3-29-2018

Iowa State Daily (March 29, 2018)

Iowa State Daily

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The room is dimly lit with the perfect mood lighting. Soul and smooth jazz play in the background. The aroma of delicious food such as prime rib and smoked salmon fills the air. You are gathered for a special occasion or maybe a weekly date night. At the front door, you are greeted by the smiling face of Brian Gould, the general manager at Aunt Maude’s.

March 29 is National Mom and Pop Business Owners Day, which acknowledges and celebrates the approximately 27 million small businesses in America. Small businesses are a vital part of the United States society and economy. According to the financial analysis company Sageworks, small businesses generate more than half of net new jobs and, in total, employ 58 million Americans.

Here in Ames, it is not difficult to find a local business to support. In downtown alone, there are over fifty small businesses. From clothing boutiques to restaurants to law firms, Ames has a wide variety of small businesses. Many Ames businesses boast positive ideals such as excellent service and a personal touch. One restaurant in particular has been carrying out these ideals since 1975. Aunt Maude’s, located on Main Street in historic downtown Ames, was modeled around the founder’s favorite restaurant in Kansas City, Missouri.

Although Aunt Maude is a person of myth, Gould explains that the name represents the casual, personal style they strive to carry out each day. “Aunt Maude is a fictitious person. [The name] has to do with comfort,” Gould said. “The idea of coming into someone’s home, feeling comfortable with family and friends. We always try to make people feel welcome, surrounded by friends, family and good hospitality when they come [to Aunt Maude].”

Like many small businesses, Aunt Maude’s is no stranger to financial difficulties. With the state of our economy constantly changing, business owners must learn to adapt quickly to changes. In 1991, the previous owners of Aunt Maude’s were unable to fulfill this need causing the restaurant to go out of business.

After Aunt Maude’s went out of business, Pat Breen and Bob Cummings, the former owners of Ames Mexican cafe “O’Malley & McGees,” bought the restaurant that same year. “[Breen and Cumming’s] friends and business partners talked them into buying Aunt Maude’s because they thought that Ames needed Aunt Maude’s to be in the community and a place for businessmen and college students to go to a nice atmosphere for customers. According to the general manager, Gould, Aunt Maude is a fictitious person and has to do with comfort.
In the psychology department at Iowa State University, there are 191 experiments that are in operation and compiling data this semester. In many of these experiments, the participants are students who are currently in a psychology class or communication studies 101.

College students have been used for psychology experiments for over 100 years. In this time, psychologists have discovered how the brain processes different situations and what can be done to improve its processing. "Psychologists started testing their theories in universities with college students. It was convenient," said Carolyn Cutrona, the chair of the psychology department, when asked about the history of psychology experiments and college students. "The thought was that there are some kind of processes...phenomena...reactions in human beings that are universal. It doesn't matter if it's an 18-year-old college student or somebody in the community and so psychologists started testing their theories in universities with college students. It was very convenient. Very valid for what we do." Generally, when a person thinks of research they imagine people in lab coats mixing different chemicals together or designing robots and while this is a major part of experimental research and these experiments help improve lives, so do psychology experiments.

"We study components of really important societal issues," Cutrona said. One example of this is false confessions. "It's a huge problem in the judicial system that under certain circumstances people will confess to things they didn't do. And it's very hard to take it back. Once you've confessed, that's like the gold standard, you did it. If you confessed, you're guilty," Cutrona said. "But sometimes people confess to things they didn't do. You know, they've been up for 24 hours, they're thirsty, they're tired, the police are telling them something, 'well if you just admit it, we'll let you go.'" Professors ask questions inspired by the issues that they see or simply by behavior that they notice in other people. Students in psychology classes have the option to participate in experiments for points in class. However, the variation between the experiments that are offered allows a student to create their own experience and participate in more of what they are interested in. There are experiments that look at various parts of the judicial system and how a person perceives can change. There are also experiments that look at how note taking affects memory or at spatial cognition in a virtual reality environment can be changed. Jon Kelly, a professor in the psychology department and in the human-computer interaction program, focuses his studies on virtual reality and how different aspects of the experience can be changed to affect spatial cognition. His studies on virtual reality and how different aspects of the environment can be changed. The less people move their bodies, the more disoriented they become," Kelly said, "moving the body seems really important to orientation." While in the virtual reality environment, the subject can move their own body or turn their head to orient themselves, however, they can quite literally run into problems if they move around too much.

