FROM PLAYER TO COACH

Then-redshirt senior Kane Seeley celebrates after a safety during a game against the Kansas State Wildcats, Oct. 29 in Jack Trice Stadium. After graduating in 2016, he moved to Colorado and became a high school football coach.

BY BRIAN MOZEY
@iowastatedaily.com

These are the words that many Iowa State players and coaches used to describe Kane Seeley during his time on the football team. Those characteristics have stuck with Seeley for the past year and have translated to his newest passion in life.

Coaching.

“I couldn’t stay away from the game,” Seeley said. “It was a big part of my life in college and wanted to continue that passion after graduating from Iowa State.”

Seeley graduated from Iowa State in December of 2016 with a full-time job in Colorado. His girlfriend at the time, Hannah Seeley, was a teacher and found a job in the Westminster Public Schools District.

After moving to Colorado and starting a whole new life, the two decided to get married on March 12, 2017. Kane Seeley said it was one of the best days of his life.

The Seeley couple started settling down in Colorado, but he needed more. He always learned to give back to the community as an Iowa State football player, so he wanted to do the same in his new community.

“I wanted to get to know the people with-in my community,” Kane Seeley said. “It’s always hard to move to a new location, but if you get to know the people, that transition is much easier.”

He wasn’t sure how to give back until Hannah Seeley heard about an opportunity that would be a perfect fit for the former Cyclone linebacker. She found out that the Westminster High School football team was looking for more coaches for the upcoming 2017 season.

It was a perfect fit in Kane Seeley’s mind and he wanted to see if it would be possible to handle a full-time job and this side activity as coach. He decided to meet up with the head coach, offensive coordinator and defensive coordinator for lunch and discuss what he could do to help this football team be successful.

Head coach Kerry Denison had a couple of thoughts after the first conversation with Seeley.

“He’s a humble person and cares so much about the sport of football,” Denison said. “That’s what I love about him is how humbling he can be.”

It was an easy hire for Denison and on July 22, 2017, Seeley posted a picture of him holding a Westminster Wolves T-shirt and a caption saying “First time in 19 years that I won’t be competing in the game of foot-ball. On to the next chapter. Fired up to be helping coach high school ball. #GoWolves”.

Seeley became the linebacker/defense MAX GOLDBERG / IOWA STATE DAILY

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PRIZES AWARDED NIGHTLY!
Lurking beneath Lake LaVerne

BY EMILY BENDA, contributor to the daily

This series explores how the Iowa State community and its members prioritize sustainability as they interact with resources such as land, water and electricity. ‘Sustainable steps: A look at green efforts in the Iowa State community’ is a collaborative project between the Greenlee School of Journalism and Communication depth reporting class and the Iowa State Daily.

Cyclone Aide Caroline Quinn could give campus tours in her sleep. Over the summer, she and other Cyclone Aides facilitate orientation and Destination Iowa State by giving tours, working with families of new or potential students and serving on information panels. This leaves for long and busy days in the summer, going from 7 a.m. to midnight, but Quinn doesn’t mind. She says she enjoys sharing her love for Iowa State.
Quinn, a junior in marketing, and her Cyclone Aide partner navigate families all over campus. When it’s time for lunch, they lead groups from the Memorial Union to the Union Drive Community Center. Their route of choice is to circle Lake LaVerne to show off an iconic scenic spot on Iowa State’s campus.

Or at least what is supposed to be a scenic spot. While the alum treatments produced good results in Lake LaVerne’s nutrient levels, it is only a temporary fix that needs to be followed up with more treatments. "It’s a short-term solution because the lake is pretty shallow," Downing said. "Any amount of turbulence kicks the sediments back up and allows the nutrients to come back into the water."

"We manage the lake primarily for the aquatic vegetation that’s in it," Strawhacker said. "The water quality is pretty good. The issues that we deal with most are algae and other plant life in the lake."

In order to maintain the traditional aesthetics of the lake, FPM has decided to continue the yearly alum treatments. Until more research has been done to show the islands are a better solution, Lake LaVerne will be managed with alum treatments. Although the lake might not be in top shape during the summer months with orientation tours, FPM completes the treatment toward the end of the summer to prepare Lake LaVerne for the start of classes in August.

