**Prepping for the press**

By Ryan Young

Iowa State senior Naz Mitrou-Long dribbles behind his back to get past Kansas State's Kamau Stokes on Jan. 24 at Hilton Coliseum. The Cyclones, who fell to Vanderbilt in the first game of the season, can't afford to lose any more.

"People were considered property," Coates compared slave ownership to the US government's current immigration policies.

"It's going to be a key in keeping them off the free throw line," Prohm said. "You have to take care of the ball. They force you into making uncharacteristic plays." Mitrou-Long said. "They force an average of 17.4 turnovers per game. To many, they're "Press Virginia.""

"You can't let them dominate you on the glass. Then you have to keep them off the free throw line."
POLICE BLOTTER

Jan. 28

Aidan Gould, 30, of 1346 6th Ave Unit 3A, Ames, Iowa, was charged with possession of alcohol under the legal age at Sunset Drive and I-35 in Ames.

An officer assisted an elderly man who was experiencing heart problems at Decker Hall.

Mathew Bollinich, 25, of 12th St and 2nd Ave Unit 106, Ames, Iowa, was arrested and charged with public intoxication at University Boulevard and 1st St. Unit 127, Ames, Iowa.

An individual reported the theft of a lost or stolen credit card at Lot 61A at 12:26 p.m.

Office and an investigator responded to a report of a disturbance at Lot 61A at 11:40 p.m.

Diversity discussion

By Kyle Heim (מןuscioodaily.com)

Last Min Week, a documentary filmmaker, author and educator, will lead an instructional session on diversity Tuesday night.

The event begins at 8 p.m. at the M-Shop in downtown Ames.

Concert: Aaron Carter, Nikki Blonsky’s Wives: B.p.m.


Women’s basketball: 7 p.m. at Hilton Coliseum, Iowa State vs. West Virginia. Cost: Limited availability.

Open Mic Night: Open mic night gives students the chance to show off their talent to the Iowa State community.

Diversity is the only option: Hicks is calling on diversity to make the world a better place.

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CHALK PHOTO

A student walks over a chalked reading “This isn’t about religion, it’s white entitlement.” Several chalks are spread around campus.

Finding the most relevant skill set to ensure you are memorable as a candidate is a difficult task. Hicks is calling on diversity to make the world a better place.

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Iowa State students got a taste of a true Chinese New Year celebration through this year’s Spring Festival Gala, which was put on by the Chinese Student and Scholars Association (CSSA).

CSSA danced, sang and performed through this year’s Spring Festival Gala, which was put on by the Chinese Student and Scholars Association (CSSA).

The Chinese New Year, Lunar New Year or Spring Festival is celebrated by an animal, with 2017 being the year of the rooster.

A settlement decided this month resolved the firing of former Counseling and Consultative Services employee Dr. Steven Mason, who had alleged he was let go after warning the campus about severe mental health service shortages.

The campus warning dated back to 2012, at least 515-290-0735

At the death of a former dean of students, Pamela Anthony, the Iowa State community mourns its loss in Pa- mela Anthony’s achieve- ments.

MASON p8

The Graduate and Professional Student Senate, GPS, met for the first time since winter Monday night in Pleasant Hall.

The former vice president but was fired in July 2015 by Steven Leath, former president, after warning the campus about severe mental health service shortages.

The campus warning dated back to 2012, at least

Students perform during the Chinese Spring Festival Gala on Sunday at the Memorial Union. The initiative celebrated the Chinese New Year.
When Shannon Walker first attended Iowa State University in 2012, she didn’t envision herself in the college’s MBA program by her senior year. But when she was selected to be one of 10 upperclassmen to participate in this year’s graduate business leadership program, Walker figured it was a sign she should stay and finish what she started.

Walker is in her fifth year of studying discrete mathematics, the fundamental theory in pursuit of a degree in mathematics, but not the only discipline she picked up at Iowa State. When she first got here, Walker facet met a week before she decided to study graduate studies at Iowa State.

“An open mind is one of the most important skills any student should have,” Walker said. “If you’re not open to new ideas, you won’t be able to work well with others.”

As a rising senior, Walker, who is graduating in May, is already writing her resignation letter for the year. She has been working on her thesis for the last three years, and plans to complete it in the next few months. The thesis is titled “Graphs as support for students.”

