World Diabetes Day Day raises awareness for impact of disease

BY JULIA BENDA @IOWASTATEDAILY.COM

World Diabetes Day began in 1991 in response to growing concerns around diabetes. This year it will be recognized Thursday. Insulin is a hormone made by the pancreas that allows glucose from food to pass from the bloodstream into the body cells for energy.

Amanda Schickel, recruiting and career coordinator for the College of Human Sciences, will be leading a workshop on salary negotiation to students looking for full-time jobs or internships.

The "Salary and Offer Negotiation Workshop," hosted by Iowa State’s College of Human Sciences Career Services department, will discuss aspects of negotiating salaries for students when applying for jobs and internships Thursday.

The workshop will be 4:10 to 5 p.m. in LeBaron Conference Room 1009. Derek Gibson, junior in computer science, has type 1 diabetes. Gibson said having diabetes is an inconvenience and has caused a lot of problems.

Type 1 diabetes, previously known as juvenile-onset diabetes, is usually caused by the body not producing enough insulin. Diagnosis usually occurs when the pancreas is no longer able to make insulin, or when the insulin it produces "... fails to reach the parts of the body it's supposed to..." according to the International Diabetes Federation website.

Research has shown that when students are able to practice negotiation, the more that students learn about it, get comfortable with that topic, they might be leaving money on the table," Schickel said.

"It’s a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces," according to the International Diabetes Federation website.

"If our students don’t know how to [negotiate salary] or are uncomfortable with that concept or are or aren’t interested in that topic, they might be leaving money on the table," Schickel said.

Schnickel said this workshop is not necessarily aimed solely at juniors and seniors who will be looking for full-time jobs in the near future, but also freshman and sophomores students who will be looking for paid internships and want to consider negotiating salary when doing so.

"The more that students learn about it, get to hear about it, [... ] practice that language and some of those situations that they might be in will hopefully help them to feel more comfortable when it does become time to negotiate," Schnickel said.

Any student who already has a job offer and is interested in salary negotiation can schedule an appointment with the career services center of their college to discuss salary negotiations in a more case-specific setting, Schnickel said.

There is no registration needed for the workshop, but Schickel recommends attend- ees bring note-taking materials.

The workshop is aimed at students in the College of Human Sciences, but all Iowa State students are able to attend.

The Iowa State Lecture Series lists events and lectures on its website to view.

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## CORRECTIONS

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

To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

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## POLECE BLOTTER

### 11.13.19

Tyler Jacob Carney, age 23 of 1307 Iowa Circle – Ames, Iowa, was arrested and charged with public intoxication at 1307 Iowa Circle (reported at 3:30 a.m.).

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## CROSSWORD

**Across**
1. Overseas county
6. Zurich highlight
9. Golden Gate element
14. Saved for later, in a way
15. Architectural preface
16. Providers of added light
17. Emergency strategies
20. Mattered
21. NBA great
22. Bush led it for about a year in the 70s
23. Pre-election governmental meeting, perhaps
24. Marauder
25. They may lead to risky moves
26. Many a reference book
29. Like some tempers
36. “Raveled of Fortune”/Oscar winner
37. Bermuda hat
38. Home of Phillips University
40. Secretary of State-after Cal, familiarly
41. Candy?
42. Number?
43. Serious specialty
44. Electrical particle
47. Takes an opposite position
48. Alters some game parameters
49. Great enthusiasm
50. Flight feature
53. They usually have four strings
54. Birds seen by players
55. FSU’s galaxy
57. Great enthusiasm
59. Part of a meet
60. Disengages, as from a habit
61. High degree
62. Comes up short

**Down**
1. Arise (from)
2. “Nagin”
3. Jobs news of 2010
4. Movie back
5. Former Georgian president
6. Sheerdrumade
6. Finewax beginning
7. Hero in Treece’s “Unravel the Good”
8. Magic word
9. Mini golf parts
10. That much or more
11. Grain layer
12. Oman’s role in “The Mod Squad”
13. No effort
15. “Iancu, assistant professor of art and visual culture.
16. Call for
17. Flight feature
18. Settles
19. Bare things
20. Calling
21. Premiums
22. “Convicted”
23. Danish capital
24. Hersey’s bell town
25. Bare thing
26. Like some tempers
27. Bare thing
28. Bare things
29. Bare things
30. Bare things
31. Mythical lion’s home
32. March middle
33. Mythical lion’s home
34. Many a reference book
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## IOWA STATE DAILY BUSINESS DIRECTORY

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## Sudoku

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit **www.sudoku.org.uk**
Nelson will face off against Rachel Junck in a runoff Dec. 3.

