Editor’s note: This is the first installment of an ongoing series by the Iowa State Daily to address the issue of substance abuse in Iowa through the lens of the rising opioid epidemic. To counter this crisis, we hope to foster ongoing and continued conversations as a way to find and implement solutions regarding not only Iowa’s successes but also its failures in addressing this national epidemic.

To do this, we want to hear from you. We need to hear from you. To reach out and share your experience in relation to this issue, please email Alex Connor, Iowa State Daily editor-in-chief for fall/spring 2018-2019 at alex.connor@iowastatedaily.com.

A call to action
Is Iowa successful in combating the opioid epidemic? Depends on whom you ask.

In a recent report on the opioid crisis published by the National Safety Council, a non-profit, non-governmental public service organization, the answer would be no. Iowa can do better. Iowa should do better.

The report examined all 50 states individually and rated them on a scale of improving, lagging or failing depending how well they fit into six key actions:

• Mandatory prescriber education
• Implementing opioid prescribing guidelines
• Integrating prescription drug monitoring programs into clinical settings
• Improving data collection
• Treating opioid overdoses
• Increasing availability to opioid-use disorder treatment.

Iowa, according to the Council, met just two of these criteria — failing.

Despite this ranking, Iowa isn’t alone in the lack of understanding in how to correctly identify a solution to the impending crisis the nation is facing in addressing the issue of opioid addiction and overdose.

This report isn’t to say, however, Iowa isn’t taking steps to address the issue of opioid addiction. During the 2016 legislative session, lawmakers passed a law that made naloxone — an opioid overdose reversal drug — more accessible to Iowans.

Law enforcement officials, including those in Ames, now carry that opioid reversal prescription. Cmdr. Geoff Huff, public information officer for the Ames Police Department, said naloxone had been administered three times in one month.
House File 2137 passed through the Iowa House in February, and if implemented, the bipartisan legislation would place limits on opioid prescriptions and implement a Good Samaritan law for those reporting overdoses. It would also require physicians to file opioid prescriptions electronically to avoid paper prescription forgeries.

As it stands, however, the bill is stalled in the Senate and its future remains uncertain and unlikely to pass within this legislative cycle.

What does the issue look like in Iowa?

According to data provided by the Iowa Department of Public Health, opioid overdose deaths have increased from 28 in 2005 to 86 in 2016. Opioid-related deaths — meaning opioids were referenced in the medical examiner’s report and may have contributed to the cause of death — has spiked from 59 in 2005 to 180 in 2016.

For opioid treatment, the rate of admissions has more than tripled in a 10-year time span — from 668 admissions in 2005 to 2,274 admissions in 2016.

Whose responsibility?

During her Condition of the State address in January, Gov. Kim Reynolds expressed her concern in regard to this rising issue.

“The past decade, opioid-related deaths have doubled and doubled and continue to rise unless we take action to reverse this heart-wrenching trend,” she said. “And today, I am calling on the legislature to pass legislation to reduce the number of opioids prescribed in Iowa.”

So, how did we get to this point? What is Iowa doing right? What could it be doing better? Where are we failing?

These are questions the Iowa State Daily asked during a series of interviews with Iowa professionals directly involved in not only combating the opioid crisis, but also finding and implementing solutions to better help communities already impacted.

Read through the pages to discover what they had to say.

People are still going to have pain.

When discussing the opioid crisis, Peter Komendowski, president of Partnership for a Drug Free Iowa, likes to offer a familiar anecdote: Smokey the Bear.

“What do you do? You pour water and everything you can to put the fire out. It’s a big deal. But, it took a long time for the National Forest Service to come up with Smokey the Bear to prevent forest fires.”

For Komendowski, discussing opioids and addiction comes naturally. As president of Partnership for a Drug Free Iowa, he helps foster and implement programs designed to “build healthy communities and a platform to share important resources.”

And currently, he sees Iowa at a pivotal point in addressing the impending crisis of opioid addiction and overdose.

