Mental health

Racial discrimination and diversity inhibits awareness

BY MEGAN SALO
@iowastatedaily.com

This story is part two of a series for Voices, which is a project that seeks to facilitate civil discourse and build awareness about diversity at Iowa State.

"Discrimination makes you tired. It makes you feel isolated. It makes you feel frustrated and it's a lot of pain," said Malik Burton, the president of the Black Student Alliance at Iowa State.

For the 4,290 Iowa State students who identify as a person of color, these feelings may be constants that the 28,736 white students can't relate to in the same ways.

The stress of being an underrepresented student on a predominantly white campus can be difficult and can attribute to some serious mental health issues.

Loneliness

For Mehul Shinde, current president of the Indian Students' Association and former president of the International Students' Council at Iowa State, this stress hit him during his first few days on campus in 2015.

"During orientation, I was left all alone and it was sort of a setback for me," said Shinde. "Just knowing that I would have to start all over again and I couldn't even remember how to make friends."

He said that everything in his social life worked out — he was able to connect to people and make and keep friends, but that wouldn't be the last time that he would feel excluded on campus.

Discrimination

"The biggest sort of discrimination I've faced is in employment," he said. Shinde has experience working as a research assistant, a lab intern and a software developer, but has still struggled to find a summer internship as a junior engineering major.

"The first question that [companies] asked me after seeing my resume was if I would need sponsorship for my visa if I started full time. When I said yes, most of them said they didn't do sponsorships."

He said that it was difficult and stressful seeing people who had less experience than him getting the internships or jobs that he wanted purely based on his need for sponsorship.

The stress experienced from being discriminated against is a major factor in someone's mental health, according to the minority stress model, discussed by Dr. Carolyn Cutrona in part one of this series.

The stress Burton talked about the discrimination he has faced, whether that be being followed around a store because the employees thought he might steal something, being pulled over for making an "illegal turn" or because his headlights were too dim and even being called on in class to answer questions about race.

"All that takes a toll, especially if you grew up around people that had the same identity as you and then you come somewhere where there's not very many people like you," Burton said.

Misdiagnosis and vicarious trauma

In addition to the stress of discrimination, misdiagnosis by mental health professionals also attribute to mental health issues among African and African American communities.

According to the National Alliance on Mental Illness, African American women are more likely to describe their mental illness in physical symptoms such as bodily aches or pains, which some doctors may not recognize as mental illness symptoms.

In addition, African American men are more likely to be diagnosed with schizophrenia when in reality they may be experiencing PTSD or vicarious trauma.

"[Vicarious trauma is] when you see a black person being killed by the police every single day, that's a mental health aspect because then you have paranoia, you don't trust the police, you are afraid to go outside because you can literally see yourself in that situation," Burton said.

Healthcare issues

Because of the rarity of vicarious trauma in other races, Burton emphasized the need for more diverse healthcare providers who won't overlook or misdiagnose these issues because they may have experienced them themselves.

The lack of diverse healthcare providers in addition to the cost of treatment is a deterrent for families to seek mental health care.

Misdiagnosis and misidentification of mental health issues among African American communities by mental health professionals is a major factor in the mental health crisis in African American communities, Burton explained.

"Your doctor really has to be trusted. They have to be people that have been through the same process as you. They have to be more diverse. They have to be more accepting of who you are, otherwise you're not going to go to the doctor," Burton said.

For Mehul Shinde, current president of the Indian Students' Association and former president of the International Students' Council at Iowa State, this stress hit him during his first few days on campus in 2015. During orientation, he was left all alone and it was sort of a setback for him, said Shinde. "Just knowing that I would have to start all over again and I couldn't even remember how to make friends."

He said that everything in his social life worked out — he was able to connect to people and make and keep friends, but that wouldn't be the last time that he would feel excluded on campus. Discrimination "The biggest sort of discrimination I've faced is in employment," he said. Shinde has experience working as a research assistant, a lab intern and a software developer, but has still struggled to find a summer internship as a junior engineering major. "The biggest sort of discrimination I've faced is in employment," he said. Shinde has experience working as a research assistant, a lab intern and a software developer, but has still struggled to find a summer internship as a junior engineering major. "The first question that [companies] asked me after seeing my resume was if I would need sponsorship for my visa if I started full time. When I said yes, most of them said they didn't do sponsorships."