Chris Nelson is running to represent Ward 4 for Ames City Council.

the representative of the 4th Ward for

won the 1st Ward and Bronwyn Beatty-

of the 4th Ward for

will be a runoff election on Dec. 3 for

First runoff in eight years

City Council

4th Ward candidates to compete again

BY AMBER.MOHMAND
@iowastatedaily.com

For the first time in eight years, there will be a runoff election on Dec. 3 for the representative of the 4th Ward for the Ames City Council.

Elections took place Nov. 5 for the Ames City Council. Tim Gartin ran unopposed for reelection representing the 1st Ward and Bronwyn Beatty-Hansen ran unopposed for reelection to be the at-large representative on the Council.

While Gartin and Beatty-Hansen were reelected, the candidates for the 4th Ward failed to reach a sufficient count, causing a runoff election — something that has not happened since 2011.

Three candidates ran to represent the 4th Ward: Rachel Junck, senior in chemical engineering at Iowa State; Chris Nelson, the current 4th Ward representative; and Joe Van Erdewyk, an Iowa State alumnus, transit driver for CyRide and tutor at the Ames Public Library.

A total of 1,220 votes, one of which was a write-in, were cast among the five precincts in the 4th Ward.

“For the Nov. 5 election, it was 50 percent plus one,” said Chris Andringa, administrative assistant for the Story County auditor’s office. “Since nobody got that total then, in this case, the top two vote-getters will advance in the runoff election, and then whoever gets the higher number of votes will be the winner.”

Joe Van Erdewyk — who had 196 votes with 16.07 percent of the majority — will not be participating in the runoff election, leaving Junck and Nelson to compete against each other.

Andringa said in the runoff election, depending on the area and type of political race, there are slightly less turnout rates than regular elections.

Junck received the highest number of votes with a total of 464, leaving her seven votes short of winning the election with 49.51 percent of the majority. If Junck were to be elected, she would be the youngest woman in Ames history to win a seat on City Council.

>> RUNOFF p8

Club develops games from scratch

BY DANE.DORIUS
@iowastatedaily.com

Fifteen minutes before Game Jam starts, the bottom floor of Edlings Hall is quiet, the lobby upstairs is almost empty and the loudest sound is somebody taking a call in the corner.

About five minutes before the event starts, leaders step in and corral people into teams.

Two skateboards line the wall nearest to the door. When the clock strikes the hour, quiet murmurs start building in any of those departments, the club aims to help people learn and develop skills and competes against each other.

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Many Game Jams have themes or restrictions. This year’s theme was “Three,” inspiring attendees to create games centered around the number.

Half of the people in the room stand up and start drawing on whiteboards within seconds and conversations bloom.

As people filter in the corner, they are asked if they want to join a team.

Teams ranged from anywhere between two to five members, and only two people were working solo.

The Game Development Club is overseen by Henkes and meets twice a week.

On Mondays, there’s a meeting that discusses general concepts such as brainstorming or how sound effects work.

On Saturdays there’s a workshop that includes free discussion.

Additionally, the club does multiple Game Jams a year, one in the fall and one in the spring at minimum.

Henkes said it’s hard to accurately gauge exactly how many people are in the club at a given time, but estimates 30 or so members.

A prospective entrant doesn’t have to be a programmer to be in the club. It is open to any and all Iowa State students.

“Artists, musicians, writers, 3D modelers, graphic designers, architects... anyone really [is welcome to join]!” according to the Game Development Club’s website.

