A recent press release from earlier this month brought light to the issue of substance abuse and the lack of treatment in young adults.

The Oct. 16 press release written by Angela Hunt, interim director of media relations, highlighted the prevalence of substance use disorders (SUD) in young adults and the statistics behind frequencies of these disorders. The study this press release is based around was one conducted by Brooke Arterberry, assistant professor of psychology, and colleagues Sean Esteban McCabe, co-director of the University of Michigan Center for the Study of Drugs, Alcohol, Smoking and Health; Carol Boyd and Brady West of Texas State University. Schepis looked at not only the frequency of SUDs in young adults as a whole, but also the possible differences in those same disorders between college-enrolled young adults and their peers. Additionally, we examined the prevalence of multiple SUDs, as multiple SUDs have a more persistent course and treatment can be more difficult to access.

The results of this study showed a large portion of young adults with an SUD at any point in their lifetime did not receive treatment for their disorder and were not likely to establish successful remission of their disorder. In fact, only approximately one in 100 students are able to achieve this result and stop using substances after the development of a disorder. While the presence of at least one reported DSM-5 SUD was two in every five participants in the last year, an additional one out of six of those young adults reported suffering from multiple DSM-5 SUDs in that same time frame, according to Arterberry's study.

"This study is important because substance use disorders are most prevalent during young adulthood," Arterberry said. "Few studies have examined the prevalence and treatment associated with multiple SUDs among young adults." Arterberry said.

The group of researchers collected their data through analysis of a survey conducted from 2012 to 2013 called the National Epidemiologic Survey on Alcohol and Related Conditions III (NESARC III). According to the final official report of the NESARC III, this survey was the fourth in a series of national surveys conducted by the National Institute on Alcohol Abuse and Alcoholism to gather data pertaining to alcohol use and disorders and related physical and mental disabilities.

"This study is the first study to examine the prevalence, remission and treatment associated with "Diagnostic and Statistical Manual of Mental Disorders-5" (DSM-5) SUDs among young adults," Arterberry said.

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POLICE BLOTTER

Kimberly Dawn Bettis, age 55, of 180 Fountian View Dr. – Ames, Iowa, was arrested and charged with domestic assault with injury, simple/serious assault at 180 Fountian View Drive (reported at 1:44 a.m.).

Paul Blake Dunbar, age 48, of Ames, Iowa, was arrested and charged with criminal trespassing with injury, destruction/damage/vandalism at 715 S. Duff Avenue (reported at 4:30-6:30 p.m.).

Presentation: The State of Iowa State Athletics, Reiman Ballroom, ISU Alumni Center at 2 p.m. Athletics director Jamie Pollard is in his 14th year at Iowa State. His talk is hosted by the ISU Retirees Association and is open to the public. Refreshments will be available at 1:30 p.m.

Workshop: Data Sharing 101, Parks Library at 3:30 p.m. The sharing of research data is a vital component of open science. It is a process that works in tandem with publishing by providing access to the data that underlies and supports research results. This workshop covers the best practices for data sharing including how to prepare a dataset for sharing and what to expect during review.

Refreshments will be available at 1:30 p.m.

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FEATURE PHOTO

CLARE CORBIN / IOWA STATE DAILY

Economist and Consulting Systems

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Businesses Serving the Community

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

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Biden retains frontrunner status and broad appeal

BY KATHERINE.KEALEY
iskatestdaily.com

Joe Biden is the frontrunner in the Democratic Party’s presidential primary, according to the RealClearPolitics polling average.

Biden currently leads Elizabeth Warren by a margin of roughly six percent and has been in the lead the majority of the time he has been in the race.

Biden has years of experience under his belt. He was first elected to the Senate in 1972, and he was the sixth youngest senator in American history. He resigned to assume the position of vice president to President Barack Obama.

James McCormick, professor of political science, said he believes Biden’s moderate stance as well as his history in government could make him appealing to Iowa voters come caucus night.