“Part of the reason Young wanted to start MOCA, which is now in its fifth year, is to ensure that students and residents of our community are not being underrepresented or excluded,” said Hogben. “We’re in a position to help students and residents find opportunities that they’ve been denied.”

More information about MOCA can be found online.

“Part of Young’s goal in starting MOCA is professional development for those in MOCA, explaining that they’re in a position to help students and residents find opportunities that they’ve been denied.”

More information about MOCA can be found online.

The Mathematics of Lake Association (MLA) is providing a support system for students and residents of our community are not being underrepresented or excluded,” said Hogben. “We’re in a position to help students and residents find opportunities that they’ve been denied.”

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LETTERS TO THE EDITOR

A dangerous silence

Mental health stigmas discourage people from seeking help
By Petyon Spahnauer
IowaStateDaily.com

Mental health in America is in over- whelming trouble. The stigmatization and stereotyp- ing of mental disorders greatly affect those who are suffering. In a world where modern medicine dominates and people are quick to go to the doctor for any type of ailment, people aren’t so quick to receive treatment for mental health problems. This stigmatization can be seen as early as a child when, if asked what it is where 3 in 5 Americans has or will suffer from a mental illness, the National Alliance on Mental Ill- ness, and only 41 percent will seek treatment. With Mental Health Month coming up in February, this topic should be a mainstay in the national news.

The problem with February is that it’s short, rainy and depressing – quite literally. Drowsy weather has a direct effect on mental health, even if we don’t realize it. Seasonal Affective Disorder (SAD) is the extreme version of the “winter blues,” affecting about 5 percent of Americans every year, according to Mental Health America. It’s important to seek help as soon as possible because depression is crippling and nasty disease that at- tacks one’s happiness and motivation as possible because depression is a Disorder (SAD) is the extreme version of the “winter blues,” affecting about 5 percent of Americans every year, according to Mental Health America. It’s important to seek help as soon as possible because depression is crippling and nasty disease that at- tacks one’s happiness and motivation even if we don’t realize it.

But the truth of this is that about 1 in 5 Americans has or will suffer from a mental illness, the National Alliance on Mental Illness, and only 41 percent will seek treatment.

The lack of willingness to seek treatment may be due to the stigma of mental health or the way in which we view mental illness. Mental health disorders are often miscategorized and misconceived. As previously stated, we know this not to be true.

Furthermore, people wrongly believe that those with mental illnesses are incapable of everyday functioning and that they should be able to overly reach out for help. Sadly, it’s much harder for people to reach out for help and get help because of these preconceptions.

It’s easy to see how we ended up where we are today. Notice the “One Flew Over the Cuckoo’s Nest” and movie like “Shutter Island,” which both depict a scary and controlling environment. These movies give people the notion that mental health treatment is the same way.

But these bits of pulp literature are based on some truth. In the early 20th century, there were hundreds of asylums and a droning of dramatic and deleterious medical treatments to treat mental illness, some of which included the ever famous lobotomies and electroshock therapy. These bizarre tactics paved the way for the stigmatization and stereotyped treatment of mental disorders. Those who are suffering are left feeling alone and silenced in their pain, unable to reach out for the treatment that they need.

If you or someone you know is experiencing symptoms of you are struggling with a mental illness, I encourage you to seek help. Getting care is no be ashamed of but is something to be proud of. You have a mental illness. These are difficult facts to give people the notion that mental health treatment is the same way.

Fortunately today, these treat- ments are almost or completely obso- let. People suffering from mental disorders are few and far between. As previously stated, we know this not to be true.

er treatment. The United States loses about $193.2 billion in earnings every year due to serious mental illness.

An average of 18 to 22 American veterans lose their lives each day to suicide. More than 22,000 military service members who die by suicide have a mental health problem. They are economic security and suicide. Suicide is currently the 11th leading cause of death in the United States.

Consequences of foregoing treat- ment are substantial. The United States loses about $193.2 billion in earnings every year due to serious mental illness.

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As a younger Iowan just fin- ishing college, a low policy ac- cess interest me the most at I prepare to enter the workforce. They are economic security and national security. Fewer times that strongly tie you to both in our nation’s energy future.