Even if one is not skilled in any of those departments, the club aims to help people learn and develop skills and accepts people of any skill level.

Game Jam can be hard to finish, with many creators operating under time constraints.

“This time around, all of them [will finish],” Henkes said. “Maybe one will not stay. Everybody makes it to the finish line and everyone has a game to show.”

>> REGENTS p8
Candidates set for next debate

BY KATHERINE.KEALEY
@iowastatedaily.com

The qualification period has closed for the latest round of Democratic presidential debates. As the criteria to qualify for the debates have become more difficult to reach, the number of candidates on stage has decreased. The November debate will consist of 10 candidates: Joe Biden, Elizabeth Warren, Bernie Sanders, Pete Buttigieg, Kamala Harris, Andrew Yang, Amy Klobuchar, Cory Booker, Tulsi Gabbard and Tom Steyer. Julián Castro, who appeared on the October debate stage, did not make the cut and Beto O’Rourke, who also appeared on that stage, has dropped out of the race.

The debate will be broadcast Wednesday on MSNBC, with the network set to co-host the debate alongside the Washington Post.

To qualify for this debate, a candidate needed to receive two qualifying polls of at least 5 percent in the early voting states of Iowa, New Hampshire, Nevada or South Carolina, or four polls of 3 percent in the early voting states of Iowa, New Hampshire, Nevada or South Carolina. The July debate only had four qualified candidates. The number of donors, so for them this is really essential.

This may impact how the candidates strategize. Shelly said he expects to see attacks on Warren continue due to her rise in the polls.

“There are some candidates around the bubble, as far as their campaign goals go, so for them it’s really a matter of life or death,” Shelly said. “There are these candidates on the edge with just single-digit support numbers and not a huge number of donors, so for them this is really essential.”

As for the December debates, only six of the 10 candidates in the November debate have qualified for it, with its even higher qualification criteria.

Mack Shelley, Iowa State professor and chair of the political science department, said because of the higher qualifying criteria this debate may be pivotal for candidates that are on the fringes of the stage.

“Iowa State to host impeachment discussion

BY KATHERINE.KEALEY
@iowastatedaily.com

A discussion on impeachment is set to take place Thursday at 8:15 p.m. in the Great Hall of the Memorial Union.

The discussion, titled “Impeachments Then and Now: How the Investigations Evolved from Nixon to Clinton to Trump,” will be moderated by Karen Kedrowski, director of the Carrie Chapman Catt Center for Women and Politics, with panelists Dirk Deam, senior lecturer of political science, and former Rep. Ed Mezvinsky, D-Iowa.

The specific answer in [this] case is this is a fairly unique impeachment process in that it goes through some really core concepts of American government and what kind of a government and republic we expect to be,” Deam said. “I am not sure people are generally perceiving that.”

This impeachment inquiry goes to the basic fundamentals of corruption, and the founders of the United States designed impeachment for situations like this, Deam said.

“The other impeachments had elements of that but not quite as brightly as this one,” Deam said.

“This is a profoundly important public event.”

This should not be a battle between parties, but rather a matter of whether public officials are above the law, Deam said.

“...our constitutional republic where the only rule that [everyone] has to follow is the rule of law, and if we really believe that the rule of law is defined by what party you are a member of and...”

IOWA STATE DAILY

Dirk Deam, senior lecturer of political science at Iowa State, will speak as a panelist for a discussion on impeachment Thursday.

“...we really don’t have a republic anymore,” Deam said.

“We really don’t have any rule of law anymore and...”

Veterans Week lecture to highlight experience of Vietnam veterans

BY LOGAN.METZGER
@iowastatedaily.com

As part of Veterans Week at Iowa State, the Iowa State Lectures Program is hosting a lecture about Vietnam veterans. Steve Feimer, co-author of “Vietnam Vets: Still Coming Home” and associate professor of justice studies at the University of South Dakota, will be presenting the “Vietnam Veterans: Still Coming Home” lecture.

This lecture will take place at 7 p.m. Thursday in the South Ballroom of the Memorial Union.