"Putting the alum in [the lake] binds the phosphorous to the bottom," Strawhacker said. "As long as the bottom is not disturbed and the water is aerated, the phosphorous levels are good. Putting the floating islands out there binds the phosphorous to the islands and the advantage is once the islands are removed, the phosphorous goes with it."
POLICE BLOTTER

1.12.18

Elias Farley, age 18, of 313 Richardson Ct Unit 433 – Ames, IA, was cited for Theft 5th.
An officer initiated a suspicious activity investigation at Veenker Driving Range Shed (reported at 12:51 a.m.).

Dakota Thomas Hopper, age 21, of 3910 Tripp St Unit 113 – Ames, IA, was arrested and charged with operating while intoxicated and failure to maintain registration plate at 2915 Lincoln Way (reported at 1:52 a.m.).
An officer assisted an individual who was experiencing medical difficulties at King Pavilion (reported at 7:14 p.m.).

Logan Patrick Jansa, age 18, of 11308 Jansa Rd – Cedar Rapids, IA, was cited for possession of alcohol under the legal age at Friley Hall (reported at 9:21 p.m.).

Dante Duke Delisle, age 20, of 3513 Belmar Dr – Des Moines, IA, was arrested and charged with 2 counts of possession of alcohol under the legal age at Friley Hall.

Nasim Mohamed Dinari, age 18, of 10359 Wildwood Rd – Bloomington, MN, was arrested and charged with operating while intoxicated and failure to use headlamps when required at N University Blvd and Haber Rd (reported at 9:35 p.m.).

Bjorn Haakon Aronesen, age 19, of 10359 Wildwood Rd – Bloomington, MN, was arrested and charged with operating while intoxicated.

1.13.18

An individual reported damage to a gate arm at Memorial Union Parking Ramp (reported at 2:12 a.m.).
An individual reported damage to a vehicle at Ames Intermodal Facility (reported at 12:54 p.m.).
An officer investigated a property damage collision at Bissel Rd and Marston Ct (reported at 2:56 p.m.).
An individual reported damage to a vehicle at Lot 17 (reported at 4:03 p.m.).

Rodolfo Alejandro Gonzalez, age 19, of 140 Beach Rd Unit 8631 – Ames, IA, was cited for Theft 5th.

Nasim Mohamed Dinari, age 18, of 140 Beach Rd Unit 8631 – Ames, IA, was cited for possession of a controlled substance, possession of drug paraphernalia, and unlawful possession of prescription drug at Lot 63 (reported at 10:33 p.m.).

An officer assisted an individual who was experiencing medical difficulties at 119-712 Stanton Ave (reported at 11:23 p.m.).
An individual reported the theft of packages at 142 University Village (reported at 11:37 a.m.).
An individual reported the theft of a package at 102 University Village (reported at 1:35 p.m.).
An officer initiated a drug related investigation at Friley Hall (reported at 1:55 p.m.).
An officer checked on the welfare of an individual at Willow Hall (reported at 11:23 p.m.).

Nathan James Peters, age 19, of 212 Boyer Ct Unit 4425 – Ames, IA, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia, and possession of alcohol under the legal age at Friley Hall (reported at 11:14 p.m.).

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IOWA STATE DAILY

Wednesday, January 17, 2018

POLICE BLOTTER

1.14.18

An officer investigated a personal injury collision at Sheldon Ave and Lincoln Way (reported at 2:06 a.m.). Expeithan James Rodriguez, age 26, of 506 Smiley Ave - Ames, IA, was arrested and charged with operating while intoxicated, failure to maintain control, and passing contrary to highway sign or marking.

Blake Vandenberg, age 23, of 1107 Bluegrass Circle Unit 4 - Cedar Falls, IA, was arrested and charged with operating while intoxicated.
An officer assisted an individual who was experiencing medical difficulties at Friley Hall (reported at 2:14 p.m.).

Bjorn Haakon Aronesen, age 19, of 10359 Wildwood Rd – Bloomington, MN, was arrested and charged with operating while intoxicated.

