Professors give advice on sleep, studying

By Jake.Dalbey
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This monotonous cycle of information overload, accompanied with the feeling of complete bodily shutdown, is often very familiar to students during times of academic stress.

Finals Week is one of the many culprits of student stress, often requiring plenty of rest, nutrition and learning.

But for an entire week, hitting the hay can be forgotten and replaced with caffeine and all-night library study sessions.

It’s easy to forget how important breaks are to the body and why without them, binge studying tactics can be utterly useless to the average test taker.

A 2016 study by Jawbone ranks Iowa State as the 108th most sleep-deprived university in the nation. The study polled Iowa State at an average wake time of 8 a.m. on the weekdays and 9 a.m. on the weekends, with an average sleep time of 1:30 a.m. on the weekdays and 9 a.m. on the weekends, with an average sleep time of 1:30 a.m. on the weekends. Because many students do not meet the National Sleep Foundation’s recommendation of seven to nine hours of shut-eye for young adults, test results can be affected by a lack of consistent downtime.

Studying and resting work hand in hand with each other, causing an inverse reaction if either consumes too much or too little time. This becomes one of the most pertinent reasons why students feel groggy and drained by the end of a long Finals Week.

“Studying very hard or a lot is stressful, and you can think of it as displacing sleep,” Zlatan Krizan, associate professor of psychology, said. “Having to study can likely interfere with the length of sleep as well as the quality. Even if you ‘binge study’ and it doesn’t affect the hours of sleep, it can change how well you are able to sleep.”

The use of REM sleep is the key to the memory process of the brain. REM sleep is the deepest stage of sleep, allowing for the digestion of material learned that day.

Students who consistently stay awake in the late hours of the night and wake early in the morning slowly lose out on the benefits of sleep in as little as a day.

However, due to coping methods used to combat drowsiness, these negative effects may not truly be felt until later on during the week.

“We use many tactics to make up for this lack of sleep ... such as arousal through music or caffeine,” Krizan said. “Those things do help alert us, but don’t change the underlining fact that you aren’t functioning at your optimal level.”

A 2016 study by Jawbone ranks Iowa State University as the 108th most sleep-deprived university in the United States.
WiSE celebrates 30 years of progress

By Haley Knudsen
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For years, women studying science and engineering have faced discrimination and isolation, simply because of their gender. But the Women in Science and Engineering (WiSE) program is fighting this stigma.

WiSE provides a community for those students to face challenges and to support one another, together.

“Oftentimes, women typically leave science and engineering because they don’t feel like they belong,” Chrystal said. One of the things that WiSE tries to do is provide a sense of belonging to students so they don’t feel isolated.”

Jackie Mesenbrink, office and student role model assistant, knows that if she had a really rough week, she could come to the office and be supported by those around her.

Celebrating 30 years, WiSE has seen a dramatic growth from 1,800 women in STEM to 5,500. The first-year residential program provides a sense of belonging, and without the program, there wouldn’t be as high of retention rates and graduation rates for women in science and engineering.

WiSE provides many outreach programs that impact more than 9,000 K-12 students around Iowa, especially in central Iowa.

One of those programs is the Taking the Road Less Traveled Career Conference, which has had more than 65,000 students in attendance over the past 30 years. The conference offers the opportunity to work with STEM professionals.

“To solve problems, we need a variety of voices. No one person can solve the world’s problems,” Chrystal said.

More than a hundred student role models, consisting of WiSE undergrads, are hired to go into classrooms around Iowa to excite young boys and girls about STEM careers. Chrystal believes it is important for young girls to have role models in the classroom, but it is also important for boys to see what real scientists and engineers look like. Even if students feel as if they aren’t the “typical engineering students,” they are crucial aspects to solve the problems of the world.

“There are so many leadership opportunities inside and outside of WiSE and they encourage you to go out and do other clubs and organizations,” Mackenzie Sissel, a graduate assistant with the outreach program, said.

The learning communities through WiSE, which have involved more than 3,000 women, have the highest retention rates for women in STEM. Chrystal said students who participate in the programs that WiSE offers are more likely to graduate with a STEM degree, and therefore go into a science and engineering career field.

“Economically, the long-term payout of having a STEM degree means that those students will be able to pay off their student loans and support families while having exciting careers,” Chrystal said. “Without the WiSE program, our STEM graduation rates would not be as robust as they are.”

Chrstyal went on to explain the stigmas attached to women who are in science and engineering career fields, saying, “there is a big misconception that women are working for their own enjoyment and not necessarily supporting their families on their salaries. We still associate power with males and [we still associate that] they are supporting families and [they] work is valued more than women’s work.”

WiSE is working to change that by doing professional development with companies such as Emerson, Boeing, Rockwell Collins, Caterpillar and John Deere. WiSE works with these companies to have conversations, information sessions and leadership webinars that reach thousands of individuals.

Chrystal’s philosophy is to change our culture, we have to change the way we do work.

Yet the success of the program does not come without failure.