The purpose of this lecture is to raise awareness of the continuing struggles of Vietnam War veterans as they deal with such issues as the physical effects of Agent Orange, post traumatic stress disorder, survivor’s guilt, readjustment to civilian life and combat loss.

This lecture will be focused on the sacrifice borne by veterans, their families and their friends both in war and in peace.

“Vietnam Vets: Still Coming Home” is a book which tells the stories of 31 Vietnam veterans who served in-country between 1961 and 1974. Within the pages of the book, veterans from each branch of service share their stories about their lives both before, during and after Vietnam.

“The stories in the book are of men and women who went to war in Vietnam, some returned, some served in military and others drafted. For the first time, many of the veterans open up about their experiences with burnout, sacrifice, loss, success, suffering and even battlefield humor.”

The book will allow readers to experience the lives of these men and women...”

IOWA STATE DAILY

Steve Feimer will be speaking at the “Vietnam Veterans: Still Coming Home” lecture Thursday.

COURTESY OF LECTURES SERIES UNIVERSITY OF SOUTH DAKOTA PROFESSOR STEVE FEIMER WILL BE SPEAKING AT THE ‘VIETNAM VETERANS: STILL COMING HOME’ LECTURE THURSDAY BEFORE THEIR MILITARY SERVICE AND DURING THE EVENTS IN VIETNAM.

“Honoring these brave men and women who participated in this project by reading their stories will in a small way make you part of their lift and keep their legacy alive,” according to the vietnamvets.com.

Change starts with us

We must stand up to racism on campus

By Peyton Hamel

As of Monday, Iowa State University students were banned from using chalk due to continual racist slander scrawled all over the sidewalks on campus. A prohibition such as this has never before occurred in the history of our beloved university.

The call for complete equality continues into nearly the second decade of the 21st century. Racist slander and physical and verbal micro-aggressions are not isolated to the confines of Iowa State.

There is still a hostile climate for minority and underrepresented students on campuses nationwide.

Racism on campus has become a nationwide, fatal plague, damaging the integrity, esteem and opportunity of underrepresented students, especially those of color.

Underrepresented students are already fighting a battle of equality alone, yet racist slander and crime keep adding to the struggles they have to face on a day-to-day basis. Here are a few examples of the most derogatory incidents in 2019:

- ‘Four white students at Colorado State in blackface
- ‘Black doll hanged from shower rod at Eastern Michigan University
- ‘Toilet paper nose hung on a dormitory door at Michigan State
- ‘Race-related arson at University of La Verne in California

These incidents range from disrespecting heritage to hate crimes.

As of this year, our campus has endured hate crimes from chalkings and in a specific residence hall geared toward the Latinx community.

Bean house in Geoffrey Hall has become the pinnacle of racism as of this year on campus.

The current community advisor of Bean house is a part of the Latinx community.

Unknown students of the house manipulated the name and changed it to the racial slur “Beaners,” which targets the Latinx community.

Campaign is supposed to be a safe place for all students, yet acts such as these torment our campus and are escalating.

Due to both the defamatory chalkings and the incitement at Geoffrey Hall, Student Government hosted a Student Against Racism summit Oct. 28 to “protect the recent bigoted events happening on our campus” and “stand against white supremacy at Iowa State University.”

On Nov. 8, President Wendy Wintersteen sent out a campus-wide email notifying the student body of university action concerning these matters.

These escalating events may be the beginning, but let us not allow it to escalate any further. Racism on campus is unacceptable. We are better than this.

Higher education is supposed to foster a healthy, mentally-stimulating environment for the purpose of bettering personal and public education.

Do not allow us to retrogress in our status of achieving quality.

If you want to change the regression of achieving quality, utilize the Green Dot program.

Support underrepresented students. Spread active awareness of racism on campus. Be an advocate for your classmates.

Iowa State students: we are better than this.

Do not let the chalkings and Geoffrey Residence Hall incident be the beginning of a long tunnel of protests and bitter living.

Our generation should be doing better to improve the quality of life for all students on campus.