1.15.18

An officer investigated a personal injury collision at South Dakota Ave and Lincoln Way (reported at 1:25 a.m.).

An individual reported the theft of packages at 142 University Village (reported at 11:37 a.m.).
An individual reported the theft of a package at 102 University Village (reported at 1:35 p.m.).
An officer initiated a drug related investigation at Friley Hall (reported at 1:55 p.m.).
An officer checked on the welfare of an individual at Willow Hall (reported at 11:23 p.m.).

Nathan James Peters, age 19, of 212 Boyer Ct Unit 4425 – Ames, IA, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia, and possession of alcohol under the legal age at Friley Hall (reported at 11:14 p.m.).

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.
EAT LESS MEAT

Eating meat is a daily routine in today's world. Most people don't think twice about ordering a cheeseburger over a veggie burger, but if they did, the world would be a lot happier and healthier than it is today.

The best way to help the environment and your body is to be vegan. While being vegetarian consists of a meat-free diet, veganism deletes any animal product from consumption. Vegans do not eat meat, eggs, milk, cheese or any other dairy product.

Everyone should cut as much meat out of their diet as they can. For some people, completely cutting meat out of their diet is nearly impossible. For others, eliminating meat can cause health issues, like abnormal weight loss or an iron deficiency. But for those without a need for meat, eating as little meat as possible should become a habit.

Meat should be avoided as much as possible because meat can cause health problems after years of consuming it.

Health problems revolving around meat usually stem from one kind in particular: red meat. Bacon, beef, lamb, veal and other types of red meats are proven to raise a person's chance of cancer, kidney failure, heart disease and colon problems.

However, red meat does contain vital vitamins like iron and vitamin B-3. Vitamin B-3 helps the body break down carbohydrates, fats and protein into healthy energy while iron also increases energy and strengthens blood flow.

While iron and vitamin B-3 are found in meat, they are also found in other foods. Iron is found in white beans, tofu, spinach and even dark chocolate. Vitamin B-3 is present in mushrooms, corn, nuts, beans and lots of green vegetables.

Gaining nutrients from these vegetables is a healthier habit than attaining vitamins from meat.

Taking meat out of as many meals as you can also helps the environment in massive ways. More than half of global gas emissions, 51 percent to be exact, are caused by animal agriculture. More than 90 percent of Amazon rainforest land is used to feed livestock. More than 2,400 gallons of water are used to produce one pound of beef, while one pound of tofu only requires 244 gallons of water. That difference is drastic.

Along with the well-being of your body and the environment, people should also stop eating meat for the happiness of animals. The animals used for meat-eating purposes are usually stuck in small spaces, bred simply for people to eat. Antibiotics are fed to the animals in order to make them survive in unsanitary environments.

Over time, the animals in small places are genetically modified to breed larger animals that produce more fat.

"I eat for my own survival and I do my best to make sure that it isn't at the expense of any other animal, because it doesn't need to be," said 25-year-old Iowa State student Jesse Ludbetter, who has been vegan for two years.

Being vegan or vegetarian is more challenging for some than others. But simply cutting meat out of your diet for one day is a small step that helps the environment and your body.

Doing small things, like meatless Mondays, can become an easy way to decrease your meat consumption, while completely cutting out meat and dairy from your diet can become a lifestyle for others.

Support the Women's March

Women and their supporters are marching again.

One year ago our nation's largest-ever march occurred across the nation, from the largest cities to small towns. It was remarkable in many ways, including the fact that no known arrests were made. Women, children and men marched peacefully as a protest to the inauguration of Donald Trump one day earlier.

The posters that marchers carried expressed many concerns, hopes, fears and resolutions. Some posters were funny, some were passionate and angry and some included risqué puns using the president's own words.

The march was notable for its inclusiveness. This was a march for everyone where all issues and concerns were welcomed. However, there was one dark cloud over the event. Besides the positive sense of welcome and the marchers' shared need to be active rather than passive, one unifying and underlying motive was the despair that a man who had bragged about groping women was now our president.

