Iowa State offers many opportunities for student research

BY SAGE.SMITH
@iowastatedaily.com

Iowa State students from every major have various opportunities to participate in research.
Sarah Nusser is the vice president for research. The Office of the Vice President for Research works to help facilitate research to provide opportunities for faculty, staff and students for conducting research.
Nusser said the office develops training programs for researchers, provides services to help people prepare research proposals and follow rules and regulations and invests in interdisciplinary research.
"[Research] helps you approach a project that might not be completely formed and learn how to define what that project is, learn how to gather information about a question you might have and refine that question," Nusser said.
"You have to learn how to work with people, learn how to communicate. I think the discovery process itself is just very exciting."

Emily Hammer is a senior in management and marketing with French, psychology and leadership minors. Hammer has been involved with research since her second semester of freshman year, where she started out in the First-Year Honors Program.

Study uncovers the impact of cover crops

BY MORGAN.ZMOLEK
@iowastatedaily.com

A recent study found cover crops do not have a significant effect on soil’s ability to absorb and store carbon.
A group of scientists from Iowa State, including Steven Hall, assistant professor of ecology, evolution and organismal biology, conducted the study.
The scientists conducted the study to discover whether or not cover crops actually improved the soil’s capacity to contain and store carbon and to research further into the effect of cover crops and perennial plants on the microbial activity of surrounding crops.
"Despite their notable environmental benefits, neither unfertilized perennials nor cover crops necessarily promote rapid soil carbon sequestration relative to conventional annual bioenergy systems because of concomitant increases in decomposition," according to the study.
According to The Spruce website, cover crops are plants that are used to aid the soil in various ways, such as suppressing the growth of weeds and helping prevent erosion of the soil. They may also aid in the growth of a larger crop yield in the next growing season.
For this study, soil samples were taken from fields and put under extensive treatments to uncover the answer to the scientists’ question.
"Though cover crops provide carbon to the microbes of the cash crops, they may produce too much for the microbes to absorb, according to the study. While cover crops do aid in the lessening of runoff, these findings

Community and Family Resources is now providing free mental health first aid training for those who are eligible.

According to the National Alliance on Mental Illness along with the Iowa Department of Public Health, over 600,000 Iowa residents, 20 percent of the population, experiences signs and symptoms of mental illness every year. Only 41 percent of that population routinely receives appropriate services.
Stigma, in the form of stereotypes and prejudice, often discourages others to seek assistance, and according to the Substance Abuse and Mental Health Services Administration, half of all persons will experience diagnosable signs and symptoms of a mental health issue at least once in their lifetime.
Suicide can correlate to poor mental health that has been unchecked. According to the Iowa Department of Community and Family Resources, mental illnesses are also often associated with other health issues and social problems.
"I want to encourage everyone, if you see something, say something," Nagle said. "Even if you are not sure, or you think it is just something, just call someone. It might be the right thing."

"You have to learn how to work with people, learn how to communicate. I think the discovery process itself is just very exciting."
Emily Hammer is a senior in management and marketing with French, psychology and leadership minors. Hammer has been involved with research since her second semester of freshman year, where she started out in the First-Year Honors Program.
**POLICE BLOTTER**

- **12.7.19**
  - Nihant Praveen Lnu, age 18, of 3010 Regency Ct. - Ames, Iowa, was arrested and charged with simulating the legal age at 603 S 16 Street (reported at 4:13 a.m.)
  - Josiah Paul Berger, age 20, of 4112 Lincoln Swing - Ames, Iowa, was arrested and charged with simulating the legal age at 603 S 16 Street (reported at 4:13 a.m.)
  - Patrell Darnell Ellis, age 18, of 5300 Grand Ave. - Ames, Iowa, was cited for failure to appear at 515 Clark Avenue (reported at 2:40 a.m.)

- **12.9.19**
  - Josiah Paul Berger, age 20, of 4112 Lincoln Swing - Ames, Iowa, was arrested and charged with simulating the legal age at 603 S 16 Street (reported at 4:13 a.m.)