“He is a known quantity in terms of what some of his policy positions have been,” McCormick said. “In the current field he is a more moderate Democrat than some of the other candidates. I think it appeals to a certain segment of Democratic activists. It also has an appeal to more independent voters and even those who really showed student talent, a little different from Yell Like Hell — where it is more about stomping, screaming — CyFactor is auditioned for, and a single victor is selected,” said Chandra Bohlin, senior in marketing and Homecoming co-director.

CyFactor auditions were on Oct. 8 and 15 acts auditioned. Of the 15, five were selected to perform in the final round Wednesday evening at the M-Shop. All of the acts selected were vocal acts, either solo performers or duos.

Julie Brissette, sophomore in animal ecology, was the first vocalist to take the stage Wednesday evening. She covered the song "At Last" by Etta James. She had friends in the audience who were there to support her as well.

"Julie did amazing, and we’re here to support her," said Danielle Janusz, sophomore in communications studies.

The performances consisted of original songs, solo covers and an a cappella ensemble.

The winner of CyFactor is decided upon by three judges based on a points system. The three judges are faculty members who were asked to volunteer for any of the Homecoming events on campus.

The judges took about 15 minutes to come to a decision, which was not an easy one.

"They’re all very talented and they’re all wonderful; it’s always difficult to make a decision like this," said John Flemming, an Iowa State alumnus and one of the three judges.

Acapella ensemble "Hymn and Her" took third place, Adam Kukielski, freshman in industrial engineering, took second place, and first place went to Zareon.

"A couple of my friends said, ‘dude, you’re really talented,’ and I just decided I was gonna do it," Weh said.

Iowa’s first woman lt. governor dies at 82

BY JAKE WEBSTER
iskatestdaily.com

Jo Ann Zimmerman, the first woman to serve as lieutenant governor of Iowa, died late Tuesday at the age of 82.

Elected prior to reforms in Iowa to elect the governor and lieutenant governor on the same ticket, Zimmerman, a Democrat, served alongside Republican Gov. Terry Branstad in his first stint as governor.

Prior to serving as lieutenant governor, Zimmerman was elected to the Iowa House of Representatives in 1982.

Gov. Kim Reynolds ordered flags to be lowered to half-staff around the state Thursday and Friday in honor of Zimmerman and issued a statement Wednesday following Zimmerman’s death.

"Jo Ann blazed a trail for others to follow," Reynolds said in a statement.

"As a nurse, school board member, legisla- tor and lt. governor, she led with a caring heart and with a true passion for public service. Our thoughts and prayers go out to her family and loved ones."

The current lieutenant governor of Iowa, Adam Gregg, said in a tweet that he was “saddened” to hear of the death of Zimmerman.

"Lt. Gov. Zimmerman’s life will be remem- bered for the example of public service she leaves for all Iowans," Gregg said in his tweet.

The Iowa Democratic Party Chair Troy Price also released a statement eulogizing Zimmerman on Wednesday.

"Jo Ann Zimmerman will rightfully be remembered as a historic Iowa leader," Price said in the statement. "As the first woman to hold the office of lieutenant governor at a time when the job was selected independently of the governor, she led the way for women and girls in every corner of the state, showing that they, too, can hold high office in this state."

After losing re-election in 1990, Zimmerman joined the Democratic Activist Women’s Network to help elect other women to political offices throughout Iowa.

Rep. Marti Anderson, D-Des Moines, said in a Facebook post Zimmerman “never gave up on her dream for women’s equality. ”

"[S]he did amazing things to make that dream true," Anderson said in the post. "I will miss her dearly."
Honoring anniversaries with bells

‘Bells of Iowa State’ to honor buildings, carillonneur
BY LYDIA WEDE
@owastatedaily.com

Tin-Shi Tam will be honored for her 25th anniversary as university carillonneur at the “Bells of Iowa State” concert.

The “Bells of Iowa State” Anniversary Gala Concert celebrates the 120th anniversary of the Stanton Memorial Carillon and the 50th anniversary of Stephens Auditorium. Also honored will be the 25th anniversary of the university carillonneur, Tin-Shi Tam, the 65th anniversary of the Stanton Memorial Carillon Foundation and the 50th anniversary of the Ames International Orchestra Festival Association (AIOFA).

