12 dead after California mass shooting

BY MEG GRICE
@iowastatedaily.com

The 307th mass shooting this year left 12 people dead in a Thousand Oaks, California bar Wednesday night.

Armed with a handgun, Ian David Long is suspected of opening fire inside the Borderline Bar and Grill Wednesday night in Thousand Oaks, California. According to USA Today, Long was a Marine veteran with a history of incidents with law enforcement.

At approximately 11:20 p.m., police believe Long fired shots inside the bar which was hosting its weekly "college country night."

Gun Violence Archives defines a mass shooting as an incident where four or more people were shot. This is the sixth mass shooting in November according to their website.

After three minutes of bullet fire, Long made his way into one of the bar's offices where he was later found to be deceased, according to authorities. Police suspect Long to have committed suicide.

Of the fatalities was Sgt. Ron Helus with the Ventura County Police Department. Helus, though wounded at the scene, passed away later at the hospital. The New York Times has confirmed the deaths of Aisate Houisey, Justin Meek and Cody Coffman so far as well.

The shooter was said to have possessed a legal handgun. Despite this, the magazine for the weapon was longer than deemed acceptable by the state of California.

Long had served time in the military from 2008 to 2013 as a Marine corporal where he received both the Marine Corp Good Conduct Medal and the Combat Action Ribbon.

Though Long had committed some traffic violations, a crisis team designated for mental health was called to his home earlier in the year to settle a domestic dispute. The crisis team decided it was unnecessary at the time to take him into custody though, he was described as irrational and enraged by the County Sheriff, Geoff Dean.

The Associated Press wrote, "President Donald Trump praised police for their 'great bravery' in the attack and ordered flags flown at half-staff in honor of the victims."

109986474 307 mass shootings in 31 days

Source: gunviolencearchives.org
Sudoku

2 4 3
6 1 8
9 5 7
8 2 6
5 3 4
7 9 1
3 6 2
4 8 5
1 7 9

by the Mepham Group

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CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that raise the correction. To submit a correction, please contact our editor at 515-294-5684 or via email at editor@iowastatedaily.com.

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Publication: The student newspaper of the Iowa State University located in Ames, Iowa, USA. The Iowa State Daily is published weekly during the academic year and biweekly during the summer and is distributed to all residence halls on campus.

Distribution:

Weekly distribution to the students, faculty, staff, and alumni of Iowa State University. The newspaper is also available online.

Corrections:

Any corrections or updates to the information provided in this publication will be made available on the website.

POLICE BLOTTER

11.2.18

Derek Sala, age 19, of 13235 Wood Dr NW, Davenport, was cited for possession of alcohol under the legal age at 11:10 p.m. (reported at 11:23 p.m.)

Drake Stuesse, age 19, of 1260 Arbor Bluff Cir, Boone, was cited for possession of alcohol under the legal age at 1:07 a.m. (reported at 1:12 a.m.)

Drake Stuesse, age 19, of 1260 Arbor Bluff Cir, Boone, was arrested and charged with possession of alcohol under the legal age at 1:07 a.m. (reported at 1:12 a.m.)

Carter Johnathan Morgan, age 18, of 315 Welch Ave, Ames, Iowa, was charged with possession of a controlled substance and possession of drug paraphernalia

Elizabeth Marie Bousson, age 19, of 455 Richardson Ctr Unit 404F, Ames, Iowa, was charged with possession of a controlled substance and possession of drug paraphernalia

Samuel John Kramer, age 21, of 507 Bryan Rd, West Des Moines, Iowa, was charged with possession of alcohol under the legal age at 9:59 p.m. (reported at 10:03 p.m.)

Luke Andrew Fosselman, age 26, of 2111 16th St, Boone, Iowa, was charged with operating while intoxicated and improper rear lamp. The vehicle was University Blvd and Us Highway 30 Ramp (reported at 2:39 a.m.)

An officer investigated a property damage collision at 4807 Hager Ave (reported at 9:00 a.m.)

Seamus Anthony Vandemore, age 20, of 1008 57Th Ave W, Newton, Iowa, was arrested and charged with possession of alcohol under the legal age at 10:12 p.m. (reported at 10:12 p.m.)

Drug Violation, Larch Hall (reported at 11:02 p.m.)

Daniel Andrew Ciochon, age 19, of 140 Beach Rd Street, Boone, Iowa, was cited for possession of alcohol under the legal age at 11:03 p.m. (reported at 11:24 p.m.)

Derek Sala, age 19, of 13255 Wood Dr NW, Davenport, was cited for possession of alcohol under the legal age at 11:10 p.m. (reported at 11:23 p.m.)

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The Office of Sustainability at Iowa State is preparing to host a local shopping day for students and the Ames community as a part of a collaboration with downtown Ames in an event called “Sust-Ames” on Saturday.

“Sust-Ames” is meant to engage and focus the local students and community in "buying green" by shopping with local businesses according to the press release. 

"For every dollar spent in local businesses 73 cents stays in the community," said Molly Breen, an intern at the Office of Sustainability.

Molly said a big part of economic sustainability is giving back to the community and supporting your friends, family and local businesses.

"In Ames, we have a great local community of businesses," Molly said, "take advantage of the discounts and shop local." There are over 25 main street and campus business participating, some offering their own oneaday special discount in support of shopping local that day, according to the press release. There will be reusable bags made from recycled soda bottles offered by all the local businesses to shoppers on the day of the event according to the press release.

