Navigating the road to addiction recovery

Iowa Poet Laureate to present curated reading at Monday Monologue

BY LOGAN.METZGER
@iowastatedaily.com

Poetry readings are set to provide “vivid imagery” at this week’s Monday Monologues.

“The Monday Monologue for this week is “The World Made New,” which are poetry readings by students that are curated by Deb Marquart, distinguished professor for English and the Iowa Poet Laureate.

“Deb Marquart is in the MFA creative writing and the environment program and she actually did a Monday Monologue where she did some singing and poetry last January,” said Susan Jasper, program coordinator for Parks Library. “This semester she has a poetry class, so she has been working with her students to choose some of their original work to read.”

Each Monday Monologue performance goes from 12:15 to 12:45 p.m. Everyone is welcome to stop in for as long as they can. Lunch is available for purchase in the Bookends Cafe.

MONOLOGUE pg8

35 percent of college students engage in binge drinking.

Recovery for an alcohol addiction, substance use addiction, individuals suffering from an eating disorder or technology users with detrimental habits are all welcome to step out of their comfort zones and join Iowa State’s Collegiate Recovery Community (CRC).

New to campus this fall semester, the CRC will welcome students with addictions of any kind and offer support to help ensure that students are aware of resources on campus.

Melissa Hall, a junior in psychology, was already seeking recovery when an Iowa State staff member approached her with the idea of implementing CRC onto Iowa State’s campus.

“I’m a ‘yes’ kind of person,” Hall said. “I attended the first meeting of the [CRC] and I just started becoming more and more involved, but it’s important for me, though, on such a bigger level, being a young alcoholic.”

Taking that first step toward seeking recovery can be the most critical when wanting to address certain habits. The accessibility of the CRC provides students with resources not previously available to them.

“We know from our own data that there are students on campus that are in recovery, seeking recovery or may have an issue with some sort of substance use and this could be a great resource for them, maybe they don’t have an actual

Iowa Chief Justice Mark Cady dies at age 66

BY JAKE.WEBSTER
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The author of the landmark ruling that legalized same-sex marriage in Iowa, Supreme Court Chief Justice Mark Cady, died late Friday at the age of 66.

Cady died unexpectedly of a heart attack Friday night, his family said in a statement posted to the Iowa judicial branch’s website.

“Tonight, the state lost a great man, husband, father, grandfather and jurist,” the family said in the statement. “Chief Justice Mark Cady passed away unexpectedly this evening from a heart attack. Arrangements are pending.”

The executive director of One Iowa, Courtney Reyes, issued a statement noting Cady’s impact on the lives of LGBTQ people in the state.

“At One Iowa, we are saddened to hear of Chief Justice Cady’s death. Earlier this year, we celebrated the tenth anniversary of one of his most impactful decisions: Varnum v. Brien,” Reyes said in the statement. “His words in that decision have touched the lives of countless LGBTQ people not just in Iowa, but nationwide.”

Iowa political leaders across the partisan divide issued statements mourning the loss of the long-serving judge. Cady was first appointed a district judge in 1986, and was appointed to the Iowa Supreme Court in 1998 by Gov. Terry Branstad.

“I was shocked and devastated to learn about Chief Justice Cady’s passing. This is a terrible loss for the state and for the courts,” said Iowa Attorney General Tom Miller in a statement. “The chief justice was a dedicated public servant and a fair-minded jurist.”

The Democratic attorney general’s statement followed Republican Gov. Kim Reynolds’ statement offering sympathy to Cady’s family.

“I am heartbroken to learn of the passing of Chief Justice Mark Cady,” Reynolds said. “He devoted his entire professional career to serving the people of Iowa. He loved the law, the judiciary and the state we call home. He leaves behind a legacy of service and dedication that we should never forget. My prayers are with Becky, the rest of his family, and his colleagues on the Supreme Court and throughout the judicial branch during this difficult time.”

Reynolds’ statement was joined by one from the state’s lieutenant governor, Adam Gregg.

“I am stunned and saddened by the loss of Chief Justice Cady,” Gregg said in a statement. “As he did for so many law students and young lawyers, he showed me kindness and support throughout my career. I am thankful for his service, and for the role he played in my life. He will be missed.”

A public “celebration of life” event will be hosted 10 a.m. Wednesday in the Knapp Center at Drake University to honor Cady and his contributions to the judiciary in Iowa.
Monday Monologues series, Grant Wood Foger, Parks Library at 12:15 p.m. “The World Made New,” poetry readings by students, curated by Deb Marquart, ISU creative writing and environment. Poetry students will demonstrate how the act of writing poetry involves thought work such as remembering, digging, observing, exploring, describing and imagining. Hear how the poem arrives on the page with new insights, offering in its language and imagery new ways of seeing and knowing.