The Gala Concert will feature performances from campus groups, including the Iowa State Singers and Chorale; the Iowa State University Symphony Orchestra and the Iowa State University Wind Ensemble.

Inside the beloved campanile hangs a series of 50 bells. These bells make up a musical instrument called a carillon. Not just anybody can climb up the narrow staircase to the top of the campanile and play these several hundred-pound bells. The talented individuals who call themselves carillonneurs.

Iowa State’s 65th university carillonneur is Cowrie Professor of Music Tin-Shi Tam. She was born in Hong Kong but has traveled all over the world — furthering her education and performing carillon recitals — even though she prefers to play our own Stanton Memorial Carillon.

“It’s a fantastic, fun career,” Tam said. “[Carillonneurs] have to travel to different places. You don’t know what to expect until you visit.”

Tam is also a member of the Guild of Carillonneurs in North America and a fellow of Trinity College of Music. She also released a CD titled “The Bells of Iowa State” in 2004. “[Playing the carillon] intrigues my creative side,” Tam said.

She will celebrate her 26th anniversary as a staff member of Iowa State and perform alongside a live orchestra at the “Bells of Iowa State” Anniversary Gala Concert.

The bells of Iowa State were donated by an unnamed named Edgar W. Stanton, who was within Iowa State’s first graduating class of 1872. Edgar W. Stanton remained an active part of Iowa State’s campus by teaching, becoming the head of the department of mathematics and acting as president on four different occasions.

He eventually married Margaret McDonald Stanton, Iowa State’s first Dean of Women. Upon his death in 1959, Edgar W. Stanton decided to create a lasting impact on Iowa State’s campus and donated the funding for 10 bells. At the time of his death in 1929, Edgar W. Stanton left funds for a playing console and an additional 26 bells. The Stanton Memorial Foundation was created in 1954 to provide restoration to the carillon as well as fund any improvements. The Foundation donated the remaining bells in 1956 and 1967.

Stephens Auditorium is another monumental aspect of Iowa State University. It was built in 1969. In 2004, it was considered by the American Institute of Architects as the “building of the century” among 300 other structures. Stephens is not only an architectural award-winner, but also a popular place to host concerts, plays and other performances for the Ames community.

Because of the influential nature of the upcoming anniversaries, the performance pieces for the concert are just as historically significant. Many selections from the first-ever show performed in Stephens Auditorium will be played.

There is also a piece that has been previously performed between the carillon and the orchestra that will be recreated, with the addition of modern technological upgrades. To complement these nostalgic tunes, a carillon and orchestra musical piece has been commissioned to celebrate new milestones.

“We want to have everyone help us celebrate this milestone,” Tam said.

The “Bells of Iowa State” Anniversary Gala Concert will be at 3 p.m. Sunday in Stephens Auditorium. Doors open at 2:15 p.m. There will be a limited quantity of free student tickets with the presentation of an ISU ID Card. Adults can purchase a ticket for $25 or reserve a seat for $50. To purchase a general admission or reserved seating ticket, visit the Iowa State Center ticket office or call (800)745-3000. Tickets are also available online at ticketmaster.com.

Addressing concern
StuGov hears campus climate worry
BY CASSIE LEHMANN
@owastatedaily.com

Student Government was visited by Iowa State students to examine racism on campus, met with Ames City Council and funded club and organization requests at Wednesday night’s meeting.

Iowa State students addressed Student Government during the open forum to speak on recent controversies at Iowa State.

One case specially affected Liliana Delgado, junior in mathematics, and recently caught attention from local news for being a victim of racist vandalism in Bean Hall. Delgado said she feels more supported by the collaboration between Student Government and other organizations to feel more supported on campus.

“The collaborative effort is what’s needed,” said John Campbell, graduate student in education. “Just because it is targeting students of color, does not make it solely the student of color. Everyone can be part of this and fight together.”

Delgado asked for $4,000 to fund the area. The club was already funded through special allocations but did not have certainty on practice space to be funded originally. The club asked for $4,000 to fund the area.

The funding bill was passed with unanimous consent.