As the virtual environment does not have what the subject would see in the room that they are in, if there is a chair in the way or if they move to close to a wall, they will not realize it until they run into the object. However, teleportation comes with many drawbacks. Because the participant does not move their body, it is hard for their brain to register where they have moved to visually. "The less people move their bodies, the more disoriented they become," Kelly said. 

"I'm looking forward to helping the Daily over the summer," said Rambo. "With a focus on improving Iowa State Daily's digital content through regularly released videos and podcasts, Rambo said that he hopes to shift the paper's emphasis from feature stories to allow for more pieces covering a wider scope. He went on to explain that an important part of increasing readership is improving the diversity of the Daily's staff to represent more perspectives. "I think diversity is part of the lens that we need to view how we work," said Rambo. "I think diversity is part of how we approach our coverage, how we build our staff, and how we go about communicating, collaborating, and innovating."

By Kendra Bries@iowastatedaily.com

In the psychology department at Iowa State University, there are 191 experiments that are in operation and compiling data this semester. In many of these experiments, the participants are students who are currently in a psychology class or communication studies 101.

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**NEWS 03**

**Reynolds signs bill for mid-year budget cut**

**ISU loses $11.5 million**

Governor Reynolds signed SF 2117 into law Wednesday which includes a mid-year budget cut to Iowa State and the University of Iowa amounting to $10.9 million. The final bill will cut a total of $35.5 million from the fiscal year 2018 state budget. The bill exempts the University of Northern Iowa from cuts. Supporters of the exemption say that a large percentage of the University of Northern Iowa’s student population are in-state students so mid-year cuts would disproportionately harm Iowans. This decision, however, has been met with criticism from some at Iowa State including Iowa State Provost Jonathan Wickert.

“Any decision to exempt UNI from the cuts would not reflect that Iowa State teaches more Iowans than any other regent university,” Wickert said during a Faculty Senate meeting. These cuts will likely lead to increases in tuition, but there could be other consequences of the cuts as well.

“With the last two years seeing $11.5 million in cuts to Iowa State’s budget, these budget changes will cut to the bone,” Wickert said. “The possible implications of these cuts for Iowa State include faculty furloughs, cancelled classes and discontinued student aid.”

Student Government President Cody West said his initial reaction to the cuts was confusion, since they had heard mixed news from people at the statehouse regarding whether there would be mid-year cuts.

“Definitely heartbreakingly, and [I am] feeling especially bad for our new administration as they get settled into their roles as we’re missing folks like the chief of staff in the president’s office and having to navigate these budget cuts with a new leadership team,” West said. “Definitely disappointing, I think the magnitude is what really scares us, especially this late in the school year.”

Members of Student Government — particularly those who are a part of the Legislative Ambassador program — made efforts down at the state to lobby for funding for higher education.

**ISU Day at the Capitol**

Iowa State’s budget, these budget changes will cut to the state as a whole. West expressed frustration that after these efforts, they did not see the results they wanted to see.

“I think if anything it just kind of shows us that we need to do more,” West said. “And obviously, this does not at all lie within the amount of outreach that the students did, amount of contacting legislators, getting down there for things like ISU Day at the Capitol.

“I think we just need to take a bigger step back as a state and making sure that the student voice keeps being projected in a way that makes waves so we can show our legislators that are obviously very out of touch with the regent institutions.”