**CORRECTIONS**

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

The Iowa State Daily is an independent student news paper established in 1890 and written, edited and sold by students. General Information:

- **Professorship**
  - Chris Conetzkey
  - The Des Moines Business Record

- **Student Government**
  - Chase Kusel
  - Student Government

- **Student Government**
  - Kathleen O'Haire
  - College of Agriculture and Life Sciences

- **Student Government**
  - Emily Pollock
  - Vocal coach

- **President**
  - Kim McDonald
  - Iowa State Foundation

- **Director of Justice**
  - Paxton Williams
  - Iowa Department of Justice

- **Historical Society of Iowa**
  - Susan Kloiber
  - State Historical Society of Iowa

**YESTERDAY'S ANSWERS**

1. Short blooms
2. Decks out
3. Demolished human automaker
4. Older brother of designer Vassily and Rodolfo
5. Lock arrangement
6. Cam button
7. Recipe phrase
8. Edged with silver, as cloth
9. LV

Across
1 “The Matte Rekuleed” actress
22 Edible orange tubers
23 Grizzly bear’s boyfriend
26 Less enthused
28 “Iowa”: “...Rooskenravels”
29 ‘You Lie’
33 Bird, sp.
35 At sea
40 Nearly
41 1969 UEFA Tour Rookie of the Year
42 Metallic suffix
43 N.C. State is in it
44 Former Princess province
45 “Give me a break!”
46 “Book back!”
50 When Annie sings “Maybe”
54 Ski club, for short
55 Oh yes!
56 Common subject in “The Far Side”
57 Bit of burn flavoring
64 Grammy...

**FEATURE PHOTO**

- Poinsettia sale
  - The poinsettia is a flower commonly associated with the holidays. Iowa State’s Horticulture Club hosts an annual sale, the proceeds of which support the club’s activities.

**IOWA STATE DAILY BUSINESS DIRECTORY**

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Program connects LGBTQIA+ peers

BY MORGAN ZMOLEK
@morganzmolek

Thrive, a program within Iowa State’s Center for LGBTQIA+ Student Success, exists to support student leaders who are members of the LGBTQIA+ community.

“Thrive really helps to assist to begin to build the foundation of leadership with a focus on LGBTQIA+ experiences,” said Brad Freihoefer, director of the Center for LGBTQIA+ Student Success.

Thrive is currently in its third year of existence, Freihoefer said, who described it as a “longterm dream” of theirs that began upon their arrival at Iowa State in 2008.

Thrive consists of eight sessions, Freihoefer said. During these sessions, members explore three main focus areas, which include themselves, the LGBTQIA+ community and their leadership skills.

“Students get to learn more about themselves as LGBTQIA+ people, they get to really get a better understanding of the diverse LGBTQIA+ community and they get to start building leadership skills, especially around dialogue and teamwork,” Freihoefer said.

Thrive members also attend an annual conference called the Midwest Bisexual Lesbian Gay Transgender Asexual College Conference (MBLGTACC). Freihoefer said the conference is a “tsunami talk” is how the Thrive group pronounces it.

“The Midwest Bisexual Lesbian Gay Transgender Asexual College Conference is an annual conference held to connect, educate and empower queer and trans+ college students, faculty and staff around the Midwest and beyond,” according to the MBLGTACC official website.

A fun fact is also included on the site’s “History” page, which said MBLGTACC was first held at Iowa State in 1993.

Freihoefer described the event as somewhere between 80 and 120 workshop opportunities, two to four keynote speakers and opportunities to experience LGBTQIA+ culture through entertainment.

“For a lot of students, it’s just the incredible experience of being in a room with thousands of other LGBTQIA+ people, often for the first time in one’s life,” Freihoefer said. “It’s a moment that kind of takes people’s breath away. Students really get a lot of opportunities to experience LGBTQIA+ leadership through those keynote speakers and workshop presenters. They get a lot of information and knowledge and participation in the workshops, and they get to build community with other students from across the country. It’s really remarkable.”

Applications can be filled out on the Center for LGBTQIA+ Student Success website to join Thrive. The deadline for this year, Dec. 8, has already passed, but students can apply next year. Thrive and all of its activities, including attending the conference, is free for students.

“Thrive is deeply important,” Freihoefer said. “When do you get an opportunity to really talk about experiences, see and connect with specifically leadership in queer, trans, intersex, asexual framework? I don’t know of any specifically for that at Iowa State. This program really focuses on that, it gives students an ability to see what LGBTQIA+ leadership looks like. At ‘tsunami talk’ you get to see it. You’re seeing those people on stage, you’re seeing those folks in workshops and you’re getting to build on those skills throughout the Thrive experience.”

Editors note: Diversity Editor Logan Mettger previously participated in Thrive, as pictured in the photo, but is not currently involved.