He said that it was difficult and stressful seeing people who had less experience than him getting the internships or jobs that he wanted purely based on his need for sponsorship.

The stress experienced from being discriminated against is a major factor in someone's mental health, according to the minority stress model, discussed by Dr. Carolyn Cutrona in part one of this series. Burton talked about the discrimination he has faced, whether that be being followed around a store because the employees thought he might steal something, being pulled over for making an "illegal turn" or because his headlights were too dim and even being called on in class to answer questions about race. "All that takes a toll, especially if you grew up around people that had the same identity as you and then you come somewhere where there's not very many people like you," Burton said.

Misdiagnosis and vicarious trauma In addition to the stress of discrimination, misdiagnosis by mental health professionals also attribute to mental health issues among African and African American communities. According to the National Alliance on Mental Illness, African American women are more likely to describe their mental illness in physical symptoms such as bodily aches or pains, which some doctors may not recognize as mental illness symptoms.

In addition, African American men are more likely to be diagnosed with schizophrenia when in reality they may be experiencing PTSD or vicarious trauma. "[Vicarious trauma is] when you see a black person being killed by the police every single day, that's a mental health aspect because then you have paranoia, you don't trust the police, you are afraid to go outside because you can literally see yourself in that situation," Burton said.

Healthcare issues Because of the rarity of vicarious trauma in other races, Burton emphasized the need for more diverse healthcare providers who won't overlook or misdiagnose these issues because they may have experienced them themselves.

The lack of diverse healthcare providers in addition to the cost of treatment is a deterrent for families to seek mental health care.

Misdiagnosis and misidentification of mental health issues among African American communities by mental health professionals is a major factor in the mental health crisis in African American communities, Burton explained. "Your doctor really has to be trusted. They have to be people that have been through the same process as you. They have to be more diverse. They have to be more accepting of who you are, otherwise you're not going to go to the doctor," Burton said.
BY KEEGAN KEARNEY
@iowastatedaily.com

Growing up the youngest of three sons, Cole Reiman had trouble living up to the achievements of his brothers. One was a star athlete, the other, a brainy, high-achieving student.

Reiman was neither; his grades weren’t bad, but he never had an interest in sports, thus having no skills to compare to his older brothers. Then, out of sheer boredom, he decided that he would learn a new skill: juggling.

After two hours of practice and after dropping the baseballs on his hard kitchen floor an embarrassing number of times, he had learned the basics of ball juggling. Today, at 18, Reiman can juggle—in fact, he can do it on a unicycle. He can also do it while solving a Rubik’s cube behind his back. In a typical practice session, you might find him balancing a steel ladder on his chin, snipping a bottle out of the air with a burlap bag, or performing a host of other feats in preparation for his next show.

Reiman is a professional performing artist, playing at large venues for a variety of events in the Des Moines area, including the Iowa State Fair, his highest paid performance to date.

Despite doing his shows professionally and carrying around a stack of business cards, Reiman doesn’t like to think of himself as a professional. To him, all of this is just another aspect of his life, and an important part of his personal philosophy; anything can be achieved with the right effort, and the most worthwhile goals are those that affect other people.

“Pretty much anything can be a juggling prop,” said Reiman, who has a trunk of props that resembles a travel-sized toy store or the lost and found bin at a circus. There are clubs, hoops, rings, bottles, spinning plates and a six-foot steel ladder among its contents. Reiman also recalled instances where he juggled shoes taken from audience members.

Reiman is a freshman in agricultural education at DMACC, a decision that actually came to him through his performances. After playing for a large crowd at Hilton Coliseum for the FFA, he realized that he wanted to use the skills he has learned as a performer to teach, and to hopefully impart something even rarer and unexpected on the people he meets both in the classroom and on the stage.