“We believe in protecting the environment and want to reach out to ISU students,” said Terry Strauf, owner of Chocolaterie Stam in Ames, one of the businesses that will be participating Saturday. Another local business participating business is Little Woods: Herbs and Teas. The shopping event is apart of the Live Green! Initiative’s 10 year celebration at Iowa State University for the month of November, "buying green." "Buying Green," is meant to highlight Iowa State’s efforts in green and sustainable purchases such as recycling, composting, reusing, focusing on energy efficient and locally sourced products and services according to the press release.

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**Dealing with grief: seeking help after tragedy**

**Where to find resources after recent shooting**

**BY MEG GRICE**

IOWA STATE DAILY

Mental health does not discriminate, and the individual it affects may often believe their suffering is purely solitary.

For those struggling, it is important to keep in perspective mind the multiple resources available. From dance party fatigue at State Gym to free counseling services on-campus, Iowa State Students possess multiple avenues to unwind and voice their concerns.

The recent Californian government events have both parents and students on edge. Ames is lucky to have dynamic pedestrian avenues, but two indoor running tracks. Despite this fact, we should not forget that Iowa State still remains in the top 50 safest campuses, according to The National Council for Home Safety and Security. Though these do not entirely eliminate the negative occurrences on campus or in the Ames community, it is nevertheless important to recognize the effort made by Iowa State to meet the needs of its community.

Here are some vital resources for both physical and mental health at Iowa State, many of which are free to Iowa State students:

**The Three Pillars of Mental Health**

The THIENE Student Health Center explains three things to keep in mind as a pathway to a healthier lifestyle: sleep, diet and exercise. Like a building, a person is unstable if they are not meeting each of these needs.

**Student Counseling Services**

Student Counseling Services provides everything from crisis intervention to relationship counseling. Vert-Med students are even provided accommodations due to their rigorous schedules and coursework. SCS additionally provides walk-in hours Monday through Thursday from 8 a.m. to 3 p.m. It is suggested on the Counseling Services website that students set aside at least an hour and a half for a meeting.

SCS also offers Mind-Body Services, such as Mind-Body Spa and the Mindfulness Meditation Class.

Farther questions can be answered by calling the office at 515-294-5056.

**Thielen Student Health Center**

Need a flu shot or an x-ray? Thielen has got you covered. Thielen also provides allergy injections, physical therapy, sexual health services and more.

Clinic hours
- 8-12 Tuesdays, Thursdays, and Fridays
- 9-5 Wednesdays
- 9-12 Saturdays

To schedule an appointment call 515-294-5801.

**Parks Library**

Parks supplies endless resources for research and study. Sometimes just getting out of the dorm or apartment makes a world of difference.

**SafeRide**

As students, our hours are often unpredictable. SafeRide is a great alternative to walking home alone from the设计 building at 2 a.m. on a Friday night.

Hours of operation: 6:00 p.m.-5:30 a.m. every day.

For assistance, call 515-294-4444.

SafeRide is additionally available in app form.

State Gym and Lied Recreation

With 20 basketball courts, a bouldering wall, a boxing studio, steam rooms and more, Lied is a great resource for any student looking to take time away from their classes.

State Gym possesses an amazing outdoor recreation program as well as over 100 pieces of weight and cardio equipment and not one, but two indoor running tracks.

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**Office of Sustainability speak to collaborate in shopping event**

**BY LEILA DORIC**

IOWA STATE DAILY

Students speak of recent California shooting

**BY ALEXIS MYSZKA**

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**Spotlighting student services**

### People can manage stress with biofeedback

**BY ALEXIS MYSZKA**

In the fall of 2009, Student Counseling Services (SCS) started Biofeedback as an alternative approach for students to address psychological and physiological concerns.

- The success of the program encouraged SCS to grow in size.
- They are currently in their ninth year of providing Biofeedback and related services, such as light therapy and mindfulness meditation classes, according to SCS staff.
- Biofeedback uses controlled breathing techniques to help students manage problems such as stress, anxiety and depression.

They do so by using a series of apps that guide students through games to teach them coping skills such as how to quiet your mind or how to observe your thoughts. At the same time, students are doing meditations as well as getting physical feedback that is visualized on the screen.

This allows students to see in real time how their level of stress or anxiety is impacting their breathing, said Biofeedback graduate assistant and graduate assistant Andrew Seidman.

Seidman is a fifth-year graduate student in the counseling psychology doctorate program, and has been a part of the Biofeedback program for the last two years.

"Breathing is a mechanism through which you do the game," said Seidman.

Students can get started with the Biofeedback program through a referral from a SCS counselor or they can email the Biofeedback staff directly, as well as walk in and ask about the program specifically at the SCS reception desk.

A students’ journey through the program starts with a Biofeedback orientation. This is done with a small group of about six students that will come in and meet with a member of the Biofeedback staff.

"Students [can] come in and learn Biofeedback what it’s all about, how to use the equipment how to use it for whatever they are dealing with whether that be anxiety or depression, so we just introduce them to the program to get them set up to do it on their own on a self-guided basis," said Kaitlyn Burke, M.S. a Biofeedback graduate assistant.

Burke is a fifth-year graduate student also in the counseling psychology doctorate program, as well as a clinical graduate assistant.

Once they have attended orientation students can come use the Biofeedback program on their own whenever they choose.