Lecturer to talk soil-plant-water systems

BY SAGE SMITH
@iwastatedaily.com

Research investigating the cycling of phosphorus in soil-plant-water systems will be presented at the Agricultural Phosphorus and Food-Energy-Water in soil-plant-water systems will be presented at the Agricultural Phosphorus and Food-Energy-Water in soil-plant-water systems lecture.

“Lecture in Soil Science, which will be at 4:10 p.m. Tuesday, December 10, 2019 on the University of Arkansas. Sharpley will visit Iowa State as a Distinguished Professor of Soils and Water Quality at the University of Arkansas. Sharpley said.

The research Sharpley works with investigates the cycling of phosphorus in soil-plant-water systems. His research includes the management of animal manures, fertilizers and crop residues. His research management can have on soil and water resources. The research Sharpley works with investigates the cycling of phosphorus in soil-plant-water systems in relation to productivity of soil and water quality. His research includes the management of animal manures, fertilizers and crop residues. Sharpley also evaluates the role of stream and river sediments. According to the University of Arkansas’s website, Sharpley has authored and coauthored over 700 publications.

Sharpley received his Bachelor of Science degree in soil science and biochemistry from the University of North Wales in 1973. After he received that degree, he continued to the Massey University in New Zealand, where he completed his doctorate in soil science in 1977.

The William H. Pierre Lecture in Soil Science is named after William H. Pierre, who was an administrator, researcher and leader. Pierre had come to Iowa State as the head of the department of agronomy in 1938.

Rebranding of Iowa State business college extends its reach with campaign

BY KIRSTIE MARTIN
@iwastatedaily.com

It has been 10 months since the rebranding campaign for the Debbie and Jerry Ivy College of Business was launched. The rebranding campaign of the college was to add “Ivy” to its name. Michele Appelgate, director of marketing and communications for the Debbie and Jerry Ivy College of Business, said the college spent a year planning the brand campaign. The Ivy’s donation was announced in September of 2017.

“Fifty million dollars is a lot for one family to give to a college, and that got a lot of attention, Appelgate said. “The branding effort is even paid for with the gift; it’s an opportunity we never would’ve had before.”

“The last year and a half has been spent pushing the Ivy name, Appelgate said. The new name is just part of the reason the Debbie and Jerry Ivy College of Business has been standing out.

“One of the things that we have really been talking about the past year is what makes us unique,” Appelgate said. “We’ve been saying we are a college on the move because we have so many new majors and opportunities, while we have also been growing in numbers of students and programs that benefit students and their employers. As Dean Spalding likes to say, ‘We are not your father’s College of Business.’”

COURTESY OF THE CENTER FOR LGBTQIA+ STUDENT SUCCESS

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The Center for LGBTQIA+ Student Success takes around nine students yearly to the Midwest Bisexual Lesbian Gay Transgender Asexual College Conference. The conference educates and connects LGBTQIA+ college students.

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Uninsured Americans can now receive PrEP for free

BY MADISON.MASON
@iowastatedaily.com

Uninsured Americans can now apply for free PrEP drugs through the federal government. Pre-exposure prophylaxis, otherwise known as PrEP, is the use of drugs to prevent disease in individuals who have not yet been exposed to a disease-causing agent, usually a virus, according to the Centers for Disease Control and Prevention (CDC) website. PrEP is mainly associated with HIV/AIDS. Individuals who have relations or wish to have relations with partners who suffer from HIV/AIDS can take this drug to lessen their chance of contracting HIV/AIDS.

“When taken daily, PrEP is highly effective for preventing HIV from sex or injection drug use,” according to the CDC website. “PrEP is much less effective when it is not taken consistently.”

Studies have shown that PrEP reduces the risk of getting HIV from sex by about 99 percent when taken daily, according to the CDC website. Among people who inject drugs, PrEP reduces the risk of getting HIV by at least 74 percent when taken daily.

“Ready, Set, PrEP” is a national program to distribute medications used for pre-exposure prophylaxis, a strategy to prevent HIV-negative people from becoming infected with the virus and to protect those who have relations with people who suffer from the virus. "Truvada and Descovy, both manufactured by Gilead Sciences, are the only drugs that are approved to be considered PrEP. Gilead Sciences has announced earlier this year that it would donate 2.4 million bottles of Truvada to 200,000 uninsured people each year for 11 years through a partnership with the Department of Health and Human Services and the Centers for Disease Control and Prevention.