For more information or to contact your senator, visit stugov.iastate.edu. The senate meetings are open to the public at 7 p.m. Wednesdays in the Campanile Room of the Memorial Union.

Conference to celebrate and connect women in business
BY MADISON MASON
@owastatedaily.com

Businesswomen and aspiring businesswomen alike have the opportunity to be a part of a conference where they can connect, be inspired and learn about other businesses owned by women.

The Women Who Create Conference’s purpose is to bring together women entrepreneurs and business owners, who are aspiring to do so and individuals of all genders who support women entrepreneurs for a day of workshops and speakers with a goal to individual businesses.

This event will take place from 8:30 a.m. to 4:30 p.m. Thursday at the Iowa State Economic Development Core Facility at the Research Park, 1805 Collaboration Place, Ames.

This event will take place for two main reasons, said Diana Wright, program director for this conference. She said the first reason is to connect to and have women entrepreneurs from all across the state of Iowa together in one room in order to support other women entrepreneurs. She said the second reason was to encourage the growth of new women entrepreneurs in their endeavors.

“We want to support and grow women entrepreneurs in all that they are doing,” Wright said.

During this conference there will be workshops covering many topics such as money and why it matters when business women are in business.

Conference will cover wide range of topics
Sarah Grant will speak at conference on Thursday.

Growing a business, followed by many other activities throughout the day.

Sarah Grant will speak at the Women Who Create Conference on Thursday.

Sarah Grant will speak at 8 a.m. during the “Solidify, Shine, Soar” panel.

This event is a story-telling event for women entrepreneurs, and there will be a keynote speaker, Sarah Grant, who is the owner and founder of “Sticks,” an object art and furniture company, during lunch.

After the conference there will be a free event entitled “SheTalks” that is free to the public and is at 4:30 p.m. There will be six SheTalk presentations that are similar to a PechaKucha, where each presenter will have 20 slides, and have only 20 seconds to present each slide. All of the six of the speakers are women and will be speaking around the Ames area.

“This event is a story-telling event to celebrate women who create and how they are creating in their communities,” Wright said.

Wright said she is excited to hold the second Women Who Create Conference and Sticks, which will be a sold out room that is filled with many women and ideas coming together to talk about women and business.

“"It's a fantastic, fun career," Tam said. "There are many opportunities for collaboration with other organizations to feel more supported on campus."
Welcome to spooky season, ladies and gentlemen, where pumpkins glow and black birds crow, especially in the small town of Ames, Iowa! The costumes and Halloween decorations on the fraternity houses are not even the spookiest things I have seen thus far in October. This is spooky: students are running around like chickens with their heads cut off while playing their feather trying to get at the ticks.

Students, stop torturing yourselves. We are in the middle of the semester and thriving, but we are forgetting that we are in college because of us, our future and our opportunities. We are getting so caught up in midterms, grades and our studies that we are not taking enough care of ourselves. We keep plunging our own feathers and acting like chicken. You are not a chicken.

I am going to offer you a golden nugget for college: do it for you. We are told to do this and that and go here and there during this or that semester for this or that reason. We never do enough of what we want and it makes us miserable. No one wants you to feel like you are a robot sent from who knows what universe to just do your duties. We are in the middle of the semester and thriving, but we are forgetting how to work on ourselves.

For some people, this is exactly what they need to take care of themselves. Taking care of yourself physically and pampering yourself can make you feel better. It can be really easy to get into slumps and ignore our responsibilities, or maybe our mental health is making everyday tasks even harder than they should be.

Having a productive day filled with getting homework done, actually eating full meals and getting out of your dorm or apartment are methods of self-care that are just as important and valid as anything else you do. It is fine to change what you are doing. Some emotional sacrifices are necessary and sometimes we have to do things we would not want to do, like possibly take organic chemistry or calculus, but make sure the fight is worth it.

Engineers, only take the internship or co-op if you truly feel it will benefit you and make you happy. Medical school admirers, do attempt to publish (it is in fact a good idea), but chase the research if it helps your mental development and personal fulfillment. If any of these sound appealing to you, then DO IT!