POLICE BLOTTER

11.17.19

Brandt Baxter Butler, age 21, of 10451 W 76 St. N. - Baxter, Iowa, was arrested and charged with public intoxication at 203 Welch Avenue (reported at 1:55 a.m.).

Kirsti Brooke Ostenberg, age 26, of 1210 S 4 St. - Ames, Iowa, was arrested and charged with failure to prove security against liability at 1210 S 4 Street (reported at 3:17 a.m.).

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Rocking out

The Envoy Corps played a sold-out show on Friday in the Maintenance Shop. The Ames native rock band played songs such as “Fools” and “Make It Stop.”

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Disney+ impacts cable, streaming industries

By Margaret Troup
@iowastatedaily.com

Disney+, a new streaming service housing Disney-owned properties, debuted last Tuesday, gaining over 10 million subscribers in 24 hours.

Disney offers multiple Disney movies from their franchises, including "Star Wars," Marvel, Pixar and National Geographic.

This streaming service costs $6.99 per month for the basic package or $12.99 per month for the advanced package, which includes subscriptions to Hulu, Disney and ESPN+.

While Disney+ is slightly cheaper to Netflix's plans, which start at $9 per month and go up to $16 per month, their limited content choices are a problem, as everything focusing on Disney franchises are being included.

Additionally, subscribers don't know exactly how the catalogue of content will change on a month to month basis, similarly to Netflix's ongoing-curation.

With Disney joining in on the bandwagon of creating their own streaming service, the fate of cable TV is practically sealed.

As fall turns to winter, the roads get busier. With multiple upcoming holidays to celebrate, if individuals are uneducated on the importance of safety in Iowa winter conditions, traveling to and from festivities could be risky.

On Nov. 6, Ames Police Department (Ames PD) recorded 10 collisions according to Jason Tuttle, investigation commander and public information officer for Ames PD.

Although not all of these may have been caused by the first snowfall of the season, Tuttle said that this number "is not out of line for the first snowfall of the year."

Tuttle provided information on the protocol that is used in response to accidents caused by icy road conditions.

He said that officers arrive at the scene as quickly as possible, in an attempt to get the collided cars off the road sooner than later because other cars happening upon the accident have the potential to turn a two-way collision into the domino effect.

Tuttle said that once the officers arrive at the scene of the crash, they gather the information on the individuals involved in the crash and interview any witnesses present.

Winter conditions may interfere with how quickly and efficiently first responders arrive at an incident.

"Snow can cause first responder delays," Tuttle said.

When this problem presents itself, Ames is required to grab bigger city vehicles, and in the past, they have worked with the National Guard to extricate accident victims.

Although this issue has only presented itself a few times in Tuttle's career, he said, "it has the potential to happen."

Winter road conditions have already proven to be dangerous this year; therefore, it is of high importance that drivers take proper precautions.

It seems that people just forget how to drive," Tuttle said.

Tuttle said that people drive too fast under these conditions and need to slow down as well as limit distractions such as cell phones and the radio.

Drivers can be at a high risk of getting into accidents, but pedestrians also have things to look out for.

Pedestrians can increase their safety by making sure to always use crosswalks and keeping an eye out at intersections. "Walk" signs should not be a pedestrian's only indication that it is safe to cross because vehicles are bound to slide through intersections in the winter, Tuttle said.

Ames PD is constantly updating residents of the road conditions and reminding them not to park in snow routes. Individuals can access this information via the Ames PD Twitter account, @AmesPolice, and the Ames PD Facebook page.

Weather increases road risk

BY CASSIE SMITH
@iowastatedaily.com

Snow and freezing temperatures have resulted in unpredictable road conditions so far this November. Icy conditions can also be a problem for students who walk to classes. Ames Police Department advises both drivers and pedestrians to take precautions when conditions are unsafe.

"It seems that people just forget how to drive," Tuttle said.

"With snow and ice, it is of high importance that drivers take proper precautions."

Pedestrians can increase their safety by keeping an eye out at intersections. "Walk" signs should not be a pedestrian's only indication that it is safe to cross because vehicles are bound to slide through intersections in the winter, Tuttle said.

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Student clubs teach culture and diverse languages

By Cherry Tran
@iowastatedaily.com

Iowa State hosts over 850 student organizations and about 1.8 percent of them are student-led language clubs, according to the Student Activities Center website.

