While the majority of Iowa State’s students come from the state of Iowa, thousands of students come from other states around the U.S.

Invisible disabilities and visible disabilities are being openly discussed as part of Disability Awareness Week. Students, faculty and staff had the opportunity to gain more understanding about living with a disability.

"Over 2,000 students on campus [have disabilities] and most of them are invisible disabilities," said Wendy Stevenson, assistant director for student accessibility services and advisor for the Alliance for Disability Awareness (ADA).

Accessible Game Night was hosted on Monday in the Carver Hall lobby, with groups such as Chess Club, Guild of Board Gamers and Role Players there to teach undergraduate student population at Iowa State come from states other than Iowa, with most coming from bordering states. Students from those states often cite lower costs and better programs than schools in their home states and not being too far from home as reasons for choosing Iowa State. The average nonresident annual tuition for public colleges in the United States is $22,577, according to U.S. News & World Report. The nonresident tuition for most majors for two semesters at Iowa State is $23,230, according to the Office of the Registrar’s website.

The average nonresident annual tuition for public colleges in the United States is $22,577, according to U.S. News & World Report. The nonresident tuition for most majors for two semesters at Iowa State is $23,230, according to the Office of the Registrar’s website. Iowa State was tied for 25th place for public universities with the highest proportion of out-of-state students in the United States. The Office of the Registrar’s website says "[t]udents come from every county in Iowa, every state in the country and from 115 countries," though the figure on all 50 states combines graduate and undergraduate students.

Emily Blobaum, then-assistant visuals editor at the Daily, participates in a “Step Into My World” demonstration with Lauren Berglund, then-sophomore in child, adult and family services, on Oct. 7, 2016.
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.

POLICE BLOTTER

10.16.19
Andrew Paul Gray, age 31, of 3315 Roy Key - Ames, Iowa, was arrested and charged with invasion of privacy, nudity, at 1131 South B Avenue (reported at 14:11 a.m.).

10.17.19
Carissa Ann Brison, age 32, of 224 Hayward Ave - Ames, Iowa, was arrested and charged with domestic assault with injury at 224 Hayward Avenue (reported at 4:34 a.m.).

10.18.19
Brian James Bengtson, age 24, of 4024 Ross Ave - Ames, Iowa, was arrested and charged with break and entering at 4733 Toronto Street (reported at 4:34 p.m.).

Garrett Levi Fedler, age 21, of 4733 Toronto St. - Ames, Iowa, was arrested and charged with public intoxication at 4733 Toronto Street (reported at 5:15 a.m.).

Garrett Levi Fedler, age 21, of 4733 Toronto St. - Ames, Iowa, was arrested and charged with break and entering at 4733 Toronto Street (reported at 5:33 a.m.).

Garrett Levi Fedler, age 21, of 4733 Toronto St. - Ames, Iowa, was arrested and charged with public intoxication at 4733 Toronto Street (reported at 5:33 a.m.).

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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

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LGBTQIA+ cases undecided

Supreme Court doesn’t act on Title VII arguments

BY OLIVIA RASMUSSEN
diowastatedaily.com

On Oct. 8, the United States Supreme Court heard arguments over ongoing cases on whether the federal law that bars sex discrimination in employment applies to LGBTQ+ employees.

This argument draws from Title VII of the 1964 Civil Rights Act, which prohibits employers from discriminating against employees on the basis of sex, color, national origin, race, and religion. Some argue that sex encompasses sexual orientation and gender identity whereas others say that Title VII’s intent was for biological sex and nothing more.

“It’s obviously extremely important that this is being brought before the court and that it is finally coming to the attention of millions of Americans who are largely unaware that these protections don’t explicitly exist in 28 states across this country right now,” said Keenan Crow, director of policy and advocacy for One Iowa. “That said, in terms of how this pans out for Iowans, Iowa actually does have explicit protections put in place for employment.”

One Iowa is a non-profit that seeks to advance, empower and improve the lives of LGBTQIA+ Iowans statewide. Crow said if the Supreme Court decides to focus talks on non-binary identity

BY LORETTA MCGRAW
diowastatedaily.com

With a chilly week coming to an end, students and faculty can come together in the Skosh House at this week’s Feminist Friday. Danny Cook, senior in communication studies, will be leading this week’s discussion on understanding the meaning of non-binary.

