Beyond the classroom

Learning communities aim to help incoming freshman find community and guidance as new students adapt to university life.

BY LYDIA SAMUELSON
@iowastatedaily.com

Impacting more than 87,000 students since they were established in 1995, learning communities have been helping Iowa State students comfortably adjust to life on campus for over two decades. Learning communities gather students of similar majors, genders, races and interests to create a unique academic and social environment. These communities have various themes and topics of interest, such as Biology Education Success Teams (BEST), Bridging Opportunities in Leadership and Diversity (BOLD), Industrial Engineering are Leaders (IDEAL) and Women in Science and Engineering (WiSE).

Many years ago, we went through the campus conversation that you know teaching centers also need to be about student learning, said Amy Saglall, associate dean of the liberal arts and sciences administration. Learning community discussions emerged from these discussions of how do we help our students be more successful? How do we make this big place smaller?

Learning communities have their own focus, which makes them unique, but most communities aim to support first year students in academics and social life, Saglall said. Jennifer Leptien was named the director of the Learning Communities department at Iowa State in January 2018. When talking about incoming students concerns, what we hear often is How am I going to do academically? and Will I make friends? Leptien said. Those are the two burning questions that most of the students I encounter have, and the learning community assists with both of those aspects.

Leptien and Saglall agreed one major way communities help students with their academics is through sharing courses. "When just doing it on your own, you can find yourself going down the wrong path, but when you have a community, you have other people to help guide you," Saglall said.

Several learning communities focus on particular majors, such as the Biology Education Success Teams. This team has helped to create several events for both students and the community, such as the "Beyond your major" event, where high school students and college students can learn about careers in biology. The team also hosts a "Pizza and Philosophy" event, where students can discuss current events and social issues over pizza. The team also has a "Learning Community Day," where students can meet and learn about different learning communities and how they can benefit them.

Learning communities are a great way for students to find a community and guidance as they navigate the challenges of university life. By providing a supportive environment and encouraging collaboration, learning communities help students succeed academically and socially.

Alpha Chi Omega works to raise money for ACCESS

BY LORETTA MCGRAW
@iowastatedaily.com

The Alpha Chi Omega sorority hosted its first ever pizza philanthropy event last month, from which all proceeds went to the Story County division of the Assault Care Center Extending Shelter and Support (ACCESS). ACCESS is a non-profit, Iowa-based resource for victims of domestic abuse. As October was National Domestic Abuse Awareness Month, the group felt it fitting to make this their philanthropy fundraiser, said Marissa Prelgo, vice president of public relations.

ACCESS serves Story, Boone, Greene, Marshall and Tama counties and has a 24 hour crisis hotline reachable at 1-855-983-4641. The service can help provide shelter for victims of domestic violence and their children. Beyond the crisis line, ACCESS also offers temporary emergency sheltering and housing for victims and their children, children’s programs, individual counseling and support groups for survivors of domestic violence, sexual assault and children who have experienced or witnessed family violence.

ACCESS has many advocacy programs as well as community education programming, and created the Story County Sexual Assault Response Team, which is a crisis support and on-going advocacy group.

The pizza event this year was purchased from Papa John's, and bosco sticks, dessert pizza, vegan and gluten free pizzas were made in-house. Having such a variety of options helped them to cater to everyone's dietary needs. They also provided lemonade, water and root beer and Coca-Cola floats at this year’s event.

The women took to their professional and individual Instagrams to spread the word with a countdown to the day, a ticket giveaway and posts of the official template on their own individual pages and stories. Creating an official Facebook event allowed everyone to invite and share the news and market the event as it approached. While promoting the event on social media, they also chose the more old fashioned strategy of distributing flyers to the community and distributing them to the community and distributing them to the community and distributing them to the community and distributing them to the community.

Another facility in Iowa is the Iowa Children and Families Domestic Abuse Hotline, which is reachable at 1-800-942-0333. It helps provide resources for domestic violence prevention and intervention, teen programs, family support, early childhood development, mental health and substance abuse.

In addition to the events slideshow and facts around the seating area at the event, interested parties can learn more infor-
CALENDAR

11.23.19
Cyclone Central Tailgate, Alumni Center at 8 a.m. Cyclones are invited to celebrate at the Alumni Center before every home football game. Enjoy giveaways, shopping, refreshments, marching band performances, Cy-and-spit squad appearances, and entertainment for all ages. Doors open 3 hours prior to kickoff and end 30 minutes prior to kickoff. Cattail meal available for an additional charge.

Football: Jack Trice Stadium at 11 a.m. Iowa State vs. Kansas.

Gift Shop Holiday Open House, Reiman Gardens at 9 a.m. Start your holiday shopping at the Reiman Gardens Gift Shop Holiday Open House with 30% off all regularly priced merchandise!

11.24.19
Opening Weekend of the RG Express Holiday Railroad, Reiman Gardens at 9 a.m. Join us for the opening weekend of the RG Express holiday railroad.