Even though Iowa State faculty already teach 10 world language courses, the university doesn't prevent its students from creating student-led language classes, which are being taught by primarily native-language speaking students.

Student-led classes combine language learning with cultural experiences. Iowa State's language classes are intended to be challenging, as the purpose of the classes is to train students in a language.

Student organizations that have student-led classes create them with the purpose of immersing students in the culture and creating them with an easier curriculum in mind. Because of the differing goals, the two styles classes are based on allows them to complement each other.

Iowa State's language classes are scheduled for four days a week, while student-led language classes are typically offered only once a week.

There are many similarities between the two course styles, such as both offering beginner, intermediate and advanced levels. Beginner classes focus on simple sentence structure, grammar and every-day phrases, whereas intermediate and advanced levels explore more difficulty in the development of literacy.

Currently, the only Asian language offered as an Iowa State course is Chinese, but there are student-led classes that teach Korean and Japanese. Student-led language classes can give students a chance to learn a language they are interested in that is not otherwise offered by Iowa State.

Jung Ho Suh, junior in computer

LANGUAGES PG8
2020’s main concern
Health care remains dominant issue among voters

BY WALKER.OCHS
@iowastatedaily.com

Health care is the single most important issue among voters in the upcoming 2020 presidential election. A YouGov poll released Wednesday found that health care is the most important issue to 19 percent of Americans, more than any other issue. The number rises to 29 percent among Democratic primary voters, the survey found.

"Pretty much everyone is concerned about their health," said Mack Shelley, Iowa State professor and chair of the political science department. As people age, health concerns become more of an issue, Shelley said. Older people turn to vote in higher numbers than any other age bloc and health care follows them to the polls as an issue.

Another contributor to the importance of health care's importance is the role it plays economically, Shelley said.

"[Health care] is a set of interlinked businesses...that all add up to about one-sixth of the entire U.S. economy," Shelley said.

One of the major topics disputed within the ongoing health care debate in the Democratic party is the split between public versus private insurance. Several candidates support a fully subsidized national health care system, in which the government would be completely responsible for funding medical needs.

Presidential candidates Elizabeth Warren and Bernie Sanders support a "Medicare for All" bill Sanders authored that would provide "universal federal health insurance coverage," Shelley said.

Both candidates have been questioned on how they would pay for the bill, with Sanders responding he would implement higher taxes, especially on wealthier individuals and corporations. Warren has said she would pay for "Medicare for All" without raising taxes on middle class Americans. Kamala Harris proposed her own "Medicare for All" plan with a distinct funding mechanism from the Sanders plan. Sanders version of the plan would have "no premiums, no deductibles, no co-payments [and] no out-of-pocket expenses," Shelley said.

The other side of the Democratic Party's health care debate features a public option. A few candidates mean people can choose to opt in to a government health insurance plan, but are still able to get private insurance if they desire. Joe Biden's health care plan would offer a public option, as well as expand on Obamacare.

Biden's presidential campaign has criticized Warren's health care plan in recent weeks for its elimination of private health insurance.

Biden released a press release on Nov. 6 compiling a number of Iowaans who spoke out against Warren's plan.

"It's unacceptable and counterproductive for Senator Warren to question the Democratic bonafides of a candidate simply because they don't agree with her more than $3 trillion health care plan," said Mike Gronstal, a former majority leader of the Iowa Senate in a statement.

Gronstal has endorsed Biden's presidential campaign.

Budding, who took the lead in the RealClearPolitics polling average of likely Iowa Democratic caucgoers on Saturday, has a health care plan of "Medicare For All who want it."

Buttigieg's plan, like Biden's, is a public option allowing for people to buy into a government health insurance plan.

"Budding is taking a much more cautious and conservative approach on health care," Shelley said.
The “Seinfeld” jingle plays in my head as I settle in to write this column. If you have never watched the amazing sitcom, I suggest you start right away and then return to this page. Spoilers ahead.

Some context about Sisyphus: Sisyphus is a mythological character sentenced to an eternal punishment. This punishment is having to repeatedly roll a huge stone up a hill, only to have it roll back down when it reaches the summit. Sisyphus is being punished for being a trickster who managed to cheat Death. This is a nice metaphor for being stuck in a vicious cycle of action, consequence and punishment. Much like George Costanza from “Seinfeld.”

George Louis Costanza is the neurotic best friend of Jerry Seinfeld, the star of the show. Part of the sitcom’s premise is based around Costanza being a human joke. I love the show, don’t get me wrong, but I feel like there is a deeper meaning here that is being overlooked in favor of a laugh track.