This week’s discussion will take place at 1 p.m. and is hosted by the Margaret Sloss Center for Women and Gender Equity. The center provides snacks for all attendees, while speakers usually bring a variety of number of activities or references to discuss.

This week’s event is “L’Ecriture Non-Binaire.” This lecture will cover the basics of non-binary gender identity and the language used to non-conform to the gender binary and express this phenomenon.

Non-binary is neither male nor female but rather a spectrum of identities. One of the more tricky things about the non-binary identity is understanding which pronouns are appropriate.

What makes this identification unique is that everyone can be referred to as whatever they would like. Common non-binary pronouns are “them,” “they,” “theirs,” “ze,” “zir,” “ze” and “zie.” However, this does not apply for everyone, so it is discussed to ask rather than assume just as one should do with everyone.

Non-binary tends to encompass a variety of genders outside of binary norms of male and female genders. Genderqueer, gender fluid, a-gender and so many more can be termed under the non-binary identity because they all challenge the general gender fluid, a-gender and so many more can be termed under the non-binary identity because they all challenge the general gender

Students learn about caucus process at mock caucus event

BY MALLORY TOPE
diowastatedaily.com

A non-partisan mock caucus was put together by an events class late Thursday at Iowa State.

“The reason we created this non-partisan mock caucus is to educate students on the Iowa caucus and how to participate whether they are Democrat or Republican,” said Ruby Johnson, senior in event management. “We want people to be less intimidated about going to the caucus.”

Their end goal with the event was to have people spread the word on the caucus and get more people to participate in the caucuses Feb. 3, 2020, Johnson said.

During the event Judy Trumpy, Story County Republican central committee chair and Lewis Rosser, Story County Democrat caucus committee chair, went through the process of how each party runs their caucus.

Students who organized the event presented and spoke for each candidate that was being represented in the mock caucus. They used candy bars as stand-ins for candidates, and students and faculty were able to vote for their preferred candidate by choosing the corresponding candy.

Lewis and Trumpy went through every step within each of their own party’s caucus. One of the similarities between the Republican caucus and the Democratic caucus is they are held on the same day.

Each party has their own steps to voting in the caucus. One key difference is Republicans use paper ballots to vote, while Democratic caucuscamps are physically counted and their votes are converted to delegates.

“I think the mock caucus was fun—I wish more people would have showed up,” said Hayat Sumael, sophomore in criminal justice studies. “I also love how it remained very non-partisan and how they had both parties present.”

Being out-of-state, Sumael said she felt more confident about going to the caucus after the event.

“I didn’t know anything or what to expect from this event or even the caucus,” said Tony Tonet, senior in civil engineering. “I would love to tell more people about the event and events like it, so that people can learn more about the caucus and become more aware.”

Many people came out of the event saying they learned new information about the caucus.

“I learned a lot on how the caucus works, since I didn’t caucus in 2016, I feel a lot more confident in going in 2020,” said Josh Hanyang, senior in entrepreneurship.
Talk About It
Challenges and benefits of seeking therapy

BY SAGE SMITH
@iowastatedaily.com

Editor’s note: This is part three in our weekly mental health series “Talk About It.” Sensitive content may follow.
Seeking help with your mental health and finding the right therapist can be difficult to navigate, but Iowa State offers support and various resources to assist with the process.

When thinking about reaching out about their mental health, people may run into problems like finding a therapist that works, educating and being open and vulnerable about their struggles.

Christopher Hanes, director of the Iowa State Student Counseling Services, said the services are offered to students currently enrolled at Iowa State.

“We have a walk-in system, where students walk in, fill out some paperwork and then meet with a clinician to come up with a support plan based on what their needs are,” Hanes said. “Sometimes that support plan can include a group [therapy], sometimes it can include individual therapy, maybe a workshop and feedback. We even have light therapy.”

Hanes said some students prefer to find an expert in the Ames community to see long term for the care they need, while other students may choose the expertise and services offered at Student Counseling Services.