Despite policies put in place to limit racism and slander, it is ultimately up to the student body to change the behavior and social hierarchy on campus.

Students, we must rise to make change. No more.

The chalking policy won’t work

By ISO Editorial Board

Iowa State implemented a new chalking policy, effective this past Monday. The new policy limits who may chalk and what that person may chalk on the sidewalks of Iowa State.

Only registered student organizations are allowed to chalk and the message is limited to an announcement for an event open to all students. The policy also limits the removal of chalking to organizations that wrote the message in the first place or university officials who find the chalking in violation of the new policy.

While the intent behind the policy is a positive one, all with the recent events on campus, the new policy is pointless and embarrassing that the university even attempted to police the scribblings of adults.

A policy to prevent adults from writing on sidewalks with chalk, no matter how well enforced, will never work. Students will continue to chalk their messages without regard for the university’s new policy.

Though not an infringement on the First Amendment’s guarantee of free speech, the university’s chalking policy is a limitation. It provides the university more control over what students can and can’t express on campus, perhaps rightfully so.

Institutions of higher learning claim to be champions of debate and free speech, but this policy is the opposite. So long as students aren’t using chalk to write hate speech, they should be allowed to chalk as they please across the sidewalks of Iowa State’s campus.

Even more so, they should be allowed to remove, append or modify any other chalking across Iowa State, regardless of the original author. Some might disagree, but consider the permanence of chalk with importance of the message it conveys.

If a person feels strongly enough about a subject, they should do more than scribble on a square of concrete. Most people only use to avoid walking in the mud.

Take to the free speech zone and make your opinion be heard.

The beauty of chalking is the ease with which it can be created and destroyed. It isn’t a concrete statement meant to stand the test of time. It’s some colorful limestone, legible for less than a week.

The only policies we need surrounding chalking are the laws surrounding hate speech and hate crimes. The university should certainly retain the power to remove chalking which violates these laws, and should do so diligently.

Administrators should not decide right from wrong

By Stephen Biggs

Chalking messages on sidewalks can have value. Anti-racist messages, for example, can prompt people to explore the harms of racism and perhaps take action. That’s why activists use chalking.

Racist messages, however, never have value. They harm people. And they should stop.

Given this, you might think the university should permit anti-racist chalking but prohibit racist chalking. More generally, you might think the university should prohibit that does more harm than good, and permit anything else.

But it shouldn’t.

Imagine some possible cases.

- Someone chalks TORTURERS on the ROTC building after hearing about Abu Ghraib.

- Someone chalks MEAT IS MURDER in front of Curtis after seeing a movie about factory farms.

- Someone chalks DEATH TO WHITE SUPREMACY all over campus to counter racist chalking.

Some veterans, police officers, animal husbandry students and Trump supporters might feel attacked in one case or another. Yet, some of these messages could have value, spreading important information, inspiring needed action and so on.

Would the harm exceed the good in any of these cases? I don’t trust university administrators to decide. I don’t want them to have that power. Nor do I want you to have that power.

Enforcing a different principle won’t help. You might only want to ban chalking that attacks people’s identity. But I don’t trust administrators to decide which of soldier, police officer, animal farmer, black or Jewish is part of someone’s identity and which isn’t.

The problem is the same no matter the principle: we shouldn’t give administrators the power to decide what can be seen and what can’t.

The First Amendment prevents the university from treating racist and anti-racist chalking differently. We should be glad it does.
Four guards rank as best in program’s history

BY SAM.STUVE
@iowastatedaily.com

Coming into this year, the Iowa State women’s basketball program had never signed a top-10 recruiting class nationally, according to ProspectsNation.com.

However, it was announced Wednesday that the Cyclones’ recruiting class of 2020 ranked seventh nationally.

ESPN ranked Iowa State’s recruiting class eighth in the nation.

The Cyclones signed four recruits — Lexi Donarski, Kylie Feuerbach, Aubrey Joens and Emily Ryan — all of whom are from the Midwest.