Students that have used the program have reported many benefits such as: increased ability to sooth the self, more feelings of relaxation, increased self-awareness, increased ability to remain present in the moment and a greater sense of self-confidence and control.

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For many students at ISU, heading home may be a tough time, The “Life Hack: LGBTQIA+ and Going Home for Break” event, looking to alleviate some of this stress, was an informal meeting of ten individuals in the Center for LGBTQIA+ Student Success.

The event was hosted by the Center for LGBTQIA+ Student Success and facilitated by Fallyn Lee, a doctoral intern at Student Counseling Services.

"This event is important because our staff often notices LGBTQIA+ students experience heightened levels of stress or anxiety about the prospect of spending time with unsupportive family or community during breaks," said Clare Lesme, assistant director for the Center for LGBTQIA+ Student Success.

"Certainly, this is not the experience for every LGBTQIA+ student, but we see it often enough that we want to provide more resources and a supportive space for students in this position." The event had a deep breathing therapy session ran by Fallyn Lee. The session was a “square breathing technique,” which consists of breath in for four seconds, hold for four seconds, breath out for four seconds and hold for four seconds.

Students said this technique was “calm and relaxing.” “Practice coping skills when you think you don’t need them,” said Lee.

Lee said that finding a coping strategy such as “calling a friend or reading a book” is important.

For emotional regulation, Lee said “instead of yelling what if I just stay quiet and walk away” and “think about situations as ‘yes,’ and... not ‘yet’ or no.”

Lee also talked about physical care and self-care, “make sure to take care of your body at home and before going on break.”

Lee then went on to talk about taking medication and making sure participants understood that taking too many mood-altering drugs, such as alcohol, could negatively affect their experience at home.

“Sleep hygiene” is something Lee focused on, such as “using your bed only for sex or sleeping, not homework or relaxing.”

For advice on dealing with hostile family members, Lee brought up “radical acceptance” which is “accepting things for what they are, not liking, not condemning, just accepting.”

Lee also brought up boundaries, which she described as “fluid and can change depending on the situation.”

“I think we should host more sessions like this, I really liked the turn out and I hope more people can come in the future if there are sessions.”

“Our staff is here to help, Clare and I are here to help,” Brad, director of the Center for LGBTQIA+ Student Success, said, concerning students who need to talk about fears of going home.

If you or anyone you know need someone to talk to text ISU to 741-741 for a support hotline.
Deja vu strikes for the Cyclone football team. Last season, Iowa State hit uncharted territory by being in the mix for a potential spot in the Big 12 Championship when the calendar flipped to November.

Last season, though, Iowa State tailed off, missing out on a trip to Texas for the conference championship game.

The Cyclones hope to take what they learned last season to propel them to Texas on Dec. 1. For the Cyclones, it’s simple. It starts with the defense. The defense will be challenged this week by a Baylor team that’s improved in year two under coach Matt Rhule.

“We played against coach Rhule when I was at Toledo in the bowl game before we came to Ames,” said defensive coordinator Jon Heacock. “They’re doing a lot of the same stuff, doing a lot of the very same things. I think that’s a sign they’re doing consistently all year. It’s a physical team, a good job. I think consistency is huge things. doing a lot of the very same things, trying to get to those things, doing a lot of the very same things.”

“I don’t think people really practice crazy catches, and that after warm-ups he expects smooth sailing in terms of the quarterback and weather. One familiar face the Baylor defense will find across the line of scrimmage is wide receiver Hakeem Butler, who played high school football in Texas.

Butler’s gained a lot of national attention this season from his circus catches, and the Bears are aware of what he brings to the Cyclone offense.

Last week, Butler appeared on the ESPN segment “You Got Mossed,” hosted by NFL Hall of Famer Randy Moss. Butler said he was playing some Call of Duty when Kyle Kempt sent him a video of it.

It was an important moment for Butler, who owned a Minnesota Vikings jersey of Moss, but the red-shirt junior is looking to add to it on Saturday.

He blazed through the secondary and snagged a 67-yard touchdown. Saturday.

This season, Butler’s added a bigger chunk of the receiving responsibilities on himself. If Purdy finally hits a few of them, he expects smooth sailing in terms of the quarterback and weather.

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“I think that’s a sign they’re doing a good job. I think consistency is huge for players. You really see them, and I think that’s why they’re improving.”

The improvement Heacock alluded to shows up in the win column. Last season was Rhule’s first year at the helm in Waco, Texas, and the Bears struggled. Baylor’s lone win came against Kansas late in the season after a handful of bad non-conference losses to teams like Liberty and the University of Texas San Antonio.

Two years prior to Rhule’s initial season at Baylor, the Bears climbed Iowa State’s Hakeem Butler at the 2018 Homecoming football game against Texas Tech on Oct. 27. The Cyclones won 40-31. Butler has made impressive catches this season including an appearance on ESPN’s “You Got Mossed.”

Butler for a pair of touchdowns in the first half to jump out to a 17-10 lead at halftime. After the break, the offense set itself on cruise control, tacking on two field goals and relying on the defense to hold Baylor. The defense held on, and the Cyclones left with a 23-13 win.

This time around, Iowa State will likely need more points for a comfortable win. The Bears face a new quarterback in freshman Brock Purdy.

Purdy, an Arizona native, will have to adjust to the cold weather, along with most of Baylor’s team. The temperature is forecasted in the 30s with breezy conditions.

Purdy’s handled everything that’s been thrown at him in his first collegiate season, but Baylor brings an energized defense to Ames.

