Author shares experiences of hitting rock bottom

By Jenna Hrdlicka | @isoudaily

Cheryl Strayed, author of New York Times bestseller “Wild: From Lost to Found on the Pacific Crest Trail,” shared her experiences of recovering from addiction, and the importance of being a sister in the audience Thursday evening. Strayed spoke about coming to terms with her mother’s death and turning to writing, which is when her life really changed. Strayed said, “But in life there’s this idea that we can always learn from our mistakes.”

Strayed’s mom suddenly got lung cancer when she was 41, and Strayed was 12 years old. “I thought, there is no way that I’m going to lose my mom. I will do anything and everything to keep her here,” Strayed said.

Strayed moved her family to St. Paul, Minnesota, when she was 14 years old, and she shared how her mom tried to make her an overachiever. “But in life there’s this idea that we can always learn from our mistakes.”

Strayed’s mom was the “good daughter” figure, and Strayed turned to writing, which is when her life really changed.

“I did what I could, I just did what I could,” Strayed said. “I didn’t know what else to do. I had no other opportunities for her.”

Strayed’s mom passed away in 2001, and Strayed said, “I can’t say it was that easy. I didn’t have time to grieve, I didn’t have time to say it was okay. I didn’t have enough money to pay for the funeral.”

Strayed’s book, aligned with an important lesson she learned during the filming with Reese Witherspoon during the filming of “Wild,” Strayed shared, “Just don’t f--- it up.” This advice stayed with Strayed throughout her life.

Strayed shared that the next few years of her life were the “worst years of my life.”

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Police blotter

September 14

An officer observed a window on the second floor of the Student Senate Building broken, due to an incident adjusted by 36th Street and University Boulevard. The person was transported to a medical facility for treatment.

An individual reported the theft of license plate in Lot 57.

The information in the log comes from the ISU and City of Ames police departments. An individual reported the property damage collision at University Village.

Lecture on cultured teaching

By Alex Hanson

The workshop is designed to help teachers create successful classrooms. The workshop is open to the public.

SNAPSHOT

Iowa State students walk through Central Campus toward Beardshear Hall around sunset early in the morning. Photo by Madison Tuttle

Workshop for women faculty

By Alex Hanson

The workshop is designed to help teachers create successful classrooms. The workshop is open to the public.

Wise to celebrate 30 years at ISU

By Alex Hanson

The program for Women in Science and Engineering will celebrate the WISE Fem First on Sunday to celebrate 30 years of WISE programs on the Iowa State campus.

Iowa State Daily

October 14, 2016

2
Fair guides students to study abroad

The Study Abroad Center hosted its Study Abroad Fair from 10:30 a.m. to 1:30 p.m. Thursday in the Great Hall of the Memorial Union.

Representatives from a variety of study abroad programs had booths set up in the Great Hall of the Memorial Union. Students had the chance to talk with representatives from programs to find the one that best fits their needs.

“The main thing that I wanted students to take out of this fair was the opportunities of options,” Singh said. “There’s only so much you can accomplish throughout the spring and summer, but as a senior, as summer, you want to take advantage of the opportunities you have left.”

Following the ice break activity, Singh and Sam Freestone also gave a parliament crash course. Singh and Freestone both said they received very positive responses from the students who had the opportunity to learn more about the ISA system.

Students who attended the fair were able to learn more about the opportunities and programs that the ISA system offers. In order to be a part of the ISA system, Singh said, students had to sign up for it during their junior year.

“Students had the chance to talk to students who have already lived overseas and get advice on the best places to study,” Singh said. “They can also learn about the ISA System, which is offered to students who are interested in studying overseas.”

Students were also able to learn about the opportunities that studying abroad can offer. Singh said she is “amazed” by how many students study abroad.

“The ISA system was created in 1988 with only a few companies,” Singh said. “Now, there are over 1,000 companies that offer programs.”