We are programmed to check off the list, to follow the plan, to prove to someone we are who they want us to be. Passion is contagious. You do not have to follow the recommended set of tasks to the tee; just pour your energy into something. The passion will show itself. Give employers something they have not seen before and make a story out of it. Make a story so grand and thrilling that they want to experience it too. Let your passion drive you and let your purpose define you. I guarantee you will stop looking like a crazy chicken around campus. Do what you want to do and do it for you.
Media day leaves food for thought

Basketball season gets preview in Kansas City

BY NOAH. ROHLFING

Big 12 media day is the dawn of the college basketball season for Iowa State fans and Midwestern basketball fans in general (not Big Ten division). This is my second-straight trip to Kansas City’s Sprint Center, and while it was pretty dry this year for the most part, there were a few small things at Wednesday’s event that caught my attention.

PROHM TO PROPEL OFFENSE

Iowa State knows it’s not fancied to do much in the Big 12 this season. Pickled seventh and with four of its top six scorers gone, the Cyclones will not be as dynamic offensively as they were at times in 2018-19. The Cyclones shot poorly in a recent scrimmage against Minnesota, although by all accounts the defense was strong.

Coach Steve Prohm said Wednesday the Cyclones have to find a go-to scorer later in games, and shot selection is something the team still needs to work on.

“The biggest thing was, half of them were good looks and half of them weren’t good looks,” Prohm said. “On the ones that are not good looks, we’ve got to make the extra pass or we’ve got to have continuous ball reversal.”

The offensive woes the Cyclones had against the Golden Gophers might not show in full during the regular season, but the development of the offense is going to be interesting to follow — especially given Prohm’s stated commitment to pushing the pace.

Michael Jacobson’s offensive role is intriguing. He’ll play both frontcourt positions depending on the situation, which could leave the senior caught in two minds. Jacobson said he’s trying not to fall in love with the outside shot.

“I’m not worried about it; I think it’ll play itself out, Jacobson said. “It’s all depending on matchups and how they guard us.”

NCAA MAKES RULE CHANGES

The rules session was easily the most interesting part of the morning. Big 12 coordinator of men’s basketball officials Curtis Shaw held a mid-morning breakdown of the NCAA rule changes taking affect in 2019-20. The conference wants to push back against the rise of the flop in basketball.

Baylor guard Devonte Bandoo said Wednesday he would have to keep an eye on his motion when he feels he’s getting fouled, as the conference will crack down on “head bob” motions that exaggerate contact.

“The only thing I have trouble with is the head bob, I do that sometimes,” Bandoo said. “[In practice] every time coach [Scott Drew] sees me do it, it’s an automatic turnover.”

It’s an interesting rule change, but far more interesting to me is the conference’s attempt to curtail travelling. Shaw said referees will be held accountable if travels continue to be missed at the current rate.

“Traveling has been our worst call in college basketball the last five or six years,” Shaw said. “We’re trying to stop it.”

Tell us something we didn’t already know. Traveling is so bad in college basketball it would have been awful if the officials didn’t change up their strategy for catching it. If they can enforce it in a game regularly, that would make me one happy reporter.

SOLOMON SPEAKS ON BILL

Iowa State forward Solomon Young had an interesting answer when asked about the Name, Image and Likeness bill passed in California recently. Theoulshart junior was fully in favor of the bill, which would allow student-athletes in the state to profit off of their image.

“I think a lot of players can benefit from this,” Young said. “I think the NCAA makes millions of us, and I feel like it would be fair for us to use the product of our ability.”

Interesting comments from a player with a story of perseverance and overcoming hardships — he has a lot of perspective.

This situation plays out with multiple states putting forward similar bills will be fascinating to see.

KANSAS COACH TALKS ADIDAS

Shockingely, Kansas coach Bill Self was asked about the ongoing NCAA investigation into the Kansas program’s relationship with Adidas (specifically former Adidas consultant T.J. Gasson) and whether the school provided impermissible benefits to players.

You’re not surprised to hear he wasn’t relatively thrilled about it. But, he did express confidence in keeping his job with the Jayhawks ahead of his 17th year with the program.