Although he had been performing for years for people in his community, Reiman’s decision to brand himself and start actively pursuing business came after his largest performance, two large shows at the State Fair that amassed huge audiences. The encouragement he got from the woman who had hired him for the show changed his outlook on the possibilities of a life lived without fear of failure.

“You start just talking about juggling some balls, and then you end up with this whole new life purpose. It’s crazy,” Reiman said.

This is how he expresses himself, and being able to do that has been an important part of his development as a person.

For Reiman, the goal is to meet and then surpass the expectations of the audience and change their perspective on what a person can really do. This is his way of giving back to the community.

“It was never about making a living off of it,” says Reiman. “It was always, how can I take this to the next step to make people and impressed and see something that they didn’t think they would see today…something that they didn’t think was possible.”

Although his tricks seem impossible to his audience, it is his work ethic that has brought him so far; Reiman sets a goal and chases it hard, grinding at the intricacies of a new trick until he chases it hard, grinding at the intricacies of a new trick until he learns the basics of juggling in two hours, unicycling took him a couple months and he generally spends a lot of time per day learning and mastering his moves.

Some people may have different aptitudes and find certain tricks easier or harder. He also says that certain studies have proven that learning complex skills like juggling may increase gray matter and connections in the brain, which he believes is definitely his experience. He encourages everyone to give juggling, or whatever skilliques their interest, a chance, no matter how difficult it seems.

“You always gotta keep at it,” he said. “If you have a passion, and you want to work towards it, you always gotta keep moving forward. If you enjoy it, then other people will too.”

Overall, Cole Reiman’s main goal in show business is to impart one of the many wisdoms he has come across in his juggling journey;

“You’re always gonna have regrets,” he said. “But you just need to choose which ones are worth regretting.”
A new bill about religious liberty is moving through the Iowa Legislature and stirring up controversy after opponents say it will lead to discrimination.

Currently, Iowa law does not require courts to strictly follow the free exercise of religion when enforcing and reviewing laws, but this bill, SB 3171, aims to change that.

Sen. Julian Garrett, R-Indianola, who heads the bill in the Senate, said it would require the government to have the highest amount of proof before discriminating against someone’s free exercise of religion.

“If the government is impeding on religious beliefs, they would only be able to do so as a last resort, and this is essential to protect the free exercise of religion in Iowa,” Garrett said.

One example Garrett cited was in Texas where the government subpoenaed sermons of a pastor to make sure he wasn’t discriminating against some in his audience. He said he felt that this action was an overreach of power.

“Preventing the discrimination of religious practice like this is really the purpose of the bill,” Garrett said.

One political group at the University of Iowa was kicked off campus for not letting a gay student lead a group.

“This group is now back on campus, but if this bill had been there, it would have protected the group’s religious freedom,” Garrett said.

Opponents see this application of the bill as problematic. Rep. Beth Wessel-Kroeschell, D-Ames, said that allowing these groups to discriminate and exclude is not a part of Iowa values and would be breaking the Iowa civil rights code.

Wessel-Kroeschell, who helped add new protections under the civil rights code in 2007, said, “This bill would be infringing upon many of the protections that were added including the accommodation protection that would prevent a religious person from discriminating against someone based on their sexuality.”

The religious group at the University of Iowa defended their decision arguing that other groups on campus were allowed to disallow certain members from being in leadership positions.

The conservative Christian group says they allow accommodation protection that would prevent a religious group must affirm a statement of faith that rejects homosexuality.

Garrett said that other states with similar laws have not had issues with discrimination despite a majority of states having similar laws in place with 21 states having laws in place and 10 others with protections built into their state constitutions.

When asked, Wessel-Kroeschell denied this claim, saying that discrimination has been prevalent in states that have passed similar laws and they have faced “massive economic problems as a result.”

“Diversity and anti-discrimination policies help businesses grow and provides a reason for them to come to Iowa. The state owes its low unemployment, pro-business system largely to the protections in the civil rights code,” Wessel-Kroeschell said.

The biggest red flag for her is that, “the businesses are registered against the bill, the Methodists and other religious groups are against the bill, and the only groups for the bill are the conservative religious groups,” Wessel-Kroeschell said.

