Chanel Vidal spent the last part of her summer researching carbon dioxide emissions from Mount Teide in the Canary Islands. Vidal and her group took three opportunities to spend her summer studying, researching and traveling.

“They were all different programs or scholarship programs that I applied for, and I actually didn’t think I was going to get any of them,” Vidal said. “I was planning my schedule out that I’ll probably just stay at Iowa State and take some summer classes, and that is not what happened.”

Vidal left for her first research experience during finals week last spring. From there she boarded a research vessel as part of the Science, Technology, Engineering and Math Student Experiences Aboard Ships (STEM SEAS) program. STEM SEAS allows undergraduate students to get real life experience working on science aboard ships.

Vidal and eight other undergraduates left from Rhode Island to sail to Barbados. The cruise took a total of seven days. Originally, they were supposed to be gone for six days, but stormy weather posed to be gone for six days, but stormy weather extended the trip.

The weather did not help another obstacle Vidal and the crew had to face: seasickness. “The boat wasn’t smaller than the wavelength, and it wasn’t bigger than the wavelength,” Vidal said. “So every time a wave would come it would just crash down, so that’s why the seasickness was so bad.”

Despite the seasickness, the students helped scientists to prepare an underwater camera. The camera was lowered into the ocean to study phytoplankton at different times throughout the day. Every 20 seconds, the camera would take photos to study the phytoplankton movement.

From there, Vidal made a quick trip back home to take a calculus final. Only a few days later she flew to India to intern at the Indian Institute of Technology. Two Iowa State professors break down a new trade deal which has been announced between the United States and Mexico. The deal faces some uncertainty between which countries will be involved before it is finalized.

Survey to gauge the future of Welch

Community and Regional Planning Undergraduate Club (CRP Undergrad Club) paired with the City of Ames to create a survey to determine opinions on redeveloping Welch Avenue. “This survey is important for students to take because they have a direct impact on what happens on Welch Avenue,” said Bridget Williams, president of CRP Undergrad Club.

Williams became president of the club as a sophomore in 2016. She managed to add and maintain 20 club members since she started. “I came to them with this crazy vision of wanting to have us do work in the city of Ames,” Williams said. 

A sign is posed on a fence surrounding the Student Innovation Center building site. This site is one of many construction sites around Ames.

Rich Higgins named as new Ames Fire Chief

Interim Fire Chief Rich Higgins has been named the next Ames Fire Chief. “I am very pleased to welcome Rich to our executive leadership team,” said City Manager Steve Schainker in a press release. “I am confident Rich possesses the necessary technical skills, leadership capabilities, commitment to our organizational values, and compassion for both our employees and citizens that will assure his success in his new position of Fire Chief.”

Higgins earned an associate degree from Des Moines Area Community College (DMACC) in Ankeny; a bachelor’s degree from Upper Iowa University in Fayette and a masters degree in public administration from Indiana State University in Terre Haute, Indiana. Previously, Higgins joined the City of Ames Public Works Department in 2000. In 2002 he became a firefighter and in 2006 he was promoted to lieutenant.

Higgins served as a shift commander from 2009 to 2012 and was promoted to deputy chief. The Ames Fire Department is comprised of 58 firefighters at three fire stations. “The Ames Fire Chief plans and directs the activities of the Fire Department, which includes the inspections division, in the protection of life and property,” according to a
Iowa State alumnus Amber Gustafson is running for Iowa Senate District 19 with higher education at the front of her platform. When Gustafson was young, her family was impacted by the 1980s Farm Crisis. She was able to attend Iowa State because she was in the first class of recipients of the Christina M. Hixson Opportunity Award.

In a press release, Gustafson said it was Christina M. Hixson’s generosity that influenced her run for senate. “Her example of giving back inspired me to run,” Gustafson said in the press release. Gustafson graduated from Iowa State in 1999 with a degree in journalism and mass communications with an emphasis in public relations.

If elected, one of Gustafson’s goals is to make higher education more accessible. “Education was the path out of poverty for me,” according to Gustafson’s website. “Through strong public education, I was able to achieve my dream of being the first person in my family to attend and graduate from college.”

Trump will likely move on without Canada. “President Trump has indicated that he would be comfortable in doing that,” Hart said. “Mexico, on the other hand, has always said that this is a part of a broader trade deal between the three countries. That is why this isn’t as simple as Trump laid out. It probably won’t be as narrow as a deal as Trump is saying it is as Mexico and Canada don’t want that.”