WiSE took a hit during the 2010 economic recession and had to cut its successful summer internship...
Krizan describes sleep loss as a debt that always needs to be repaid, comparing it to the feeling of being highly intoxicated. When feeling drunk, the mind is often happy and feels as though it can do any task regularly — such as driving — despite the fact that in reality, thought processes are severely hampered. Although your body may not feel its effects, the mind is affected through a lack of rest.

When comparing the benefits of an extra hour of downtime to an extra hour of studying, Krizan believes it’s important to consider the cost-benefit will affect sleep — students who lose the opportunity to rest through naps during the day, the delicate balance between the homeostasis and circadian rhythms will be thrown off. This ultimately can lead to sluggish symptoms such as grogginess or a lack of being alert.

“Schedule studying during the daylight hours as you have a mechanism that makes you sleepy when it’s dark and also wake up during the same time of day,” Eric Cooper, associate professor of psychology, said.

“Last-minute studying shouldn’t always be dismissed if a student has prepared in advance of a testing date. If you’ve done a lot of preparation and need to finish a few things up, displacing a bit of sleep, that may be in the student interest,” Krizan said. "Truly no one can learn a very large amount of information in one night. It’s impossible."

Because of the body’s natural circadian rhythms — about a 24-hour cycle in which behavior changes affect sleep — students who take advantage of their week of studying can achieve better results.

“Schedule studying during the daylight hours as you have a mechanism that makes you sleepy when it’s dark and also wake up during the same time of day,” Cooper said.

“Even if you’ve stayed up all night playing video games until 4 a.m. but wake up at 7 a.m. every day, you just have to bite the bullet and wake up.”

In order to maximize the efficiency of available study time to students before bed, Jason Chan, associate professor of psychology, weighed in on positive and negative study habits.

Chan outlined a typical student’s study pattern over a period of three hours the night before a test. He said most students will read their textbooks and notes over and over again, reviewing sections they do not know until the material becomes solidified in their memory. Although it is a common method, he does not believe it is the most efficient way to study.

“Given time constraints, there are better ways to study,” Chan said. “It’s more beneficial to continue reading if you don’t know a section. Reading something over and over again is called massed studying, and it produces less learning.”

Continuing to read and then revisiting forgotten sections later on will give the brain time to consolidate the information it has just learned, Chan said.

“This method is called spacing, and as far as we know, it’s effective for everyone from infants to college students in any learning environment,” Chan said.

Portraying forgetfulness like a waterspout, in which memory is lost when activated but slows to a trickle once the valve is closed, Chan recommends learning on the day material is assigned and testing oneself with quizzes or flashcards instead of mass readings.

“The best way to learn is testing yourself,” Chan said. "Retrieving information actively produces much more persistent memories than reading. If you have 15 minutes to study, it is better to spend five minutes reading with a quiz afterward than strictly reading for the entire time.”

As Finals Week and a new semester approach, a properly managed schedule and stress management are keys to a successful exam.

“Some sleep displacement is inevitable, it may be beneficial, but in general, getting your sleep and stress low will make you feel better,” Krizan said. "A well-managed schedule will help you in your performance. More stress equals less sleep, which leads to more tiredness, which leads to a worse performance. So it’s important to always try to keep yourself out of that self-perpetuating cycle.”
program, which Chrystal had overseen for almost a decade. The program had seen a number of women not only graduate in science and engineering, but continue on to be faculty members. Although the program was successful in the past, WISE has not been able to reinstate the summer internship program because of a lack of funding.

That’s not to say the program isn’t supported. But Chrystal said there is a lack of understanding on why girls are diverted from science and engineering.

“You no longer have individuals saying ‘Why don’t you go somewhere else?’ or ‘Are you sure you want to do that?’ It has become very subtle,” Chrystal said.

Chrystal has noticed that third-grade girls are just as excited as the boys about potentially becoming the president or becoming an engineer or scientist. But when the girls move on to middle school, the number of those interested in STEM decreases.

“Over time, girls are getting the messages that they don’t belong. Those small messages add up over time,” Chrystal said in reference to the Forever 21 shirt that reads “allergic to algebra” and the J.C. Penney shirt that reads “too pretty for homework.” “When we give them shirts that are not empowering and telling them where their value lies, we are sending the wrong messages.”

If Chrystal could teach young women one thing, it would be resiliency.

“I think there is a stigma for young girls today about failure,” Chrystal said. “We tell our young girls today to be perfect, to get that 4.0, to look good and be well-behaved. They come to college and it is the first time, especially [for] our women in STEM, maybe [these young women] don’t have that perfect grade. How you rebound from failure is where you’re going to learn the most.”

Rachael Barnes, a student assistant with the Student Role Model program, said one of the best aspects of WISE is the support system.

Getting involved as a student is as simple as walking through the door of Carver 218 and visiting with a staff member to see where that student is and what their goals are.

For Barnes, her involvement in the program has made a world of difference. “I wouldn’t be half the woman I am without the program,” Barnes said. “It has built up my confidence, given me opportunities and [it] has impacted ... who I am.”
For most majors, college students spend years sitting in a classroom void of hands-on experience until they receive an internship that is unpaid and sometimes hours away from campus.