The bill was passed in a Senate committee and will face floor debate later this session.

The panel will begin at 6 p.m. on Thursday at the Octagon Center for the Arts at 427 Douglas Ave. in Ames. Gray’s exhibit “A Negro From the South” is being displayed at the Octagon Center until March 9.

As an artist, Gray works to showcase what it means to be a black man in the United States.

“I feel like people are quick to use the black male form but not really look at the soul of the person that they’re using,” he said, noting that it goes back to the concept of slave culture relating it to how outspoken black athletes like LeBron James are treated by some in the media. “Our black bodies were used for one thing and one thing only. We were told ‘I don’t want to hear your thoughts; just do that thing you’re good at and shut up.’”

Gray described the process of the design of his exhibit.

“I never did want one piece to look exactly like the other,” Gray said. “That was a big challenge with this particular project -- making sure each piece had its own separate feel yet was very cohesive.”

In regard to Thursday’s panel, Gray said he is “intrigued in listening to the other panelists’ stories.”

You get a window into our souls and our understanding of what it’s like to be a black body in a white world,” Gray said. “Hopefully it will change a lot of minds and views on black society and black culture.”

Stewart will be leading the panelists, who include Gray, Eulanda Sanders, professor and chair of apparel, events and hospitality management; Brenda Jones, professor of art and visual culture and Mitchell Squire, professor of architecture.
POLICE BLOTTER

2.20.18

Andrew Henderson, age 21, of 2129 Hawthorn Court Dr Unit 8130 – Ames, IA, was cited and released for leaving the scene of a traffic accident (Case update).

An officer initiated a drug related investigation at (reported at 11:30 a.m.).

An individual reported the theft of clothing at 2119 Edumen Dr (reported at 1:51 p.m.).

An individual reported the theft of a bicycle at Buchanan Hall (reported at 3:20 p.m.).

An individual reported being harassed at Eaton Hall (reported at 4:25 p.m.).

IOWA STATE DAILY BUSINESS DIRECTORY

Jackson Cleaning Service

Call us at 231-3645

- Residential Cleaning
- *GETTING YOUR HOME READY FOR THE MARKET: Deposit Back*
- Deep Cleaning
- Security 

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.

PUBLICATION BOARD:

For release October 1, 2013

IOWA DAILY CROSSWORD

ACROSS
1. "The Dean of Western Business Record" (2012 Ben Affleck)
4. "Lakes lower Great connecting Lake" (2012 Ben Affleck)
6. "Not a person" (Pierre-Auguste of Paris)
8. "Lone Star State" (2012 Ben Affleck)
10. "Is able to" (Barack's younger brother)
12. "Bouquet of flowers" (sch. requirement)
15. "Second-in-command in the military hierarchy" (city in South Dakota)
21. "Demean" (man)'
22. "Baby goat" (man"
24. Mercedes rival" (city in South Dakota)
24. "Mercedes rival" (city in South Dakota)
26. "Bus. get-together" (city in South Dakota)
29. "Adman's" (company)
31. "Digital camera" (brand)
32. "Legal thing" (brand)
34. "Hoops gp." (brand)
35. "Iliad" war god (mermaid)
38. Switch (brand)
39. Animated (brand)
40. Open, as a bud (brand)
41. "Take it all off" (brand)
42. "Y eats' land: Abbr." (brand)
43. "Land parcel" (brand)
44. "Continental company" (brand)
45. "Take a nap" (brand)
46. "Bistro" (brand)
47. "Cheese" (brand)
48. "KGB country" (brand)
49. "Detailed map" (brand)
50. "Assume" (brand)
51. "Put away" (brand)
52. "Marlins’ div." (brand)
53. "Mergers" (brand)
54. "ISP option" (brand)
55. "Superior" (brand)
56. "Franchised" (brand)
57. "Betsy Ross, painter" (brand)
58. "Lodge group" (brand)
59. "W is for Wasted" (brand)
60. "Sit-up targets" (brand)
61. "Opponent" (brand)
62. "Rival" (brand)
63. "Recluse" (brand)
64. "Company" (brand)
65. "Small bills" (brand)
66. "Take a nap" (brand)
67. "Betsy Ross, painter" (brand)
68. "Lodge group" (brand)