"Truvada for PrEP is recommended to prevent HIV for all people at risk through sex or injection drug use," according to the CDC website. "Descovy for PrEP is recommended to prevent HIV for people at risk through sex, excluding people at risk through receptive vaginal sex. Descovy has not yet been studied for HIV prevention for receptive vaginal sex, so it may not be appropriate for some people." PrEP can be prescribed only by a healthcare provider, according to the CDC website. The website also stated people looking to use PrEP must take an HIV test before beginning PrEP to ensure they don’t already have HIV. They must also go for a check-up every three months while on the medication.

Three major drugstore chains, Walgreens, Rite Aid and CVS Health, have donated their prescription services for the program and will have the medications available no later than March 8, 2020.

The companies will also provide patient counseling services and promote adherence to the drug regimen. These companies have 21,000 locations throughout the nation, representing one-third of pharmacies in the U.S. They will fill prescriptions by mail order as well as in person.

“Ready, Set, PrEP” is part of the Trump administration’s Ending the HIV Epidemic plan, which aims to reduce the number of new infections by 95 percent in the U.S. by 2020 and by 90 percent in 10 years. The Department of Health and Human Services is encouraging states to apply for free PrEP drugs. Applicants can fill out forms on the new website, GetYourPrEP.com, or at a toll-free phone number, (855) 447-8410.
A better fit for 4th District

Feenstra’s qualities make him suitable

BY CHARLES KLAPATOAUSKA
cklap@iastate.edu

As impeachment proceedings carry on in Congress, I can’t help but be disappointed by the absence of a representative from Iowa’s 4th District.

This disappoints me not only in the sense that thousands of students, middle-class workers and Iowans don’t have a representative to voice our concerns during these important hearings but also in the sense of a much larger picture.

Iowans in the 4th District have a representative that hardly represents them at all, as congressman Representative King had all his committee assignments revoked due to his embarrassing behavior.

I think one idea that all Iowans as a whole can agree on is that we need a new voice in the 4th District. For liberals, J.D. Scholten is the clear choice, and in my personal opinion, I think he would give Congressman King a run for his money. Conservatives have multiple candidates to choose from.

The announced candidates are Steve Reeder, Randy Feenstra, Briet Richards and Jeremy Taylor. Among those four, I believe there is one clear candidate that can beat Congressman King in the upcoming primary, and that is Feenstra.

Feenstra has built a grassroots campaign that should frighten Congressman King and be a sign of hope to Iowans who are ready to have a new conservative representative.

Whether it is the 257 Students for Feenstra group, the grassroots fundraising that puts him well ahead of his candidates or the backing of 500 county chairs, numerous U.S. representatives and countless state representatives, the accomplishments Feenstra has made for his campaign are astonishing.

If his campaign accomplishments aren’t proof enough, Feenstra has a sound record working for the Iowa Legislature as a well-respected congressman.

In addition to that, Feenstra has experience working with students as a professor of business at Dordt College in northwest Iowa. These experiences and accomplishments exemplify that Feenstra is not only an extremely electable candidate but an individual who has a profound interest in the 4th District and will work hard to serve it well.

The message for Iowans is clear. If we want a new representative come 2020, we have to nominate a conservative who can beat Congressman King.

That candidate has to have significant funds, support and intelligence to beat Congressman King. Randy Feenstra has all of those, and he is the sole choice for those who wish to see the 4th District represented with class and honor.

Take advantage of finals resources on campus

BY ISD EDITORIAL BOARD

While Iowa State offers a lot of resources throughout the year, there are even more available during Dead Week and Finals Week, especially at Parks Library.

These weeks are extremely stressful for students. While Dead Week is supposed to be more relaxing, a lot of professors move work up to get done early, making Dead Week just as stressful, if not more so, than Finals Week.

Throughout these next two weeks, more students should take advantage of the hard work the library puts in to offer as much support for Iowa State as possible without paying any extra money.

Parks Library is now open 24/7 and will have these hours until Dec. 19 during finals week. If you really need to get work done, whether that be in a group or on your own, we are very fortunate as a school to have a place we can use whenever we want. This means the staff at the library are also working around the clock, so make sure to be extra thankful and kind to anyone working.

Barko@Parks, a popular event where comfort dogs come to the library, is also happening this week. In addition to therapy dogs, Parks offers free fruit, activities, puzzles, coloring pages and more.

