Mental health training available to rural Iowans

BY CINTHIA.NARANJO
@iowastatedaily.com

Iowa State University Extension and Outreach is now offering mental health training for rural communities.

Extension and Outreach is helping rural Iowans and communities by certifying its staff in mental health first aid. The idea came about due to the recent farm economy and its lack of improvement. Some families are struggling with mental health issues.

Individuals who are trained in mental health first aid are simply those trained in mental health first aid and is simply to support others who may be experiencing a mental health crisis, just like someone trained in CPR could support someone in crisis who is not breathing.

Brown said there is a stigma around mental health, and it is strong in rural communities.

"Given the stress levels in the Iowa agricultural community, we thought it would be proactive for ISU Extension and Outreach staff to have additional training in this area since we often interact with agriculture partners in our work," Brown said.

"We are now fortunate to be able to offer this program directly to our agriculture partners in 2020." The Extension and Outreach specialists started training their staff in mental health first aid last year. This year, they are expanding sessions across the state and also creating eight opportunities in 2020 to take the workshop, an eight-hour course that costs $50 per person.

"Next year, ISU Extension and Outreach will offer mental health first aid classes at an additional eight sites across the state," Brown said. "The classes will be open to ISU Extension and Outreach staff and agribusiness professionals."

To begin the training, there is an online workshop. The workshop discusses stigmas, depression, anxiety, psychosis and providing help to those with a substance use disorder.

"Individuals who participate in a mental health first aid class learn how to identify, understand and respond to those who may be experiencing a mental health related crisis or crisis," Brown said. "Individuals learn what to do, what to say and how to offer support and resources with confidence."

The course is interactive and involves lectures, activities and videos. After the training, participants are certified for three years.

The goal for Extension and Outreach is for participants to recognize the signs and know when an intervention is needed. Brown and three other certified mental health first aid instructors teach a response plan called ALGEE:

- Assess for risk of harm, including suicide.
- Listen attentively and respectively.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.
- There will be more workshops in 2020 offered across the state in cities such as Sioux City, Chariton, Dubuque, Urbandale, Spencer, Marshalltown, Council Bluffs and Mason City.

"There will be no changes made next year, as the training is owned by the National Council for Behavioral Health," Brown said. "Should they make changes or improvements to the training, we would follow their updated guidelines."

If anyone is interested or wants to register, they can contact David Brown by email at dnbrown@iastate.edu or register on the Iowa State events page.
The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

CORRECTIONS

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

POLICE BLOTTER

11.19.19

Kimberly Marie Patterson, age 31, of 1026 Giddings St. - Kelley, Iowa, was arrested and charged with open container in vehicle at 2500 University Boulevard (reported at 7:07 p.m.).

Kimberly Marie Patterson, age 31, of 1026 Giddings St. - Kelley, Iowa, was arrested and charged with driving while revoked at 2500 University Boulevard (reported at 7:07 p.m.).

Kimberly Marie Patterson, age 31, of 1026 Giddings St. - Kelley, Iowa, was arrested and charged with failure to prove security against liability at 2500 University Boulevard (reported at 7:07 p.m.).

Terrance Michael Blalock, age 19, of 1901 1 St. - Nebraska, Iowa, was arrested and charged with failure to appear at 320 S Duff Avenue (reported at 4:55 p.m.).

Tayna Marie Gomez, age 37, of 1502 Manor St - Albert Lea, Minnesota, was arrested and charged with operating while intoxicated at 509 S Franklin Avenue and Coy Street (reported at 3:46 a.m.).

What IS that plant? Get to know the plants and flowers that make this place so special.

Collections Curator, for in-depth walking tours of the Reiman Gardens.

What's the word? Join Nathan Brockman, Christina Lord and Jorge Sanchez for a fun look at words.

Plant Walk: Conservatory, 4-5 p.m. Join Jonathan Blackburn, Emilia Benavidez, Lindsey Smith, and Faye Morris for a special black-light butterfly show.