Sen. Herman Quarmbach, D-Ames, said in a forum “I don’t know how, nearly three-quarters of the way through the fiscal year 2018 state budget. The bill exempts the University of Iowa amounting to $10.9 million. The final bill will cut a total of $35.5 million from the fiscal year 2018 state budget. The bill exempts the University of Northern Iowa from cuts. Supporters of the exemption say that a large percentage of the University of Northern Iowa’s student population are in-state students so mid-year cuts would disproportionately harm Iowans. This decision, however, has been met with criticism from some at Iowa State including Iowa State Provost Jonathan Wickert.

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**MENTAL HEALTH**

**Vet Med staff and students strive to reduce stress**

**BY HALEE OLSON**

College is tough across the board, but due to taxing hours, high-intensity situations and lots of hard work, veterinary medicine students stick out in regards to school and work-related stress.

Mental health and wellness is a topic of concern within the Iowa State College of Veterinary Medicine that faculty and students are working to address. Additionally, experts can agree that the state of Iowa is in the midst of a mental health crisis itself.

Iowa’s lack of mental health care has a direct affect on students in the state by creating a lack of self-help resources around them.

“Much like other parts of Iowa State and across Iowa, we [the college] are working to address some mental health and wellness issues,” said Patrick Halbur, interim dean of the college.

Vet Med students may be at a higher, field-specific risk to the Iowa mental health crisis. According to the American Veterinary Medical Association’s website, results from the first mental health survey of U.S. veterinarians show that they are more likely to suffer from psychiatric disorders, bouts of depression and suicidal thoughts than the U.S. adult population.

The website explains that this data suggests that nearly one in 10 U.S. veterinarians might experience psychological distress, and more than one in six might have contemplated suicide since graduation. This is a noticeable phenomenon, but it is not only relevant post graduation.

“Vet school can get very busy and be highly stressful,” said Haley Holbrook, a Vet Med student. “Students need to take time to care for themselves and do something other than vet school, or it can take over all aspects of their life.”

Holbrook said that she believes many people in the veterinary profession are well aware of the struggles that students are facing, and she has been seeing more efforts made to help students.

In an attempt to find a solution to the problem that is affecting Iowa residents and students, Halbur said he and the rest of the college have been working closely with the Division of Student Affairs’ senior vice president to bring counseling services on site at the college. Iowa State currently offers these services on main campus but not on site at the College of Veterinary Medicine.

Vet Med students have taken part in the effort, as well. One club in particular, Recreation and Stress Relief (RSR), which is a branch of the Student American Veterinary Medical Association, provides opportunities for students to take their minds off of the stress of everyday life.

RSR provides recreational activities such as yoga, nunchu, cookie decorating, a “Welcome Back BBQ” and flag football competition.

The club has also revived the vet med talent show, a tradition that fell through the cracks, and have implemented “recess tubs” around the college that are full of frisbees, balls and jump ropes that are always available for student use.

“I think we [RSR] have provided so many ways for students to take their minds off of classes and relax,” said Rebecca Hildebrand, the club’s treasurer.

“We wanted to make sure there was something for everyone. Students at the Vet Med school get very caught up in school work and clubs,” Hildebrand said. “Our events give them a reason to leave their study nooks and enjoy classmates in a different setting.”

Student participation in RSR varies on the event the club is hosting. Hildebrand said that their larger events can attract hundreds of students and their families, but overall, they are just focused on creating an opportunity for students to participate when they have time or need a break.
HOUSING, EDUCATION AND SOCIAL ENVIRONMENTS ACCESS

Alejandra Navarrete Llopis, an architect and professor at Pratt Institute, spoke at Iowa State March 28 about access in housing, education and social environments and propose alternative methods.