There are so many resources available that more students should take advantage of. Take time to relax or be productive.

These resources are there for a reason, and a lot of time and effort goes into putting them on. So encourage your friends to take an afternoon and visit Barko@Parks and relax, or take some time to visit the Mindfulness Room.

Take advantage of the study spaces and rooms you can reserve across campus as well. It’s easy to get distracted when you are studying in your room, dorm or apartment. Studying in a different space around other people being productive will help you accomplish more and keep you to your study schedule.

From the ISD Editorial Board, good luck on studying and on your final exams. Winter break is just around the corner.

COLUMN

Kamala Harris dropping out causes retrospection

BY ZACHARY JOHNSON
ioastatedaily.com

Sen. Kamala Harris dropping out of the presidential race could mean a very interesting round of upcoming polls.

With Harris’ recent decision to suspend her campaign, it is clear that her five-six percent piece of the pie will be highly sought after with candidates making bids for the debate stage.

While it is evident that Harris never had the support of black voters that she probably expected/needed, it is expected that with Biden’s clear dominance in this category, the other candidates will be seeking the six to seven percent (depending on the poll) that she had in this category.

The narrative to me is that the only thing stopping Mayor Pete Buttigieg or Sen. Elizabeth Warren from being in a place where they could actually win decisively is their lack of support from African Americans.

Looking at data on the second choice of particular candidates is dodgy at times, as a straight up second choice is not always indicative of where those voters actually go.

Though, to me, black voters in early primary states like South Carolina that were supporting Harris will, in all likelihood, simply move to Biden given the safeness that his candidacy provides.

Among Democrats, about half are of the belief that electability, or the likelihood of beating Trump, is the most important aspect of their decision, and it is no wonder then that Biden is doing so well among black voters.

Not only is he the former vice president of the first black president, but he has also been well-known in the political realm for decades.

Harris couldn’t hold on when her support from what should have been her strongest group was diminished by the tendency for black voters to vote in a more strategic way.

These voters go for Biden because they see him as the best and most effective candidate to win the only victory that is on the minds of the American people, which is to defeat Donald Trump.

This fixation on the electable attributes of each candidate is a characteristic of this race that Harris just couldn’t succeed in.

Her attempts to appeal to the Obama coalition were misguided given the especially strategic tinge that this cycle has exhibited.

The political calculus is not about policy but the perceived likelihood to win and how others feel about candidates...
Iowa State Daily
Tuesday, December 10, 2019

COLUMNS

Iowa State gains confidence after beating Seton Hall

BY MATT BELINSON
mbellison@iowastatedaily.com

In its 76-66 win over No. 16
Seton Hall on Sunday, Iowa State
had plenty to be happy about after
getting revenge on the team that
beat it nine days earlier in the Battle
4 Atlantis.

While Iowa State had some
positives when it came to stopping
Myles Powell and gaining confi-
tances when it came to stopping
Seton Hall on Sunday, Iowa State
offense also stood out.

Prohm said that the ball needs to
be beaten a top-16 team and shot 38
percent and 21 percent from three,
how awesome is that?” Prohm said.

How is that even possible?

But, no matter — now, the Cyclones have
their shot to impress fans and recruits in the
Sunshine State in person.

And then there’s the opponent — Notre Dame.
The Golden Domers. One of the win-
ningest football programs in college football
history. Iconic yet extremely overrated movies
based on blow-out version of Notre Dame
(y’all know what I’m talking about here).

But then again, Iowa State has its
opportunity to prove itself on a national stage as a pro-
gram on the rise. Whether it takes advantage
or not, we’ll see Dec. 28 in Orlando, but the
Cyclones have an opportunity they could
have only dreamed of when the decade began.

Buckel up, and bring along your Mickey
Mouse ears.

Iowa State gains confidence after beating Seton Hall

Iowa State Daily Tuesday, December 10, 2019

SPORTS

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Powell’s offense. Instead, he saw it
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Powell’s offense. Instead, he saw it
as a team effort and a team victory.

Cyclones needed during the offen-
sive struggles.

Iowa State was 11-35 from the
floor and 2-12 from three, but they
brought great energy off the
bench in the first half, a boost the
Cyclones have had as well.

Plenty of Kansas State fans who were defi-
nitely not mad online (not mad at all) shared
the same sense of surprise. But then again,
MATT BELINSON/IOWA STATE DAILY

Iowa State's only played one game in the
regional and 2-12 from three-point range.