From the get-go, we see Costanza struggling to fit in. He’s a man with several personal issues — ranging from sociopathy, random fits of anger and low self-esteem — with a habit of cooking up complex plots to get out of uncomfortable situations. This is a good analogy for being a trickster and a lost soul. Why, then, does Costanza have so much trouble finding lasting happiness or satisfaction? Perhaps he is being punished for being a trickster and a lost soul.

Throughout the show, we can see Costanza struggle with social interaction. He has an abyssal dating life, his relationship with his parents is strained at best and fourth-wall breaking realistic at worst. There is mention of a brother a few times, but there is no identity associated with this brother. Another minor punishment, maybe? Knowing there is family outside of the small bubble you have made your peace with, but not knowing who they are or — even more of a punishment — not knowing if they even exist beyond lore.

Costanza was also cursed with a rough childhood. From getting bullied to being ostracized, Costanza’s only friend is Seinfeld. This, too, perhaps, is an unexamined factor in his life. Is Costanza cursed to always be in the shadow of the great comic? Is bearing the brunt of jokes at parties more than any person should be subjected to part of his suffering? We shall never know. Through his years of growing up, Costanza’s parents juxtaposed him with a neighborhood kid, whom they adored, thus contributing to his deep-set insecurities.

Costanza’s proverbial “stone up the hill” is his inability to cope. As mentioned earlier, he is extremely neurotic and gets fidgety at the slightest setbacks. He also has to exist under a pseudonym, “Art Vandelay.” For an episode — another one of his attempts to get out of situations. And yet, this identity keeps returning throughout the series, a stark reminder of the stone rolling back down. It is inevitable, then, that Vandelay and Costanza become so intertwined in each other’s identities there is no other option but to reconsider the very basis of existence. The balding and portly bespectacled man wearing a half-decent suit will keep rolling the stone up the hill. A stone built of attempts to have faith in himself and find happiness within. A stone that inexorably makes its way back down the hill, putting him back where he started: confused and squinting vaguely at the people around him. A modern-day Sisyphus, stuck in the summer of Costanza.
Defense falters in fourth
Uncharacteristic quarter almost costs Cyclones

BY MATT BELINSON
iowastatedaily.com

What ended up being a walk-off field goal nearly ended in defeat for the Cyclones on Saturday night after an uncharacteristic fourth quarter on defense.

The numbers don't lie when it comes to the collapse Iowa State had in the fourth compared to the dominance it exerted early on in the first half.

Of the Longhorns' 327 total yards on offense, 136 of them came in the fourth quarter. The Longhorns went 6-17 on third down on the night, yet converted five times in the fourth quarter.

Texas also held the ball for nearly eight minutes in the final quarter.

To put into context how dominant Iowa State was on defense in the first half, Texas had four consecutive drives end in a punt — along with a critical fourth down stop by the Cyclones at their own 22-yard line to take away points from the Longhorns.

Quarterback Brock Purdy saw firsthand the dominance of the first half defense and the multiple opportunities the dominance gave the Cyclone offense.

"Defense was amazing; they helped us out," Purdy said. "For them to get three-and-outs back-to-back, it's special and I'm so thankful for them. I tell them I love them all the time and I'm so thankful for them.

"When they jumped, I was like 'alright let's get it back in there, let's get it back!'" Purdy said of the Cyclones' second down penalty.

"I'm so proud of Connor and the work he's put in," defensive back Lawrence White said of defensive back Lawrence White.

"I believe in this, and I believe in them, and I believe in him," White said of Iowa State's defense lines up against the University of Texas' offense Nov. 16. "We always play to the next play."
In 2012, the lead singer of the popular anarcho-punk band Against Me! publicly came out as a transgender woman. Local fans were negatively taken back by the news and the band's reputation began to greatly suffer. Pressure built for Laura Jane Grace as fans turned their backs, a long-time bandmate left and her spouse filled for divorce. The future of the band grew foggy, to a point where Grace completely regretted coming out and even wondered if it was possible to stop her transition altogether. Despite apparent catastrophe, she continued her transition as Against Me! gathered in the studio once again. It was here that frontwoman Grace told the gritty story of her journey by means of the 2014 album "Transgender Dysphoria Blues." Rolling Stone described the album as, "A series of bracing songs about a self-destructive girl in a boy’s body.” While "bruising" may be one way to describe the record, one could also describe it as strikingly fearless. Filled to the brim with details that boil down on confidential in nature, the album is a testament to Grace’s lifelong battle with self-hatred, addiction and gender dysphoria. Grace’s songwriting is rhodopic and her story is heartbreakingly, yet lined with silver. The album opens with the titular track, "Transgender Dysphoria Blues," which sets the tone of the record in its most evidently narrative way. The refrain of the song is self-explanatory, eventually deciding to give love a second chance. In her memoir, entitled "Tranny," Grace details that this lyric came from a specific instance in which a cashier at a clothing store asked her to hold her breath so as to not catch Grace’s “ick” when she was very early in her transition. Grace’s frequent encounters with bigotry are most clearly demonstrated by the line “they’ll hold their breath not to catch the sick.”