Wrestling: Hilton Coliseum at 2 p.m. Iowa Corn Cy-Hawk Series Iowa State vs. Iowa

POLICE BLOTTER

11.21.19
Adam Wayne Gildea, age 40, of 800 Iowa St. - Ames was arrested and charged with drug-possession of a controlled substance at 4500 Reliable Street and North Dakota Avenue (reported at 1:13 a.m.).

Joshua Andrew Johnson, age 35, of 2899 312 Dr. - Ellsworth, Iowa, was arrested and charged with drug possession of a controlled substance at 4500 Reliable Street and North Dakota Avenue (reported at 1:13 a.m.).

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CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

To submit a correction, please contact our editor at 515-294-5650 or via email at editor@iowastatedaily.com.

FEATURE PHOTO

GARRETT HEYD/IOWA STATE DAILY

Lil up

The truck outside of Jax Outdoor Gear is decorated with festive lights in preparation for the upcoming holiday season.

IOWA STATE DAILY BUSINESS DIRECTORY
BY QUINN.VANDENBERG  
@iowastatedaily.com

"Iowa State has the largest public campus art collection in the United States. Works of art can be seen around campus in nine major locations: the Christiansen Art Museum, Art Museum on Morrill Hall, Farm House Museum, Anderson Sculpture Garden, Brunner Art Museum in the Scheman Building and the Art on Campus Collection. Some famous works of art at Iowa State include Grant Wood Murals at Parks Library, Fountain of the Four Seasons outside the Memorial Union and the Gentle Doctor sculpture at the College of Veterinary Medicine. Lynette Pohlman, director and chief curator of University Museums, has worked at Iowa State for 48 years. Pohlman started at Iowa State in April of 1971 with the restoration of Farm House Museum for the United States Bicentennial in 1976. "Iowa State was undertaking [the Farm House Museum restoration] as a preservation project and that then led to the arrival of the Brunner Art Collection in two semi trucks," Pohlman said. "I helped unpack that and moved it into the []. Iowa State Brunner Art Gallery in 1975 and became director in 1980." Throughout Pohlman's time at Iowa State, the three collections that were established: Art on Campus Collection in 1993, Christian Petersen Art Museum in 2007 and Anderson Sculpture Garden in 2007. "We are the University of Museum's umbrella as an administrative unit," Pohlman said. "That provides huge efficiencies for Iowa State. If you go to other potential academic institutions, you would have a staff for each one of those." Pohlman said each of the five campus units has its own philosophy that determines the theme for the works displayed. For example, Farm House Museum, Iowa State's oldest building, primarily features works from approximately 1860 to 1910 that relate to Iowa State and life in Iowa during that time period. The works of Susan Chrysler White are currently featured at The Christian Petersen Art Museum. Iowa State has recently acquired White's art for public viewing at The Hub and The Friley Dining Facility. "The purpose, always trying to do an exhibition by a public artist that we've commissioned is to show the campus a larger array of [...] the body of work by that artist," Pohlman said. "It's kind of like reading the same author and getting their perspective and their viewpoint of life and their expression." Pohlman said art can be acquired for the university in a number of ways, such as through a commission, purchase, gift or transfer from another museum. Pohlman said when considering a work of art they look at how it meets the strengths of the collection. The process was used recently in the renovation of the Brunner Art Museum in the Scheman Building. "When we did the renovation, I wanted to be sensitive, complementary and respectful to the University of Museum’s collection." Aleksandra Badaczewska-Dawid, who is the co-author of 13 scientific papers and has 300 citations in peer-reviewed journals, has joined the Pototyan Lab at Iowa State on the Bioscience Innovation Postdoctoral Fellowship. Badaczewska-Dawid is from the University of Warsaw in Poland and now works as a postdoctoral research associate in the chemistry department at Iowa State. "Iowa State is a good place, especially Pototyan lab is a good one," Badaczewska-Dawid said. "The people inside this lab are very nice and they are great scientists also. Daily work in such a team is motivating and exciting. I fitted in this lab and this lab fitted me to so I'm very happy to be here and I'm hoping for a great scientific research." Badaczewska-Dawid is recognized for the co-development of a deep coarse-grained, low-resolution protein model known as the Single Unified Residue per Pre-averaged Secondary Structure (SURPASS) model. The model's reduced dimension enables more efficient and highly accurate modeling of large-scale proteins, according to a College of Life Sciences and Biomechanics release. Darit Pototyan, an assistant professor of chemistry, is the principal investigator in the Badaczewska-Dawid Lab works dozens of students and postdoctoral fellows. "In our lab, we are working on broad biochemical and biophysical problems," Pototyan said. "So we use computational tools to get how biomolecules, like proteins, how they fold at how biomolecular scales are organized inside cells, how they regulate biochemical reactions. Basically we look at these processes on several scales from molecular to cellular to somewhere in between." After taking an interest in Badaczewska-Dawid's research and publications, Pototyan reached out to her by email. They communicated back and forth about Badaczewska-Dawid possibly coming to the United States to work with Pototyan and his team in the lab. Pototyan said after some email exchanges, they arranged for Badaczewska-Dawid to visit the United States from Poland. "I was nicely surprised when professor Pototyan wrote to me after he read my paper about our coarse-grained SURPASS model developed in the professor Kolinski lab," Badaczewska-Dawid said. "I was then in the middle of finishing my Ph.D. thesis and I didn't decide yet where I should go for postdoc. I had some other options, like New York, but I'm really glad being here in Ames at Iowa State]. The project we are working on, liquid-liquid phase separation of proteins, is very interesting and it is one of the most exciting topics in bioscience right now." Badaczewska-Dawid said Pototyan's project sounded interesting and decided to join him. She said she's pleased with her decision because Pototyan is a great scientist and Iowa State is a really nice place. The work of Badaczewska-Dawid with the Pototyan Lab at Iowa State has only just begun, and Badaczewska-Dawid's research will be funded through 2022. "I would say this kind of research is really driven by talented postdoctoral scientists like Badaczewska-Dawid," Pototyan said. "She's very independent, she comes up with all the intermediate steps, so all I did basically, I give her the big picture, this idea, [...] she really carries the project so in that sense she's the driving force." Badaczewska-Dawid is also a graphic artist and has created 3D images of protein models she develops. Some of her images have been featured on covers of prominent medical journals. "I think my great hobby is graphic design and sometimes it is also related to a bit of science because I have prepared the pictures for the majority of publications that I was co-author in," Badaczewska-Dawid said. "Also a few times I prepared pictures that won a career art for scientific journals. I am very proud of that and it gave me a lot of joy. I like pretty things and I believe that smart visualization helps to understand science, so if I can make nice picture I would love to do it." The fellowship awarded to Badaczewska-Dawid was established by the Roy J. Carver Charitable Trust of Muscatine, Iowa, to “support biomedical research programs on the cusp of developing scientific breakthroughs that could advance human health.” Badaczewska-Dawid's fellowship provides financial support and allows collaboration with Iowa State researchers. “I am very grateful to Roy J. Carver Charitable Trust and College of Liberal Arts and Science[s] for trust and giving me the opportunity to work with great scientists at [Iowa State],” Badaczewska-Dawid said. In addition to Pototyan and Badaczewska-Dawid, there are four other team members of the Pototyan Lab. "We would like to become important players in this new field, field of protein nuclear acid face separation," Pototyan said. "This is where I'm focusing all my efforts."
Iowa State Daily  
Friday, November 22, 2019