Cyclone Cinema: Good Boys, 10 a.m. Join Jonathan Blackburn, Emilia Benavidez, Lindsey Smith, and Faye Morris for a special black-light butterfly show.

The Des Moines Business Record

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JH Renewal

Susan Kloewer

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Kathleen O'Haire

Iowa State University

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IOWA STATE DAILY

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CALF AND CALF
Iowa State is known for its veterinary and agriculture schools, in which students work with animals all the time. However, on occasion, cows get loose from their enclosures and wander their way onto campus, creating a sight to see for anyone.

On this rare occurrence, the Ames Police Department and Iowa State University Police Department are called to respond in order to track the animal down and get it back to the farm before it causes an accident. In March 2010, a cow wandered onto campus from the College of Veterinary Medicine complex after the owner forgot to latch the gate. The loose cow led Ames Police and animal control on a two-hour cow hunt, and the cow was eventually brought down by tranquilizer darts after it was located.

Animal control ended up being brought in to help handle the situation. The animal led the police on an eight-to-nine mile chase through Ames and Iowa State. The fact the cow was pregnant made the chase all the more tense, as no one knew whether the darts would end up hurting the unborn calf, said Anthony Greiter, community outreach specialist for Iowa State Police. However, this did not affect how many tranquilizers were used.

After the chase, the cow was brought back to the barn safely. “Cows wandering their way onto campus doesn’t happen often,” Greiter said. “It’s very rare.”

Since the incident back in 2010, cows are rarely spotted wandering their way onto campus.

“There are always cows on campus because of ISU having a vet school, but they don’t typically get out,” Greiter said. Just recently, another cow took to the streets of Ames, causing Ames PD to take to Twitter.

“Big city crime,” Ames Police said in a tweet. “Hey south Ames if you are missing a cow he is running amuck.”

In a light-hearted manner, Ames Police informed the public of the ongoing situation and continually gave updates.

“All Points Bulletin... BOLO (be on the look out) small black cow, drools a lot and does not listen well,” Ames Police said in a tweet. “Unknown if armed but probably delicious. Last known location in the area of Brookside Park. Charges of interference, trespass, andjay walking pending.”

Greiter said in order to ensure this doesn’t happen again, employees of the farm should take extra precaution to latch the gates.

Since the cow chase in 2010, there have been fewer issues despite the number of cows in close proximity to the city.
Students Against Racism fight for equality

BY ANNEKE JOHNSON
@iowastatedaily.com

Scholten won just six of the 39 counties committed to making these towns due to the lack of opportunity. J.D. of Iowa’s children leave the district “As a result of the years of federal person for Scholten in a press release. communities have been forgotten and left out. 4th district’s 39 counties. Following a “Don’t Forget About Us” tour of a congressional campaign donated $146 to Scholten. 2018 run for Congress, Scholten has 55 percent. Sanders with 17.3, Bernie Sanders Sanders with 17.3, Bernie Sanders

Iowa Democratic frontrunners receive scrutiny in debate

BY JAKE WEBSTER
@iowastatedaily.com

Wednesday’s Democratic presidential debate was the first time the leading presidential candidates were in the same place following Pete Buttigieg taking the mantle of frontrunner in Iowa. Buttigieg now leads in the RealClearPolitics polling average of likely Democratic caucus-goers in the state, with 22.7 percent support. He is followed by Joe Biden with 18.7 percent, Elizabeth Warren with 17.3, Bernie Sanders with 16.7 percent and Amy Klobuchar with 5.3 percent. All other candidates have had less than five percent support. With Buttigieg and Biden now leading in the influential early-voting state, they were on the receiving end of pointed questions from moderators and their fellow candidates. A moderator asked Buttigieg about his electoral experience, noting he lost his only state-wide race by 25 percent. All of the other candidates poll- ing at higher than five percent in Iowa have received a U.S. senator, or in Biden’s case, as senator and vice president. Buttigieg said in response he believes he has the right experi- ence to beat Trump, having run a city in the Midwest. Klobuchar had previously said in an interview with CNN she and other women seeking the presidency would not be on the debate stage if they had the same level of electoral experi- ence as Buttigieg. Klobuchar was asked about the statement during the debate. The Minnesota senator said she thinks Buttigieg is quali- fied and her argument was that of “proud” to stand next to him. She said she believes women have added a higher standard while making the case for