Over the past year our president's approval rating has stayed mostly below 40 percent. The marchers' concerns have proven valid, but now more are added. DACA is imperiled, the CHIP program has not been renewed, Medicaid is being weakened. Medicare and Social Security are next and public education is underfunded. The president told us the alt-right was morally equivalent to civil rights activists. Bellicose statements about other countries make international relations more fraught.

Medicare and Social Security are next and public education is underfunded. The president told us the alt-right was morally equivalent to civil rights activists. Bellicose statements about other countries make international relations more fraught.

The #MeToo movement has revealed systemic sexism. A legal fund has been established to help low-income women subjected to sexual harassment at work. Town hall meetings are drawing large crowds.

This year’s second anniversary Women’s March is scheduled for Jan. 20 and it reflects our willingness to continue to speak out. In Des Moines, the site is the State Capitol from noon to 2 p.m.

Once again, this is an ecumenical occasion. All are welcome to join a march whose shared premise is that in America we want all people to thrive, to have access to education, health care, a job and a chance to grow and be safe.
SARAH HENRY/ IOWA STATE DAILY

Junior Bridget Carleton makes her way into Wildcat territory during the Cyclones’ game against Kansas State on Jan. 10 at Hilton Coliseum.

BASKETBALL

GAME INFO

What: Iowa State (8-9, 2-4 Big 12) vs. No. 4 Baylor (15-1, 5-0)
When: Wednesday, Jan. 17, at 8 p.m.
Where: Hilton Coliseum
Watch: FSN

Bill Fennelly and the Iowa State women’s basketball team, in a perfect world, would have handed Baylor a loss on Jan. 3. In an even more perfect world, the Cyclones would also have a chance to knock off the No. 4 Bears Wednesday night. But it’s not a perfect world.

“Everybody has slumps, everybody missed a lot of shots,” said senior guard Emily Durr. “Even me.”

Come Wednesday at 8 p.m. inside Hilton Coliseum, the Cyclones need a near miracle to hand Baylor just its second loss of the season. Heck, two Wednesday’s ago the Bears shelved the Cyclones by 40 points – the worst of Fennelly’s Iowa State career.

“I don’t think it matters to be honest with you,” Fennelly said of having just seen Baylor two weeks ago. “Baylor’s Baylor. They’re gonna play the way they play.”

Simply put: a miracle and perfect game is needed. And while the Cyclones haven’t put together a “perfect” game this season, it seems far-fetched to think that game would come against one of the best teams in the country.

That first meeting in Waco, the Cyclones shot a miserable 28.6 percent from the field, the worst shooting performance of the season up to that point. Then, West Virginia happened one game later. While it was a much closer game – an eight-point defeat – the Cyclones shot 25.8 from the field.

The Baylor loss was the second of a four-game losing skid. The West Virginia loss and a squandered lead against Kansas State rounded out that stretch. Last time out the Cyclones defeated Texas Tech to end the skid.

“In the last game [against Texas Tech] I think our kids, with the exception of probably the first half at Baylor, have really, really competed and put themselves in good spots,” Fennelly said. “Your reward is Baylor on Wednesday.”

That win against Texas Tech may provide just enough confidence to the Cyclones to keep it a close game. That confidence was something they haven’t had in a long time.

And confidence will be key in the rematch against Baylor. The Bears have seemingly sleep-walked through the Big 12 schedule. They are 5-0 and their average margin of victory in that span is 35 points. Heck, their closest Big 12 game was a 22-point win over Oklahoma.

With Bridget Carleton in a bit of a shooting slump, shooting just 27.9 percent in her last five outings, the Cyclones need their star junior to utilize her two off days and rest up. Fennelly even joked that he told Carleton if he saw her in the gym on Sunday, he wouldn’t let her see a lick of playing time against Baylor.

“Yeah, [Coach Fennelly] texted me after our game and was like, ‘I didn’t want to see you in the gym,’” Carleton said. “I told him I’d probably go crazy if I didn’t come shoot, but he said I could come in [Monday] to shoot.”

With Carleton rested, the Cyclones still have a tall task in front of them.