Luckily for criminal justice majors, the ISU Police Department offers a community service officer program where students get paid to work on campus by assisting officers while receiving police training and experience in their field of study.

“It’s a great opportunity for students to get their foot in the door for law enforcement moving forward,” Lt. Sara Jensen of the ISU Police Department said. “I think law enforcement is a lot of security work in addition to keeping the public safe and doing your everyday police duties.”

Jensen was hired as a student officer while attending Iowa State in 1999.

The position was less formal than what it is today, and her job primarily consisted of locking and unlocking buildings. But she still assisted the ISU officers.

While transitioning from a student to a full-time officer the summer after graduating, Jerry Stewart, then-chief of police, asked Jensen to implement the community service officer program, giving student officers the ability to further assist officers.

“At that point in time, we had a lot of smaller types of calls that were coming, like bike theft reports and things like that,” Jensen said. “We didn’t necessarily have all the police officers needed to be able to take all of those reports, and so one of the duties of this new program was to have students that were able to take reports of that nature.”

Not too long after implementing the program, Jensen was hired as a full-time officer and has been with the Iowa State Police Department every since.
By being able to work with officers and gain experience, the community service officer program often serves as a stepping stone for college students who want to get involved with law enforcement. Scott Lindley was hired by the department in May 2014 and became a coordinator of the community service officers last April.

The community service officer position brings many different responsibilities. With the exception of the Vet Med community service officers, all of the officers have a responsibility of assisting the ISU Police.

An important aspect of their job is driving students for the Safe Ride program that the ISU Police Department offers. Lindley said the new Safe Ride has changed this task drastically. He also took pride in the fact that he got the opportunity to help create the new app.

“It’s been a really fine job, especially for a student job, especially since I get to see a lot of different aspects of Iowa State and kind of the security side of it,” Lindley said.

Lindley originally majored in engineering at Iowa State but eventually switched to criminal justice.

After his experience as a community service officer, he hopes to be able to work at the Iowa State Police Department.

“It was my first summer here and working with the officers and just doing training and scenarios with them. I realized this is something that I would like to do and something I would really enjoy,” Lindley said.

Training is one of the most alluring parts of the program.

When applying for jobs, these officers will have a leg up on the competition by having already gone through some form of police training.

It also gives the student officers a good idea of what a career in law enforcement really looks like.

“The more training you get, the more feel you get for the career and the more excited you are to graduate and get a job,” Lindley said.

Sometimes this works out the other way around, and students involved in the program realize that police work is not for them. Lindley said he sees people come in who cannot handle the odd hours and decide to look for another career path.

Being a member of the community service officer program does not guarantee anyone a job at the department, but it definitely helps them get a foot in the door, as many current Iowa State officers served as community service officers or student officers before the current program was integrated.

“Most of them are like myself, where we started working here as students and realized what a great place it was, what a great atmosphere, the ability that we have to give back to our community and we just kinda got stuck here and are very happy with that decision,” Jensen said.

Despite most officers being criminal justice majors or at least students looking to be involved in law enforcement someday, Jensen said there are still a number of students who have no aspirations of this kind.

“I do have a few that being in the security realm or law enforcement realm isn’t really their career goal, but they want to do something to give back to the community and help people feel safe and so they seek out these opportunities,” Jensen said.

Jensen still is heavily involved in the program that she played an important role in creating. Lt. Deborah Larkin oversees community service officers who work throughout campus, while Jensen sticks with those who specifically work at the Vet Med building.

A few years ago, the department recognized a need to have community service officers who only worked in the Vet Med building instead of having the student officers take turns working there.

“Of course in a facility the size of Vet Med, we’ve got maintenance issues that pop up, [and] we’ve got people that are working all hours of the night that want to feel safe,” Jensen said.

“They like to be escorted to their cars.”

Unlike the students who took turns overseeing the building, the community service officers now know all the ins and outs of the building, making it much safer for those inside.

They also make sure that there are no maintenance issues and aid people who get locked out of their offices or cars.

“They didn’t have as intimate of knowledge of the building and facility and operations as what my [community service officers] do now,” Jensen said.

Much has changed within the past decade or so within the program, including new uniforms and new responsibilities for the officers. One thing that has remained the same is that the students are the eyes and ears of the ISU Police Department, and they add to the safety of the student body.

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**College Student: 1 Real World: 0**
It comes as no surprise that communication among college students has changed rapidly throughout the years. Beginning in the late 20th century, online services have been essential in this change. Every few years, a new site or app is developed, each promising to change the way that people are able to connect with one another. For college students in particular, these different sites have changed their lives and the way they interact with others.

AOL Instant Messenger emerged as the first online communication option, launching in the late ‘90s. The popularity of the service began increasing in the early 2000s, lasting for many years. At the height of its popularity, the online communication forum was the leading instant messaging application in America, with research from bigblueball.com showing that 52 percent of Americans used the service in 2006. But user decline began in 2009 because of Google’s Gmail and its own chat services, and the rise of social media sites such as Myspace and Facebook.