Scholten tours small towns

BY JAKE WEBSTER
@iowastatedaily.com

Democratic congressional candi- date J.D. Scholten continued his tour of small towns Iowa starting Sunday. Scholten, who was the 2018 Democratic challenger in Iowa’s 4th Congressional District, which includes Story County, is undertaking a “Don’t Forget About Us” tour of a town with a population in each of the district’s 39 counties. Following this current tour, Scholten will have visited small towns in 28 of the 39 counties. “Too often, Iowa’s rural commu- nities have been forgotten and left behind by politicians,” said a spokes- person for Scholten in a press release. “As a result of the years of federal neglect and the lack of investment, housing costs continue to rise, stores and schools close and more and more of Iowa’s children leave the district due to the lack of opportunity. J.D. is committed to standing with these towns a priority and revitalizing our rural communities.” During his 2018 run for Congress, Scholten won just six of the 39 coun- ties located in the district, while the remaining 33 — that mostly contain between the two.” Alexa Rodriguez, sophomore in political science and an organizer of the protest, said that neo-Nazi chalk- ing had been made on campus during the protest. “Javier was the one that caught the ‘Heil Hitler’ sidewalk chalk on campus, and he approached me about it,” Rodriguez said during the protest. On Nov. 7, Students Against Racism met with administration to voice their demands regarding efforts to fight racist happenings on campus. Their demands were as follows: Expel the students who chalked neo-Nazi slogans, the students who vandalized Bean House in Geoffrey Hall, students in the future who threaten or use neo-Nazi language violating the zero-tolerance policy. Put down the students for Trump club that attached neo-Nazi slogans to their political writings as continued harassment and interference to the academic life of hundreds of students. Fire: the Student Government advisor who were blackface and future staff engaging in racist or anti-Semitic behavior. Add: zero-tolerance to attacks against marginalized communities. Add a student advisory board to the campus offices in charge of handling discrimination that is run by students of color. Add: zero-tolerance to hate speech includes chalkling in which the univer- sity should be responsible for getting rid of hate speech i.e. power washing more than $531,000. Running during a presidential cycle that has seen more than two dozen Democratic presidential contend- ers crisscross Iowa for nearly a year, Scholten has received fundraising boosts from the various Democrats competing in the state for delegates from the first-in-the-nation Iowa Democratic caucuses. On Sept. 26, the “Friends of John Delaney” presi- dential campaign committee donated $346 to Scholten. In the fourth quarter with the amount of time remaining before the caucuses melting away, presidential candidate Elizabeth Warren said in a tweet on Monday, “White nation- alism has no place in our country, our White House or our Congress. Let’s start by getting Steve King out of office and electing [Scholten] to replace him.” In an interview with the Daily when he entered the race, Scholten said he is very grateful his message has been amplified on social media by 2020 candidates, but “at the end of the day, it’s about us getting in ‘Stout’ of the district and earning votes, regardless of whether you’re Republican, Democrat or Independent.” Iowa State Daily Thursday, November 21, 2019

DEBATE  PG8
COLUMN

Manifest your own reality

Neuroplasticity allows you to achieve your dreams

BY PEYTON HAMEL
p@iowastatedaily.com

The most powerful thing in the world is your brain and how your brain manipulates your surroundings to create a conscious, beautiful thought. It deliberately puts your reality into your imagination, forging or validating what you believe to be true.