“What I typically tell students is we don’t just give you a name and number and say ‘see you later,’” Hanes said. “We might even see somebody one, two, three times as part of that bridging process. We call it bridging at times, to provide support for students.”

Sue Reimers is a counselor at the Student Counseling Services and is licensed in marriage and family therapy. Reimers works with students looking into the offered services. She spends time getting to know the students, what they’re struggling with, identifying the goals of therapy and how to accomplish those goals.

Reimers said one reason some students say they come to Student Counseling Services is they feel they are bothering their friends with their problems.

“Being able to have someone who’s not part of that situation or that struggle can be very helpful in giving a different path,” Reimers said.

Seeking help with your mental health can be difficult to navigate, but there are many resources available to Iowa State students, such as Student Counseling Services.

Event to let students ‘step into the world’ of disabilities

BY MORGAN ZMOLEK
@iowastatedaily.com

Disability Awareness Week is winding down here at Iowa State, with only a few events left in the series.

To start the last day of events, there will be an interactive opportunity from 11 a.m. to 1 p.m. Friday at the Parks Library. Annulled called “Step Into My World,” where students without disabilities have the opportunity to see what it’s like to have one.

This event will provide students with an experience that not only makes them aware of disabilities, but also shows them how difficult living with one can be, as with most disabilities, illnesses or tough experiences, it’s hard to imagine what it’s like until experienced directly.

Wendy Stevenson, the associate director of Student Accessibility Services, said this yearly event is really about giving students without disabilities a new perspective on how difficult it can be to just to get around campus and go to classes. She encourages everyone to attend, but especially those in majors like event planning, management or education to make them more aware of some of the struggles future employees or students may have.

The event will feature multiple opportunities for students to experience some of what it’s like to have a physical disability, such as walking with a cane, maneuvering a wheelchair or navigating campus blindfolded.

The purpose is to bring an understanding to how difficult it is for disabled students to do something that most of the student body have the capability of doing — getting around campus.

Stevenson also talked about the Spoon Theory. In essence, the Spoon Theory is, when a person is given five spoons a day to represent their energy. This energy, for the average student, is used on activities like socializing, walking to class, getting ready in the morning and studying. In contrast, someone with a disability will expend that energy a lot quicker because it can take them far longer to do any of those activities.

Concerning the overall outcome of Disability Awareness Week, Stevenson said it was a very successful week filled with many interesting events and speakers that were able to help those in attendance learn more about the impacts of disabilities from someone who has experienced them firsthand.

“Step Into My World” will be hosted on the Parks Library. Annulled is on of the final event opportunities for Disability Awareness Week.

All Ages Drag Show returns
Ames Public Library to host show for fifth time

BY LOGAN METZGER
@iowastatedaily.com

For the fifth time, the Ames Public Library will be hosting its All Ages Drag Show where people of all ages can perform.

“The All Ages Drag Show is one of the ongoing, regular programs that the Ames Public Library puts on in collaboration with Ames Pride,” said nicci port, interim co-chair for Ames Pride. “It was created in the Ames Public Library and is the premier event for families around the idea of doing gender and identity expression.”

The drag show will take place from 6:30 to 7:15 p.m. Saturday in the Farwell T. Brown Auditorium of the Ames Public Library.

“The first All Ages Drag Show I went to was standing in the back, with a few Ames Pride members because it was full and there was not a place to sit, so we stood in the back,” port said. “I saw a toddler get a dollar from their caregiver and walk up to the stage and give the dollar to the performer, just secrets and playing. I couldn’t believe I was crying at a drag show.”

The event is free and the Facebook event is the final event opportunities for Disability Awareness Week. The event was held at UDCC.

The main All Ages Drag Show will go from 6:30 to 7:15 p.m. and will feature a range of professional and amateur performances.

Performer Jaymee Sexton lip synced and danced to “Disco Mix” during the All Ages Drag show April 6 at the Ames Public Library.

From 7:45 to 8 p.m. is a teens-only drag performer round table where attendees can hear performers speak about how they became performers, what it takes to perform in drag and their experiences with drag, gender and performance. This will be followed by a teens-only drag show.