As technology continued to move forward, the website Myspace was founded in 2003. The site became increasingly popular between 2005 and 2009. The first true social media platform, Myspace allowed users to interact with a community of their friends and peers through creating their own personal profiles, blog posts, photos and videos.

The platform was used most among young people and helped aid in the launch of many musicians’ careers, including Colbie Caillat and Taylor Swift. But with the development and rise of its closest competitor, Facebook, in 2008, Myspace began witnessing user decline and drops in profits. As of 2013, Myspace reported that it had 36 million users, a significant drop from its 100 million users in 2006.

Facebook was launched only a year after Myspace, in 2004. Originally designed exclusively for students at Harvard, Facebook later expanded to include all Ivy League schools, before finally broadening its audience to all college students. Only two years after its original launch, anyone 13 or older could register for a profile on the site.

Facebook was similar to Myspace on many fronts, allowing users to communicate with those around them through personal profiles, posts, videos and photos. The site differed from Myspace through its unique apps, which allowed users to update their profiles and receive notifications when others updated their profiles. Interest groups could also be formed through the site, bringing students together to form study, work and class groups.

As of today, Facebook has more than 1.65 billion users, and it the most popular social networking site in the world, according to statista.com.

Facebook hasn’t statistically seen a large drop, but the youth of today have begun to show a disinterest in the platform.

Nicole Stout, sophomore in environmental science, said the use of Facebook has “definitely decreased among [young] people … because so many other social media sites that have been established that [youth] enjoy using more than Facebook.”

Stout continued on by saying she personally uses Facebook to “keep up with people’s ideas on political issues … and share lots of photos at the same time.”

Twitter is one of those social media sites that Stout described. Twitter self-identifies as a social media and news site, allowing users to post 140-character messages in the form of “tweets.” Created in 2006, Twitter became increasingly popular by 2012, with more than 100 million users posting 340 million tweets a day. Today, Twitter reports that it has almost 310 million monthly users.

Twitter is the second most used social media site...
among college students, with 32.5 percent registered for an account.

Twitter has proven to be the most active communication site. On the night of the 2016 presidential election, nearly 40 million tweets were sent out by 10 p.m. as a result of all of the breaking news sent out throughout the night, according to The New York Times.

But Twitter has faced significant backlash because of its allowance of hateful language and online harassment, and bullying as a consequence. The site has made strides in attempting to filter out the inappropriate content, but the First Amendment limits its power.

Instagram is the most popular social media site with college students, with 58.6 percent registered for the service. The site offers photo and video-sharing capacities, photo editing tools and links to other social media sites where you can also share your posts. Created in 2010, Instagram gained popularity beginning in 2012, after being bought by Facebook. As of 2013, the company reported that it had more than 150 million monthly users.

Ashley Rolf, open-option freshman, said she enjoys Instagram the most out of all of the current social media sites because “… it’s a more creative platform. It’s more photo-oriented, and I post [on it] a lot more compared to Twitter.”

Perhaps the most controversial social media platform, Snapchat was developed in 2011. Available in app form, by May 2012, the company reported that more than 25 images were being sent per second. Four years later, in May 2016, Snapchat reported massive growth, boasting 10 billion daily video views.

During the 2016 presidential election, Snapchat gained major traction. With the new “Discover” feature, users were able to access news in the form of a swipe, with BuzzFeed, People and the New York Times all featuring daily videos on the app.

There is no age requirement for the app, meaning that youth of any age with access to a smartphone are able to create an account. With the “Discovery” feature sometimes showing inappropriate content, young people are often exposed to content some think they shouldn’t be. Parents have spoken out about the content, but Snapchat has made no moves to accommodate these requests.

What could be the most popular anonymous app on college campuses, Yik Yak is a “sharing” app that allows users to communicate with others within a 5-mile radius. Users have the ability to write, respond and “vote” on contributions. Created in 2013, the app was ranked as the ninth most downloaded social media app in the United States, according to yikyaker.com.

Yik Yak has faced backlash because of the amount of cyberbullying that was reported as a result of its content. Some high schools around the nation have banned cellphones from their schools because of Yik Yak, according to USA Today, NBC and CBS. College campus have attempted to do the same, but were unsuccessful due to facing immense backlash from students.

But the app has been credited for having a mostly positive influence on young people. It has prevented suicide attempts, due to those reporting to authority’s posts that they believe are suspicious, and has improved security in schools for the same reason.

Communication with others is key, and today’s online culture and social media are great tools to do so. But social media can be a dark place, leading to hate and discrimination. If used for its intended purposes though, online culture can continue to thrive and foster creative, kind and positive people for decades to come.

When asked if the current state of social media is one that fosters either positive or negative reactions, Stout said she believes “… in some ways, it can tear people apart. But if it’s used correctly, it’s a good thing overall.”
There is no CHRIST in COFFEE

Zero opinions needed in or on cup

By Jazz.Niehuas
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As the holiday season rolls around in a world sa- shaying toward political correctness, the seasons seem to be less of a dream of candy canes and gumdrops, and more of a horror story.