In the case a second bilateral deal between the United States and Canada or a recommitment to a trilateral agreement like NAFTA is not made, Hart says there would be large economic consequences for the Midwest.

“There aren’t a lot of implications for agriculture, but the deal does change a lot for automobile manufacturing,” Hart said. “A large portion of the provisions have to do with manufacturing, more specifically automobile manufacturing. The ag trade side of this agreement looks very similar to what we had before.”

“The deal Mexico and the United States came to will make it so 75 percent of components in the auto manufacturing process will have to be from North America to qualify inside of the free trade deal. The trade deals focus on auto manufacturing is why Trump took a step back Hart said. “The trade issues regarding automobile manufacturing are primarily an issue between the United States and Mexico,” said Hart. “When that became the focus about three months ago is when Canada left the negotiations.”

When reached for comment the Iowa Farm Bureau reflected the opinion of what Farm Bureau Federation president Zippy Duvall said in a press release. “Farmers and ranchers are ready to move forward on trade with our nearest neighbors,” Duvall said.

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"The United States and Mexico have come to an agreement that will be part of NAFTA, or whatever new NAFTA will be,” Associate professor of economics, Chad Hart, said.
A sidewalk in front of the District Bar, now closed, is closed due to construction.

that progress is being made between the United States and State, said Canada is likely to re-enter the negotiations now for all of agriculture.”

affect U.S. fruit and vegetable growers, and we will continue to

“There is room for improvement, especially in provisions that

ers and ranchers.

Agreement in Principle’ to build on that success for our farm

With NAFTA, we expect this new ‘U.S.-Mexico Preliminary

become available. Based on the gains both sides have seen

said. “Farm Bureau is excited about this announcement and

lanes down that street,” Khammany said.

safety. She used to live in towers and would travel on Welch

is a huge part of that population,” said Jasmine Khammany,

dients’ survey responses influence what will be redeveloped.

include students in the decision-making process.

Ames Bike Coalition and the City of Ames to meaningfully

made connections with Campus Town Action Association,

Williams said.

but people don’t really know what’s going on around campus,”

Welch Avenue is due for construction in 2020, and stu

Over the past year and a half, the CRP Undergrad Club has

What we want is for people to stay involved,” said Susan

All of the information from this survey will be put into a

You see buildings taken down and parking get taken away

students’ survey responses influence what will be redeveloped.

We are all a part of the community, and the student body

a huge part of that population,” said Jasmine Khammany,

CRP Undergrad Club. “We also use CampusTown a lot so it’s very important for us to have a say in what goes
don Welch Ave.”

Khammany said one of her biggest concerns is student

She used to live in towers and would travel on Welch

every day.

“Many of the business owners don’t like us riding bikes on

their side walks, so I think it would be beneficial to have bike

lanes down that street,” Khammany said.

Students can have a direct voice in what happens on Welch

 Avenue. “What we want is for people to stay involved,” said Susan

Gwiauda, Public Relations Officer for City of Ames. “Stay

active in their local government and in their communities, to

participate when these options come up. It is our obligation

as the local government to make sure that you are aware of

these options.”

All of the information from this survey will be put into a

report for the City Council October 9. If the City Council

approves the recommendations of that report, the consultants

will put them to work on Welch Avenue.

“Everything has been leading up to this moment,” Williams

said.

You may fill out the survey at by going to www.cityofames.

org/WelchAve

There will be a Welch Avenue Reconstruction Open House

Aug. 30, at St. John’s Episcopal Church from 4 to 6 p.m.

Students may also expect an email with the survey attached

in the next two weeks.

Stay up to date with the CRP Undergrad Club by following

their Twitter account @ISUCRPUndergrad.

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Defining self-concept is important to college students

BY DANIEL SHAW
@dowastatedaily.com

For many students, moving from high school, or another previous form of schooling, to college is a big transition. While the freedom and independence is enjoyable for some, others can see it as overwhelming.

Working as a Cyclone Aide for New Student Programs this summer has challenged my perspective of both college students and people in general. In particular, I learned about how incredibly diverse college students are in their backgrounds and upbringings.

People often judge the level of diversity in a university strictly off statistics on race. In this sense, one might argue that a predominantly white university like Iowa State is not very diverse. However, diversity is so much more than race. When you consider all the different cities, states and countries students come from, all the different religious affiliations people have and all the different gender identities and sexual orientations people have, Iowa State is clearly a very diverse campus.