“I think we’re going to do a good job to put as much water on the fire on the opioid crisis as we can. … The problem is, I don’t think we’re doing enough about prevention,” Komendowski said.

He fears if you take away the availability of one item, it’ll just increase the necessity of the next.

“If you take away all the opioids, you still have addicts that need something — heroin,” he said.

“Doctors will prescribe less opioids and they’ll sell less opioids to Americans and they’ll say oh, we dodged that bullet.”

But what, Komendowski wonders, will be the next opioid?

“People are still going to have pain. People are still going to feel like this kind of a medicine will make them better. … Where do we channel all the people that escape with this drug in a realistic way?” he said.

One word: Devastating.

Cody Smith, former Student Government vice president, grew up around addiction. To him, the opioid crisis wasn’t an abstract, distant issue. It impacted his family — his mom.

Smith grew up on a sheep and cattle farm with his parents and siblings in rural Indiana. When he was a teenager, his mom fell down a flight of stairs. She was put on opioids to help with the pain. That incident, Smith said, fostered his mother’s addiction to the medication, and later, heroin.

“There were a number of years where she was selling … she got into trouble with the law,” Smith said. “Quite a significant amount of my last few years of high school, she was in jail.”

In one word, he said the impact opioids have had on his family and his community is devastating.

Even the morgue in Montgomery County, where Smith is from, can’t keep up with the crisis. There isn’t enough room to store the bodies due to increased overdoses in the community.

So when Smith came to Iowa State four years ago, he had to watch his community adapt from afar, both for the good and bad. Community members and law enforcement officials now carry narcan — good. Several classmates from high school have overdosed on opioids — bad.

But Smith also started to notice a gap in his own community of Ames. Where were the conversations on substance abuse? Addiction? Opioids?

“There are a lot of things that are being done in a lot of areas,” he said. “Substance abuse is not really one of those things.”

So he began working to help bridge the divide through taking small steps such as partnering with organizations such as Students for Opioid Solutions and integrating it as a topic of discussion during a Student Government monthly town hall.

He said he’s proud of the work he sees the community doing in addressing the epidemic, but because of his background, he remains skeptical.

“All these efforts are really inspiring, but I just worry that it’s going to come and people aren’t going to really know how to deal with it,” he said.

Moving beyond a supply-side narrative.

Sarah Ziegenhorn, executive director of the Iowa Harm Reduction Coalition, has taken three approaches to curbing the opioid epidemic in Iowa — a holistic approach to the issue as a means to reduce harm.

A underground needle exchange with the aim of legalizing syringe service programs in Iowa.

Free naloxone kits in an effort to provide the opioid overdose reversal medication to individuals, families and organizations without a prescription.

Outreach services in Iowa City, Cedar Rapids and Des Moines in the hopes of educating communities and users how to safely inject as a means to reduce the risk of HIV and hepatitis C.

“There’s nothing, I think, [that isn’t Iowan] about responding to opioid users with compassion and understanding rather than punishment or authoritarian displays of power,” Ziegenhorn said.

Needle exchanges, or syringe service programs, are not currently legal in Iowa. Ziegenhorn and her organization, however, have been lobbying for legislation — SF 219 — at the Iowa Capitol to change the current policy in relation to drug paraphernalia.

The legalization of a syringe service program would also force a change in language...
**Sarah Ziegenhorn**

"I think one of the biggest challenges that we're facing at a state level is to recognize that the governor isn't telling the truth when she says the opioid crisis is about pills and doctors. It is to recognize the thousands of people in our state who use heroin, who snort or inject opioids."

Regarding the ways in which Iowans talk about the opioid crisis.

For Ziegenhorn, she feels because the state is emphasizing opioid addiction as a "prescription pill and doctor" issue the state agencies aren't taking the proper measures to address the rising crisis.

"It doesn't approach the reality that people in Iowa are not just using pills, but more Iowans are using heroin illicitly every day and never even getting started with pills," she said. "It doesn't approach the problem that we have so many people who are addicted and at risk of overdose who aren't able to access naloxone.