Whether or not to send out your Christmas cards to your atheist co-workers or if your very Christian family will be repulsed by your last-minute presents of Starbucks gift cards. Whether you attend midnight mass, a small get together with some friends, or Festivus for the rest of us, we all can see tensions rising high as we get deeper into the month of December.

For some reason, people love getting angry around the holiday season. It could have something to do with the nasty weather, cars unwilling to start and only hearing Mannheim Steamroller for a month straight.

In my case, I become as bitter as the cold because I am sick and tired of hearing about the political correctness, or the lack there of, during the holiday season.

In recent history, people seem to love to be up in arms about the holiday cups at Starbucks. Last year, some Christians felt personally attacked by the solid red holiday cups. Joshua Feuerstein, a former pastor, posted a video that eventually went viral on Facebook claiming "Starbucks has removed Christmas from their cups because they hate Jesus." The video gained millions of views and shares and really seemed to strike a note with soccer moms and opinionated old men across the country.

The claim that society is trying to "take the Christ out of Christmas" is a favorite among die-hard Christians. Feuerstein fails to mention that Starbucks still continues to sell ornaments to be hung on CHRISTMAS trees and their signature CHRISTMAS blend coffee and CDs filled with CHRISTMAS music.

When it comes to their cups, there is no "Christ" in Coffee, and Starbucks has the freedom to represent the holiday seasons as inclusively or exclusively as they see fit.

Christians are not the only ones finding new and creative reasons to be personally offended this Festivus season. In 2013, atheists as a part of the Freedom From Religion Foundation protested the public Nativity scene placed outside of the Richard J. Daley Center in Chicago. In 2014, Satanists at Michigan’s capitol erected what they called ‘a snaketivity scene’ near the Nativity scene that continues to make an appearance each year.

Classically, there is the age-old debate of "Merry Christmas" vs “Happy holidays!” and who you can make post a heated Facebook status first, evangelical Christians or PC liberals. Personally, I don’t mind either as long as nobody says “Happy Christmas.” I sincerely cringe at the thought. But if you’re still debating merry Christmas against happy holidays, I am here to tell you one thing: it doesn’t matter.

From the eyes of a not-so-religious, left-wing girl who grew up in a very-Christian-merry-Christmas family, when somebody wishes you a “Merry Christmas,” they are more than likely doing one thing: being nice. When somebody leaves you with a “Happy Holidays!” they are being nice and inclusive. Most of the population is not attacking you with their religion or their lack-there-of.

When these cold December days turn to dark December nights beginning at 4 p.m., we all want the same things: warm drinks, good movies, finals to be over and to be surrounded by the people we love. Our religion, political affiliation, preferred holiday greetings and even our coffee cups do not change that.

May we all remember that the holidays, no matter who you are, signify the season of giving. For you, that may mean giving gifts; for others, giving their time to a good cause. I can only hope that for all of us, it will mean giving our long-winded opinions of the holiday season a break.
EDITORIAL

Milo, censorship and free speech

ISU Students 4 Trump, and other conservative forces on campus, would have students believe that their First Amendment rights are under assault by the tyrannical administration here at Iowa State University. The organization, which is not an official student group but rather a charter of the nationwide group Students 4 Trump, made national headlines after canceling a Milo Yiannopoulos event last week.

The event, originally scheduled for last Friday at the Memorial Union, was part of the alt-right troll and Breitbart News editor’s “Dangerous Faggot Tour.” It was canceled after ISU Students 4 Trump, the organizers of the event, were saddled with a hefty security fee just a week before Yiannopoulos was to arrive.

ISU Students 4 Trump took this as a direct attack on not only conservative ideology, but free speech itself. Iowa State said in a statement in early December that, due to threats of violence at other universities where Yiannopoulos appeared, the security increases were necessary to ensure the safety of everyone involved.

Austin Giles, the president of ISU Students 4 Trump, said he’d already paid almost $1,000 to book a room in the Memorial Union for the event. Since ISU Students 4 Trump is not a student organization, it is required to pay full price to reserve rooms on campus. Shortly before the event, the university contacted Giles telling him that six ISU police officers would be necessary for security, coming with a price tag of almost $2,000.

“It’s ridiculous to say one week before the event, ‘Here’s $2,000 you need to pay,’” Giles said to KCCI. “We’re not going to let the university be a racketeer. Oh, it’s now more money. That’s abuse.”

Censorship – which Yiannopoulos specifically accused Iowa State of perpetrating in his statement about the event’s cancellation – requires intent. If Iowa State purposefully waited until just a week before the event to apply the $2,000 security fee, fully knowing that no college student would be able to come up such an amount and as a backhanded attempt to restrict conservative speech and to push its leftist ideology, then as proponents of free speech, journalists everywhere should speak out.

However, there is no evidence to show that this wasn’t just a simple case of bureaucratic overlook, or a situation where the university looked at the reality of past Yiannopoulos events and decided that more security would be necessary, a step it is ethically obligated to take.