CROSSWORD

ACROSS
1. Floats (c) 2013 Tribune Content Agency, LLC
6. Day or yellow
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16. Site on demon
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30. Viva a passenger
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42. Remat's hat
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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

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

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Saturday's Puzzle Solved

55. J.D.-to-be's exam
56. __ A Sketch
57. Trig or calc
58. J.D.-to-be's exam
59. J.D.-to-be's exam
60. Prof.'s helpers
61. J.D.-to-be's exam
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March Madness brackets aside, we all have a soft spot for the underdogs and the Cinderella stories. When 11-seed Loyola-Chicago made it to the Final Four, it was the story we were all waiting for. March Madness is all about every team having a chance. It’s why year after year we see upsets. No matter how much statistical analysis goes into seeding teams and picking who will win, there will always be teams that are underestimated. There will always be teams that might not have the highest caliber of talent or the biggest budgets, but they still beat the odds.

March Madness is an inspiration. It’s about working together. It’s about the will to win. It’s about coming back after a tough loss. It’s about pushing through adversity. It’s everything Americans value.

Mental illness comes in many forms: anxiety, depression, mood swings, panic attacks, etc. Mental illness needs to be taken more seriously. For example, mental health days should be offered at every workplace or institution. And seeking help should be one of the first automatic responses because of the environment, views and education people will be subjected to if we all take these steps and act. Asking for help should not be seen as weakness. Do not be afraid to share your experiences. Don’t be afraid to ask for help. Give yourself a break when you need one. And most importantly, don’t give up.

When I was just eight-years-old, I had my first panic attack. It happened in one of the happiest places a kid, let alone adult, could be: Disneyland. Not only was this a sudden shock to the end of one of the most fun days of my childhood, but it was during the fireworks, right there, in front of the castle, with the music and everything.

I remember just wanting to feel okay again. I wanted to feel like I could breathe. I remember looking at my joyous cousins and siblings who were smiling in awe, and I just could not figure out why I was not able to experience that memorable moment in the same way. I couldn’t figure out the feeling that came over me. The fear.

Twenty years later, I now know that feeling all too well. I now know what causes these sudden panic modes: anxiety. Mental illness.

For a while, we could not tell what was wrong. I was a perfectly happy and bubbly kid, it would all just suddenly hit me. The feeling that clawed its way through my chest. Unwelcome. Unrecognizable. Unknown.

It got to the point to where I fainted at 10-years-old. A call to 911, and a few tests later finally revealed it was not physical, it was mental. Of course, I didn’t understand all of this as a child.

Though, I never had it explained to me either.

I wish someone would have spoken to me more in depth about it. Maybe they thought I couldn’t understand, or that it was better if I didn’t know. But if was the one going through this, shouldn’t I have been given the chance to understand as much as possible about my mental illness? Or that it was a mental illness in the first place?

I only really knew the word itself, panic attack. And I knew how it felt. Until then, I didn’t know the advice: “it will pass”, “just remember to breathe”, “it’s all in your head.” However, that didn’t help.

But really, why did I have these sudden feelings - as if the world was ending? What caused them? How could I prevent them?

Questions that I had to answer myself as I grew older.

No one should have to go through that. No one should have to suffer alone. People should — and need — to understand mental illness, whether they have one or not.

We need to continue to decrease the stigma around mental illness. We need to continue to talk about it. But we also must educate ourselves, others and our communities. Talking is not the only answer.

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Twenty years later, I now know that feeling all too well. I now know what causes these sudden panic modes: anxiety. Mental illness.

For a while, we could not tell what was wrong. I was a perfectly happy and bubbly kid, it would all just suddenly hit me. The feeling that clawed its way through my chest. Unwelcome. Unrecognizable. Unknown.

It got to the point to where I fainted at 10-years-old. A call to 911, and a few tests later finally revealed it was not physical, it was mental. Of course, I didn’t understand all of this as a child.

Though, I never had it explained to me either.