So where does Iowa go from here? Ziegenhorn believes policy should focus on the demand.

"Why are people getting addicted to drugs in the first place? What is going on in people's lives that causes the neurons patterns in their brains to be prime to addiction?" she said. "That's not a conversation that we're having, and I think until we move beyond a supply-side narrative to drug policy and drug use in Iowa, things are not going to get any better."

A piece of it

In just one month, the Ames Police Department deployed naloxin three times. Compared to other states, this is miniscule. But Cmdr. Geoff Huff, public information officer, said the epidemic is coming.

"We're just starting to see those effects," he said. "One of the things we know is it will probably get worse before it gets better."

To properly address the rising issue of opioid addiction, all Ames Police officers have recently been trained to identify opioid overdose and how to properly administer naloxone.

"Unless someone comes through a law enforcement channel, we don't even know anything about it," Huff said, meaning should an individual overdose and go to the emergency room, the police may never find out about that incident.

That's where that communication comes in and becomes very important between all these different agencies so we have a better idea of what the real problem is because we all got a piece of it," he said.

**Prescription monitoring as a tool to curb the crisis**

Established on March 25, 2009, the Prescription Monitoring Program has been a tool used by Iowa physicians and pharmacists to track their patients' use of controlled substances without fear of contributing to that patient's abuse.

With an initial $411,000 federal grant, Iowa budgets about $112,000 annually to keep the program going.

The issue, however, is the program is not being used to its fullest potential.

According to the Prescription Monitoring Program 2017 annual report, the "number of pharmacists and prescribers registering to use" the program is increasing. The number of requests for patient prescription history have steadily increased, as well.

Dale Woolery, associate director of the Office of Drug Control Policy, said enrollment and use is up every year, "but it's still in the single digits as far as the utilization for [querying] patient information to the point of writing a prescription."

"That's where that communication comes in and becomes very important between all these different agencies so we have a better idea of what the real problem is because we all got a piece of it," he said.

**The Prescription Monitoring Program is a tool that can be used by prescribers to track the use of controlled substances by their patients.**

The problem is that it is not yet being utilized to the fullest extent.
POLICE BLOTTER

4.20.18

Joseph Thomas Sopczyz, age 22, of 2122 Hawthorn Dr Unit 4118 - Ames, IA, was arrested and charged with public intoxication at Memorial Union (reported at 1:14 a.m.).

Coby Austin Cork, age 21, of 2777 NW 167th St - Clive, IA, was arrested and charged with operating while intoxicated and excessive speed at 1860-BW Lincoln Way (reported at 1:44 a.m.).

An individual reported the theft of a bicycle at Caver Hall (reported at 10:49 a.m.).

Officers provided resource information regarding student conduct at LeBaron Hall (reported at 11:17 a.m.).

An officer initiated a suspicious activity investigation at Toren Engg Building (reported at 11:40 a.m.).

An officer assisted an individual who was experiencing medical difficulties at F ray Hall (reported at 12:44 p.m.).

An officer investigated a property damage collision at Lot 73 (reported at 3:06 p.m.).

An officer initiated a drug related investigation at (reported at 1:01 p.m.).

An officer assisted an individual who was experiencing medical difficulties at Friley Hall (reported at 11:40 a.m.).

Jillian Chastain Anderson, age 19, of 1215 Division St - Webster City, IA, was arrested and charged with public intoxication at 4.21.18 (reported at 4:24 p.m.).

An officer initiated a drug related investigation at Lincoln Way and Sheldon Ave (reported at 4:52 p.m.).

An individual reported the theft of clothing at Geoff Hall (reported at 7:14 a.m.).

Officers responded to a report of fire coming from the roof at Power Plant Gsu (reported at 9:20 p.m.).

Kylie J Drehovsky, age 20, of 2112 Lincoln Way - Ames, IA, was cited for possession of alcohol under the legal age at 301 Lynn Ave (reported at 10:43 p.m.).