“That’s a group that the first thing that stands out: They play really hard,” said quarterbacks coach Joel Gordon. “They play really hard all the time, and they’ve done that consistently all year. It’s a physical team, and that’s a good style of defense to
AROUND THE BIG 12

TEXAS CHRISTIAN UNIVERSITY (4-5, 2-4) AT NO. 13 WEST VIRGINIA (7-1, 5-1)
WHEN: 11 a.m.
WHERE: Milan Puskar Stadium, Morgantown, West Virginia
WATCH: FS1

KANSAS (3-6,1-5) AT KANSAS STATE (3-6, 1-5)
WHEN: 11 a.m.
WHERE: Bill Snyder Family Stadium, Manhattan, Kansas
WATCH: FSN

OKLAHOMA STATE (5-4, 2-4) AT NO. 7 OKLAHOMA (8-1, 5-1)
WHEN: 2:30 p.m.
WHERE: Memorial Stadium, Norman, Oklahoma
WATCH: ABC

NO. 17 TEXAS (6-3, 4-2) AT TEXAS TECH (5-4, 3-3)
WHEN: 6:30 p.m.
WHERE: Jones AT&T Stadium, Lubbock, Texas
WATCH: FOX

PLAYERS 2 WATCH

Connor Assalley
Since his hot start at placekicker, Connor Assalley has slowed down. Assalley was 8-for-8 on field goal attempts in Iowa State's first five games with a 100 percent rate on extra points as well. Against West Virginia, the streak was snapped. Assalley missed an extra point, came up short on a field goal and had another field goal attempt blocked and returned for a touchdown. At homecoming against Texas Tech, Assalley nailed five extra points and a 27-yard field goal, but he also missed a field goal. At Kansas, Assalley went 2-for-3 on field goals and 3-for-3 on extra points. With the Iowa weather changing, the kicking game can be impacted.

Charlie Brewer
Baylor’s key to victory lies in its quarterback. Charlie Brewer’s the starter with sprinkles of Jalan McClendon mixed in. Brewer is a sophomore for the Bears, who’s been effective throughout the year. The sophomore has compiled 1876 yards on a 60.2 completion percentage with 12 touchdowns and six interceptions. On the ground, Brewer creates problems occasionally, too. He has 151 yards paired with four touchdowns. When McClendon snaps in for Brewer, Baylor has another ground threat, too. McClendon has 102 yards with two rushing scores.
No matter what Baylor has on its scouting report there is one particular factor this weekend for which the Bears cannot prepare for: the weather.

At noon, the weather in Ames is forecasted to be around 26 degrees Fahrenheit. At the same time in Waco, Texas, the temperature is supposed to be around 47 degrees. Prior to the game, Iowa State would have had all week to practice in the cold and wind.

With the weather below freezing, expect Baylor’s passing attack to suffer. In the past when Big 12 quarterbacks have come into Ames in November, their play has suffered. Look no further than 2016 when Texas Tech, then lead by Patrick Mahomes at quarterback, were dominant. Mahomes finished the game 18-for-36 for 219 yards a touchdown and two interceptions. In 2016 when Texas Tech, then lead by Patrick Mahomes at quarterback, were dominant. Mahomes finished the game 18-for-36 for 219 yards a touchdown and two interceptions.

Additionally, a big match up next week against Texas Tech, Assalley missed another field goal. Iowa State certainly hasn't been invincible in recent weeks. In particular, special teams have been a lingering concern for the Cyclones. Against Kansas, kicker Connor Assalley missed a field goal. The week before that against Texas Tech, Assalley missed another field goal and the Red Raiders blocked a punt. Two weeks prior to that against West Virginia, Iowa State had a blocked field goal returned for a touchdown.

On top of that, Iowa State's punt return game has been suspect, as returner Tariq Mckon Milton has made several questionable decisions on his punt returns. Ultimately, one of these blunders turned into a strip sack fumble against Texas Tech, a play in which the Red Raiders scored.

If Iowa State has another game where the special teams struggle, Baylor could easily steal a game from the Cyclones at home. In fact, that's exactly what I think will happen.

Additionally, a big match up next week against Texas is looming for the Cyclones. I know Matt Campbell has preached the “one game at a time” approach, but let’s be real: teams look ahead all the time. It’s the reality of just about every sport, and college kids are especially vulnerable to it. Iowa State players know full well that a win this week and a win against Texas would put them in excellent position to make the Big 12 championship game. The problem is, Texas is the kind of team that draws attention. Blue-blood program, ranked team, largest stadium in the Big 12. It’s hard not to think ahead to that type of environment. Ultimately, I think all of those factors will lead to a Cyclone loss this Saturday, which will crush any hope of making the Big 12 championship game.

Iowa State 45, Baylor 20

Iowa State’s offense might struggle a bit to start the game in the cold weather, but as we’ve seen all year, stopping Brock Purdy and David Montgomery is no easy task. Here’s the thing about the Baylor Bears: when they lose, they “*really*” lose. They have losses of 44, 33, 13 and six points. That’s an average margin of defeat of 24 points, and Baylor is 1-3 on the road this year with its only road win coming on Sept. 8 against Texas-San Antonio (Journey 3-6). The Cyclones should win this one, and I think they should win by a comfortable margin. I think the defense forces some turnovers in the cold weather and puts the offense in good field position early, giving Iowa State short fields and easy points. I’ll take Iowa State by four scores.