**Freshman scholarship deadline approaches**

BY AMBER FRIEDRICHSEN  
@iowastatedaily.com

Classes will resume after fall break on Dec. 2, which is also the deadline for freshmen Iowa State students completing the OneApp scholarship application. While students’ classes are recessed for the break they can relax from their academic workload, but they may want to think about applying for scholarships with Iowa State’s scholarship system called OneApp. Ann Wessman is the program manager for scholarships and student employment in the department of student financial aid.

“OneApp is the university wide scholarship portal for students to apply for, I would say 99 percent of the scholarships that are awarded at Iowa State,” Wessman said. “It’s kind of our tool so that students don’t have to go to different places and fill out separate applications.”

To apply for OneApp, students can go online and log in using their NetID information to access applications for scholarships. Students are required to fill out the general Iowa State application and then are able to apply for scholarships within their college. The general application is a series of questions about the student.

“We ask a lot of questions about their involvement — leadership, community service, those types of things,” Wessman said. “We ask questions about employment — if they are currently working, how many hours they work, we ask why they chose to come to Iowa State.”

Wessman said students are also asked about things like involvement in sororities and fraternities or if they are participating in a study abroad program. The answers to these questions can direct students to other financial aid resources. If a student faces unexpected challenges, Student Assistance is the liaison between students and faculty.

“There are a million and one resources on the college campus and it can sometimes be really, really difficult to know where to start and so our office really wants people to know that they can start here,” said Megan Van Heiden, senior assistant director for the Office of Student Assistance.

Student Assistance will have direct contact with the student in a crisis situation, meaning they will have the most check-ups, follow-ups and help them figure things out. They will be the ones who connect and communicate with the necessary people about the crisis event.

“We send what’s called the notification from our office and that’s sent to all of the student’s instructors,” Van Heiden said. “We try to work with students to determine what language they feel comfortable with us sharing […] and really leave that up to the student to determine how much or how little.”

Throughout the time the student is gone, Student Assistance will maintain communication between the student and their professors. When meeting with the student, using language which validates the students experience has helped in situations, Van Heiden said.

“So by validating, to me what I mean when I say that, is if a student shares with me ‘I’m having a really hard time and here are the reasons why’ and saying ‘you’re right, that does sound incredibly challenging.’” Van Heiden said.

If a student needs to take time off from school, they could apply for a medical withdrawal which includes mental and physical health. The student speaks with their academic advisor about the options in regards to a medical withdrawal form. Student Assistance can help with this and they also help students come back to school after taking that time off.

**ISUPD AND WELFARE CHECKS**

If a student, family or faculty is concerned about an individual, they can contact the Iowa State Police Department (ISUPD) to do a welfare check. The officer on-call will go the student’s dorm or a place where they are most likely to be and check-in, ask a few questions and determine the risk.