It is also said to be true that our thoughts control our actions and our results. We have the power to re-wire our thoughts and modify our own brains. The scientific phenomenon of neuroplasticity allows us to control our reality due to the brain’s ability to adapt to its environment.

What we decide to influence our brains is partially up to us. Neuroplasticity works as our mental boomerang, recasting at the exact same speed, with the exact same force and at the exact same distance, given that there is no resistance.

In the real world, resistance appears at every angle down to the very elections in an atom. The resistance to our boomerang exist in the same manner, whether it be wind, rain or fog.

Luckily for us, our reality exists in our self-made imaginations residing within the deepest parts of our brains. In our imagination, the only resistance that impedes us is ourselves.

Neuroplasticity is the piece of the brain that explains “why making a thought on action over and over again increases its power.” Eventually, what we say and do becomes a part of our identity. We become what we do and we become what we think. This is why so many motivational speakers and athletes believe in self-affirmation.

Once upon a time…

The hospital schedules all patients in on site on specific days of the week. The lower access to health care?

Almost 60 million people, that’s nearly one in five Americans, live in a rural community. Yes, many of these people are farmers and ranchers, but many are also postmen and teachers, nurses.

These people share a way of life. Rural communities are generally small. Everyone knows everyone. Everyone helps everyone, especially in times of need. Iowa has many of these rural communities and it’s likely that you or a fellow student at Iowa State comes from one. Perhaps you’ve heard about the small town charm: never locking your doors, taking wrongly delivered mail to the right address or seeing stop lights that don’t change colors.

You’ve probably also heard about the challenges those in rural communities face, the biggest one being the weather and how it will impact crop yields. But one thing you might not have heard of is access to health care.

Today marks National Rural Health Day, a day set aside for addressing the lack of health care opportunities in rural communities and celebrating the power of rural.

Growing up hours away from a large medical facility — one that can perform life-saving surgery — is not uncommon for many students at Iowa State. Neither is driving great distances for many rural communities don’t have access to the same services as those in big cities. That’s not to say that these rural communities don’t have doctors and hospitals — some do, some don’t. What it is saying is that services are often limited both in scope and capacity.

Why? It’s a financial burden. Rural communities don’t have the population to support a medical facility in the same way urban and suburban areas do. It’s impossible to justify an orthopedic surgery wing addition to a clinic that serves 5,000 people, but it’s very likely one of those 5,000 will need orthopedic surgery.

It’s also a lifestyle. People from rural communities often pride themselves on being tough, only visiting a doctor when absolutely necessary. That’s great for those people who can handle broken bones and the flu, but presents great challenges when a soon-to-be mother develops an infection during labor, or a small child suddenly has appendicitis.

So how do rural communities handle the lower access to health care?

Many rural hospitals have specialists on site on specific days of the week. The hospital schedules all patients in for that day to be seen by the specialist. Doctors in those communities make themselves more available, working even when they aren’t at the hospital.

And rural communities get by. But it’s important to recognize that the privileges many of us grew up with are not universal. Not in third world countries, but here in Iowa, there are people with less access to health care.

And until the American healthcare system changes, it will likely stay that way.

COURTESY GETTY IMAGES

Rural Iowa towns lack health care

BY ISD EDITORIAL BOARD

Thursday, November 21, 2019 Iowa State Daily

Almost 60 million people, that’s nearly one in five Americans, live in a rural community. Yes, many of these people are farmers and ranchers, but many are also postmen and teachers, nurses.

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COLUMN

Students should vote for Rachel Junck

BY SHAWN SEBASTIAN
shawn joseph Sebastian@gmail.com

Rachel Junck earned the most votes anyone has ever received in Ward 4 and decisively beat her closest competitor in a blowout, 49-34 percent. This result would be a decisive victory in a federal or state election, but the arduous rules governing local elections in Iowa require a runoff vote because, although Junck won the most votes by far, she was just seven votes shy of a majority.