Iowa State 34,Baylor 21

Just one point separates Trevor’s selection and mine for Saturday’s game, but I assure you I am absolutely correct. It’s going to be upsettingly cold when Baylor comes to town, something that, while I’m sure the Bears are trying to prepare themselves for, is extremely hard to adjust to in just one day. This weather will affect the passing game, which takes away Baylor quarterback Charlie Brewer’s biggest strength. The Bears have a solid running game, but it will be a lot more difficult in the cold if the passing attack is not at its best.

On the other hand, Iowa State will likely stick with a heavy dose of David Montgomery, as they have in the past two home games. Sprinkle in a little bit of Brock Purdy making pump fakes and picking up some yardage and a requisite one ridiculous grab from Hallam Butler, and Iowa State will walk away with another victory heading into the crucial game at Texas.

Iowa State 34, Baylor 20

The Bears go into hibernation in Ames on Saturday. If you’ve been on campus this week, you’ve probably noticed a drop in temperature. The trend is forecasted to continue into Saturday’s game with temperatures projected to dip below freezing. Meanwhile, Waco, Texas, expects to see temperatures float around the low-50s.

The cold weather provides a test for, not only the Bears, but also freshman quarterback Brock Purdy. If Purdy does struggle with the Iowa weather, junior running back David Montgomery can bail out the young quarterback. Expect the Cyclones to manage the cold weather better and continue their hot streak.

Iowa State 23, Baylor 17

It’s my last semester at Iowa State so each football game means a lot to me. There aren’t many opportunities after graduation that allow you to wear cardinal and gold overalls with a Cyclone face tattoo.

The last Iowa State football game I attended was against West Virginia and my mom joined me. My dad called us earlier that day saying that it’s going to be a rough game because of how good West Virginia’s football team is. To our surprise, West Virginia not only lost… they got killed.

I really don’t know anything about football but it would only make sense that Iowa State wins this weekend. We beat West Virginia and West Virginia beat Baylor. Iowa State will win this weekend not only because the numbers make sense, but because it is my last football game as an Iowa State student.

Go State!
After a 27-3 win over Kansas last Saturday, the No. 23 Cyclones continue their possible march toward a conference championship game appearance on Saturday when the Baylor Bears come to Ames.

The most talked-about part of the team post-Kansas? The secondary, which held Kansas to under 50 percent passing and forced a fumble via Brian Peavy.

The redshirt senior, who came into the season as one of the Cyclones’ most experienced defensive players, has been rarely targeted this season, with opposing quarterbacks looking the other way during many of the snaps he’s made on the field.

Peavy said he’s felt an improvement in his game from last season. “I’m able to lead a team in ways that I wasn’t able to last year,” Peavy said. “Kinda more mental than physical.”

Kansas, though, went at the cornerback frequently through Peyton Bender. Peavy allowed a completion in the second quarter, but made up for it on the same play by stripping the ball from the Jayhawk receiver.

Redshirt senior defensive back D’Andre Payne said he’s not sure why other teams throw in Peavy’s direction. “I don’t see why they would,” Payne said. “It’s the Big 12, they gonna try you regardless of who you are, but he’s done a phenomenal job the past couple weeks.”

Peavy is getting the attention as of late, but the entire Cyclones’ secondary has been a strength of what has been, statistically, the best defense in the Big 12.

Coming into the 2018 season, the secondary was — despite the returns of Payne and Peavy — spoken about as possibly the relative weakness of the unit, due to the lack of returning starts at the safety position and not much in the way of experience behind the two corners.

However, throughout the year a number of players have stepped up and made unexpected contributions, none more than redshirt junior walk-on safety Braxton Lewis.

Lewis began the season on the depth chart as the backup to redshirt senior De’Monte Ruth at the ‘star’ position, but when Ruth was suspended from the canceled season-opener against South Dakota State, Lewis got his chance, however brief it was.

From there, Lewis latched onto the job and proved to be capable of being an every-down player for the Cyclones. In a three-game stretch from the Akron game through the Oklahoma State game, Lewis had an interception in each contest and was mentioned as a Big 12 Defensive Player of the Week following the game against the Cowboys.

The Cyclones have also had contributions from redshirt freshmen cornerback Datrone Young, who is questionable for the Baylor game with a shoulder injury, and freshman cornerback Anthony Johnson. The two have progressively played more snaps in each game, leading to rest at times for Peavy, Payne and the safety group.

Lewis said the backfield has to keep the same approach it’s had all season in the coming weeks. “Stay consistent, keep pounding the stone and do the things we need to be successful,” Lewis said of his goals for the group.

The larger amount of bodies capable of making plays has also led to players like Payne playing in different positions. In recent weeks, Payne has spent a chunk of his time at the ‘star’ position when safety Lawrence White isn’t in the game.

Campbell said a couple of weeks ago how impressed he was with the depth the Cyclones have at the back end. It’s turned out to be critical in a surprising unit’s success so far.

Now, as the season winds down, the Cyclones will need every last person in the secondary to do their part against the Bears and beyond if the team wants to reach its first-ever Big 12 Championship game.
I was recently scrolling through Twitter when I came across a tweet that said this: “friendly reminder that no matter how important an election is, it’s not more important than your friendships and relationships. Be kind. Don’t let politics come before people.”

I would say it’s a nice thought, but it’s not. It’s lazy thinking. And it’s something that’s really easy to say when the results of the election will have zero consequences on your life.