The two teams combined for 18
dunks, 21-68 from the field and
6-27 from three-point range.

The first was shock — before Sunday,
Iowa State gains confidence after beating Seton Hall

BY NOAH ROHLFING
nrohlfing@iowastatedaily.com

Nate Polson takes questions about Iowa State being
picked to play in 2019 Camping World Bowl.

“T_his is one of Iowa State’s best chances yet
to prove itself on a national stage as a pro-
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based on blow-out version of Notre Dame
(y’all know what I’m talking about here).

But then again, Iowa State has its
opportunity to prove itself on a national stage as a pro-
gram on the rise. Whether it takes advantage
or not, we’ll see Dec. 28 in Orlando, but the
Cyclones have an opportunity they could
have only dreamed of when the decade began.

Buckel up, and bring along your Mickey
Mouse ears.

Iowa State gains confidence after beating Seton Hall

Iowa State Daily Tuesday, December 10, 2019

SPORTS

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BY MATT BELINSON
mbellison@iowastatedaily.com

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Seton Hall on Sunday, Iowa State
had plenty to be happy about after
getting revenge on the team that
beat it nine days earlier in the Battle
4 Atlantis.

While Iowa State had some
positives when it came to stopping
Myles Powell and gaining confi-
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Seton Hall on Sunday, Iowa State
offense also stood out.

Prohm said that the ball needs to
be beaten a top-16 team and shot 38
percent and 21 percent from three,
how awesome is that?” Prohm said.

How is that even possible?

But, no matter — now, the Cyclones have
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How to be a successful plant owner

Tips to keep your plants happy and healthy

BY WHITNEY SPENCER
@Iowastatedaily.com

Successfully raising a houseplant can prove to be very challenging at times. Trying to figure out when and how to water it and how much sunlight to give it are all crucial factors in determining a plant’s survival.

Makennix Massengale, sophomore in animal ecology, said he struggles to keep the most common mistake that leads to a plant’s demise. “Overwatering is not good,” Massengale said. “That’s how you kill them.”

Riley Henry, sophomore in animal ecology, said he struggles to keep his plants alive. He said he feels that he doesn’t know how much to water plants or how much sunlight they need, “I struggle with over- and under-watering as well as the fact that I never know how much sunlight or what type of light my plants need,” Henry said.

When first purchased, plants usually come with a little tag that recommends how much water it requires. Rule of thumb says to water a plant enough to keep the soil moist, but not wet. Soil moisture can be checked by using the tip of your finger.

Providing the correct amount of light for the plant is also a necessity. Each plant has its own unique needs when it comes to the amount of light they need, “Plants that prefer bright light will thrive in a sunny window,” according to the Reiman Gardens website.

The website suggests to refrain from using bulbs as a source of light because plants use certain colors of light for photosynthesis and most grow light.

What to gift your significant other this holiday season

BY SYDNEY NOVAK
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Holiday shopping for your significant other on a college student’s budget often times brings multiple hoops to jump through. Debating on what to get them can cause lots of unwanted stress, especially during one of the most stressful times of the year.

What to get your significant other for the holidays can depend on a lot of different variables, including your personal budget, how long you have been together and, of course, their preferences.

Grace Meier, sophomore in kinesiology and health, said this year, she is spending about $100 on her boyfriend, whom she has been dating for a little over a year now.

“I got him a backpack, and I’m just filling it with his favorite things; and I’m studying abroad, so I’m giving him letters inside of it too,” Meier said.

Meier didn’t give her boyfriend any ideas as to what she wants for Christmas, but she guessed that he might get her some of her favorite things such as graphic t-shirts, skincare products or Victoria’s Secret perfume.

Senior Lucas Fischer, student in construction engineering, said his girlfriend is a big Tyler, the Creator fan, and he thinks she would most likely enjoy an item from his Golf Wang clothing line, but he’s not completely sure what else to get her.

“Shopping for girls can be tricky sometimes,” Fischer said.

Fischer also said he thinks it is difficult for others to shop for him. Clothes are always a good idea, but the birthday gift his girlfriend gave him in November was something he didn’t expect at all.

“She bought me tickets to a comedy show, and I had never asked for anything like that, so it was just something fun to do together instead of something materialistic,” Fischer said.

Concert tickets, ski passes and trips to a zoo or aquarium are gifts that you can enjoy together and an item for which you don’t need to worry about getting the right size.