If that’s the case, than perhaps ISU Students 4 Trump, and other conservatives on campus, should look more carefully at who they align themselves with – that is, if free speech is truly what they care about. It’s hard to have any real dialogue when hateful rhetoric is used to undermine the views, and lives, of others.

Yiannopoulos is no stranger to controversy. Most recently, his racist, sexist rhetoric, compounded with his organized harassment of actress Leslie Jones over the summer, led to his permanent banishment from Twitter.

And while in his interview with KCCI, Giles seemed to take the position that Yiannopoulos can’t be a racist fascist because he is gay and Jewish (such a reality makes his position at Breitbart News seem like the essence of sadomasochism, and at the very least ignores the role intersectionality plays in oppression), Yiannopoulos’ stances on social justice, women’s rights and Islam speak for themselves.

In fact, Yiannopoulos has had his collegiate tour canceled at two other schools, the University of Maryland and North Dakota State University, due to similar security concerns. Giles even speculated that if ISU Students 4 Trump had been an official student organization, it would have been unable to host Yiannopoulos at the university, as the majority of his positions violate school policy regarding inclusion.

But while it is the opinion of this editorial board that Yiannopoulos’ poisonous rhetoric and hate-filled views dilutes public discourse to the point of deterioration, it is his right to say it. That said, just because one has the right to say something does not give it value when it comes to civil discussion. If it was the intent of the university to cancel Yiannopoulos’ event through unreasonable security hikes, then that constitutes a direct violation of First Amendment rights. Any alternative, however, seems more like bureaucratic error or a legitimate security concern.
Most people from Iowa already know that wrestling is a big deal within the state. The high school state wrestling tournament is one of the biggest and best in the nation. The Iowa, Iowa State and Northern Iowa wrestling programs are mainstays as some of the best in the country.

But the Iowa State Wrestling Club is sometimes overlooked. The club is a place for students to come and practice their wrestling skills, compete in tournaments or just as a way to get in shape. Any student is welcome to join. They can come once or twice a week if they’re just looking for a hobby or something to further their college experience. Or if the student is more of a die-hard and needs to feel the rush of competing, they can come every day and participate in tournaments and meets across the country. Not only does the team compete with actual college programs and other clubs around the country, this club is good — really good.

The club competes as a part of the National Collegiate Wrestling Association (NCWA) and is ranked No. 7 in the nation among more than 160 different institutions and clubs. The team is also ranked as the No. 1 program in its division, ahead of the second-place team by more than 100 points.

Just two years ago, the club was barely functioning, it was more of a way for people to get together and horse around than compete and get in shape. First-year head coach August Wesley attributes the changes to many different factors. “There was always some pieces missing to cultivate that winning atmosphere,” Wesley said. “In past years, the numbers haven’t been there, the talent hasn’t been there and the coaching hasn’t been there.

“These guys needed someone to give leadership and...
Leadership is exactly what Wesley has provided, and he has brought in plenty of the needed experience.

Before coming to Iowa State, Wesley was the head coach at Sacramento State from 2011 to 2015. He won multiple coaching awards, including a conference coach of the year in 2012 and a nomination for national coach of the year in 2012.

Wesley is trying to cultivate a winning mentality within the program. And that is already becoming evident in the attitudes of the wrestlers on the team.

Iowa State junior Chase Reising was plagued with injuries during his high school career, but he knew before he even came to Iowa State that he wanted to join the club team. Reising was with the program a couple years ago when it was what he described as “a couple of guys getting together to roll around on the mat.”

With Wesley bringing in the new mentality, Reising is now ranked third among all 184 pounders in the NCWA and boasts an 11-4 record in his junior year.

“All of us that have stuck with it are all gung-ho and excited for the future,” Reising said. “[Wesley] has really been pushing us in the right directions and it’s been awesome. Even when he’s not here he’s calling us with questions and giving us advice. I have improved so much from just last year to now.”

Reising is not the only wrestler experiencing some great successes this season. New to the team this year is freshman Costas Hatzipavlidides. Hatzipavlidides, a native of Pennsylvania, also came to Iowa State with the intent of joining the wrestling club.

In his freshman year, Hatzipavlidides has a 15-6 record and is ranked No. 5 nationally among all weight classes and No. 2 in his weight class of 174.

“There’s a lot of things that factor into the success of the team this season,” Hatzipavlidides said. “There’s guys that come in and push to compete and there’s guys that come in just to have a good time and wrestle, but we’re all really supportive of each other and that really helps.

“Not only are we supportive in the wrestling room, but also in the classroom. It’s just a great team to be a part of and I’m excited to see where we can take it.”

The club will finish its semester on Dec. 19 and 20 at the Desert Duals in Las Vegas and has many tournaments and duals scheduled for next semester.
Iowa State lost to the University of Iowa 42-3 on Sept. 10 at Kinnick Stadium. The win was the Hawkeyes’ second straight victory against Iowa State in football.