**TALK ABOUT IT: Crisis**

A crisis situation can go differently for everyone, but there are several places within Iowa State and the Ames community that play a role in helping students through these experiences. The answers to these questions can direct students to other resources. If a student faces unexpected challenges, Student Assistance is the liaison between students and faculty.

“ar is a can be different for everyone, but overall it is a response to an event where an individual needs immediate support said Student Counseling Services (SCS) director Christopher Hanes.

“So it’s really something that’s so upsetting to the person that they don’t feel they can keep themselves or other people safe or they just don’t feel emotionally safe,” said Sue Reimers, clinical care coordinator for SCS.

Several offices within Iowa State and Ames play a role in helping students through these experiences.

**EDUCATION**

The Student Assistance Program is under the Dean of Students and exists to provide support and information about university resources. If a student faces unexpected challenges, Student Assistance is the liaison between students and faculty.

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**CRISIS PG8**
By Matt Belinson

Iowa State’s final home test

Cyclones hope to send off senior class with win

BY MATT.BELINSON

Iowa State daily

After toppling No. 22 Texas last weekend in Jack Trice Stadium and becoming bowl eligible for a third straight season, another milestone remains for the Cyclones.

Iowa State football will try for its seventh win of the year Saturday against Kansas to boost its bowl resume, but a more pressing challenge is on the table: sending off the 2020 senior class.

While La’Michael Pettway is a senior, he has grown to be a part of the culture he has fit right in immediately.

With win down to seal a victory over Texas Tech in 2017

Shimonek and taking it all the way for a touchdown for Iowa State over his time as a Cyclone.

Spears — has shown up time and time again for Iowa State. Whether it be Spears picking off Nic Shimonek or his interception to clinch an upset over No. 4 TCU in the same year, Campbell said the play of Spears will be something to remember, but his character in the locker room and in practice make him worth remembering even more.

“Marcel is one of those guys that’s just got the ‘It’ factor,” Campbell said. “He’s gonna go be really special in life when he’s done playing football and I think his ability to really take the bull by the horns and really have the ability to stand up in hard times and lead; it’s been really impressive.”

Coming into his final home game as a Cyclone, Spears has amassed 150 tackles, six sacks and four interceptions.

Spears said that it took time for him and the other now-seniors to buy into Campbell and his staff with “blind faith” through it all.

Iowa State daily

Quick hits.

Pettway said that Iowa State and the culture he has grown to be a part of wasn’t always as inviting and on the same page as it is now. In Pettway’s view, credit goes to the 2020 senior class and its belief.

“From what I heard it was totally different than what it is now, and I credit these seniors because it’s their doing,” Pettway said. “It was a player-led thing; like I said, these seniors welcomed me in. I feel like that culture changed and I feel like I’m a part of that culture.”

So when Senior Day arrives, the Cyclones will look to not only grab their seventh win of the season, but also reflect on a senior class that has changed so much within the walls of Jack Trice make him worth remembering even more.

“The seniors that stand next to me, they’ve done a lot, they’ve put in a lot of work that people don’t understand,” Spears said. “The legacy that we’re trying to leave is just, you know, we’re trying to just push seeds into the ground so they can flourish for the ones that come after us. That’s all we’re trying to do. We’re trying to leave the jersey in a better place.”

While La’Michael Pettway is a senior, he only joined Iowa State in May after transferring from Arkansas.

Pettway has been with the Cyclones for less than a full season, but could tell that the senior leadership in the building was real and made him fit right in immediately.

Iowa State State Daily

Iowa State's final home test

OPPONENT INFO

Kansas Jayhawks

(3-7, 1-6 Big 12)

HEAD COACH: Les Miles

LOCATION: Lawrence, Kan.

CONFERENCE: Big 12

Quick hits.

Les Miles won a national championship as head coach of LSU in 2007.

Kansas has finished in last place in the Big 12 for four straight seasons.

GAME INFO

WHEN: Nov. 23, 11 a.m.
WHERE: Jack Trice Stadium
WATCH: FS
LISTEN: Cyclone Radio Network | KASI 1430 AM | KCCG 105.1 FM

Available in the Ames area only

PREVIEW

Iowa State State Daily

Quick hits.

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AROUND THE BIG 12

PLAYERS 2 WATCH

Deshaunte Jones
In his final home game for the Cyclones, the senior wide receiver has been a steady contributor for Iowa State’s passing attack this season — and he’s working his way up the Iowa State record books as well. With three games left (including a bowl matchup) left in his college career, Jones sits at 1,923 career-receiving yards — sixth all-time in Iowa State history. Against a struggling Kansas secondary, there is reason to believe he could make his way up near Tracy Henderson in fifth place (2,048 yards) against the Jayhawks.

