’ll just adapt the terminology of things a little bit. You’re just adapting it a little bit to mold to a particular job." Wenig and Gonzalez said they want first generation students to know there are several resources on campus they can use to help them in their careers. Students can go to the writing and media locations to seek a professional’s help with documents like resumes.

"If you’re going to be getting your bachelor’s, that goes on the top, and then behind that is your associates degree. Same goes for your work experience. Your most recent is going to go on the top, and then descending down are all your prior experiences."

When a student is finished with their studies, they will be required by faculty and staff, as well as potential employers. Wenig said students should not be using the exact same resume for each job they are seeking. You should be creating a new resume, or at least tweaking your resume for every position that you apply to," Wenig said. "You’ll just adapt the terminology of things a little bit. You’re just adapting it a little bit to mold to a particular job." Wenig and Gonzalez said they want first generation students to know there are several resources on campus they can use to help them in their careers. Students can go to the writing and media locations to seek a professional’s help with documents like resumes.

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