**2016 SPORTS REVIEW**

After three years of relative dominance in the Iowa Corn Cy-Hawk Series, the Cyclones started the series on the wrong foot, losing to Iowa in football 42-3 on Sept. 10. The basketball teams didn’t fare much better, as the women’s and men’s teams fell at Carver - Hawkeye Arena on back-to-back nights. The men, who entered the game as six-point favorites, lost 78-64 Thursday night. The loss ended a three-year win streak.
Start a winter blog

By Grace. Rigdon
@iowastatedaily.com

The stress of finals and late nights in the library are finally coming to a close, and the next three weeks are for you! The thought of sleeping in your own bed, hugging your family members and binge watching Netflix is almost in reach. What are you going to do with your break and how are you going to spend your time?

Many people find a real love in writing and capturing great memories that can then become shared stories with others for a lifetime. This Winter Break, you have a chance to finally sit down, kick your shoes off and start your own blog in the comfort of your home.

This is a how-to article for kicking off your blog, Winter Break style.

Before creating your blog, think about what you want to capture this Winter Break. Do you want to focus on your fabulous holiday and winter wardrobe or your favorite holiday meals and top books you must read? Find what passion you want to follow and go for it. The best blog has personality and love for what you are writing about.

I always get questions on what website to use to create a blog. The answer is, it's up to you. Lots of people think there is a special trick but it truly is learning what website you can learn to maneuver and what you enjoy using. There are so many including Wix, Weebly, Yola and more. I personally use Wix because I love the tools and bonuses it comes with.

After getting a website and creating your domain you are ready to start writing. What do you want your first post to the world to be? If you’re stuck, try these ideas for great winter stories.

Clean it up for a lookbook

Winter cleaning is always one of my favorite things to do. Rummage through your closet and find some classic throwbacks you forgot you had back there. Take out your big sweaters and favorite winter boots along with the perfect Christmas and New Years Eve dress. Try them on, hit the town and bring a camera. Take pictures in the mirror of these looks and spend time writing about how they make you feel, how they make you look and why this is important to others.

Highlight your family

Do you like ugly Christmas sweaters? Take pictures of your family in their ugly sweaters and write about your favorite memories that come from them. Write about what makes them ugly and what makes them such a great tradition.

Feed your inner foodie

Are you a holiday food lover? Take pictures of your favorite home-cooked winter meals and give out the recipes. Give your viewers the steps you took and healthy benefits. Share your favorite holiday cookies or what you like to make with your family. Do you have any family traditions you do every year?

Go to your favorite hometown coffee shops and write about your favorite winter coffees and the way you feel snuggled up back at home. Take pictures of the way this makes you feel and the cute coffee store stools.

Read something besides a textbook

Hit up Barnes and Noble and share with us the hot new reads that are perfect for sitting by the fire with our puppies and blankets. Hopefully these ideas sparked creativity, and I encourage someone with passion to get out there and start writing. Winter Break is the perfect time to start your own blog because you will have all of the time in the world, a great couch to sit on and work, and winter-flavored coffee you can sip on while getting down to business.

If I could give any advice, it would be to take great pictures and really capture the moment. Readers/viewers love pictures to help create the story. Then, share your photos on all social media with a link to your article, and others will be thankful you are sharing a part of you and giving advice, tips and your favorite tricks.

Hopefully, this will start your winter adventure of exploring you and writing down this beautiful break you are about to have. Take it in, be yourself and kick off your blog Winter-Break style.
Tre Moore, senior in journalism and mass communications, has a strong love for fashion and uses it to express himself on a day-to-day basis.

Walter Hardy, freshman in apparel, merchandising and design, loves to go thrift shopping to find pieces to develop different aesthetics.

Grace Olsen, freshman in apparel, merchandising and design, believes that there is never not a time to dress up.
**HOLIDAY CRAFT JARS**

By Amanda.Wymore
@iowastatedaily.com

'Tis the season to be generous and giving ... but you’re broke and losing time.

Scratch the idea of buying that expensive gift for each of your family members and make a homemade gift that is inexpensive and works for lots of different people on your list.

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**LAZY JAR**

**INGREDIENTS**

- 42 oz. bag Holiday Milk
- Chocolate M&M’s
- Paper towel roll
- Money (bill of your choice)

**DECORATION**

- Large jar
- Gift tags
- Twine
- Scissors
- Markers

As a last-minute gift in a jar, throw some candy around a bit of cash.

By Amanda Wymore/Iowa State Daily

As a last-minute gift in a jar, throw some candy around a bit of cash.
**BLOODY MARY**

**INGREDIENTS**
- 5.5 oz. V8 Juice can
- 50 mL mini vodka bottle
- 59 mL mini Tabasco bottle
- 1.5” x 2” zip-style bags
- 3 Tbsp. celery salt
- 1 Tbsp. Paprika
- 2 tsp. black pepper
- 1 tsp. ground mustard

**DECORATION**
- A large jar
- Gift tags
- Card stock
- Raffia
- Twine
- Striped straw
- Scissors
- Stapler
- Markers

*Amanda Wymore/Iowa State Daily*

*This gift includes everything you need to make a bloody mary drink.*

---

**HOT COCOA**

**INGREDIENTS**
- 2 cups sugar
- ½ cup unsweetened cocoa powder
- 1 cup all-purpose flour
- ½ cup chopped pecans
- ½ cup chocolate chips