DOWN
1. "North to the future" (brand)
2. "12 Bouquet of flowers" (sch. requirement)
3. "Take it all off" (brand)
4. "Small bills" (brand)
5. "Open, as a bud" (brand)
6. "Take it all off" (brand)
7. "Small bills" (brand)
8. "Take it all off" (brand)
9. "Small bills" (brand)
10. "Take it all off" (brand)
11. "Small bills" (brand)
12. "Take it all off" (brand)
13. "Former Defense Secretary" (brand)
14. "Came into play" (brand)
15. "Second-in-command in the military hierarchy" (brand)
16. "Mission: Impossible III" (brand)
17. "Minister for War" (brand)
18. "General School" (brand)
19. "No, man!" (brand)
20. "Ristorante squid" (brand)
21. "Recluse" (brand)
22. "Baby goat" (brand)
23. "Legged it" (brand)
24. "Baby goat" (brand)
25. "baby goat" (brand)
26. "Bus. get-together" (brand)
27. "Mercedes rival" (brand)
28. "Legged it" (brand)
29. "Adman's" (brand)
30. "Very big maker of Very big chips" (brand)
31. "Digital camera" (brand)
32. "Legal thing" (brand)
33. "Superficially" (brand)
34. "Hoops gp." (brand)
35. "Iliad" war god (mermaid)
36. "Michigan or Ohio" (brand)
37. "Half a mermaid" (mermaid)
38. Switch (brand)
39. Animated (brand)
40. Open, as a bud (brand)
41. "Take it all off" (brand)
42. "Y eats' land: Abbr." (brand)
43. "Land parcel" (brand)
44. "Continental company" (brand)
45. "Take a nap" (brand)
46. "Bistro" (brand)
47. "Cheese" (brand)
48. "KGB country" (brand)
49. "Detailed map" (brand)
50. "Assume" (brand)
51. "Put away" (brand)
52. "Marlins’ div." (brand)
53. "Mergers" (brand)
54. "ISP option" (brand)
55. "Superior" (brand)
56. "Franchised" (brand)
57. "Betsy Ross, painter" (brand)
58. "Lodge group" (brand)
59. "W is for Wasted" (brand)
60. "Sit-up targets" (brand)
61. "Opponent" (brand)
62. "Rival" (brand)
63. "Recluse" (brand)
64. "Company" (brand)
65. "Small bills" (brand)
66. "Take a nap" (brand)
67. "Betsy Ross, painter" (brand)
68. "Lodge group" (brand)

SUDOKU

BY THE MEPHAM GROUP

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

www.sudoku.org.uk

IOWA STATE DAILY

© Copyright 2017 Iowa State Daily Publication Board

Front Page Weather Courtesy of American Meteorology Society
Privatizing Medicaid doesn’t work

In school we often hear or say that we can learn from our mistakes. But Iowa Republicans and Gov. Kim Reynolds doesn’t seem to have heard that advice. Or maybe they need to make many mistakes before the learning begins.

Medicaid privatization was former Governor Branstad’s initiative. Republicans argued that the service would be better and costs would be lower. In fact, since privatization began in April 2016, the opposite has happened: service has declined precipitously and costs are higher.

But the only recognition that things have gone awry is Governor Reynolds’ statement that “mistakes were made.” while offering no real path to correct them.

Privatization began with three companies taking over the administration of Medicaid, a program that covers about 600,000 Iowans. Within 18 months one company withdrew, saying it could not make a profit and arguing it had too many patients with severe medical problems. Those patients existed prior to privatization and were being cared for much better under state administration. The patients, for whom available services had already been curtailed when privatization occurred, had to deal with more disruption in their medical care.