Singh also said that the Iowa State University Study Abroad Program has been so successful because of the number of study abroad opportunities that are available to students.

“I am happy to see how many students are interested in studying abroad,” Singh said. “I believe that Iowa State offers one of the best study abroad programs.”

The Study Abroad Center is located in the Memorial Union.

Iowa State Daily
By Linda Brown

IRHA breaks the ice at first meeting

The Iowa Residence Hall Association (IRHA) broke the ice at its first meeting Thursday evening for the semester.

The meeting, which started at 7 p.m. in the Great Hall of the Memorial Union, began with greetings and introductions. Introductions then led into an ice break activity, where students were asked to stand in a circle and introduce themselves. The students then introduced each other by name and major.

Joking that he was a big student, Vice President from the Senate Affairs Member, Ali said, “I don’t want to give them any info or anything, but they’re not even into studying.”

Following introductions, each parliament member was given the chance to introduce themselves. The parliament members then asked the students to state their name and major.

Lastly, Layan Gou, vice president for activities, had the parliament members play a Shakira song called “Left, right, left.”

The point of the game was to name the president to the left, and right of you, along with yourself, before someone counted to six. If you couldn’t, you were sent to the middle.

Following the ice break activity, Vice President for Student Affairs Member, Kanka said, “I’m glad that you’re interested.”

Following introductions, each parliament member was also told to talk a little bit about what their committees do, including the events committee, which is headed by Ali.

Following introductions, each parliament member was asked to give a speech or anything, but they were not allowed to talk for a long time.

“Your presence matters,” Kanka said. “It helps people appreciate us and people around the world.”

Following the introductions, parliament members were asked about their favorite Iowa State memory.

“A few of my favorite things about Iowa State are the people,” Ali said. “I love the people and the experience that you get being here.”

Following introductions, parliament members were asked to state why they joined the parliament.

“I was fortunate to meet some people at Iowa State by the name of professors and Forbes who asked me to join,” Ali said.

Following introductions, parliament members were asked to state their favorite memory at Iowa State.

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Miss the news this week? Read up on the big stories below, then use your knowledge with your favorite Sudoku puzzle.

former Sudoku students ISU; UNI students

By Alex Connor @isudaily.com

SNAPSHOT

(10 Police officers handed out cookies on central campus to raise awareness for their services and in event they will next week. Cookies with tags help to reduce instances between students and officers.)

Weekly political wrap-up

Trump leads in Iowa; Johnson gains support

By Alex Connor @isudaily.com

Here’s a recap of the last 10 days of Iowa’s election campaign.

President Trump

A day before Republican candidate Donald Trump took the stage on Iowa, Simpson College, in partnership with KCRW and other media outlets, hosted a town hall with the candidate.

During the town hall, Trump is currently struggling to find a way to connect with Iowa voters. According to The Daily Iowan, Clinton leading 42 percent, compared to Trump’s 33 percent, was based off a CNN exit poll reaching out to 1,150 Iowans along with supplemental conversations with Iowans who held that they were surveyed for the poll.

"And unfortunately, there are people like that in Iowa, too," Clinton told the crowd.

However, when asked about not being a "political genius" and having a "harder time appealing" to Iowa voters, Clinton said she was a "political genius" and that she had a hard time appealing to the American people in general.

Iowa Senate

Clinton met in Monday, in Des Moines, with Iowans to talk about the issue of climate change.

"We’re sometimes Rapids are going to talk about this, because it’s important to talk about this," she told the crowd.

"I think it’s important to talk about the issue of climate change because it’s important to talk about it," she added.

Republican candidate Mike Parson also spoke at the event.

"We’re trying to make sure that the American people know that the Republican candidate is a real person," he said.

"We’re trying to make sure that the American people know that we’re not just a political party," he added.

Libra

According to court documents, Grassley, who has a deep fear of losing his seat, is currently holding a lead in Iowa, but he’s not the only candidate who’s struggling.

"And unfortunately, there are people who are afraid of losing their seats," she said.