It becomes particularly important to keep this diversity in mind when interacting with incoming students — their background or upbringing might largely influence their experience with the college community, and it’s important to be conscious of that so you can find a way to get them connected on campus.

Some people come from homes where they had to hide their identity from their parents. Some people come from communities where they had to mask their identity to fit in.

I blew my mind to think that for some students, college could be the first place that gives people the freedom and or independence to openly express themselves.

I challenge people to look at college life as more than living broke and mindlessly pursuing a degree. Throughout college we should keep asking and attempting to answer the question: who am I?

It is important to keep building on your understanding of yourself, so get out of your comfort zone and try new things.

In a ScienceDirect article titled, “The shortest path to oneself leads around the world: Living abroad increases self-concept clarity,” Michael Crichton’s book “Travels” is referenced with a quote from the book that reads, “Often I feel I go to some distant region of the world to be reminded of who I really am… Stripped of your ordinary surroundings, your friends, your daily routines… you are forced into direct experience which inevitably makes you aware of who it is that you are.”

Personally, I have always struggled with my sense of self. Growing up multiracial I often struggled with impostor syndrome, which is not feeling like I fully identified or belonged with either demographic. I often didn’t know how to define myself to others and felt self-conscious knowing that my identity was different than many of my peers.

However, multiracial people are not the only ones who might struggle with this sort of impostor syndrome. This can also include people who moved a lot growing up and struggle to define where it is they are from.

Each person’s situation is different and we may all have varying levels of confidence in the image we have of ourselves in our head.

Our identities, however, are constantly changing. It is important to keep searching for answers and establishing who you are. Challenge yourself to get out of your comfort zone. Try studying abroad, joining clubs or trying research.

Self-understanding is important. Invest in yourself.

The importance of keeping diversity in mind when interacting with students and finding yourself in college.
The Iowa State women’s basketball team released its non-conference schedule for the 2018-19 season on Monday.

Prior to the season’s start, Iowa State will take part for the first time in the Women’s National Invitation Tournament (WNIT) preseason tournament.

The WNIT is a 16-team, invite-only tournament at the beginning of the season, and each team is guaranteed to participate in at least three games with a fourth game serving as the championship.

The teams selected are based upon their projection for the upcoming season, but only one team per conference is eligible and a team is only eligible to play once in every four years.

This season, Iowa State will be serving as a host team for its portion of the bracket. In the event, Iowa State will play Niagara. After that, the Iowa State women’s basketball team released its non-conference schedule for the 2018-19 season on Monday. Prior to the start of the regular season, Iowa State will take part for the first time in the Women’s National Invitation Tournament (WNIT) preseason tournament.

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In an evening press release, Iowa State said redshirt senior cornerback Brian Peavy, redshirt senior quarterback Kyle Kempi, redshirt junior Ray Lima and junior David Montgomery will be captains.

Peavy is entering his fifth year in the program. He was named All-Big 12 First Team by ESPN and Second Team by the coaches and Associated Press in 2017. He was also a captain a year ago.

Kempi made national headlines with his first collegiate start at No. 3 Oklahoma last year when he led the Cyclones to a huge win over the Sooners.

Teammates rave about Lima, who frequently draws double teams from the offensive line, allowing room for the rest of the defense to swarm to the ball. He will start on the defensive line against the Cyclones’ 14-7 win over No. 4 TCU on Oct. 28, 2017, at Jack Trice Stadium.

Montgomery led the Cyclones to the Big 12 championship and earned First Team All-America honors from Pro Football Focus last season. He was First Team All-Big 12 by the AP, ESPN and coaches in his sophomore season.

MIKE linebacker still up for grabs

Iowa State returns starting linebacker Marcel Spears and Willie Harvey from last year’s defense. Those two combined for 25 starts in 2017 out of a possible 26.

But with Joel Lanning graduated and gone from the program, the third spot is still in the air, Campbell said.

Women’s basketball releases nonconference schedule

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This season, Iowa State will be serving as a host team for its portion of the bracket. In the first Big 12 teleconference of the 2018 season on Monday. While there wasn’t any major breaking news, Campbell shared some thoughts on the third line-backer spot, the offensive line and some other news.

Team captains announced

Iowa State announced Sunday the four team captains for the 2018 season.