In late 2017, the state had to assume responsibility for over 10,000 patients temporarily because the other two private companies could not take on the patients stranded by the third company’s departure. To satisfy the two remaining companies, an increase of $128.8 million was agreed upon. But as is true of Medicaid generally, the bulk of that ($147 million dollars) was to be covered by the federal government, so Iowa officials could shrug it off. Meanwhile, complaints by patients about denial of care and by medical personnel about lack of reimbursement continue unabated. Most recently, the Des Moines Register reported that the private administrators’ failure to pay would result in the likely closing of a very successful addiction treatment program at the Polk County Jail.

When will Republicans stop reflexively arguing that private business runs every program more efficiently than the government does? How much evidence must accumulate before they start to learn from their mistakes?

Privatizing Medicaid doesn’t work

A Muslim ban has no place in America

A Muslim ban has no place in America. It openly flouts international law; while shutting the doors on heroes and activists who could make a incredible impact on our society.

It calls us back to the darkest times in our history, where we again let hatred blind us and deprived tens of thousands of American citizens of their freedom for nothing more than their ancestry.

Most importantly, it flies in the face of the foundation of our nation. Wall Street and the system of stocks that Trump has so gleefully exploited was created by none other than Alexander Hamilton, America’s greatest immigrant. Immigrants have been behind some of the most game-changing innovations the world has ever seen, from brands like Levi Strauss and Liz Claiborne, to titans like Rupert Murdoch and Google. You get the picture.

The mutually beneficial ideal that immigrants are welcome is essential to our society. We also firmly hold the ideal concept of equality under the law; there are two Constitutional amendments enshrining it in the supreme law of the land. Combine these, and the inevitable conclusion is that we have a special obligation to create a system that is just as fair, and as free as possible, from discrimination as much as we possibly can.
It is 75 degrees, you are within a pitch from ending your senior year of softball, and it is the end of your high school career. You have been offered a Division I scholarship to continue your softball career. Now, you could have signed with any team out there, and for some reason some coach from the Midwest convinces you that you are a key foundation of forming a new team.

You are a foundation member of a new program, and you sign your national letter of intent to Iowa State University in Ames, Iowa. A power five program for football, men’s and women’s basketball, volleyball and, yes, softball. You choose to attend school in Ames, Iowa, not because you like the cold, but because you like the idea of adding to tradition and being a key member at the next level.

Fast-forward to the first practice, not outdoors in the good ole diamond in 75-degree weather, but rather in the sports facility named Bergstrom Indoor Facility, a turf-field used mostly by the football team.

Bergstrom is next to Jack Trice Stadium, the home of Iowa State football. Your sport facility is roughly a mile away. The reason you can’t train in it is because it is 15 degrees outside. There is snow and ice on the roads, sidewalks, and yes, on the beloved diamond.

This is the life of every southern player in the Cyclone softball program. Coming from the likes of California, Texas, Arizona, Tennessee, to Montana, Minnesota, and Iowa of course, the Cyclone softball team is composed of a diversity of players. Not just from the playing aspect, but from a “what I call home” state.

We can look at the 2018 roster, Kirsten Caudle (San Bernardino), Jackie Chavez (Highland), Sami Williams (Laguna Niguel), Julie Lewis (Arroyo Grande), Sally Woolpert (Highland), Sami Williams (Laguna Niguel), and Savannah Sanders (Mt. Juliet, Tennessee) are all from the state of California.

Meantime, Kaylee Bosworth (Manvel, Texas) and Cara Beatty (Las Vegas, Nevada) and Savannah Sanders (Mt. Juliet, Tennessee) are also from the south. Roughly 13 percent of the team is composed from players from outside the Midwest of the United States. With that comes a lot of learning and readjustments from the players not only to getting to college, and learning how to play at the next level, but having to learn to play in the cold and get used to the way Iowa State does softball during the winter season.

New head coach Jaime Pinkerton has recruited three top prospects for the next incoming class, including Kasey Simpson out of Keller, Texas, the No. 13 player in the recruiting class. But his recruiting style has always been consistent.

Antillon, a senior out of Orange, California, was recruited by former head coach Stacy Gemeinhardt-Cester.