Rachel Junck has expanded democracy in Ames, increasing turnout compared to 2015 in Precinct 1 by 279 percent, Precinct 2 by 809 percent and Precinct 3 by 332 percent. It is all the more impactive that Junck accomplished this dramatic improvement in voting in these precincts with large student populations in the face of state-sponsored efforts to suppress the student vote.

The state of Iowa is unfortunately doing everything it can to suppress the political voice of students through repressive voter ID laws, efforts to close polling places on campus and more. It would be truly unfair if the clear will of the electorate of Ward 4, which is mostly students, was snatched away because students didn’t turn out again to vote in the runoff election Dec. 3.

Despite all the efforts to stop students from voting, and the challenges to students that a runoff on Dec. 3 presents, I believe that students will not let their will be subverted. I am counting on students in Ward 4 to vote for Rachel Junck. Dec. 3 again to ensure the clear will of the electorate is actually recognized. The people have spoken, and they have chosen Rachel Junck for City Council, but it’s still up to you to make it happen by voting Dec. 3.

LETTER

OPINION

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Battle 4
Atlantis win not without its imperfections

In a blowout victory over Southern Mississippi, the Atlantis Islanders continued their recent form and claimed a win over a team that had been struggling. Despite the result, there are some areas that Atlantis will need to work on if they want to continue their winning streak.

MORE STRUGGLES AT THREE

Even though Iowa State has won two straight games by more than 15 points, the Cyclones have not played to their full potential yet — particularly from beyond the arc.

“Iowa State shot 5-22 from three Tuesday at Hilton Coliseum. This is game four; I thought the coach would get some confidence in the guys,” Prohm said. “He’s also been playing hurt.”

The Cyclones may be struggling from three as of right now, but Prohm sees plenty of reliable shooters on the roster who just haven’t found a consistent rhythm from behind the arc.

Prohm said he believes Rasir Bolton, Prentiss Nixon, Haliburton, and Solomon Young have had no problems getting his fair share of baskets.

“I have a lot of faith in each of my guys,” Prohm said. “There’s a consistent, then all other aspects of the game will fall into place.”

HALBURTON HELPS OTHERS

Once again, Haliburton did not light up the stat sheets in the way he has against Southern Mississippi, but instead focused on driving downhill toward the basket and looping passes through and over the defense.

Haliburton finished his night with nine assists. Prohm said Haliburton is the Cyclones’ best option when plays need to be made and open looks need to be created for others on the floor.

“He’s our best playmaker,” Prohm said. “He needs to be our playmaker but also needs to be aggressive, and you know we need him to make shots for us too.”

Prohm said Haliburton needs to get better at creating rotation in the defense and might add more to the offense to put Haliburton in the middle of the floor more often.

The sophomore guard has 32 assists and six turnovers on the season, good for a 5.40 ratio.

Haliburton is the only player in the nation with multiple games with at least 12 points and nine assists.

Haliburton said his coach’s attitude about him crashing toward the basket and finding open teammates has been working but said he needs to continue to improve how often he attacks.

“I think we are at our best when the ball is moving and not sticking,” Haliburton said.

Cyclones face shooting issues

BY MATT BELINSON @iowastatedaily.com

In a blowout victory over Southern Mississippi to begin the Battle 4 Atlantis, Iowa State saw similar trends in its three-point shooting and Tyrese Haliburton’s��s流出play.

Senior guard Prentiss Nixon drives to the hoop during Iowa State’s 73-45 victory over Southern Mississippi on Tuesday at Hilton Coliseum.

Iowa State Daily Thursday, November 21, 2019

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sports

Greg Eisworth plays through injury

BY NOAH ROHLFING @iowastatedaily.com

Senior Week is here for the Cyclones. Iowa State’s final home game of the 2019 football season is 11 a.m. Saturday against the Kansas Jayhawks. With the team having likely secured a bowl bid, Campbell’s press conference mostly focused on the seniors who will be leaving Iowa State at the end of the season — with praise for Les Miles tenuring in for good measure.