The drag show will be followed by a teens-only drag show.
**EDITORIAL**

**Take action against domestic violence**

**by ISU editorial board**

Content Warning: This editorial discusses the pervasive impact of domestic violence on our society at a national and state level.

By the time you’re done reading this, about 40 people will have experienced violence at the hands of an intimate partner.

That’s 20 every minute, 10 million annually.

In staggering statistics from the National Coalition Against Domestic Violence, but it’s something we have to face. The organization’s data for Iowa shows nearly a third of Iowa women and about a fifth of Iowa men experience domestic violence in their lifetimes.

Those people are your classmates, your professors, your friends — nobody is immune.

This month is National Domestic Violence Awareness Month, and while we should all be committed to standing up to this issue year-round, it’s a good time to take a minute to recommit. So, what can we do?

First, check on your friends. Some things are cliche for a reason. If you’re worried about a friend’s new partner, Break the Silence Against Domestic Violence has a tip sheet on how to have the conversation and what signs to look for. If your friend is having doubts about their safety, listen earnestly. Believe them, and don’t pass judgement on reasons they’ve stayed.

The Iowa Victim Service Call Center and the National Domestic Violence Hotline can offer resources and guide you to support in your area.

At Iowa State, the Assault Care Center Extending Shelter and Support is a fantastic resource offering counseling and support groups for survivors.

If you see something concerning when you’re out and about, do something about it. Iowa State’s Green Dot program is a great way to learn about how to be a safe, yet active bystander. If you’re a leader on campus, schedule a training for your organization.

Finally, learn about how laws in Iowa impact domestic violence survivors. For example, Iowa still has a “boyfriend loophole” that mirrors the one at the federal level. If a convicted perpetrator of domestic violence is not or was never married to the survivor, does not live with or have a child with them and is not their parent or guardian, they can still own or purchase a firearm. Presence of a firearm in a domestic violence situation increases homicide risk by 500 percent. Has it been two minutes? That’s about 40 people. Let’s do something about it.

**Feedback policy:** The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letter to letters@iowastatedaily.com.

Letters must include the name(s), phone number(s), major(s) and any group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

Online feedback may be used if first name will last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

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**LETTER**

**Endorse Rachel Junck for City Council seat**

**by sue ravenscroft**

In Ames, three citizens are running in the Fourth Ward race for a seat on City Council. I endorse Rachel Junck for several reasons.

A recent speaker at ISU said that representative democracies need elected officials who reflect the diversity of their citizens. She was not endorsing strict quotas; instead, currently under-represented groups should have a voice in government.

As a chemical engineering major at ISU, Rachel represents students, who comprise a majority of voting-age adults in Ames but tend to be unheard in local politics.

In addition, as a lifetime resident of Ames, Rachel also represents year-round community members. She understands the interaction of town and gown that helps to define Ames.

As a young scientist, Rachel cares intensely about climate change, a phenomenon that will impact younger lives most profoundly. She has the technical knowledge to understand what steps municipalities can take now to more to zero emissions. We do not have to wait for the federal government to make local progress on this pressing issue.

Rachel has observed many discussions about housing in Ames and what it requires for students and year-round residents to co-exist. She supports having a clear statement of rights and responsibilities for both sides — landlords and tenants. I lived for years in an urban, university neighborhood and know that students and year-round residents can be great neighbors.

And as someone who grew up here and who hopes most ISU students remain here after graduation, Rachel is committed to improving the quality of life in Ames for young and old, students and year-round residents alike.

As a college town, Ames would be more representa -tive of all its citizens if we had a voting member of the student body on City Council. Rachel Junck is uniquely qualified to fill that position.
Cyclones up to the challenge

Iowa State to face high-powered offense at Texas Tech

BY NOAH ROHLFING

On Saturday, Iowa State football will look to make it an even 10 straight October wins. The Cyclones haven’t lost in the month of October since 2017, and this week they’ll face off against Texas Tech in Lubbock, Texas.

“The attitude, the effort, the intensity that they play with in all phases of the game is really fun to watch,” said coach Matt Campbell.