“They definitely informed me that it was going to be cold,” Antillon said. “They didn’t really say other than bring a lot of warm stuff and that they will provide me with a lot of warm stuff.”

In her time as an infielder for Iowa State, she has adapted her playing style when practicing in the cold, and playing in warmer weather.

“Coming from California I never wore [layers of clothes], and coming here I wear leggings, and three [layers],” Antillon said.

Fellow teammate and Californian sophomore infielder Sami Williams also agrees with the transition of geographical areas being strong.

“In working on fielding indoors, I hadn’t really had experience fielding indoors,” Williams said. “Making that transition from playing on turf to dirt is a tough transition.”

Iowa State, for the majority of the winter season, practices indoors, which troubles the infielders and outfielders. Specifically, in the infield it is hard for them to predict the hops and the speed of the ball.

Williams does admit that the conditions from playing in Iowa are new to a lot of these players not used to playing in wet and cold conditions.

“In Iowa, you play through a lot tougher weather. Back home if it starts raining, they call the game, but up here you play through it until it gets really bad,” Williams said.

Probably the furthest from her natural home conditions will have to be Bosworth. The Manvel high school alum, played year-round like most of the southern players, playing in Spring, Texas, for a club softball team during the offseason.

“Being a catcher, her biggest adjustment was not the pitching coaches, or even the head coaching changes, but rather her catching skills in different weather.

“When it came to catching, the biggest adjustment was getting used to not being able to feel my hand,” Bosworth said. “When it gets cold, I can’t feel it other than the first few pitches, but after a couple pitches it just goes numb.”

With all of these adjustments to the colder weather, one would think that these players would be repelled to some play in colder temperatures. But Pinkerton says it’s not surprising at all.

“We are upfront with them, we tell them that it snows, and that it gets cold,” Pinkerton said. “In the areas we are recruiting, Texas and California, where there’s only so many Division I schools, they don’t have room for all of them, so they start branching out.

“We have a world class university to sell. We just preach academics, and that there’s not really a big professional contract waiting for them, so they gonna get a quality education. them, so they gonna get a quality education.”
LIFESTYLE

DG’S WELCOMES NEW GENERAL MANAGER

BY KYLE CRAVENS
@iowastatedaily.com

Local music and self-expression has thrived at DG’s Tap House for years. It’s the self-pro-nounced premier rock club in town. The general manager position is the middle man between an Ames audience and local talent.

The general manager, among other responsibilites, is tasked with booking a constant variety of entertainment every week. Nate Logsdon was the general manager during the restaurant’s inception, and then it was up to Adam Reim, a position he held for the past two years. Now, Brin Meyer has passed the torch to Haley Steen.

“Adam is touring with some bands over the summer as well as some sound engineering work,” Steen said, “It’s daunting to work as a manager of the bar along with other tasks, but he moved on to bigger and better things.”

Steen looks to expand upon the position in interesting ways, learning from the desires of the customers that she has tended to personally in the past. She is doing things her own way, staying close to home with events and entertainment, and offering something for every niche in Ames.

“We were going to do a lot more community events throughout the week, things like poetry and open mics,” Steen said, “We link up with a lot of Iowa State organizations such as a few the Latinx sorority on campus.

Steen looks to expand upon the position in interesting ways, learning from the desires of the customers that she has tended to personally in the past. She is doing things her own way, staying close to home with events and entertainment, and offering something for every niche in Ames.

“We were going to do a lot more community events throughout the week, things like poetry and open mics,” Steen said, “We link up with a lot of Iowa State organizations such as a few the Latinx sorority on campus.

Believability from family

“It’s sort of a taboo topic,” he said. “A lot of black families believe that mental health is a symptom of something else or a product of another physical illness.”

For Latinx families, the issue of believability is prevalent as well, said Julissa Garcia, a member of Theta Lambda Alpha, a Latinx sorority on campus.

“Latinx families focus more on the physical than the mental,” Garcia said. “A lot of families have superstitions remedies that are usually used to help physical issues, so when it comes to mental problems, it’s difficult for them to talk about it because they don’t have any answers.”