“It’s a great day for us,” said Iowa State head coach Bill Fennelly. “They fit exactly what we needed and they fit what this program is about.”

All four of the Cyclones’ commitments are guards. The Cyclones were focused on recruiting guards in the class of 2020, according to Fennelly.

“Our goal in the 2020 recruiting cycle was to add perimeter players and we did exactly that with this group,” Fennelly said in a press release.

Donarski, a La Crosse, Wisconsin, native, is the highest-ranked recruit that Iowa State has ever signed. She is the 12th best overall prospect, according to ESPN.

Donarski has been a three-year starter at Aquinas High School, where she led her team to a 82-2 record, back-to-back state championships and earned the La Crosse Tribune Player of the Year award twice.

Feuerbach is the 77th best prospect overall, according to ESPN. While playing for Sycamore High School in Sycamore, Illinois, Feuerbach has scored 1,611 points, which is the most points in school history.

She averages 20.5 points per game to go along with grabbing an average of 7.3 rebounds. Feuerbach has been named to the All-Conference First Team three times and won the Nike 2018 EYBL tournament — as a part of the All-Iowa Attack — which Joens also played for.

Aubrey Joens is the younger sister of sophomore Iowa State forward Ashley Joens. Just like her sister, Aubrey Joens plays high school basketball for the Iowa City High Little Hawks.

Aubrey Joens averaged 25 points, 7.2 rebounds, 1.3 assists and 3.0 steals per game for the Little Hawks last season.

“I’m really excited for her, this is a great place for her.” [Ashley] Joens said. “Playing with her is going to be exciting.”

Aubrey has led Iowa City High to a 66-6 record in the past three seasons and she is the 54th overall prospect according to ESPN.

Rounding out Iowa State’s recruiting class is Ryan, who plays high school basketball for Central Plains High School in Claflin, Kansas, where her team has won three straight championships and has a 79-0 record in the past three seasons.

Ryan plays point guard and has averaged 30.6 points, 5.5 rebounds, 6.1 assists, 5.6 and 1.5 blocks per game.

Ryan was the Gatorade Player of the year in 2018, was the consensus player of the year in Kansas and 64th best prospect in the country, according to ProspectsNation.com.
The Envy Corps sell out M-Shop

BY TANA.GAMAD
igamad@iowastatedaily.com

The Envy Corps will be taking the stage 7 p.m. Thursday, November 14, 2019, at the M-Shop. The Iowa-based rock band sold out the M-Shop after its previous show on Friday, September 7. The show was opened by the band Enraged, who have also performed at the M-Shop.

“I think the band is really talented,” said Delilah Meade, a junior music major at the University of Iowa. “Their music has a really unique sound, and I think that’s what makes them stand out.”

The Envy Corps, a four-member rock band, has been together since 2008 and has released three albums. The band’s upcoming album, Weather Baby, was released in May and has received critical acclaim.

“I think the band is really talented,” said Delilah Meade, a junior music major at the University of Iowa. “Their music has a really unique sound, and I think that’s what makes them stand out.”

The Envy Corps’ music is a mix of punk, alternative rock, and indie, and the band’s sound has been compared to other bands such as Radiohead and Dinosaur Jr.

“We all play music in a variety of situations, but there’s something about the four of us getting together that feels right,” said vocalist Luke Pettipoole. “It’s not always easy, but we all have great respect for each other’s talents. We sort of want the best man for the job.”

Pettipoole comes up with most of the music, while background vocals and drum parts are handled by Mikah Darner, the band’s drummer and co-founder. Pettipoole and Darner have been making music together for over a decade.

“Micah is our sound engineer, so he records and mixes everything, that’s our secret weapon,” Darner said. “We don’t really need to book a studio and work within their timeframe.”

Pettipoole said their new album is almost ready to be released, with another one already in the works.

“We have so many great memories at the M-Shop,” said Pettipoole. “It’s really special when we play there, like we’re revisiting a familiar space as well as the people who come to the show.”

The M-Shop is home territory for The Envy Corps, having played at the venue multiple times before and being natives to Iowa. This time around the band is looking forward to the overall feel that comes with playing in the familiar space as well as the people who come to the show.