LEO’S LEARNING CURVE

One of the Cyclones’ most unique senior stories is of Matt Leo, a defensive lineman who has been in and out of the rotation during his three-year stint in Ames.

But Campbell said the fact that he had to learn the game in a short period of time after arriving from Adelaide, Australia, and turned into a contributor made him a special part of the 20-man group.

“Matt has done everything above and beyond the call of duty to practice and get to this point to become a great player,” Campbell said.

Leo has appeared in every game this season for Iowa State and recorded 13 tackles.

KANSAS UNDER LES MILES

The Jayhawks are 3-7 and 1-6 in Big 12 play — but Campbell said he sees a lot of improvement from the first season of Miles’ tenure with the program.

“They’ve got talent, they’ve got playmakers, but I think the big difference that you’ve seen right now is the belief that he’s been able to instill in them,” Campbell said. “To go on the road and you see the value of that Boston College win, what they’ve done at Texas, how those guys have played there is a really good consistency of that. I think their kids believe.”

Kansas boasts wins over Boston College and Texas Tech this year, and the Jayhawks put a big scare into the road, falling 50-47.

EISWORTH PLAYS THROUGH THE PAIN

Safety Greg Eisworth has been perhaps the most important player to this Iowa State defense all season. The junior will be looked to going just kinda, you know, it’s a probability thing.”

Eisworth said the injury would need to be re-evaluated after the season was over, although he wouldn’t say specifically what the injury was.

KOLAR MAKES SEMIFINAL LIST

With seven touchdowns in seven games and a place on the John Mackey Award semifinalist list — which will house the nation’s best tight end — Charlie Kolar has been garnering consistent praise for his new role as a focal point of the Cyclones’ attack.

Wide receiver La’Michael Pettway dodges defenders against University of Texas on Saturday at Jack Trice Stadium. The Cyclones beat the Longhorns 23-21.

Garrett Heyd/ Iowa State Daily

Kolar tried to deflect conversation about himself on Tuesday, instead trying to get the focus back on the Cyclones.

“I thought it was a great win this weekend,” Kolar said with a smile after being asked what sets him apart as a player. “It was a real team effort and [we’ll] get ready for Kansas.”

The redshirt sophomore added that it was great to see the Cyclones come out in “3-2” personnel — which includes one receiver and three tight ends — and were in the package for 15 percent of Iowa State’s plays.
‘Speak Now’ speaks for itself

BY LYDIA WEDE
@iowastatedaily.com

While many say Taylor Swift is simply a mainstream serial dater, it is hard to deny that her third album, “Speak Now,” is anything less than a defining album of the new decade.

Released Oct. 10, 2010, it set the bar high for the following albums of the generation while also beginning to signal Swift’s transition from the lovable country girl to a force-to-be-reckoned-with pop star.

This phase-change can be seen clearly when comparing the album’s sixth track “Mean” to its seventh track “Story of Us.” In “Mean,” there is a very prominent banjo throughout the accompaniment. This kind of instrumental has a strong correlation to many western genres of songs and movies. If the banjo isn’t evidence enough, Swift’s southern twang seems to be exaggerated at many points in the chorus with harmonies that are reminiscent of a church choir.

This shows a stark contrast when followed by “Story of Us.” Right away, the electric guitar is shredding, and her vocals follow by “Story of Us.” Right away, the electric guitar is shredding, and her vocals

Swift’s southern twang seems to be exaggerated at many points in the chorus with harmonies that are reminiscent of a church choir.

This phase-change can be seen clearly when comparing the album’s sixth track “Mean” to its seventh track “Story of Us.” In “Mean,” there is a very prominent banjo throughout the accompaniment. This kind of instrumental has a strong correlation to many western genres of songs and movies. If the banjo isn’t evidence enough, Swift’s southern twang seems to be exaggerated at many points in the chorus with harmonies that are reminiscent of a church choir.