“I know that our chancellor and our athletic director, the basketball program, are totally aligned in this,” Self said. “There’s been a lot of people [who] say certain things, which any body is entitled to opinion. Certainly you can’t be angry or bitter because people are writing and commenting on this.”

Cyclone managers make a splash on dry land

BY MEGAN TESKE

There is a lot contributing to the success of a college sports team — an athlete’s athletic ability, a coach’s dedication to their players and the long hours of practice — but what many people don’t know about is the unsung heroes of the team: the managers.

Senior Jesi Storer and sophomore Jess Hartwig are the managers for the Iowa State swimming and diving team.

Storer and Hartwig are given many tasks throughout practices and during meets.

“I help time if Duane [Sorenson] and Kelly [Nordell] need help,” Storer said. “Sometimes the other manager and I clean up some areas or make it more organized, just to make everybody’s life easier.”

They also fix things that may be broken, and are there for whatever the coaches need help with.

“They help organize all of our swimsuits, swim caps, warm ups,” said coach Duane Sorenson. “Sometimes it’s a little bit of everything.”

Managers also travel with the team to away meets, help keep time at meets and film the events or get the results.

Senior manager, Storer, said they also split at the meets. Splits are the time after each length, which usually vary 50 yards.

“They try to balance timing the swimmers at the meet so they know when they come out, ‘Ok I did really well on the first three 50’s of my race but my fourth 50 was way off’ — that’s what I need to work on,” Sorenson said. Additionally, the managers help the athletes individually.

“They usually time us in practice, which is really nice,” said sophomore swimmer Elynn Tan. “They’re just nice to be around, whenever you need something, they help you out.”

Timing and quick runs to get water aren’t the only things the managers do for the swimmers. They can also be there to encourage and give advice, like Storer sometimes does.

“The upperclassmen when I was a freshman were always good about [giving advice],” Storer said. “I just want to be as useful as I can and helpful and encouraging, because that’s what I was given.”

Storer wasn’t always a manager. She was a swimmer her first two years at Iowa State, swimming the distance freestyle and butterfly and the 400 individual medley.

She became a manager after her sophomore season, she got hurt and was put on permanent medical, meaning she still had to be involved in athletics in some way to keep her scholarship.

“I’m still part of the team, I just can’t participate anymore because of my injury,” Storer said. “I kind of got put in the role of student coach, manager, which has been really fun because I’ve been able to still be with my teammates every single day and help encourage them in a different way.”

Storer said although it’s tough at times to be around the sport but not be able to swim, it still helps in her transition to be there. She said it’s “hardiest at meets, especially when her races would come up, but she knows it’s what’s best for her and she likes to help the other swimmers do their best.”

“It’s fun because I get to surrounds myself with everybody,” Storer said. “I swim for a club in high school, so this was my first team experience, so it’s been good getting close to the girls. It’s not that we’re just a team — we’re a family.”

Certain traits will allow a swim manager to be more successful and helpful than others.

“They have to take initiative a lot of times,” Sorenson said. “They have to have a good personal attitude — can’t be an ego when people are asking for things.”

Although managers may not always have the most glamorous jobs to do, Sorenson said they are still very important to the team’s success.

“They are extremely valuable, the unsung heroes,” Sorenson said. “They do a lot of great work — it’s stuff that’s very important things that need to get done behind-the-scenes. You don’t think it’s a glamorous position, but it’s very important.”
‘Breaking Bad’ movie a gratifying sequel

BY MARGARET TROUP
@iwastatedaily.com

Director Vince Gilligan’s “El Camino: A Breaking Bad Movie” was released on Oct. 11 on Netflix. This project serves as a direct sequel to the popular AMC show “Breaking Bad.” Airing from 2008 to 2013, there has been no further development in the story’s narrative. That is, until now.

“El Camino” follows Jesse Pinkman, a role reprised by Aaron Paul, and his escape from his drug-cartel imprisonment after the events of the series. The majority of the run time is dedicated to showing Pinkman evading the police and other captors as he attempts to abandon his old life and start anew.