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Iowa State in close games last season

» vs. Iowa: 44-41 (OT) (L)
» at Oklahoma: 38-31 (W)
» vs. TCU: 14-7 (W)
» at West Virginia: 20-16 (L)
» vs. Oklahoma State: 49-42 (L)
» at Kansas State: 20-19 (L)
» vs. Memphis: 21-20 (W)
Starting new class and work schedules along with moving to a new place can be stressful enough for students, let alone having to deal with your new roommates and neighbors. But navigating through these social encounters doesn’t always have to be awkward and uncomfortable. Achieving a healthy relationship and transitioning into a new environment can run smoother with these tips.

START WITH AN OPEN MIND
You may come into a new situation with prejudgments and past experiences in mind, but try not to let that determine how this new situation will unfold.

COMMUNICATE
If there is something that you need to discuss, whether positive or negative, sit down and have the conversation. It is much easier in the long run, and the problem will be solved in a much shorter time frame.

GET TO KNOW THEM
It’s hard to make a friend if you don’t act like a friend. Introduce yourself, invite them along to hang outside of your place and get the chance to know them. You don’t have to be best friends, but becoming acquaintances may ease any awkward tension.

DO THE LITTLE THINGS
Sometimes it’s hard to be the one to haul the garbage all the way out to the dumpster. But step up and be the kind and considerate human being your mom would be proud of by completing simple household chores.

KEEP THE AREA CLEAN
Sometimes you don’t have time to wash your dishes or take your garbage out right away. But no one likes the person whose room emits strange smells or who has piles of dirty clothes around the room. Keep it clean; don’t be that person.

GIVE THEM SPACE
While you want to be friendly, knowing when to keep to yourself is important in keeping a positive relationship. Everyone needs a little quiet time, so don’t be offended if your roommate or neighbor just needs time alone.

STICK WITH IT
You may find that you just don’t get along with some people, but that doesn’t mean you have to give up and move. Interacting with different people is a natural part of life, so you may find that sticking it out and dealing with the situation is best in the long run.

DEALING WITH ROOMMATES
Tips for a successful relationship with your new cohabitants

BY ANDREA DAHL
@iowastatedaily.com

Editor’s Note: This article also appears in the Iowa State Daily’s “Need to Know” magazine.
Technology (IIT).

To study at IIT, Vidal was named a U.S. N. Bose Scholar. According to their website, The U.S. N. Bose Scholars program helps "develop a dynamic and transformative student exchange program between premier institutions in India and the United States."

Vidal had been to India before, but the trips were often short because of school and her mother's work. But this time, not only did she have six weeks to spend, it would be the first time she would be going there alone.

"My mom is from India, which was a pretty big draw for me to go," Vidal said. "I have never actually spent time there by myself, so I didn't really know what it meant to be Indian."

The main reason she wanted to go to India was because "of the cultural experiences," Vidal said. But also because along the western coast of the country there is a large flood basin region called the Deccan Traps.

"It's a huge area of study for any geologists, so I said I need to go, I have to," Vidal said.

Vidal spent her first week at IIT in one-on-one lectures and reading scientific textbooks and papers. Starting from her second week she was doing field-work such as measuring faults and observing sedimentary features.

On her first trip, Vidal had to overcome seasickness. This time around, she had to get used to India's extreme temperatures.

"At night it would get down to 95 and still be over 100 with the heat index, and you don't have air conditioning," Vidal said.

After finishing her time in India, Vidal came back for another six days before setting her sights on the Canary Islands in Spain. For her research there, Vidal was awarded with a Dean's High Impact Award and a James V. Aanstoos and Sarah A. Rajala Endowed Scholarship.

In Spain, Vidal and her group studied the rate of carbon dioxide emissions from Mount Teide, an active volcano located in the Canary Islands. Their research focused on the northwest fringe of the island and inside the crater of the volcano.

Although she spent most of her summer out of the country, Vidal said she didn't miss home too much because she got to keep in contact with the person she loves the most: her mother.

"Home is my mom," Vidal said.

"I got to stay connected with my mom though-out the entire thing, so I didn't feel too homesick."

Her future goals include graduate school and working for NASA. Since she is minoring in both mathematics and astronomy, she hopes that combination with her geology degree will help her gain the experience she needs to achieve that dream.

"I have always wanted to explore, but I didn't really know space would be the goal," Vidal said. "It's the epitome of exploration I think."

For her more immediate future, Vidal is ready to be back at Iowa State to expand upon her newfound knowledge and experiences.

"The opportunity to apply exactly what I learned in India, and continue building off of that here, I just think that's cool. Anything that I would want to do I think I could do here," Vidal said. "Now what I have seen what all is out there for me, I am just really excited to be back here and work on my foundation."