Graduate student Madison Mueller said she got her boyfriend clothes for Christmas this year. Mueller decided on clothes because her boyfriend rarely buys anything for himself, and she said she prides herself on making sure he looks fashionable. She lucked out with Black Friday and Cyber Monday deals and was able to get him a pair of Timberland shoes and a t-shirt.

Mueller is unaware of what her boyfriend has planned to get her this year, but in years past he has gotten her kitchen tools like knives and cutting boards because she loves to cook and bake.

“Last year, he got me nice cutting boards and a really nice set of knives,” Mueller said.

A gift that proves itself to be functional is a good option when it comes to gift-giving because you know the person receiving the gift will use it. Functional gifts can include cooking tools, craft supplies, blankets or even games that the two of you can play together.

When giving this holiday season, there’s no need to break the bank. Giving gifts that your significant other enjoys or that you can enjoy together will help to make their reaction and the holiday season even more special.
of Public Health and the Centers for Disease Control and Prevention, 451 Iowans died by suicide in 2018. That is a 60 percent increase since 2000 and a rate that has doubled over the past decade.

Social isolation can occur with mental illness, worsening a disorder’s symptoms and increasing the risk of self-harm and suicide. The Iowa Venues of Mental Health services, nationally and statewide, led Community and Family Resources to provide free mental health first aid trainings, according to a press release. These trainings are by request in its service areas of Boone, Calhoun, Hamilton, Humboldt, Pocahontas, Story, Webster and Wright counties.

The trainings offer evidence-based strategies on how to recognize, reach out and refer to appropriate services for any youth or adults who exhibit thoughts of suicide or are showing signs of mental health concern or a behavioral health crisis.

Participants must be 18 years old and be employed as, work with or be related to first responders; educators, including all levels of public and private; both active-duty military and veterans; older adult care-takers; and employers facing suicide prevention issues.

Trainings are delivered either as a one-day, eight-hour option or as a two-day, four-hour option. Additional options are available upon request and are required to have between five to 30 participants. Those who become certified Mental Health First Aiders will also be encouraged to track interventions they made via brief questionnaires.

Community and Family Resources is a free-standing comprehensive substance abuse provider dedicated to serving families since 1968. Comprehensive Prevention Services began in 1982, and services for problem gambling opened in 2008. The agency has been licensed by the State of Iowa to provide Substance Abuse Services since 1978. Counties currently served by Community and Family Resources include Boone, Story, Jasper, Franklin, Hamilton, Humboldt, Pocahontas, Story, Webster and Wright.

In 2011, Community and Family Resources has been an accredited Mental Health Service Provider by the Division of Mental Health and Disability Services under the Iowa Department of Human Services. In 2018, Community and Family Resources earned a three-year accreditation from an international accrediting body for its crisis stabilization services. Community and Family Resources also received a national certification for residential treatment, intensive outpatient treatment and outpatient treatment programs. In Fiscal Year 2018, Community and Family Resources offered prevention services to schools, businesses and community groups, reaching over 8,000 individuals, according to a press release. Community and Family Resources offered treatment services to 2,684 individuals, receiving a 99 percent satisfaction rate.

In June, Community and Family Resources contracted and relocated to a new comprehensive treatment center in Fort Dodge to continue providing adult and adolescent services to its region.

For information on Community and Family Resources, visit the organization’s website or call 515-576-7261. Questions about local treatment programs are available through the Iowa Alcohol and Drug Resource Specialist Todd Anderson at toddler@ihelps.org.

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“I don’t want anybody to vote for or against any of the candidates on the December debate stage because of the color of their skin,” Castro said. “People have a wealth of experience. At the same time, representation does matter — it does mean something. […] I don’t think that just because you are a person of color you should be elected president. What I believe is that if you have seven, eight or nine people on the debate stage, regardless of the party of diversity, then it should probably be somewhat reflected on the debate stage.”

Castro had previously called for the Democratic Party’s primary calendar to be changed to reflect the diversity of the party. The first two states to vote in the Democratic Party’s primary calendar are Iowa and New Hampshire, both of which have electorates that are more than 90 percent white.

“I don’t think that I believe Iowa or New Hampshire should vote first — sparking a lively debate in our party,” Castro said in a tweet Sunday. “This Tuesday I’ll hold a town hall in Iowa to hear from voters why they agree or disagree.”