The unfortunate reality of our current political climate is that we aren’t disputing politics anymore so much as right and wrong. I will be happy to fiercely disagree with you over immigration quotas and economic policies and then go get coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends. However, if you try and tell me that immigration reform needs to include stealing immigrant coffee afterwards as friends.

The point is that sometimes what you pass off as “politics” are really bigger issues about rights, equality and justice. And the point is that it’s really easy to brush off such things as politics when your rights aren’t on the line. Reproductive rights for women; eradicating white supremacy; equality for transgender men and women; voting rights for Native Americans — these issues should not be decided on the political field, they should be decided in each person’s heart. And disagreeing with someone over them doesn’t mean you have differing political views, it means you have differing views on humanity.

So please, let’s make politics boring again. Let’s have political races between candidates who disagree on tax plans and prison reform, not on whether transgender people legally exist or if Mexico is sending us rapists.

And ultimately, having those hard conversations with each other is what it will take to pull our country out of the nightmare that’s in right now. Just don’t reveal to someone that you voted for a white supremacist or sexual predator and then be surprised when they use that to make a judgement about your character. Voting for a white supremacist doesn’t mean you have different political beliefs than me, it means you are supporting a white supremacist. Politics isn’t supposed to be high-stakes like this, it’s supposed to be boring. Let’s make it boring again.

Iowa State Daily launches new engagement initiative

Hello, Ames!

Here at the Iowa State Daily we’re excited to announce a new initiative we’re launching called #AskMeAmes. Why? Because we believe that journalism can best serve its community when we do. You can ask us anything about the Iowa State campus or the greater Ames area that you want to know but might not be able to find through a Google search. Your questions can be about anything, ally or serious.

You might wonder:

• How many Iowa State students live in Ames and what impact does that have on its population?
• How will my identity be perceived on campus?
• What’s the most common type of restaurant?
• How many Iowa State students live in Ames and what impact does that have on its population?
• How will my identity be perceived on campus?
• What’s the most common type of restaurant?

From there, we’ll put some questions up for a vote so that you can weigh in on which question you’re burning to have answered. If your question gets selected, our tireless newsroom staff will begin reporting and writing the story. On top of bringing our readership into our journalism, we’re also excited that #AskMeAmes is in direct partnership with Voices, a website launched last year in an effort to increase conversations of diversity and inclusion on campus. For example, you can ask us anything about what it’s like to be who you are on our campus.

As a news organization, the Iowa State Daily sees it as pertinent to its role of serving the community by providing a platform to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity and form to facilitate discussion, build curiosity.
Cyclones to lose key senior players

Younger members prepare to take over leadership in offseason

BY SAM STUVE
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This season, Iowa State's soccer team will graduate seven seniors, all of whom played significant minutes this season, including three co-captains. Now that the season is over, the Cyclones are trying to fill the holes left by the seniors.

As the Cyclones head into the off-season, the biggest questions for the team are can they stay healthy, and where will their offensive production come from?

The Cyclones lost many players due to injury at some point this season, including starters Riley Behan, Hannah Cade and Kasey Opfer. These injuries went on to plague the team this season, as the Cyclones were not playing at full strength.

In each part of the Cyclones lineup, they will lose a player due to graduation. The midfield will be hit especially hard with graduation, as the Cyclones lose four midfielders, three of whom were starters.

Some players who could fill those starting roles are freshmen Taylor Bee and Kara Privitera, as well as junior Merin Mundt. Bee played in all 20 games this season, six of which were starts, and scored a goal this season against the Iowa Hawkeyes.

Juniors Cade and Opfer were starters for the Cyclones but had to miss time due to injury.

Cade, who took a break in the middle of the season due to a foot injury, wasn't completely ready to be inserted back into the starting lineup this season. Cade led the Cyclones in assists before she injured her foot, but she still finished tied for second on the team in assists.

Opfer dealt with a nagging ankle injuries that forced her to miss a couple of Big 12 Conference games. When healthy, Opfer was a scoring threat for the Cyclones, and she scored two goals this season, coming against the Missouri Tigers and the Iowa Hawkeyes.

Privitera played in 17 games, started one game against the Colorado Buffaloes and scored a goal against the Purdue Boilermakers.

Mundt played in all 20 games this season, starting in 10 and making one goal this season against the Missouri-Kansas City Kangaroos.

The Cyclones will lose two seniors who earned playing time, Brianna Curtis and Emily Stull, the latter of which was a starter last season, one of the team's top goal scorers and a leader for the team in assists.

Two players who could fill those roles for the Cyclones are sophomores Tavin Hays and Courtney Powell.

Hays played in 13 games this season, including six regular-season conference games, and in the Big 12 tournament against the Baylor Bears.

Powell was a starter in the midfield for most of the season but also played as a forward. She started every game this season at either midfield or forward and was tied for the second most goals on the team, scoring three in total.

Senior defender and co-captain Jordan Enga is the lone starter the Cyclones will lose next season.

Enga, who started in all games this season and has had a start in each year of her tenure at Iowa State, played every single minute this season.

With that said, the Cyclones do return three starters on defense next season — red-shirt sophomore Marin Daniel, sophomore McKenna Schultz and sophomore Shealyn Sullivan.

The three of them are a young but experienced group, as they have logged 64 starts in total in the last three seasons combined.