For those who did not have time to re-watch the entire series before the debut of the movie sequel, Netflix provides a helpful three-minute recap before the movie starts. Viewers don’t need to have watched the show much at all to understand the plot, though.

In addition to the recap, the characters do a thorough enough job reintroducing themselves and their positions over others to follow along.

Alongside storylines in the present day, there are also multiple flashbacks to earlier scenes in the series. These flashbacks arguably serve as the best parts of the movie.

Within the flashbacks, old characters from the original series make a comeback. Familiar faces are a refreshing and nostalgic sight to see as they provide a break in the tense present-day chase scenes.

“El Camino” has a few elements that broke the expectations of its genre. Several jumpscapes and the realistic depictions of human trafficking truly bring out the horror elements of this film.

That being said, the first half of the film is a bit of a slow burn. There are a few too many scenes of a panicked Jesse running around in the dark that tend to drag on a bit. After a scene that heavily nods to the Wild West genre, things pick up. And fast.

“El Camino” does what it was supposed to do, which is answer questions left after the series finale. Did Walter White die? Does Jesse make it out of the cartel? These questions and more are given canon answers.

Overall, Gilligan’s film provides satisfying, if not slow, closure to a beloved cast of characters and storylines. With a few cameos and comic relief moments thrown in, “El Camino” makes for a gratifying end to the “Breaking Bad” series overall.

FINAL VERDICT: 8/10

Christopher Edwin Beaux, otherwise known as Frank Ocean, is arguably one of the most influential artists of this decade. The New Orleans native was heavily inspired by the sounds of soul, funk and jazz that filled his community growing up. Ocean has not released a vast amount of music, but his impact on the music industry is remarkable. Ocean has seamlessly created his own R&B-alternative sub-genre, inspiring many big name artists of today like Daniel Caesar, Brockhampton, Choker, Cole Strange and Khalid.

Seven years ago Frank Ocean released his first studio album “channel ORANGE.” The album doesn’t sound like it has aged at all. “channel Orange” is not your typical studio album. Unlike his debut album “Nostalgia Ultra,” “channel ORANGES” tracks do not connect and maintain the same style throughout the album. Ocean experiments with a variety of distorted pitches, samples and effects, which largely differentiated this project from his mixtape. Despite the disconnect in topics, Ocean seamlessly manages to blend different genres and un-repeated issues, like unrequited love, drug abuse, faith and internal conflicts.

The fan favorite track “Thinkin Bout You” took the internet by storm when it was released. The record consists of Ocean reflecting on a relationship with a past lover. The first verse, “A tornado flew around my room before you came,” represents Ocean’s life and the messiness of it all. Clear Ocean is broken up with his love, as he confesses they have been on his mind and misses them, but is unsure if the feeling is reciprocated.

“Lost” is a gem on the album. The upbeat tempo of the song and Ocean’s calming voice contrast with the serious tone of a drug dealer’s lifestyle. The dealer’s girlfriend is lost in the continuous cycle of her boyfriend’s drug trafficking. She indulges in the fancy clothes, flights and lavish “thril” of it all and helps him out by serving and “cooking dope.” The drug dealer wishes to settle down and have a normal life with his girl someday, but his lifestyle won’t allow it.

Conclusively, Ocean is notorious for. After he drops an album, he disappears, leaving fans frustrated. He has a minimal social media presence. He rarely goes on tour, and seldom promotes when he is going to drop a song or album. Few artists can pull this off without losing a vast amount of their fanbase. Artists like Lauryn Hill faced similar backlash in the past for refusing to back in the approval of the public. Still, Ocean refuses to comply to the dated standards of fame and thrives in privacy.

It’s hard to grasp and face the reality the majority of people will never see one of this generation’s most beloved artists ever. But as Ocean has proved with his second studio album, “Blonde,” great things come to those who wait. His random singles and innovative artistry will have to satisfy fans craving for new music as they await for his next masterpiece.

10s OF THE 10s

‘Looking Back’ at ‘My Hero Academia’...is timeless

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“My Hero Academia” is a manga and anime about a fictional world filled with superheroes.