“It’s really special when we play there, like our version of playing a house show,” Darner said. “We have so many great memories at the M-Shop and it’s probably our favorite place to play in Iowa.”

The band also looks forward to simply hanging out in Ames before the show. While Darner looks forward to what the Student Union Board will be feeding the band, other band members have other things on their minds.

“I don’t think about it too much,” Darner said. “I’m looking forward to the new people that are there and seeing if they’re into our new stuff.”

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The sold-out show will be opened by singer/songwriter Trevor Sensor. Doors open at 6:30 p.m.
Iowa State Daily  
Thursday, November 14, 2019

**DIABETES p1-2**

Emma Bontrager, sophomore in architecture at Iowa State, Bontrager has had type 1 diabetes since she was two years old. It is important not to be negligible. He said he has become more conscious of his diet and thinks of his diabetes as more of something he has to keep track of.

It is kind of like your phone, where before you had a phone you never even thought about it,” McCormick said. “But now that you have a phone every time you leave the house with it you’re like ‘oh I left my phone there’ or when it’s low you need to charge it. It’s just constantly at the back of your mind. That’s probably a similar analogy to what having diabetes is like.

As far as diet goes, Bontrager said he doesn’t really watch what he eats that much but does try to keep certain foods out because they can cause complications.

Bontrager, Bontrager in architecture, has type 1 diabetes and was diagnosed with celiac disease at age 10. Bontrager said other than following a celiac diet, she does not strictly monitor anything else in her diet. For diabetics, diabetes is a part of their everyday lives. Some have had diabetes from an early age. Bontrager said diabetes is something she has always known.

“I have had diabetes since I was two, so I really haven’t ever known any other lifestyle,” Bontrager said. “I think it really affects a lot of the stuff. I do try to stay on it and it affects a lot of decisions. I don’t really remember anything changing; the only significant thing was that I was raised with it there was a major shift that I had to make at a point in my life from my parents taking care of me to doing it on my own.”

McCormick said the most difficult things about having diabetes is the hassle of maintaining the condition. He said going on trips, even small ones, is difficult because he has to plan and bring ahead insulin.

Having diabetes also poses struggles for McCormick when he participates in sports and other exercise activities. “With physical activities and sports you always have to have food, so it is just a hassle,” McCormick said. “Generally it is the same life, just 10 percent more hassle with everything.

**REGENTS p3**

The Industrial Assessment Center, which was formed in 1990 to provide energy audits to manufacturing companies, Wickert said. “That was originally funded as a grant which has since run its course and its funding has expired and some of the faculty involved in the program will soon be retiring, so closing this center is a good housekeeping step in our view.”

The board will review all requests during its meeting, and the board office supported the requests to close both centers. The dates of closure will be set upon the board’s approval.

“We want the Iowa State community to know that threats of physical violence are illegal and deplorable,” Wintersteen said. “If this is what it seems to be I feel like someone should report it to ISUPD,” said user TVBoardPheak.

**REDDIT p1-2**

“I was surprised but not surprised. But [I] was very happy to have the opportunity to go onto the next round and continue to engage and get the message out. Hopefully, we can turn it around this time.”

Nelson’s campaign has been focused on encouraging students to vote, finishing the Ames 2040 plan and creating a greenhouse gas inventory using data to develop an income plan.

“The score is zero-zero again and we’ll regroup and hit the ground running pretty hard,” Nelson said. “There’s a lot of excitement and energy with the people who are helping with my campaign; we’re looking forward to it.”

The polls will be open from 7 a.m. to 8 p.m. Dec. 3. Voters may deliver their ballots to the Auditor’s Office or vote at the designated precincts.

“The vote is just 10 percent ahead of the Nov. 2 absentee ballots and we’ll regroup and hit the ground running pretty hard,” Wintersteen said. “I was surprised but not surprised. But [I] was very happy to have the opportunity to go onto the next round and continue to engage and get the message out. Hopefully, we can turn it around this time.”

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