Hasan Defense
The Jayhawks’ cornerback has been a key member of his namesake unit for three years now, and he’ll have a tough task Saturday against Jones, La’Michael Pettway and others in the Iowa State receiver group. A senior, the clock is running out on Defense’s career, and he will likely be trying to make a statement in his final matchup with the Cyclones.
**Good Cop**

Kansa is a very inconsistent team this year. They lost at home 12-7 to the Coastal Carolina Chanticleers, but then blew out Boston College 48-24 on the road. Then they followed that with a 29-24 loss at home to the West Virginia Mountaineers and a 21-14 loss to TCU! (both teams of whom Iowa State beat by 24 points or more). Finally, they pushed the Texas Longhorns to their limit, only losing by a score of 50-48 in Austin, Texas.

Bottom line is this: Kansas is very inconsistent this season, but that’s to be expected when your head coach has only been at the university for one year. Kansas has a solid foundation and has showed flashes of potential this season, en route to a 3-7 (1-6 Big 12) record.

What we do know about Kansas is that it has allowed more than 24 points in all but two games (its first two) this season and it has allowed Iowa State to score more than 24 points in all but two games they’ve played against each other this season.

The Jayhawks have been held to less than 25 points in eight of their ten games this season and the Cyclones have held six of their ten opponents to less than 25 points a game.

Iowa State has not lost to Kansas at Jack Trice Stadium since 2008 and is 9-3 against Kansas in Jack Trice Stadium since the Big 12 formed. That record should improve to 10-3 as I see Iowa State’s offense torching Kansas’ defense en route to its seventh victory of the season.

The Cyclones should have a two touchdown lead or something similar at halftime and will put the game away after that. The Cyclones’ backups should see some playing time come the fourth quarter.

Iowa State 45, Kansas 17

**Bad Cop**

If there were to be a trap game on Iowa State’s schedule, that is it.

Fresh off a win against the Texas Longhorns, the spirits for the Cyclones should be at an all-time high this season.

In addition, the Cyclones have a solid opponent in the team’s final game against Kansas State. The Wildcats upset Oklahoma this season.

Before that matchup, the Cyclones take on the Jayhawks.

Kansas sits in last place in the Big 12, and with an 11 a.m. kickoff, the Cyclones are sure to start the game off sluggish.

Kansas’ ninth-ranked offense in the conference won’t put up insane numbers, but quarterback Carter Stanley ranks sixth in passing yards a game with an average of 224.1 yards, and running back Pooka Williams is amongst the best in the conference.

Williams has 791 yards, which only trails Oklahoma State’s Chuba Hubbard and Oklahoma’s Jalen Hurts for the most in the conference.

Williams is averaging 4.9 yards a carry, so if Stanley is able to hit some throws early, it could open up better running lanes for Williams early.

Williams will send its seniors off with a win in their final game in Jack Trice.

If there were to be a trap game on Iowa State’s schedule, that is it.

Iowa State 42, Kansas 10

Iowa State 38, Kansas 17

Iowa State 42, Kansas 17

Iowa State 42, Kansas 17

**THE PICK**

Iowa State vs. Kansas

For the Cyclones, this season has been defined by the close wins and losses, but rest assured, this game will not be close by any stretch of the imagination. While Matt Campbell said in his weekly press conference that he thinks Les Miles has created a sense of belief in the football program at Kansas, that sense of belief won’t find its way to the field Saturday.

Kansas ranks in the bottom half of the Big 12 in every important statistical category you can think of: 10th in rush defense, ninth in scoring offense, ninth in rushing offense and 10th in amount of sacks created, to just name a few.

I expect Breece Hall to have the biggest game of his young Cyclone career against the Jayhawks. Don’t overlook this one; it’s all Iowa State.

Iowa State 31, Kansas 24

I don’t know much about football, but what I do know is this game against Kansas is almost a guaranteed win. More importantly, the Jayhawk isn’t even a real bird, so what kind of damage can they really do? As a senior, this will be my last home football game and I would only be slightly better if it ends in a loss. As someone who will be photographing the event, I hope for the sake of my fingers it is a short and neat game.

Iowa State 31, Kansas 24
Predicting Iowa State’s bowl game

BY ISD SPORTS STAFF

The Cyclones are bowl eligible for the third consecutive season. But as is tradition with college fanbases, as soon as a team becomes bowl eligible, speculation begins as to what bowl game their team will land in and who they will face.

The Iowa State Daily Sports Desk will continue that tradition and try to predict where Iowa State could find themselves by seasons end to calm the speculative minds of Cyclone fans.

Here is what Noah Rohlfing, Matt Bellinson and Zane Douglas think will come to pass for Iowa State when all is said and done.

ALAMO BOWL

This is realistically the highest-ranked bowl the Cyclones can appear in. The Alamo Bowl is the best-ranked affiliate of the Big 12 after the New Year’s Six bowls are dealt their selections, matched up against a Pac-12 team. Last year, Iowa State made this game over West Virginia, losing in a 28-26 nail-biter but making a mark with the organization’s fanbase and attendance numbers. Iowa State Athletic Director Jamie Pollard said earlier this week that Alamo Bowl representatives would be present at Saturday’s game against Kansas.