“My Hero Academia” came storming back into the lives of anime fans on Oct. 12, after a grueling 378 days since the season three finale. Seasons one through three proved to fans in the United States that the popular Japanese anime was even better than the pages of the comic. With vibrant colors, breathtaking flight scenes and complex yet devastating backstories, the anime adoration of “My Hero Academia” has claimed the hearts of many and comic book lovers around the world.

After just the second episode of season four debuted this past weekend, many fans got a taste of what is to come, but nowhere near the whole exchilada. While episode two was tense by anime standards, much more is to come within the following episodes. Outside of the fact the episode was left on a cliffhanger, fans of the series are left salivating at the mouth for more content.

But why is it that so many fans of the beloved series feel disdain at the idea of reading the manga while simultaneously watching the anime? For many fans of “My Hero Academia,” life is beginning to become very busy; many fans are in college or even out with jobs and a mountain of responsibilities. Specifically, most anime fans in the United States aren’t into reading unless it is necessary or if it’s on their social media timeline. Sitting down and falling into the world of a black and white anime world isn’t nearly as enticing as it used to be. With so much visual stimuli embedded into the modern day, many fans can’t keep focused on this format for long.

One thing today’s young adults can keep focused on is television. People love to watch episodes of their favorite shows and even develop deep emotional ties to said shows after a shocking revelation or an action-packed season finale. Sure, these same emotions can be evoked while reading, but the edge anime has over its manga predecessor is the visual spectacle. You can watch a character move from panel-to-panel in a comic or manga, but in anime the movement is fluid and constant. A fight can be displayed in panels, but the movement is completely dependent on where you focus your eyes. The anime removes a lot of the work from constantly darting one’s eyes right to left to progress the story forward.

The color and light projections speak for themselves while watching an episode of anime. Manga has that one page with color to begin or end a chapter. It’s beautiful, but it doesn’t match up to the way anime cuts it into a million pieces with a flaming sword that flashes a different shade of green with every stroke. Go ahead and imagine that in black and white. The color, the dynamic movement and the ability to show with colors gives “anime only” fans a great excuse to not crack open a book. Everything except the one element that matters—the absolute most, which is the story. If I’ll comic book readers were only interested in the stories, there would be no necessity for images and panels and the content would just be good old fashioned books.

This is the argument that brings into question the validity of “anime only” fans because the images are nothing without the stories that produce and connect them. Outside of the previous argument, the term “anime only” imanga only and “bis-acceptative” fans can all rejoice as the newest and possibly the most audacious season of “My Hero Academia” is here.
Influences on both the management and talent ends of KURE Fest believe very strongly in music accessibility. Returning to be working on a new album and will be performing never-before-heard songs during his set. While he spends most of his days reading, working and parenting, he said he can’t seem to quiet the voice in his head imploring him to write.

“All of a sudden I had 15 songs or so that came out of the stratosphere and plopped into my lap,” Fleming said. “I was like ‘well, guess I better make a record.’”

Gloom Balloon’s music has been known to cut straight to the emotional core of his listeners, detailing all the trials and tribulations of his life — the good, the bad and the ugly. Fleming said he believes every record somehow makes him feel like a pocket of their life at the time, and if his discography were a diary, he said the reader would be reading the last 10 years of his life. The blunt, poetic transparency Fleming exhibits in his studio recordings is bolded, italicized and underlined through his live performances where he displays explosive, electrifying energy behind his music. Fleming said he meticulously strives to make each and every Gloom Balloon show as sonorous and interactive as he can, aiming to give the entire audience an extraordinary experience they won’t easily forget. KURE Fest will certainly be no exception.

“It will be a multimedia experience,” Fleming said. “Come prepared for props.”

Gloom Balloon will perform after Field Division and precede Elizabeth Moon and Peach Pit.

The doors for KURE Fest open at 6 p.m. Friday in the Great Hall of the Memorial Union, and the performances will begin at 7 p.m. Admission is free and open to the public.

According to a study conducted by Brooke Arterberry, assistant professor of psychology, a large portion of young adults with substance use disorders did not receive treatment for their disorder at any point in their lifetime.