The Red Raiders are coming off a close loss to Baylor — not unlike Iowa State’s matchup with the Bears earlier in the season.

Texas Tech has played well this season at home. In three home games — only one against a power five team — the Red Raiders are undefeated and have outscored opponents 128-48.

That’s a lot of points (just under 43 points per game to be exact) for a team that is only averaging 22.9 points per game on the road.

Texas Tech is 0-3 on the road, but the Red Raiders don’t have to worry about their road performances until Oct. 26.

For now, the Cyclones will have to find a way to beat Tech in Lubbock. They might be able to find production from the running back room again in the form of freshman Daemon Barlow.

The game will also be an opportunity for the Cyclones to rebound nicely, knocking off a tough Big 12 opponent.

With the loss to Baylor earlier in the season, Iowa State’s win streak to two games.

Their record up to 4-2, extending to an even 10 straight October wins.

On Saturday, Iowa State football will look to face high-powered offense at Texas Tech in Lubbock, Texas. The Cyclones are, like the Cowboy’s running back Chuba Hubbard. I think Hubbard will get out Iowa State in a single-digit game.

Iowa State is 8-1 this decade against Oklahoma State, and a 10-point game to Tech. It’s certain made him a favorite.

With that said, I think Oklahoma State will jump back into the win column at home.

Neither team has broken 30 points in their meetings since 2014, and I expect Kansas State to rattle Oklahoma State on Saturday.

That’s a lot of points (just under 43 points per game to be exact) for a team that is only averaging 22.9 points per game on the road.

Time than the Mountaineers could. The Red Raiders are coming off a close loss to Baylor — not unlike Iowa State’s matchup with the Bears earlier in the season.

The new man under center is Jett Duffey. Against Oklahoma State two weeks ago in an upset victory, Duffey threw for 424 yards, going 26-44 passing with four touchdowns. Against Baylor on Saturday, Duffey threw for 363 yards on 33-42 passing with one touchdown. The Red Raiders lost in double overtime to Baylor.

The Red Raiders have been streaking lately and their offense has gotten them three points away from beating two straight ranked teams.

Defensive lineman Matt Lee is not worried about the Red Raiders’ high-flying offense.

“Even though they all play similar and are all athletic, we go in with the same approach,” Leo said. "That doesn’t change much when we go against different teams.”

COLUMNS

Is a Big 12 Championship in play for Iowa State?

BY TREVER HOLBROOK

Iowa State’s win on the road against West Virginia last weekend marked the midway point of the regular season. The Cyclones bumped their record up to 4-2, extending their win streak to two games.

Before the season, Twitter buzzed with Iowa State fans hoping for a potential trip to Arlington, Texas, for the Big 12 Championship in December. With a loss to Baylor and a schedule with Texas and Oklahoma State still on it, some fans and analysts lowered their expectations for Iowa State.

With six conference games left, I’ll run through each game and reveal my prediction and where I see Iowa State sitting in the Big 12 when November concludes.

OCT. 19: AT TEXAS TECH

Entering the season, Texas Tech was my sleeper team for the conference. Unfortunately for the Red Raiders and my prediction, Texas Tech’s quarterback Alan Bowman dealt with an injury in September that sidelined him for the month, and he’ll miss the Iowa State game and probably most of October, too.

Despite the loss, Tech has rebounded nicely, knocking off a solid Oklahoma State team and beating Baylor (before being robbed by an officiating blunder).

With the game happening on the road, I don’t think you can pencil it in as an automatic win, but I think Iowa State is strong enough to leave Lubbock, Texas, with a win. Plus, it’s an October game.

PREDICTION: Win

OCT. 26: VS. OKLAHOMA STATE

Before diving into my pick, I suggest Iowa State fans watch or record Oklahoma State’s game with Baylor this weekend because I think we’ll get a better idea of how good the Cowboys are.

With that said, I think Oklahoma State is average this year. They lost a six-point game at Texas and a 10-point game to Tech. It’s also worth remembering that the Cowboys were the first to see first-hand how good of a quarterback Brock Purdy was last season.