While Fennelly said they’ll have a plan ready to at least try and slow down Kalani Brown, the Bears’ leading scorer, and the rest of her team, he also noted that they’ll need some help from Baylor as well.

And what is that help?

Well, everything, even including the frigid Iowa weather.

“Maybe we’ll leave the doors open a little bit longer Wednesday when they get here,” Fennelly joked. “Let them enjoy the beautiful weather here in the Midwest.”

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David vs. Goliath

Iowa State women’s basketball faces No. 4 Baylor

David vs. Goliath

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LIFESTYLE

Kylie Spoth, senior in kinesiology, is a lot like other students. Her favorite junk food is peanut M&Ms, she’s afraid of sharks and her pet peeve is people wasting food. She loves to adventure, swim, hike, travel and be crafty. Her favorite kid’s movie is “The Incredibles,” and she enjoys spending time with friends and family.

When Spoth was young, she wanted to be a princess. Now she’s set on a career in fitness.

Spoth is a fitness instructor at Iowa State’s Recreation Services and has taught fitness classes including Boot Camp, Rock Bottom, Jump Fitness, Barr, Kettle Bells, Sculpt and Tone, Insanity Live and Extreme Abs. Spoth also teaches a Power Pump class through the City of Ames.

Exercising for an appearance-related goal is contrary to Spoth’s ideology, who believes that one cannot just look at someone on the street and know how healthy they are.

“I’ve learned there’s more to it than that,” Spoth said. Spoth said that what happens on the inside is more important than what is happening on the outside, as well as the difference between fitness and fatness. Someone who looks overweight but can run a half-marathon may be healthier than someone who appears to be skinny.

“It goes back to finding something you enjoy doing rather than having an appearance goal because those don’t reflect your health and what’s going on underground [the exercise],” Spoth said. Insecurity about appearance is a prominent contributor to feelings of intimidation at the gym, but Spoth said worrying about the opinions of others only makes working out harder and less enjoyable, as she too has experienced this type of intimidation before. However, becoming more comfortable with herself has minimized the feelings of insecurity.

Spoth also said that worrying about what others think shouldn’t be the reason why someone is at the gym in the first place. One of the most important things Spoth wants is for her students to enjoy fitness, as enjoyment helps people adopt fitness and workouts as part of their lifestyle, which is especially important for college students who are in the middle of developing lifelong habits. Making healthy decisions now can have a big impact later, Spoth said.

Determining the best way to encourage people to make positive change is what Spoth considers to be the most difficult part of the kinesiology field. People are not necessarily motivated or educated, and some have a difficult time finding enjoyment in exercise, she said.

Spoth will graduate this spring, but she isn’t entirely sure what she would like to do. She enjoys teaching fitness classes and wants to incorporate it into her career. She is also passionate about improving the nation’s health.

“It’s continuing to get worse,” Spoth said. She said the obesity epidemic is affecting younger and younger children, and the leading causes of death in the nation are preventable.

“We could do a lot to save lives and improve the health care system by just adopting healthier lifestyles,” Spoth said. Spoth began an internship with EMC Insurance Companies in Des Moines on Monday, and also finds that the biggest obstacle to her own personal fitness training is finding the time. Since she has interned at EMC Insurance previously, she is excited to work with some of the same people again and for the challenges that lie ahead.

To incoming freshmen and other students, Spoth advised to get involved early. Since Spoth started getting involved at Rec Services her freshman year, she had the opportunity to grow and develop in the program, as well as find opportunities to work elsewhere. She also said that her job as a fitness instructor has improved her confidence and instructing skills as well.

While getting involved applies to all students, Spoth said students in kinesiology can teach fitness classes or get involved with personal training even if they do not intend to pursue those ventures as careers. This kind of involvement still teaches students a lot about jobs and about the kinesiology field in general.

“Everyone has the same amount of time in the day, it’s just how you choose to spend it. It’s just keeping your health and being fitness a priority,” Spoth said.
SEELEY pg1

Then Iowa State linebacker Kane Seeley (29) bounces off of linebacker Willie Harvey after recovering a fumble during their game against Iowa in 2015.

JOSH NEWELL/ IOWA STATE DAILY