One player who looks to be in a prime position to take the final starting spot on the defense next season is freshman Brooke Miller. Miller saw some action in nine of the Cyclones' 10 Big 12 games, including a start in the Big 12 tournament against Baylor.

The Cyclones will return three starting defenders as well as sophomore goalkeeper Daynena Schwenkert.

However, what remains to be seen is if the team can stay healthy, fill in the voids left by the graduating class and find some more offensive production.

Iowa State hosts Missouri hoping for revenge

BY NOAH ROHLFING
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An old Iowa State enemy comes back to Ames for the first time since the 2011-12 season on Friday night.

The Missouri Tigers will take on the Cyclones at 6 p.m., the second installment of the two teams’ home-and-home series.

Last year, the Tigers beat Iowa State 74-59 in Columbia, Missouri, the first of 18 losses for the Cyclones in a disappointing season.

The Cyclones head into their first test of the year shorthanded due to the suspensions of Cameron Lard and Zoran Talley Jr. until at least the end of November, leaving Michael Jacobson and George Conditt as the only available post options.

Coach Steve Prohm said Lard and Talley Jr. know they need to make better decisions.

“He’s a fifth-year senior, he’s got to make better decisions,” Prohm said of Talley Jr.

One of the strategies the Cyclones may have to employ in this game — and beyond — when going small in lineups is positioning senior guard Nick Weiler-Babb at the four or five in defensive situations as an unlikely last-resort option, in case Jacobson and Conditt find themselves in foul trouble.

The 6-foot-5 guard is a long and versatile defender, but Weiler-Babb doesn’t see himself as a post mainstay.

“Defensively, I think I’ll take care of it,” Weiler-Babb said. “Just have to depend on my help side a little bit, if I’m gotta guard [Jeremiah] Tilmon.”

The Cyclones’ post weakness is in the Tigers’ area of strength. The Tigers may be without star forward Jontay Porter, who is out for the year with a knee injury, but freshman forward Tilmon and senior Kevin Puryear are the leaders of a young Missouri team.

Prohm said the biggest key to the game would be Iowa State’s ability to keep Tilmon and Missouri in check inside.

Both teams in Friday’s game are very different from the 2017 meet-
ing. The Tigers lost four players from last year’s roster, while six Cyclones made their debuts on Tuesday. The familiarity factor just isn’t there right now on either side.

The Tigers beat Central Arkansas in their season opener, 68-55, and committed 11 turnovers on the night. The Cyclones forced 20 turnovers against Alabama State on Tuesday, scoring 14 points off of those turnovers.

With a disadvantage inside and little depth outside the guard positions, the Cyclones’ ability to force Missouri into turn-
overs will be crucial.

Freshman guard Tyrese Haliburton said Missouri give the Cyclones a different look from a fast-paced Alabama State.

“They’re big, they’re physical,” Haliburton said. “It’s about watch-
ing a lot of film in practice and just getting ready for them.”

If the Tigers struggled from outside of the paint against the Bears, tying only 8-of-26 3-point attempts and shooting 6-for-13 from the free-throw line. The Cyclones will likely live with the Tigers taking threes and staying outside.

On offense for the Cyclones, senior forward Tylor Hansbrough had an off night from the floor on Tuesday, and Prohm said the biggest thing Horton-Tucker needs to work on is with his shot selection.

“He had five threes that I would beg him to take, that he needs to take,” Prohm said. “Sometimes he gets ahead of himself.”

Having a better night offensively from Horton-Tucker will provide the Cyclones with more avenues to attack the Tigers.

An old foe comes back to Hilton tomorrow night, in what is sud-
denly a big first-week test for a thin Cyclones group.

CHRIS JORGENSEN/ IOWA STATE DAILY
Now senior Nick Weiler-Babb turns the corner into the lane during the first half against Kansas in Lawrence last season. The Cyclones lost, 83-78.
**Customize your month**

**People find convenience in monthly delivered products**

**BY JULIA MEHAN**

dioiwastatedaily.com

Are you deprived of consuming the same old beauty and skincare products or possibly drained of bringing your clothes to class? Perhaps you’re a college student that has difficulties cooking up something special in the kitchen. Luckily there’s a solution to this problem. Sponsored ads are continuously popping up about a new trend, subscription boxes. College students can subscribe to a variety of different subscription boxes, particularly specializing in fashion, beauty or health.

**BootayBag**

“The new way to shop affordably for underwear is as a subscriber for BootayBag. A quick, few steps is all it takes to subscribe online. The order starts off with how many pairs of underwear you’d like in your monthly bag. The cost for one pair is $9 a month while two pairs cost $13 a month. There’s an option for your size and style, such as mix it up, never a thong, or always a thong. A bonus is in making a matching bralette for $14 a month with the package. According to BootayBag user themselves, they recommend designing your underwear to someone in need if you’re not satisfied with your purchase. In your next shipment, they will include a replacement pair. “The advantage of being a subscriber for BootayBag is receiving a cute pair of underwear for a cheap price every month,” said Hailey Christoph, freshman in biology.

**Ipsy**

Before heading out to your nearest personal care and beauty store to splurge on high end products, subscribe to Ipsy for a monthly box. With the subscription, the customer will receive five products as a sample size for $10 a month. There’s a quick two-minute quiz to tailor your Glam bag so it fits perfectly for you. A few questions will it ask is the color of your hair, how comfortable you are with makeup, types of skincare, haircare and nail care products you enjoy using, any skin concerns you have and lastly how you would describe your hair, extreme or in need of volume. Subscribers will open the box to a small makeup bag, perfect for travel size items. Monthly customers will get high end products based off of their preferences at an affordable cost.