By Brittany Gaura
Senior in political science

As a younger Iowan just fin- ishing college, a low policy ac- cess interest me the most at I prepare to enter the workforce. They are economic security and national security. Fewer times that strongly tie you to both in our nation’s energy future.

Recently, I organized an a part of a student group called the Iow- a Student Board. As a part of a Dozen performance hurts students at Iowa State need to be paid $1,000 per perfor- mance. Are the members being paid? If so, this must violate the rules for grants. I also think that academic credit and income from that academic credit.

My main concern is that the group changes this amount for fellow student groups to request in their letters. I also think that academic credit is a huge boost to the student body the way it is currently implemented. We hope to continue moving forward with the right direction toward a secure energy future.

Shy of a Dozen needs to reconsider $1,000 charge

By Eric Schluudner
Iowa State Student president

Recently, an organization I am a part of a student group called the Iow- a Student Board. As a part of a Dozen performance hurts students at Iowa State need to be paid $1,000 per perfor- mance. Are the members being paid? If so, this must violate the rules for grants. I also think that academic credit and income from that academic credit.

My main concern is that the group changes this amount for fellow student groups to request in their letters. I also think that academic credit is a huge boost to the student body the way it is currently implemented. We hope to continue moving forward with the right direction toward a secure energy future.

The new presidential administration is centering its major changes on energy. President Donald Trump and his White House want to change American policy with many controversial executive or- ders.

Early last week, news broke that the new administration was blocking the release of information from several government agencies to the public. Federal employees at the Environmental Protection Agency’s de- partment, Agriculture and Health and Human Services were told that they no longer be able to share information freely via their personal social media without the consent of senior officials.

Media outlets and politicians have called the directive a “gag order” with the potential to hold back information from the public. New White House and department officials say that the new administration did not plan to conduct a factual review and was simply reacting to the previous administration’s use of the Freedom of Information Act. The directive is also being interpreted as a way to limit the ability of government officials to communicate with the public.

Scientists and activists alike had an understandable mix of feelings in the face of the new administration’s use of this order. Some were relieved, others were concerned, and more were left feeling alone and silenced in their pain, unable to reach out for the treatment that they need.

As a younger Iowan just fin- ishing college, a low policy ac- cess interest me the most at I prepare to enter the workforce. They are economic security and national security. Fewer times that strongly tie you to both in our nation’s energy future.

The “Not Alt World” Twitter account was created in late February, and in a matter of days, it had amassed more than a million followers. The account has been a way for some to receive news in a way that is not filtered by traditional media outlets.

With this new administration’s use of the gag order, some say that they’re no longer able to share information freely via their personal social media without the consent of senior officials.
Wrestler Pat Downey goes on motivation-filled rant on Twitter

By Austin Anderson

@iowastatedaily.com

Iowa State senior Pat Downey is active on Twitter, which might be an underestimate: 

“You’re following me on Twitter? Cool.”

The 184-pounder has only wrestled in seven matches this season due to various injuries, but that hasn’t stopped him from making his voice heard.

The focus of Downey’s tweets on Monday was his 666th assist on Saturday at Vanderbilt, making him Iowa State’s all-time assist leader.

“Congratulations to me,” Downey wrote. “666 assists is a national championship!”

Although Monte’s mother gave him a few pointers, Monte said he didn’t need much praise. He said he received tons from people who congratulated him on the feat.

“A lot of people reached out to me and showed their support,” Monte said. “I’m happy with the people who reached out to me — much respect for them doing that for me. It means a lot.”

Monte is already on his way to his most prestigious season to date. He sits second in the nation in assists-to-turnover ratio with a 6.1 assist-to-turnover ratio. He was also tabbed as one of the 10 finalists for the Bob Cousy Award, which is given to the nation’s best point guard, on Monday.

“Neville is turning his attention to another individual record. He has 271 total, which just 10 points away from breaking the programs all-time season record of 271,” Fennelly said. “If he can get it to 271, he’s just 10 points away from breaking the program’s all-time season record of 271.”

The Cyclones are ahead of all others in the nation?“With Baylor coming to town, every- one knows what that means,” Fennelly said. “I think it’s probably one of the best teams Baylor has had. They won a national championship a few years ago with Brittney Griner and that crew, but this team — they’re putting up video game numbers.”