In her memoir, entitled "Tranny," Grace describes how the line, "they’ll hold their breath not to catch the sick." makes the listener feel like they were right there beside Grace the entire time, crying for her and cheering her on as she rose from the ashes. On top of just how hard the songs go, the kind of unparalleled emotional transparency Grace so bravely shares through them is what makes "Transgender Dysphoria Blues" a perfect 10.

The musical covered a multitude of concepts that covered the gamut from relatable, everyday occurrences, to unique or even controversial situations. The overarching theme expressed how love sometimes may seem impossible or hardwound, but it’s important to keep trying. Seeing so many of the common struggles portrayed onstage made the theme relaxed to watch and created a sense of camaraderie between the audience members. Another important message demonstrated the abundance of stereotypes within dating, especially masculinity and femininity. Men are often forced to appear tough, rugged and sex-hungry, while women are meek and reserved. There are several scenes in "I Love You, You’re Perfect, Now Change" that change that narrative. In the scene “Tea & Jerk,” a couple is watching a romantic comedy movie and the man gets teary-eyed while stubbornly denying his emotions. Eventually, his female counterpart helps him to see that emotions aren’t inherently bad. This concept of gender stereotypes is also addressed in "A Stud and a Babe," where a first date goes wrong when two people try to be someone they are not. Along the same lines, the production also investigates the concept of a “perfect guy.” How many faults should one compromise with? Should one wait to find the “perfect guy”? Does a “perfect guy” even exist? While the audience never gets a concrete answer, some very interesting questions are examined with the help of a prisson inmate and a few wedding officiants. There are a few emotional scenes in this musical — some are heartbreaking while others caused audience members to believe in love again. “I Can Live With That” tells the story of an elderly widower and widower meeting each other at yet another funeral. Over the course of their conversation, they address the faults in their health and eventually decide to give love a second chance. Many happy tears were shed at the culmination of this moving scene. In contrast to their sentimental attributes, this production also had audience members in hysterics. One such scene was titled "A Picture of His," which portrayed how certain men tend to sound unflattering pictures of their anatomy to their significant others. The creative use of flashlight, a screen and screws helped to create hilarious imagery with a shadowbox effect that kept the audience holding. The scene polarized the men photographers in the world and the responses of their female counterparts. One of the most impressive things throughout the entire show was that the fact that the actors were not wearing microphones, yet were still loud and clear.
物质使用障碍但不 abusing alcohol in a high-risk way and want to change behav- iors say that they're interested in Vanderheyden, student well- ness program coordinator.

When looking to start the CRC, Vanderheyden said she pulled inspiration from other schools who also have CRC or similar programs on their campus. Universities such as the University of Georgia using allies to attract students to lead sober healthy lives.

The CRC welcomes students and allies of those facing addictive habits to "hang - out and" and "sneak" events. Everyone who enters around alcohol can be difficult for those seeking recovery to remain dry at, but students recovering from addiction now have a group of people who are in the same positions as themselves.

Events may include alcohol-free tailgates or weekend outings that shift the focus from the presence of alcohol or drugs to spending quality time with friends.

As president of the CRC, Hall said she hopes the group will be a safe place to talk about the presence of alcohol or drugs in your life. What is it like to be in situations that may be harmful to your mental health or to others? It is a place to talk about what you want to work on and make a plan for recovery. Hall said the group is not a replacement for treatment or counseling, but it is a place to talk about your experiences with addiction.

"There are so many different experiences that students have, and the CRC is a place to talk about those experiences in a supportive environment," Hall said.

The CRC is just getting started. Success is still hard to quantify, Hall said. "I feel like even those who are just starting to talk about their life's success. If one person feels like they have finally found an option for them, a support or resource for them, that takes them away from a negative aspect of their life, that's success for them.

For more information, visit the Student Wellness website or check out their social media accounts.