Despite Purdy and the offense’s 48 points last year, coach Mike Gundy and the Cowboys tackled on 42 of their own points.

I’m excited to see the matchup between Iowa State’s defense and the Cowboy’s running back Chuba Hubbard. I think Hubbard will get enough going on the ground with heavy usage, and Spencer Sanders will add enough through the air for Oklahoma State to spoil homecoming and sneak out of Ames with a win.

PREDICTION: Loss

NOV. 16: VS. TEXAS

With Texas returning to Amos for the first time since Jacob Park’s final start, Iowa State is in for another tough game with the Longhorns.

After two losses based on my predictions, Iowa State will jump back into the win column at home. Neither team has broken 30 points in the first meeting.

Sytomia Uzoasuzie celebrates a fumble recovery during the Iowa State/ Texas game this season.

The schedule breaks favorably for the Cyclones defenders to recover a fumble in Iowa State’s 38-14 win over West Virginia on Oct. 12. Breece Hall.

“Breece was a backfield coming in here. He played backfield in a very similar offense of what we run here at Iowa State,” Campbell said. “I think that’s a little bit different for some of those other guys in the room.”

Hall ran for 132 yards and three touchdowns last week. It was an explosion for a position group lacking a true workhorse. Hall is not set in stone to be the main guy in the backfield, but the game against West Virginia certainly made him a favorite.

On the other end, Iowa State had one of their best games of the year.

Early on, sophomore quarterback Brock Purdy threw a pass that ended up in the Mountaineers’ hands and was returned for a touchdown.

Only one other touchdown was scored by West Virginia, as the Cyclones’ defense showed why they are considered by some to be the best defensive team in the conference.

This defensive performance came with three of the Cyclones’ most effective defensive options injured — safety Greg Ewing, linebacker O’Rien Vance and defensive end JaQuan Bailey.

Texas Tech will give the Cyclones a harder time than the Mountaineers could. The Red Raiders made a change at quarterback when Alan Bowman was injured earlier in the season.

The new man under center is Jett Duffey. Against Oklahoma State two weeks ago in an upset victory, Duffey threw for 424 yards, going 26-44 passing with four touchdowns. Against Baylor on Saturday, Duffey threw for 363 yards on 33-42 passing with one touchdown. The Red Raiders lost in double overtime to Baylor.

“He’s an impressive guy to watch right now,” said Iowa State defensive coordinator Jon Heacock. “It’s been incredible what he’s done.”

Iowa State, however, is 4-2 and close to earning a ranking again. If the Cyclones handle Texas Tech on the road they could see themselves back in the top 25.

The Red Raiders have been streaking lately and their offense has gotten them three points away from beating two straight ranked teams.

Defensive lineman Matt Lee is not worried about the Red Raiders’ high-flying offense.

“Even though they all play similar and are all athletic, we go in with the same approach,” Leo said. "That doesn't change much when we go against different teams.”
## Which decade should you dress up as?

<table>
<thead>
<tr>
<th>Peace signs are a form of “hello” when running into someone you know.</th>
<th>You own bell-bottom jeans and boots without fur.</th>
<th>You can sit through Free Bird in its entirety.</th>
<th>Social movements such as feminism and equality are important to you.</th>
</tr>
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<tbody>
<tr>
<td><strong>’70s</strong></td>
<td><strong>’80s</strong></td>
<td><strong>’90s</strong></td>
<td><strong>’10s</strong></td>
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<td>yes</td>
<td>no</td>
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<td>no</td>
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<tr>
<th>One word: NEON</th>
<th>“Saved by the Bell” is on your “recently watched” tab on Hulu.</th>
<th>John Hughes movies are your go-to for inspiration when it comes to outfits and slang.</th>
<th>Jake Ryan is the ultimate boyfriend in your eyes.</th>
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<td><strong>’70s</strong></td>
<td><strong>’80s</strong></td>
<td><strong>’90s</strong></td>
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<td>no</td>
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<tr>
<th>Friends, Seinfeld, Will &amp; Grace — you name it, you’ve seen it.</th>
<th>Your Spotify Wrapped at the end of this year will show only NSYNC, Backstreet Boys, or TLC.</th>
<th>Lisa Frank is your style inspiration.</th>
<th>Your favorite accessory is a disposable camera, always wound-up and at the ready to take pictures.</th>
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<tr>
<td><strong>’70s</strong></td>
<td><strong>’80s</strong></td>
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<tr>
<th>Are your UGG boots your favorite shoe you own?</th>
<th>Do you exclusively listen to Justin Bieber or Katy Perry?</th>
<th>There’s no white space on your walls; instead, it’s pictures from Teen Beat magazines.</th>
<th>Taylor Swift vs. Kanye was the biggest scandal of the year.</th>
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<tr>
<td><strong>’70s</strong></td>
<td><strong>’80s</strong></td>
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<tr>
<td>yes</td>
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### Quiz Results