This shows a stark contrast when followed by “Story of Us.” Right away, the electric guitar is shredding, and her vocals follow by “Story of Us.” In “Mean,” there is a very prominent banjo throughout the accompaniment. This kind of instrumental has a strong correlation to many western genres of songs and movies. If the banjo isn’t evidence enough, Swift’s southern twang seems to be exaggerated at many points in the chorus with harmonies that are reminiscent of a church choir.

“Better than Revenge” is one of the most savage tracks within Swift’s entire repertoire. Compared to the more recent “Look What You Made Me Do” and “You Need to Calm Down,” it might not seem like much, but this song is borderline slanderous as it calls out her ex’s new girlfriend and her recreational habits. This song is rumored to be about Camilla Belle, who started dating Joe Jonas shortly after he broke his relationship off with Swift, resulting in a pool of bad blood between the two women. Many fans compare the style of this song to Paramore’s “Misery Business” in terms of content and instrumental ferocity.

“Dear John” is the longest track on the album and also one of the most emotionally confrontational. Swift’s southern twang seems to be exaggerated at many points in the chorus with harmonies that are reminiscent of a church choir.

“This song isn’t written about one particular song clocks in at six minutes, 45 seconds, and questions the intentions of the other songwriter. Meanwhile, “John,” later identified as John Mayer. Of course, this is another example of when a song’s subject didn’t appreciate being publicly humiliated.

Another notable song is “Long Live.” This song isn’t written about one or two people. Instead, “Long Live” gives thanks to Swift’s fan base and band for supporting her throughout her career. Throughout the lyrics, Swift compares her reign of stardom to the reign of noble race. She hopes that no matter how many haters bash on her music or how many years pass, her legacy will “still be remembered” by her devotees.

Each of the songs of the “Speak Now” album could have an entire article written about its lyrics, meaning and the effect they have on society. As a child and as an “adult,” Swift produces songs about how the room was “much colder than [she] thought it would be,” even in July. Moving into a dorm or apartment for many, but to others, it can seem like a personal letter to a person or event, and it comes across as authentic and relatable. Listening back to this music as an adult, it clearly resonates more now than it had as a kid, dancing around with a hairbrush to “Mine.”

“Mean” is more than just Swift’s declaration of her reign of stardom. Iacocca and Beebe are mentioned in the song instead of in an interview or through fan speculation. The song clocks in at six minutes, 45 seconds, and questions the intentions of the other songwriter. Meanwhile, “John,” later identified as John Mayer. Of course, this is another example of when a song’s subject didn’t appreciate being publicly humiliated. This song isn’t written about one or two people. Instead, “Long Live” gives thanks to Swift’s fan base and band for supporting her throughout her career. Throughout the lyrics, Swift compares her reign of stardom to the reign of noble race. She hopes that no matter how many haters bash on her music or how many years pass, her legacy will “still be remembered” by her devotees.

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**TRADE pg1**

**Federation.**

Jake Schneider, native Iowan and former employer at Monsanto, an agricultural company, said he has kept up with the trade war since its start.

Along with his own background in the agricultural industry, Schneider has deep roots in farming, with his grandparents being farmers themselves.

"Following months if not all driving prices down," Schneider said. "Cheap goods are great, but jobs are disappearing."

The prices have gone down, as the United States agrees to trade due to its export market in China decreasing in size.

China was one of the largest export markets of soybeans and other agricultural products from the United States.

In 2016, the United States made about $14 billion worth of soybean exports to China, according to the United States Department of Agriculture (USDA).

In November 2018, China imported zero American soybeans, according to Chinese customs data.

However, among China’s first retaliatory actions against Trump's new tariffs was a 25 percent tariff on American soybeans, lowering the exports significantly. Because of this, farmers are taking tremendous hits financially and mentally due to lower prices and total sales.