**DECORATION**
- Wide-moth quart canning
- Gift tags
- Red and green twine
- Scissors
- Markers
- Spatula

*Amanda Wymore/Iowa State Daily*

*Give the gift of ready-to-make cocoa in a jar.*

---

**TASTY BROWNIE**

**INGREDIENTS**
- 1 ¾ cup non-fat dry milk powder
- ¾ cup unsweetened cocoa powder
- ¾ cup powdered sugar
- Mini chocolate chips
- Crushed candy canes
- Mini Marshmallows

**DECORATION**
- Wide-mouth quart canning jar
- Gift tags
- Card stock
- Raffia
- Twine
- Striped straw
- Scissors
- Markers

*Amanda Wymore/Iowa State Daily*

*Give the gift of brownie mix in a jar.*

---

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The internet is a place that holds hours upon hours of video. Some of those videos become popular and spread across the internet like a virus, while others go unnoticed. They reach audiences everywhere, including people right here in the Ames community. Ames Finds Films is an annual event that showcases videos from YouTube and Vimeo that are local favorites.

Tom Lindsley started Ames Finds Films as a small get-together in his house, and after a few years of doing the event, he decided to pitch the idea to venues in downtown Ames. Since that time three years ago, the film festival has been held at DG's Tap House.

Most video submissions in the event are pre-existing videos that are not produced by local residents. This aspect makes it different than a typical film festival, but Lindsley set it up that way on purpose. He was interested to see what types of videos people would find and turn in.

Lindsley started looking into how people view content online while he was a graduate student at Iowa State University. “I was in grad school at the time and some of my study was looking at how people create and consume content and connect in the world,” Lindsley said. “I found that we have the ability to create all kinds of content at the click of a button, but we are much better at consuming that content then creating it.”

Anyone can submit their favorite video to the Ames Finds Films website. After the submissions are in, Lindsley goes through about seven hours of video to find the best ones. Thirteen different categories are set up on the site for video submission.

During the event, audience members will watch the videos that make it into the event, and then they vote for their favorites in each category. Ames-related, animals, bloopers and commercials are just a few of the categories in the festival.

Lindsley said the comedy categories, such as parody, tend to get the best reactions from the crowd, but serious and inspirational videos are also popular.

At the end of the night, each winner from every category will be submitted into a final pool together to decide the overall best video of the night.

While selecting the videos for the event, Lindsley said he likes to bring in a mix of videos that are well known, along with ones that may fly under the radar.

“I like to have a good mix,” Lindsley said. “I think that no matter how viral something has gone, there is still a pocket of people who haven’t seen it, so there’s still gonna be a crowd response to some of those, and [to] those who have seen it, if it was popular enough, you’re gonna get the whole crowd into it.”

Prizes are given out to each category’s winner as well as a grand prize, which is awarded to the best overall video.

Lindsley said the bar has had good turnouts for this event, and he mentioned that some attendees come back year after year to submit new entries. He said several of those who make the event a tradition enter unique content each year that may have gone unnoticed by most people.

“This brings out a lot of videos that were hidden in the woodwork,” Lindsley said.

Lindsley believes that one of the most important aspects of this event is that it brings people together and lets them all share with each other.

“My hope is that events like this bring people into a space where they are around people they haven’t met before,” Lindsley said.

Ames Finds Films 3 will be held at DG’s Tap House at 8 p.m. Dec. 16. The event is free and it is for ages 21 and older only.

To find out more about Ames Finds Films, or to submit a video, visit the event’s website.
Student Union Board announced on Facebook last week that actor Jesse Eisenberg will speak in the Great Hall in January. Eisenberg will be in the Great Hall at 11 p.m. Jan. 27 as part of ISU AfterDark.

Eisenberg is known for his roles in “The Social Network,” “Zombieland,” the “Now You See Me” films and “Batman v. Superman.”

The New York native grew up participating in theater. After transferring to the High School of Performing Arts in New York City, Eisenberg landed a role in the independent film “Rodger Dodger.”

Eisenberg gained some attention in 2005 after his performance in the independent drama “The Squid and the Whale.”

2009 was his breakout year, when he starred alongside Kristen Stewart in “Adventureland” and then alongside Woody Harrelson in “Zombieland.”

The next year, he was nominated for the Acedemy Award for “Best Actor” for his performance as Mark Zuckerberg in “The Social Network.”

Since his nomination, Eisenberg has starred in several box-office successes including “30 Minutes or Less,” “Now You See Me,” “Now You See Me 2” and “Batman v. Superman.” He has also continued to appear on the stage, acting in several New York theater shows.

Eisenberg’s show at the Great Hall will be free for everyone.
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The Iowa State Daily’s annual Student Choice is an opportunity to cast your vote for the best places around campus and the city of Ames in a variety of categories. The top 3 in each category will be featured in a special section in the Feb. 22 issue of the Iowa State Daily to celebrate the achievement of being a Student Choice business or organization.

*One random survey response will be selected to win a $200 HyVee gift card.