I wish someone would have spoken to me more in depth about it. Maybe they thought I couldn’t understand, or that it was better if I didn’t know. But if was the one going through this, shouldn’t I have been given the chance to understand as much as possible about my mental illness? Or that it was a mental illness in the first place?

I only really knew the word itself, panic attack. And I knew how it felt. Until then, I didn’t know the advice: “it will pass”, “just remember to breathe”, “it’s all in your head.” However, that didn’t help.

But really, why did I have these sudden feelings - as if the world was ending? What caused them? How could I prevent them?

Questions that I had to answer myself as I grew older.

No one should have to go through that. No one should have to suffer alone. People should — and need — to understand mental illness, whether they have one or not.

We need to continue to decrease the stigma around mental illness. We need to continue to talk about it. But we also must educate ourselves, others and our communities. Talking is not the only answer.

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Freshman Ian Parker takes down a Hawkeye during the CyHawk wrestling dual meet on Feb. 18 at Hilton Coliseum.

Iowa State wrestling found success in home duals during Kevin Dresser’s first season coaching the Cyclones. Iowa State won three home duals in the 2017-18 season compared to zero in 2016-17.

Dresser and his staff were obviously focused on improving the product on the mat, but they also wanted to see growth in the stands.

“The Iowa State fans are another 30 percent and that’s the extra factor we need,” Dresser said.

The Cyclones lost 35-6 to the Hawkeyes on Feb. 18. While the in-state rival brought a large chunk of fans, the total attendance was 8,861.

Iowa State fans filled 1,345 of the seats in the auditorium—a venue that can hold up to 2,637 people. The peak attendance came in Iowa State’s final home dual. The Cyclone faithful remained loyal throughout Iowa State’s Dresser’s first season in Ames. Cyclones knock off Oregon State to pick up the first dual win early in the season. In Iowa State’s fifth dual, 2,794 fans watched the mat.” and Dresser said he thought it was a positive experiment.

Smith was hit for another stalling. At the end of the third period, Colby led 5-4, but Smith received another point for riding time. Colby earned his fifth point in the third period after Smith was called for stalling. In sudden victory, Colby emerged victorious after Smith was hit for another stalling call.

After Iowa State’s Logan Breitenbach was pinned in the 165-pound match to put the Cyclones down 17-7, Bush ignited the crowd. Bush answered with a pin of his own, and 184-pound senior Dane Potanin followed with a 9-4 decision.

West Virginia hung onto a 17-16 lead with two matches left. At 197-pounds, Iowa State’s Sam Colbray was pitted against ranked foe Jacob Smith. Smith managed to rack up four points off a takedown and two escapes, but Colbray wore him down. At the end of the third period, Colby led 5-4, but Smith received another point for riding time.

While the referee did give Colby two points for Smith’s stalling, the Cyclone fans expected those points earlier. Throughout the third period, Iowa State fans relentlessly urged for more stalling calls.

Iowa State wrestling attendance in 2017-18

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YEARS-TO-YEAR AVERAGE HOME ATTENDANCE

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Art + Issues may be cancelled

BY EMILY URBAN
@Iowastatedaily.com

Arts + Issues, a program that has been running on Iowa State’s campus since 2016, may be cancelled in the coming school year due to lack of community attendance. This program has been hosting student-led discussions once a month, but low attendance numbers have cancelled recent events.

Nancy Gebhart, educator of Visual Literacy and Learning, and student intern, Savannah Falter, believe the low attendance may be caused by students’ busy schedules.

“They have been holding the events in the middle of the day, yet people have not been attending this semester.”

“It is just a chance to have a discussion in the museum, a somewhat informal discussion, but using art as a way of guiding a discussion on events or contemporary issues. Things that are going on in the world that people are sort of processing and thinking about. We try to connect it to either the exhibitions of the museum in general in some way...it is just meant to encourage dialogue,” Gebhart said.

While the topic changes every month, the event scheduled on March 26 was to cover the idea of the art museum as a theme park, or entertainment, according to Falter, who was supposed to be leading the discussion. Falter has been working with Gebhart for almost a year.