**If you checked mostly yes for:**

- **’70s**: Consider going as a hippie or a flower child. Walmart or Target’s dollar section is a good place to shop for accessories, especially flower hair clips or fun buttons.
- **’80s**: Pull inspiration from “The Breakfast Club” cast, or dress in patterns and colors from this decade. Ragstock sells affordable clothing items synonymous with this decade.
- **’90s**: Consider wearing thrifted clothing, and pull inspiration from popular trends and shows from this decade. If you’re still ‘clueless,’ turn to movies and music as well.
- **’10s**: Consider going as Katniss Everdeen from the “Hunger Games” or a nerd, which were two very popular costumes early this decade.
Despite the comparative distance, some American students come from far enough to come to Iowa State. More than 1,600 students come from non-bordering states, accounting for 15 percent of that population, or 258 students. Tessa Julliard, sophomore in public relations, is from Texas and said she came to visit her brother at Iowa State and liked the university. "I came in the fall right now, and I liked it," Julliard said. "I wanted to go far away from home — I wanted to be independent, and I got a scholarship too, so I was like, ‘why not?’"

Iowa, on average, is colder than Texas. Julliard said she was expecting "a little warmer" weather, but said going through the colder temperatures will be easier this year after experiencing the record lows last year, when the university canceled classes on account of the weather for the first time in several years.

Julliard is from Montgomery County in the Houston area, and said it is a very Republican year after experiencing the record lows last year. "I was scared about making friends, but honestly, I’ve had a better experience than I think people that go here that know everything already, because it forced me out of my comfort zone to meet people," Neaderhiser said. "I like going out-of-state because of that...kind of being pushed to meet new people."

Iowa ranks 15th on the list of coldest states, with Alaska taking first place. Kansas ranks 32nd, according to worldpopulationreview.com. "It’s about 10 degrees colder here on average, but I don’t really feel it yet," Neaderhiser said.

People who are scared of going out-of-state should consider distance, but not go too far away from home, Neaderhiser said. "It’s not just about the therapist but also the student’s engagement during sessions. "We use a lot of that word ‘empower,’” Hanes said. “[...I like to empower the student to recognize that the benefit they got from therapy, they were part of that. And in a sense, tell them they were able to establish a support system in the university. If I empower them to think about what they did, that way they can create it again.”

While Student Counseling Services does offer many free services for students, the cost of therapy can be pricey for those seeking help in the Ames Community. "I think one of the bigger challenges with students is insurance," Reimers said. "If they live in another state, especially if they’re from one of the coast, that can be a challenge to find a provider, especially in that area. So sometimes what’s we spend a lot of time doing, figuring out who can we connect them with." Hanes said Student Counseling Services encourages students to communicate their needs.

"As a therapist we really benefit from hearing about it, to be honest," Hanes said. "We’re always trying to improve what we’re doing in therapy. So if they have a concern, we’re interested in hearing what they’re doing. We’re here to help, and students can feel empowered to tell their therapist that. The therapist can start to really advocate and help them understand it and support it and support them." Student Counseling Services can be found on the third floor of the Student Services Building located at 2505 Union Drive. The hours for walk-ins are currently 8 a.m. to 3 p.m. Monday through Thursday. Counselors are available 8 a.m. to 5 p.m. Monday through Friday, for students who feel they are in crisis.

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