When she faced her own family with her anxiety issues, Garcia said it was difficult for them to take it seriously until they saw signs of the issue and learned more about it.

She said that her dad’s initial reaction was that it wasn’t a problem and that medication would take care of it, but that’s not what Garcia wanted to do, so she started to work on educating her family on mental health.

Issues in male mental health

In the Latinx community, those who have the hardest time understanding or empathizing with mental health issues are older generations and males.

Older generations “have more traditional mindsets and it’s frustrating because you can teach, teach, teach, but it’s up to that person to understand and actually think it’s important,” said Garcia.

She said that providing care for others is seen as a woman’s job in Latinx families and for males, having a quality of machismo, or hyper masculinity as Garcia described it, is very important.

“They may believe that mental illness is a weakness and they don’t want to share that with other people,” she said. “You want to show people that you’re strong, you’re tough, you don’t have any emotions — you don’t want anything feminine related back to you.”

The stress of needing to be strong at all times can not only keep Latinx men from believing in other’s mental illnesses, it can also keep them from seeking help for their own mental health, which can make illnesses worse.

In the general population, men are 3.53 times more likely to die from suicide than women, although prevalence in diagnosed mental health issues is higher in women. This suggests that although men are experiencing mental health issues, they aren’t seeking help for them.

Garcia said that this, along with economic and immigration problems are the main stressors for Latinx families and individuals.

What can change at Iowa State

Shinde pushes for a more diverse student population on campus.

“Our campus is far from being diverse,” Shinde said. “Both local students are missing out because they aren’t experiencing as much international exposure and the international students are suffering because a lot of them are isolated from the main stream.”

Burton pushes for more culturally aware counselors and more resources on campus.

“Getting mental help is like a job process — they can get to know you on paper, but that interview is where you get to see the rest of who they are,” Burton said. “We also need more diverse mental health staff and to expand the staff in general. Adding resources specifically for minorities and advertising those resources would make it less of a taboo topic.”

Garcia pushes for more diverse counselors and teachers on campus.

[More people of color in these positions] doesn’t mean that a person can’t identify with a person of color if they’re not a person of color, but I believe it’s easier to connect because you kind of know the struggles that you’ve faced between each other and it doesn’t need to be said — you just look at each other and you just kind of know,” Garcia said.

>> HEALTH

illness help, said Burton. Because of this, African American families may turn to other routes of treatment such as religion or simply waiting for the issue to pass — if they acknowledge the problem at all.

Believability from family

“It’s sort of a taboo topic,” he said. “A lot of black families believe that mental health is a symptom of something else or a product of another physical illness.”

For Latinx families, the issue of believability is prevalent as well, said Julissa Garcia, a member of Theta Lambda Alpha, a Latinx sorority on campus.

“But many of the employees at DG’s, is optimistic for the future under Steen’s leadership.”

Haley Steen worked as a bartender at DG’s for five years before becoming general manager.

“Haley stepped up when no one else could and she’s making one hell of an effort to make DG’s into the grand venue she envisions,” Miller said, “She wants the bar to be successful, meaning booking the best acts locally and nationally. She is packing in the house while maintaining the DG’s legacy for being a safe and entertaining environment for anyone.”
NEWS

Blaxicans and the Future of Identity in the U.S.

Walter Thompson-Hernandez


Thursday, February 22, 2018 - 7pm
Sun Room, Memorial Union

Sponsored by: Latino/a Studies Program and Committee on Lectures (funded by Student Government)

From Mythbusters to White Rabbit Project

Grant Imahara

Grant Imahara, formerly on Mythbusters, now stars on the Netflix Series The White Rabbit Project, a show about weird science and unusual tech that has been described as “Mythbusters in Wonderland.”

Thursday, February 22, 2018 - 8pm
Great Hall, Memorial Union

Sponsored by: Engineers’ Week, Committee on Lectures (funded by Student Government)

Our Town

February 27 and 28
7-10 p.m.
0338 Carver Hall

Roles available for
13 men and 7 women

Sign up for an audition time and pick up materials in 0310 Carver Hall