“Some museums are kind of catering their exhibitions towards providing more entertainment than necessarily like critical response to art,” explained Falter. She said the talk would also mention the Des Moines Art Center exhibition entitled “Drawing in Space.”

Part of the decision to stop was the success and high attendance drawn in by the ReACT Gallery. According to Gebhart, the ReACT Gallery provides the sort of discussion Art + Issues once provided.

They will not be combining the events, and they will not be using the Art + Issues name or title. After the event on April 30, they will not have any more scheduled.

“[The] opportunity we have to create dialogue with people that maybe have differing opinions, or different points of view in a way of coming together to try to understand the broader human experience I think is important,” Gebhart said. “I think that there is a lot of negativity right now. I also think that there is a lot happening and a lot going on, so allowing and creating a space for people to process things and understand how they are feeling...I think the more we do that on campus the better.”

The Christian Petersen Art Museum is nearly empty during the scheduled Arts + Issues discussion. Arts + Issues commonly used the existing exhibits in discussions about how world events can relate to art.
restaurant,” Gould said.

Breen not only owns Aunt Maude’s but is also partnered with Provisions Lot F and The Cafe, two other local restaurants. Together, the three businesses employ approximately 300 people, most of which are Iowa State students. Of the approximately 45 employees at Aunt Maude’s, Gould estimates three-fourths are students.

After being rebought, the interior of Aunt Maude’s was stripped for redecoration and a fresh new look. Now, nearly every piece of art decorating the restaurant has a story.

Behind the bar, an extravagant wood frame outlines the entire wall. This frame came from an old hotel which had been shut down. In the dining area is a large stained glass window which was taken from an early 1900s Minnesota mansion. Finally, above each window is a unique fish, which Breen caught himself while living in southern California.

Though the restaurant has been considered more of a place for fine dining, Gould says they are constantly battling the perception of being the “expensive restaurant in town.” In order to appeal to students at the university, each Wednesday the restaurant has a new special typically remaining empty.

“If you wish to celebrate National Mom and Pop Business Owners Day, be sure to stop by one Ames’ many local businesses.

State Sen. Jerry Behn, R-Boone, defend-
ed the cuts during the same forum saying that they were necessary after lower than expected revenue growth and the cuts would not affect K-12 education and other essential state programs.

The cuts will also target the Depart-
ment of Corrections and the Department of Human Services, something that led AFSCME Council 61 President, Danny Homan, to make a statement following the signing of the bill via press release. AFSCME Council 61 represents over 40,000 public employees.

“The sad thing is everyday Iowans are going to pay the price for her irrespon-
sibility,” Homan said. “When we cut our regents by millions, students and their families see their debt increase. When we cut corrections by millions, safety in our prisons deteriorates. When we cut DHS by millions, kids in our foster care system suffer.

“Iowans should brace themselves for the impact of these cuts. Iowans deserve more competent leadership and they should demand it at the polls in November.”

year, the universities can be expected to come up with $11 million. It’s roughly a third of the budget cuts that were passed the other night even though the universi-
ties only represent about 6 or 7 percent of the overall state budget.”

Iowa State President Wendy Winter-
steen said in a statement to campus that the mid-year cuts have put Iowa State in “an especially difficult situation.”

In that same statement, President Win-
tersteen addressed the question of next years budget.

“Currently unknown are the FY19 state appropriations to the Board of Regents and the Regents’ decision on tuition rates for the 18-19 academic year. President Mike Richards has already indicated the Board will consider a rate increase,” Wintersteen said.

There will be a hearing on tuition rates for an April 11-12 Board of Regents meeting.

It is not clear exactly how much money will be cut from Iowa State as that decision lies with the Board of Regents.

If last year’s mid-year cuts are any in-
dication, it could lead to projects being delayed and some faculty positions re-
main empty.