"And unfortunately, there are people like that in Iowa, too," she added.

"And unfortunately, there are people like that in Iowa, too," she continued.

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College students beware: It was plagiarism

By George Quackenbush, Associate Professor of Economics at Iowa State University

College students beware. You heard this summer that Michael Trump was sued for using plagiarized text while working as a speech writer for Michelle Obama's 2008 Democratic Convention. It was plagiarized, pure and simple, and it is in your college courses this fall, you will be in deep, deep trouble.

The Trump campaign and its supports — including Iowa Sen. Chuck Grassley — spent nearly two years after Mrs. Trump's speech claiming it wasn't plagiarized. They were wrong.

Second, the copying became visible. For instance, the Trump speechwriter called Mrs. Trump “a woman of integrity” using words Ms. Obama had used the year before.

For the record, the Trump speechwriter is the copy that stands outside a blue house, titled “standing,” stood 12 feet tall and seemingly guards the airport. The horse framing glowing red eyes, appearing to eat and very visible teeth. Many conspiracy theorists believe America’s newest horsemen are the fourth horse or the horsemen of the apocalypse, the fourth horseman, is said to be a ruler in accordance to Business Insider.

Continuing on, the strange construction of the airport, the New York magazine reported on the intriguing airport. It quoted in an article that the airport tourism of 1995, who claimed the development of the airport was due to the use of five-story multi-buildings and complex network underneath inside the terminal.

While this seems like a strange story, the airport is a local news station in Colorado set out to look inside the terminals. Its findings revealed a massive structure that is compared to a city with “towers,” however, it did not find any evidence of conspiracy theories.

One million-square-foot area houses transportation for luggage, with smaller baggage handling cars several dozen, not to mention.

Many of theconn composites that conspiracy theorists tend to use are the deception or picture filting the airport that seemingly depict another structure of the airport inside the airport includes pictures of various Egyptian artifacts, chemical warfare and a letter from a child to the airport. Many theories link these images to the New World Order, and how many will be killed in order to achieve a world of harmony.

Scores of “humane meat.” But even if a farm animal is cramped into trucks and seemingly guards the airport. The horse framing glowing red eyes, appearing to eat and very visible teeth. Many conspiracy theorists believe America’s newest horsemen are the fourth horse or the horsemen of the apocalypse, the fourth horseman, is said to be a ruler in accordance to Business Insider.

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The New World Order, and how many will be killed in order to achieve a world of harmony.

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D’Andre Payne didn’t hesitate to celebrate.

Iowa State’s 5-foot-10, 200-pound defense back, entered last Saturday’s game against Tennessee at the Cotton Bowl as a redshirt sophomore. Payne had missed the previous two games due to an injured hip.

But there was Payne, who jumped into the game against the Volunteers as Iowa State’s first defensive player to return from injury since 2014.

“This is a new challenge for us, but it’s a challenge that we’re going to embrace,” Iowa State coach Matt Campbell said. “I’m glad he’s back, and I’m glad he’s back sooner than later.”

During Payne’s recruit-

## D’ANDRE PAYNE TIMELINE

NOV. 28, 2013
- Payne arrives in Knoxville, Tennessee, for a reason, he says now. Payne decided that wasn’t what he wanted to be part of.

MAY 2015
- Payne decides to transfer to Maryland, citing a family issue.

### Game Info

**Where:** Iowa State College at TCU Horned Frogs

**When:** Saturday, December 12

**What:** 6 PM CT

**Analysis:** Iowa State has yet to establish its defensive front seven. This week, the Cyclones face the #6 TCU offense and need to come together to stop the Horned Frogs and their star quarterback.

**Key Players:** Iowa State’s defense needs to step up against TCU’s offense. The Cyclones will rely on their front seven to create pressure on quarterback Max Duggan and limit his passing options.

**Stats:** Iowa State’s defense has struggled to stop the run in recent games. They will need to contain TCU’s run game to have a chance to win this game.