President Bobby焦耳

Iowa State redshirt junior Patrick Downey wrestles Arizona State’s Steven Sandel on Jan. 6 at Wells Coliseum. Downey went on a Twitter rant on Monday afternoon.

“Sorry @GabeDean you already have 2. It’s time for me to get my two,” Downey wrote on Twitter Monday afternoon.

“We can’t simulate their size, their strength, their late what they do,” Fennelly said. “We have to keep our kids honest in our practice because that’s about the same size as Baylor.”

"Maybe Starva will agree to that, I haven’t thought about that. I may ask him today," Fennelly said.
**Benefits of vitamin C**

By Abbie Patterson  
@wsastatedaily.com

Most college students face the invariable cold, adding a little bit of vitamin C to your diet can solve some of your everyday health crises.

**SKIN**

According to the Mayo Clinic, vitamin C works with enzymes to play a key role in making collagen, which is the main structural protein found in skin. Vitamin C is the best anti-aging remedy on the market.

**STRESS**

The feeling of stress hits home with many college students. But catching a break from stress is made easy with vitamin C.

Vitamin C, or ascorbic acid, is an antioxidant. According to Mayo Clinic Medical Center, vitamin C helps prevent oxidative stress, which causes mental stress to turn into physical symptoms.

Fatigue, headaches and susceptibility to infections are just some of the known symptoms that you do not have to hang around.

Who knows managing stress could be so simple?

**THE COMMON COLD**

This recommended daily dosage of vitamin C, according to the U.S. Food and Nutrition Board of the National Academy of Sciences, is 90 mg for adult males and 75 mg for adult females. For smokers it is recommended to take 25 mg more than non-smokers because of the lower plasma levels of vitamin C.

According to BetterNutrition.com, our need for vitamin C skyrockets during times of illness or stress. If you feel a cold coming on, you should take at least 100 mg of vitamin C supplements, such as Emergen-C, to kick start the recovery process.

While vitamin C has been proven to prevent the symptoms of a cold, according to America’s Prevent at Home magazine, a 2008 review concluded that for the ordinary population, vitamin C supplements have no effect on the frequency of colds. Instead, it reduced the duration of cold symptoms.

**PREVENTION**

High-dose vitamin C treatment has been proven to improve the immune system, while on one study has shown that vitamin C can kill cancer. It also improves the effectiveness of chemotherapy and reduces the side effects associated with cancer.

To prevent sickness from even begin-

ning, take a little bit of vitamin C. You might not notice the difference right away, but the benefits will be evident in the long run.

No wonder your mother always told you to take your vitamins growing up.

By Amanda W'ymore  
@wsastatedaily.com

Hindu YUVA, a multicultural student organization at Iowa State, is currently hosting its third annual yogathon together. The Yogathon is a nationwide sun salutation yoga campaign aimed to create awareness about yoga and its benefits, especially those at Iowa State University.

Sahar Gurel, a member of Hindu YUVA, said, “The sun salutation, focusing on the regula-

tion of breathing, called pranayama.”

“Breathing is important when doing Sun Salutations,” said Kailash Sharma, a graduate student in electrical and computer en-

gineering and event coordinator for Hindu YUVA. “We want to bring yoga enthusiasts together as a community and show those at Iowa State that there is more to yoga than physical fitness.”

The practice also has physical benefits. The alternating backward and forward bending promotes flux and stretch the spinal column through its maximum movement. It also engages all the main muscles in the body.

“I think it’s great they start this cam-

paign in January when everyone is making New Year’s resolutions.” Bikash Baricai, a student of Hindu YUVA, said. “The group environment also brings everyone together like a community, and it is easier to become motivated to finish each day.”

The 15-day campaign, which began Jan. 11, offers free yoga sessions each day at various locations. The group practices the sun salutation, focusing on the regula-

tion of breathing, called pranayama.

“Breathing is important when doing Sun Salutations,” said Kailash Sharma, a graduate student in electrical and computer engineering and president of Hindu YUVA. “Focusing on your breathing helps with the mental process and will help with supporting your daily stresses.”

To further work on the mental ben-

efits, the group also initiates mind vari-

ations through more relaxed, unplanned games.

“This is meant to be fun to introduce to everyone of all skill and knowledge levels,” Pathak said. “We play games that make you think, but help participants relax and enjoy their experience.”