Iowa State head coach Matt Campbell poses with Washington State coach Mike Leach following a press conference Dec. 27, the day before the Valero Alamo Bowl game.
Cyclones look for first win in 16 years

BY ZACH MARTIN
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The 2019 cross country season is winding down to its home stretch, and the Iowa State Cyclones are coming along for the wild ride. The chaotic spirit to qualify for nationals took place one week ago. Teams from all over the country competed in nine different regional meets to decide the 31 squads who would run at the prestigious Lavern Gibson Championship Cross Country Course in Terre Haute, Indiana.

For the Iowa State cross country program, it was another season of success, as athletes on both the men's and women's side were able to qualify. The Cyclones competed in the Midwest Regional last Friday, and entered the meet as defending team champions for both divisions.

On the women's side, it was Ali Logue leading the Cyclones throughout the season. The junior runner has been Iowa State's anchor for the majority of the season, placing in the top-25 of both the Joe Piane Notre Dame and Wisconsin Nuttycombe invitational. Logue also enters this race having retained her Big 12 individual championship this season.

Over the course of the regional championship race, Logue showed her stamina and kept with the lead pack through the halfway mark. Logue made her move at the 5K mark, surging ahead of Northern Illinois junior Ashley Tutt, and never looked back. The Erin, Kansas, native crossed the line eight seconds ahead of second-place runner Taylor Sommers of Oklahoma State, finishing with a time of 20:20:6.

Despite Logue's strong performance, however, the Cyclones could not garner enough points to qualify as a team. The Cyclones amassed a total of 192 points and finished sixth out of 33 teams. The Cyclone women ended their season strong, as all five of their scoring runners finished in the top-100. Senior Abby Caldwell also ended her cross country career with an All-Regional performance, placing 15th.

Looking ahead, Logue is Iowa State's sole representative on the women's side and is going to be facing some stiff competition. The field for the women's 6K race includes some of the best running talent in the nation, highlighted by the two favorites of Alicia Monson of Wisconsin and Weini Kelati of New Mexico. Both runners won their regional races and also finished in the top-5 of last year's national championship race.

Over on the men's side, coach Martin Smith's squad continued its season on grass in strong fashion, finishing second in the 10K race. The Cyclone men earned an impressive spot and qualified for their fourth consecutive national championships. Senior All-American Edwin Kurgat led the way for the Cyclones, as he successfully retained his Midwest Regional crown. The Eldkort, Kenya national native stuck with the lead pack from the start of the race, and with 3K left in the race took charge, surging ahead of the field. He held off Missouri senior Thomas George by four seconds to finish in a time of 30:38.3.

Behind Kurgat, the Cyclone squad finished strong as well, with the rest of their four scoring runners all placing within the top-25, earning All-Regional honors. Fellow senior Devon Clark was the next Cyclone to cross the line, finishing with a time of 31:07.8, followed by sophomore Chad Johnson and juniors Milo Greder and Thomas Pollard. Despite this performance, however, the Cyclones ultimately were unsuccessful in retaining their national championship title.


Kurgat is looking to become the first Cyclone runner since fellow Kenyan Jonah Koebch in 1990 to win the individual title at the national championships. He has already completed one of the most decorated careers in Cyclone history, having already garnered All-American honors at nationals, and having won twice the Big 12 and Midwest Regional titles.

Kurgat’s greatest competition this time around will be Alabama senior Vincent Kiprop and Gilbert Kigen. Last year, he finished in third in a tough battle behind Stanford Cardinal Grant Fisher and Wisconsin Badger Morgan Mcdonald.

The Cyclone squad as a team will also be going against the nation's best running talent, as all of the top-30 teams will be represented in Terre Haute. Iowa State enters the meet as the No. 1, and will have as many runners in the top-50 to garner enough points in the field.

The biggest teams to watch out for are Pac-12 power Stanford and Northern Arizona, who enters the race as the three-time defending national champions. Both teams have not won the title — never mind being on the podium — since 1994. The 2019 NCAA Cross Country National Championships will be Saturday. The women's 6K race will be first in Terre Haute, with the men's race scheduled to begin at 11:15 a.m. All of the action will be live on FloTrack with a paid subscription.
**Opinion column by Ling Man Tsang**

China’s global influence

Unrest in Hong Kong has effects around the world

BY LING MAN TSANG

Guest columnist Ling Man Tsang argues the recent violence breaking out in China affects other countries, not just its own.

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**Opinion column by Annelise Wells**

Enjoy fall break however you want to

BY ISD EDITORIAL BOARD

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), year in school of the author(s) and majors and/or group affiliation(s) and phone number(s) if you wish to be identified.

Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.
**EVENTS**

**11.22.19**

- "I Love You, You're Perfect, Now Change" - 7:30 p.m., ACTORS Studio, Ames (Theater)
- Cold Pizza & Day Old Bread with Tom Hummer - The Angry Ishmen (Music)
- Dillinger Four - 7 p.m., Woody's, Des Moines (Music)
- "Number The Stars" - 7 p.m., Black Box Theater, Ames (Theater)
- Cyclone Cinema: "Good Boys" - 7 p.m. & 10 p.m., Carver Hall, Ames (Film)

**11.24.19**

- "Number The Stars" - 2 p.m., Black Box Theater, Ames (Theater)
- Cyclone Cinema: "Good Boys" - 7 p.m. & 10 p.m., Carver Hall, Ames (Film)

**MUSIC AND MOVIES**

**New Music this Week**

- 11.22.19: Netflix & Deal" - 03 Grendo & Kenny Beats
- "Lamb Over Rice EP" - Action Bronson
- "Ballet Slippers" - Animal Collective
- "Hyperspace" - Beck
- "Everyday Life" - Coldplay
- "Love For Gaula" - Flipp Dinero

**Release of the Week**

Milky Chance dropped their long-awaited third studio album "Mind the Moon." The trio released a project that toys with its listeners through its weird sound. The "Stolen Dance" band has yet to drop a full project capable of wooing critics; "Mind the Moon" is no different.

The listen-through wasn't a disappointment by any means. All of the tracks convey the feel-good Milky Chance vibe. The tracks "Daydreaming" and "Eden's House" both stood out. The silky sound of "Daydreaming" keeps the listener hooked. While "Eden's House" encapsulates the listener with thought provoking lyrics, Milky Chance shows their peculiar sound calls for an interesting listen.

"Mind the Moon" Milky Chance

**Movies out this week**

- 11.14.19: "Frozen 2" North Grand Cinema times: Friday and Saturday
- "A Beautiful Day in the Neighborhood" North Grand Cinema times: Friday and Saturday

**NEXT WEEK**

Enjoy your fall break

**Horoscopes - Nov. 22**

**ARIES - March 21 – April 19**

Now is the perfect time to get cracking in your professional life, as productivity and straightforward communication skills will be at an all-time high. Use this week to broaden your horizons, try new things, and get what you want--it’s your time to shine!

**TAURUS - April 20 – May 20**

An increase in emotional intensity is in store for you this week as romantic encounters become all the more frequent. Intellectual and social stimulation are both in your midst, as this week will work with you to sharpen your mind and send your life further on track--not just romantically.

**GEMINI - May 21 – June 20**

Redefining relationships and rebuilding burnt bridges are what next week will be all about. Take the time to reflect on the people who mean most to you now and the people who were there for you in the past. How did they help you grow, and how can you help yourself grow even more?

**CANCER - June 21 – July 22**

Fear not, for things are about to get better. In the midst of a slow of financial, productive and academic roadblocks, making plans with your loved ones should be number one on your agenda to help soften the blow as you remind yourself that you are loved and it’s okay to struggle. What else are friends for?

**LEO - July 23 – Aug. 22**

Leo: Why not treat yourself this week? Whether he be hanging out with friends, taking yourself out to dinner, or getting back into that old hobby you haven’t done in a while, use this time to follow your heart and empower yourself. Give yourself an extra pat on the back for making it to where you are now.

**VIRGO - Aug. 23 – Sept. 22**

This week would be a good time to reflect on what makes you feel comfortable, secure and overall, you. Re-organize your bedroom, take another look at your notes for that class you’re worried about, and remember to breathe. Whilst you ground yourself, be prepared for an urge to break from routine and go outside the box a little. Have some fun, you deserve it!

**LIBRA - Sept. 23 – Oct. 22**

Take this week to look back on any lessons you’ve learned recently. Ask yourself some personal questions. How are you really feeling? Where are you right now in the grand scheme of things? Where would you like to go from here, and how can you get there? While your mental health may need some extra attention, don’t forget to give your physical health some love too. Hang in there, we’re all destined for great things!

**SCORPIO - Oct. 23 – Nov. 21**

Maintaining relationships, being transparent, and reaching out to people is going to be your main vibes this week. Those emotions you’ve been holding back lately may break free, but your charming tact can help clean up the mess. Now is the time to bring your natural fearlessness and wit to the forefront, and be completely, unapologetically and spontaneously yourself.

**SAGITTARIUS - Nov. 22 – Dec. 21**

Take this time to brainstorm new ideas at work, in class, and in your personal life as the opportunity for undiscovered passions increases this week. Your intuitive creativity and contagious personality will favor you well in your professional Me. That being said, it’s never a bad idea to have a little more self-contol. Try to find a way to implement some self-reinforcement to encourage productivity. At the end of the day, balance is key!

**CAPRICORN - Dec. 22 – Jan. 19**

All you do is work, and that isn’t always a good thing. Your first instinct may usually be to be as productive as possible during the dull moments, but you should use this week to forego that intuition and take more time for yourself instead. Maybe you can finally pick up that book you’ve “been meaning to start" to create a happy middle ground between work and play!

**AQUARIUS - Jan. 20 – Feb. 18**

Your social-butter/fly tendencies will be in full effect this week. This week will be all about networking, connecting, and making lasting impressions in the workplace, making for exciting new opportuni-
ties and even some new friends. Take this time to perform more random acts of kindness. You never know how helpful those extra karma points might be!

**PICTURES - Feb. 19 – March 20**

With the holidays looming, spending time with your closest friends and loved ones are what this week is all about. Reach out to those you’ve fallen out of touch with, and take the time to be open and honest with those whom you may not be on good terms with. Now is the time to use that big heart of yours to spread love, honesty and forgiveness in times of trouble.