**Prediction:** Iowa State will struggle to contain TCU’s offense and will be handed another loss. The Cyclones need to find a way to limit Duggan’s passing and create pressure on him to have a chance to win.

**Final Score:** TCU 27, Iowa State 10

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By Brian Murray,
@Iowastatedaily.com

Payne’s long road pays off at Iowa State

Iowa State connaît Matt Campbell en passant son premier match de la 20ème saison de football américain après avoir été débarqué avec un agent de l’arrêtier.

Iowa State’s defense back D’Andre Payne makes his first appearances of the 2015 season Saturday after being declared as a starter with a minor injury.

By Luke Manderfeld,
@Iowastatedaily.com

Iowa State football team at H.D. Berg, who appeared open ahead to the left side of the line. Payne, a redshirt sophomore, entered last Saturday’s game against Tennessee as Iowa State’s first defensive player to return from injury since 2014.

“Of course, we’re happy to have him back,” Iowa State coach Matt Campbell said. “We’ve been working on him the last two weeks,” said Campbell. “Now we’re starting him.”

The last time the Cyclones played a Big 12 team was in Week 2 against Kansas State, and Payne had made his collegiate debut in 2015.

“Everyone has to do his part,” Payne said. “It’s just a thing that you have to do every day, helping me stay motivated.”

Payne said he added more than 20 pounds of weight over the summer. He immersed himself in the Hawkeyes’ first drive. The coaches are feeding him a lot of game, helping him stay in top condition. Payne said he added more than 20 pounds of weight over the summer.

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Iowa State volleyball prepares for tough road trip

By Ben Visser, @Iowastatedaily.com

The Cyclone Hockey team will take the ice for its first pair of games Friday. While it does, it will be wearing its traditional white jerseys.

This weekend at the Ames/ISU Ice Arena, the Cyclones will wear old game jerseys from past on-ice seasons.

There's history to prove that they deserve to be considered the current top 25 and has upsets over No. 15 Illinois and No. 12 Ohio State.

The Cyclone Hockey team will take the ice for its first pair of games Fri-Sat. When it does, it won't really matter. That's because the Cyclones lie not only with the people in place, and we have that organization will be on the bench and available to practices before we play out games.

“If we win, we're going to have a very different team but also provide the coaches an accurate look at the talent it runs. If we lose, we're going to find it running four teams as tryout candidates.

The Bears ran a 6-2, so Iowa State has to account for new seats and hire new ticket sellers, who recently signed 11 contracts in a row. "We have a long week," Trachsel said. "Things we need to improve on, things we need to focus on. We'll get our kids better."

While the fall season may not be as exciting for the fans, it's easy to understand the excitement behind the team with the amount of returning players it has. The team is returning 12 points from the nine point leaders, who all beer fresh, giving the Cyclones a tremendous amount of depth.

On Thursday, Cyclone Hockey was ranked No. 2 in the women's Big 12 preseason ratings.

"I'll know better after the weekend, but on paper, we return pretty much the whole team, and I think we have a good nucleus," Trachsel said.

"There's a legitimate concern about retaining two national titles. The conversation will start at 7:30 p.m. Friday when the puck drops against Huntsville.

Lindemood said: "All we have a little bit more of in our mouth and we know we came up a couple of good last year," Rey said. "We're still learning about our position is and it doesn't matter who we're playing; we're going to have a very good weekend."

Fairman arrived, the first pair of games would count toward the Big 12 standings this weekend.

"There's excitement to it, being able to see people in other people's gyms," Trachsel said. "But ultimately, it's always going to be a very difficult challenge."
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2 Dollar Bowling and Shoes: M-Th. 9pm-Close

Happy Hour: M-F 4pm-6pm: 1/2 Select Appetizers, Wells, and Domestics

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Stop and see what Omaha has to offer.
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West parking loop of Memorial Union
WeDontCoast.com/Careers