“My last Glam bag came with a hair product, a highlighter, a blush and some eyeshadow,” said Hailey Christoph, a freshman in biology. “The best part is more exposure to a lot of makeup, hair and skincare products.”

For some students they’d rather subscribe somewhere else rather than receiving monthly samples from Ipsy.

“A lot of times I threw away the products besides some lotions, lip-glasses or brushes,” said Kristin Jensen, a graduate from Iowa State in public relations and event management. “Most of the stuff I received I would keep in the bag and tell myself I’d use it but then I never would.”

Users say the best part about Ipsy is testing out different products before spending ridiculous amounts of money on a product you may not like or ever use.

**FabFitFun**

Want a seasonal box for $49.99 that is filled with $200 worth of a wide variety of products? FabFitFun is the ultimate subscription box to subscribe to. On average, customers will receive 10 full-size items rather than samples. Everything from food to makeup. Some items may also include coffee mugs, scarves, bags or towels. The customer has the opportunity to take a quiz beforehand to customize their box specifically personalized to them. Unlike other monthly subscriptions, FabFitFun is every season online; fall, winter, spring and a summer box.

“It’s like a present every season,” said Erin Patterson, a freshman in animal ecology. “You’ll never know what you’ll get inside, and you’ll love everything because it’s monogrammed to fit you.”

Another feature is the box comes with $10 coupons from ambassadors and social media influencers. As stated on the FabFitFun website they’re the best beauty, fashion and fitness products all wrapped up in a box. “I was impressed with the good quality and content that I would actually use,” said Jensen. “I would do FabFitFun again over Ipsy.”

**HelloFresh**

Not in the mood to make weekly trips to the grocery store or have no clue on how to cook for yourself? HelloFresh is right for college students. HelloFresh cater to subscribing on a weekly basis. They have different meal plans of three dishes to fit your lifestyle, a classic plan, a veggie plan and a family plan.

There’s a variety of meals to pick from, such as enchiladas to stir fry to ravioli. Some meals are deluxe meals, which cost extra.

“For me there weren’t many healthy options to choose from,” said Jensen. “I’m lactose intolerant and gluten free so it was difficult since most dishes had gluten or cheese in them.”

The meal plans are about $50 a month to have food delivered to your door. Within the meal plans there’s a step by step instructions with pre-measured ingredients.

As a subscriber you’ll have to go to the grocery store and spend $15 on vinegar that you only need to use as a teaspoon for.”

“HelloFresh made grocery shopping easier and cooking easier,” said Jensen. “The option was right there, and the recipe was right there.”

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**How to find the right skin care routine**

**BY SIERRA HODGER**

dioiwastatedaily.com

Organic versus chemical-based skincare products have been the classic debate for ages. More and more people everyday are switching to organic-based skin products, simply for the health benefits.

But truly, are organic products better? Raw, and typically packed with plants, minerals, and nutrients, organic products have recently gained more popularity.

Products made by Lush, Love Beauty and Planet, and even products made by individuals in their own kitchens via recipes on Pinterest have taken over. Lush sells hand-made products, which are 100 percent vegetarian, and also uses recipes on Pinterest have taken over. Love Beauty, and Planet is a company that is working towards making both your skin and the planet better. Because of this, ingredients come from sustainable sources. Recyclable plastics, making their products “fast-circe” in order to decrease water usage and time in the shower, and making users aware of their carbon footprint are just a few goals the company tries to reach.

Companies that produce chemical-based products, such as Neutrogena, Olay, and L’oreal all have thousands of buyers each year, simply because they’ve been around longer and have a wide variety of products.

“I found that organic products clog my pores, if anything, so my face wash is also very chemical-based”, Madi Carr, sophomore, said.

Neutrogena has recently become more popular with teens who suffer from acne, and their solution to the problem? A Light Therapy Acne mask, which takes 10 minutes out of your daily schedule to help zap away zits and leave teens’ skin looking as good as ever.

With busy, hectic lives, college students rarely have time (or money) to devote more than a few minutes to their skin.

“My skincare routine before college, honestly, I didn’t have one at all. I’d wash my face when I was in the shower, but other than that I didn’t really do anything, so it’s definitely changed a lot for me”, Brown said.

Whether it’s organic or chemical based, college students are all about the products that help them lead life with healthy skin.

“I started looking online at different recommendations, and then I discovered different types of facewash, like depending on your skin type, so honestly my freshman year is when I started caring about my skin and I’m so grateful for it, actually”, Carr said.

When using skin-care products, whether they be organic or chemical-based, it’s important that they address your specific needs.

Helpful tips that one can do on a daily basis to have healthy skin is to drink water, stick to a skincare regime, and keep stress levels at a minimum.

These are simple ways to ensure that a surprise pimple won’t pop up right before the career fair, a presentation, or even a fun night out.
Ames protests President Trump

The Nobody is Above the Law Rally took place in front of the Ames Post Office on Nov. 8. They chanted things such as "we want justice!" and "we stand together for justice!"

The protesters said that President’s unconstitutional and unconventional appointment of Matthew Whitaker is adding tension to a situation that is already energized.

The protesters engaged in various chants including "Hey Hey, Ho Ho, Whitaker has got to go!" and "We want justice."