**WEEKEND VOICES**

**Friday, November 22, 2019 Iowa State Daily**

**11.23.19**

- "Number The Stars" - 2 p.m., Black Box Theater, Ames (Theater)
- "I Love You, You’re Perfect, Now Change" - 7:30 p.m., ACTORS Studio, Ames (Theater)
- Emo Nite, Dan Marsala of Story Of The Year (DJ Set) - 9:30 p.m., Woody’s, Des Moines (Music)
- Cyclone Cinema: "Good Boys" - 7 p.m. & 10 p.m., Carver Hall, Ames (Film)

**11.24.19**

- "Number The Stars" - 2 p.m., Black Box Theater, Ames (Theater)
- Cyclone Cinema: "Good Boys" - 7 p.m. & 10 p.m., Carver Hall, Ames (Film)
“It just depends on the situation and the student,” said Kinsey Phillips, mental health advocate for ISUPD. “Sometimes we might start with a student who needs resources on campus but doesn’t need them immediately.” In 2018, there were 287 welfare checks, according to the Iowa State Annual Police Report. Students can call ISUPD or the Central Iowa Crisis Line to talk to a Mobile Crisis Team, a group of professionals who can provide onsite, face-to-face mental health services. If the student is calling 911 for a mental health emergency, they should let the dispatcher know a crisis intervention team officer is needed as well as request if it is possible to arrive without lights and sirens to help calm the student down. If the student is actively suicidal when officers arrive for the welfare check, they are taken immediately to the hospital or crisis counseling, said Phillips, otherwise the officers will provide resources and there will be a follow-up from Student Assistance. Phillips said she does not go on every welfare check, but follows up with the students and makes sure they get an outreach as well as informing the crisis team at ISUPD. "That person would get an outreach [...] it’s always going to be from Student Assistance," Phillips said. “I also will outreach if there is anything I feel you just want to come in and see if there is anything they can do for you.” "Zosia is a certified therapy dog and helps comfort the student, said Phillips. When checking in on the individuals, the police try to be out of uniform and in every-day clothes to make the individual feel more comfortable, said Phillips. Depending on the situation, students can be taken to the SCS for crisis counseling. STUDENT COUNSELING CENTER There is an on-call crisis team, which a therapist will meet with the student immediately and assess the situation. The therapist will analyze the risk, create a self-care plan and analyze any contributing factors to the situation. CLASSROOM That connects the learning community,” Leptien said. “Depending on which learning community students are in, [students] may be in two or more classes together.” Kseniya Ratneva, freshman in animal science, and Luella Gaskell, sophomore in pre-business, are students in the Honors learning community and are taking the English 250 course through the Honors Program. “It’s nice to talk to people who are taking similar-level coursework, especially with the sophomores on the floor,” Luella said. “They know what you do already as a freshman, so you can ask questions.” The Honors learning community offers a residential component wherein students within the learning community live together to augment the social aspect of learning communities. “We have house dinners here,” Ratneva said. “We have house events. [...] There have been camping trips, and there have been outside dinners at people’s houses that live nearby. There’s been farmers market events. There’s a lot that you can do.” Most learning communities focus on first-year students, but there are ways uppersclassmen can be involved in learning communities. Peer mentors—a group of over 60 students in their second year or above—work as role models and guides to the university. "The goal of learning communities help determine what the role of peer mentor entails. A mentor may focus on aiding with social aspects or a course like a lab. Peer mentors also play a key part in molding the atmosphere of learning communities. "When we train our peer mentors, they come to a two-day training in August, and we integrate a conversation around the BSU principles of community," Leptien said. "We’re teaching almost 90 percent of the incoming class through a learning experience. That gives us an opportunity to set the tone for what it means to be a Cyclone at Iowa State and the belief system and core values at Iowa State.” Eighty-seven percent of incoming students participated in learning communities this fall, up from only 70 percent of incoming students who participated last year. Leptien said this increase in students can be explained by the creation of a new learning community for open-option students in the College of Liberal Arts and Sciences (LAS) Helping Open Option Manage Exploration (HOME). “We now have [HOME] for students in open option,” said Brate Schnittmatten, dean of the College of Liberal Arts and Sciences. “That large group of students, about 600 students, who we really didn’t have learning communities options for them in back in the past, in the past few years, we’ve really built up learning community options for students in open option. That really’s increased the number of students in [LAS] who are part of these communities.” New learning communities are created as faculty perceive students’ need for them, whether it is in their major or for open option. Creating a learning community is not always an easy process. “We have some challenges,” Slagell said. “Some of our majors are ones that students find. Not all of our majors are ones that bring in 20 or 30 students every fall semester that are new, direct-from-high-school students that learning communities can really have a direct impact on. Where kind of learning communities you put in place if there are three freshmen?” Iowa State has many resources in place to help students succeed in university life, whether a student joins a learning community their first year, becomes a peer mentor in their second or never interacts with the communities at all. “We’re just trying to get engaged on campus — this is only one model of support,” Slagell said. “Nobody accomplishes their goals all on their own.”