"Let’s face it, when you’re worried about making that next rent payment or getting enough food on the table to eat after tuition at semes-

In November 2018, the number of American soybeans imported into China fell to zero, because the United States and China cannot firmly agree on a compromise trade deal.

In addition to agricultural issues of trade, Trump said in tweets that there was a large intellectual property theft problem going on, a reason he also gave when he signed off on the first of the tariffs.

For many years China (and many other countries) have been taking advantage of the United States on Trade, Intellectual Property Theft and much more,” Trump said in a series of tweets in August. "Our country has been losing hundreds of billions of dollars a year to China, with no end in sight. [...] Sadly, past Administrations have allowed China to get so far ahead of Fair and Balanced Trade that it has become a great burden to the American Taxpayer."

**ETSCHING pg1**

Residence is offering support and resources to all students on the impacted floor of Buchanan Hall,” Wintersteen said in an email. “The vandalism, stickers and posters are being removed in accordance with university policy.

Buchanan residents received an email from Kirsten Hauge, Buchanan Hall Director, offering them the opportunities and support and to talk about the incident.

“Any Iowa State affiliated organization can request the Student Wellness Tap Room for a future event or planned activity. To request the Tap Room, visit the Student Wellness website.

Bonilla said as an event manage-

The Tap Room, provided by Iowa State’s Student Wellness, is a relaxation program that focuses on stress-reducing practices.

The Tap Room provided the "Build Your Own Mental Health Kit" event with various relaxing activities and a survey about stress for attendees to fill out and after they participated in the event.

Jillian Kusovski, senior in animal ecology, and Emily Samman, sophomore in kinesiology and health, were at the Tap Room booth at the event.

"Tap Room is [...] a setup of activities that are meant to help people de-stress, refocus, be more mindful,” Kusovski said. "It’s an array of activities, so some of the activities include coloring, there’s aromatherapy. We have yoga mats to lay on, we have some biofeed-

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**KITS pg3**

you’re on the right track; you’re going to get there.”

The mental health kits event was a chance for people to de-stress with activities and distract them-

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**DEBATE pg4**

a woman to be the Democratic candidate for President.

"If you think a woman can’t beat Donald Trump, Nancy Pelosi does it every day,” she said.

Biden, polling second in Iowa and first nationally, was criticized by Cory Booker for his stance on marijuana legalization.

On Sunday at an event in Las Vegas, Biden said he was opposed to the legalization of marijuana and would leave the decision up to individual states, adding he supports the legalization of marijuana for medical purposes.

A Pew Research Center poll released Tuesday found 78 percent of Americans support the legalization of marijuana.

"I thought you might have been there when I said it,” Booker said of Biden’s Sunday remarks.

The New Jersey senator added "any time progress is made, that’s good news,” said in his statement. "Farmers in Iowa know far too well that the trade war has caused real financial pain in the heartland. But we need to know more about this deal, and follow-through from China will be key. [...] So far has been good, but more need to be done for nothing less than a full, enforceable and fair deal with China.”

**WINTERSTEEN pg4**

while farmers have experienced difficul-

The federal government has stepped in to attempt to alleviate some of the negative impacts the trade war has inflicted. Iowa farmers received assistance payments from the USDA’s market facilita-

According to data from the department, farm bailout payments per acre ranged from $40 to $79 in Iowa.

"With China’s commitment to purchase additional ag products and the promise to ease tariffs, this ‘phase 3’ agreement would represent a major step forward,” Reynolds said in the statement. "To build on this posi-

The president was joined by one from Iowa’s senior U.S. senator, Chuck Grassley. Grassley serves on the Senate’s agriculture committee.

"Any time progress is made, that’s good news," Grassley said in his statement. "Farmers in Iowa know far too well that the trade war has caused real financial pain in the heartland. But we need to know more about this deal, and follow-through from China will be key. [...] So far has been good, but more need to be done for nothing less than a full, enforceable and fair deal with China.”

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