The participants agreed that the games added an extra flair to the traditional routine.

“Games will help others enjoy their practice,” Pathak said. “Instead of just watching and following the moves, they can enjoy the games and have fun.”

Each session is intended to build the knowledge of how traditional yoga is practiced. Along with physical and mental benefits, there are also spiritual benefits.

“Before we begin [each set of 10 pos-

es, we] chant a mantra to praise to the sun god,” Sharma said. “We want it to be a community that focuses both on personal and spiritual well-being of an individual.”

This spiritual benefit also brings one closer to themselves.

“You can take a very holistic approach to yoga,” said Nora Hudson, a collaborator with Hindu YUVA. “By practicing and focusing the yoga mindsets, you can bring out the best of self and have a greater awareness for what you want to achieve through yoga and through your life.”

On the final day of the campaign, Feb. 7, Hindu YUVA will hold an India Yoga event, featuring Recreation Services and Hindu YUVA and Yoga Club. The event will take place from 11:15 a.m. to 12:45 p.m. on the east bas-

ketball court in Saint Gum.

“We want to change the international perspective of what we think yoga is,” Hudson said. “We want to show others that yoga can be made a lifestyle filled outside of the gym.”

For questions or more informa-

tion about the event, email Pathak at amw’ymore@iastate.edu or visit facebook.com/HinduYUVAatISU.

**Top Left:** Hindu YUVA performs a sun salutation yoga routine on Jan. 26. The yogathon will continue daily until Feb. 4.  
**Top Right:** Hindu YUVA, a multicultural student organization at Iowa State University, is currently hosting its third annual yogathon together.

**By Raigan Clay**  
@wsastatedaily.com

**Tips for crossing campus**

**TIP NO. 1**

Is skiing time, except when it is too cold or windy. Ski the way you would to get to class.

Here are some helpful tips from Jessica Manion, clinical services assistant supervisor at Student Health Services at Iowa State University Health Center, to help de-

crease the risk of injury due to ice.

Walk safety across cam-

pus with these tips.

**TIP NO. 2**

Wear boots. Boots have traction, which might de-

crease your risk of falling. Flat shoes also easily dis-

tribute your weight across your entire foot. You can also walk with others walking inside together.

**TIP NO. 3**

Shift your center of grav-

ty over your front foot inst-

ead of splitting it evenly between your feet. Keep

both feet on the ground. This may be known as the “propose walk.”

Once inside, immedi-

ately remove name from the bottom of your shoes. This will keep the tracks of your shoes clean.

Students and faculty members are encouraged to call the Thielen Stu-

dent Health Services at 294-2772 to talk to a nurse about treatments they can do at home or to schedule an appointment in their office to have their symptoms evaluated further if they have injuries.

**IOWA STATE DAILY SELF**

**Tuesday, January 31, 2017**

**Marathon of yoga**

By Amanda W’ymore  
@wsastatedaily.com

Iowa State is currently hosting its third annual yogathon together. The Yogathon is a nationwide sun salutation yoga campaign aimed to create awareness about yoga and its benefits, especially those at Iowa State University.

Sahar Gurel, a member of Hindu YUVA, said, “The sun salutation, focusing on the regula-

**Bottom:** A member of Hindu YUVA practices an alternate nostril breathing technique.

**Left:** Hindu YUVA practices an alternate nostril breathing technique.
with the choice you don't want. An audience member listens to Ta-Nehisi Coates' lecture Monday in the Great Hall of the Memorial Union.

Selection is happening now. LoveDon'tLeave.com

Iowa State University
Department of Residence

News & Notes

MASON

Mason also mentioned this in his letter. He said there should be one full-time counselor for every 1,000 to 1,500 students. At Iowa State, there are seven counselors short from what it would be to adequately help the students. The winning couple will win a Valentine's Package! Watch selected couples compete to determine who knows their significant other the best. The winning couple will receive a Valentine's Package! All utilities paid except Electric. Free parking with Garages Available. Washer/Dryer. Granite counter tops. Stainless appliances. 55" Mounted Smart TV. All utilities paid except Electric.

AURORA HEIGHTS

All From $575/Bedroom!

Direct from Spectator Milledge Laney at 1.618.292.5050

Toys for Tots Program

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