Tammer Ray Crouch, age 19, of 1215 Division St - Webster City, IA, was cited for possession of alcohol under the legal age at Lincoln Way and Hayward Ave (reported at 10:59 p.m.).

4.22.18

Ryan Nicholas Olives, age 21, of 644 Squaw Creek Dr Unit 21 - Ames, IA, was arrested and charged with public intoxication at Memorial Union (reported at 12:22 a.m.).

Ryan Loras Wilkin, age 22, of 1408 Illinois Ave - Ames, IA, was arrested and charged with public intoxication at N University Blvd and Cy Ndle Dr (reported at 10:04 a.m.).

Nicole Francis Leibold, age 26, of 228 S Riverside Dr - Ames, IA, was arrested and charged with operating while intoxicated and excessive speed at Pammel Dr and Hyland Ave (reported at 2:21 a.m.).

An individual reported the theft of a wallet at 119 Stanton Ave (reported at 12:24 p.m.).

Isaiah H Thigpen, age 19, of 13890 23rd St Cl - N. West Lakeland, MI, was cited for possession of alcohol under the legal age at Lot 25 (reported at 4:21 p.m.).

Kady Jeffrey Kolker, age 19, of 280 Sunbury Dr - St Charles, IL, was arrested and charged with possession of a controlled substance at Arboretum (reported at 4:21 p.m.).

Montanna Nicole Johnston, age 21, of 200 Stanton Ave Unit 205 - Ames, IA, was arrested and charged with public intoxication at Lot 29 (reported at 4:30 p.m.).

Francesca Gillor, age 20, of 2311 Chamberlain St Unit 515 - Ames, IA, was cited for possession of alcohol under the legal age at Lot 29 (reported at 4:46 p.m.).

Taylor Teresa Peters, age 19, of 1552 Highway 67 North - Clinton, IA, was arrested and charged with public intoxication at Lot 29 (reported at 5:01 p.m.).

Luke Minnick Gibney, age 19, of 1419 S Grand Ave Unit 306 - Ames, IA, was arrested and charged with public intoxication at Lot 29 (reported at 5:11 p.m.).

Abigail Annalise Nelson, age 20, of 10894 Ardes Circle - Invergroves Heights, MI, was arrested and charged with possession of alcohol under the legal age and public intoxication at Lot 29 (reported at 5:56 p.m.).

Mitchel David Schnetzer, age 21, of 2311 Chamberlain St Unit 518 - Ames, IA, was arrested and charged with public intoxication at Lot 29 (reported at 7:59 p.m.).

CROSSWORD

ACROSS
1 Metropolitan place Alfred A. Knopf, New York
2 Mike Moser
3 Lyghtweight
4 Nothing, in Spanish
5 Three of four lines
6 Pilot two rear number name in a headline
7 Walt
8 Fag
9 Basketball legend
10 Liar out of line
11 Novel by Cheiro
12 Make a typo
13 Lopsided
14 Nothing, in Nice
15 Scheme in which
16 First two reindeer
17 Nothing, in Nice
18 50-and-over org.
19 Homebase
20 England
21 Baseball legend
22 Proprietor
23 50-and-over org.
24 Layered cookie
25 Fall in folds
26 Sunset
27 506, in old Rome
28 Pammel Dr
29 Casino葡萄球菌

DOWN
1 Scare away in three of four lines
2 It
3 "Cavalcade"
4 Diamond gem
5 Santa Barbara-Los Angeles dr. in two of four lines
6 Marking band
7 Equipment
8 Screening division
9 Lasso
10 Account for, as doing calculations
11 Drums
12 Weak request
13 "Who's Who"
14 "Abbey __"
15 Bleachers
16 Inland Asian
17 Nothing, in Nice
18 "Daredevil"
19 Ohio State
20 "Starry Night"
21 Remote
22 Alaska
23 "S" in Internal Revenue Service
24 "Out of the ___" with Dratman
25 plush toy
26 Plane tracker
28 Work
29 "Sally" from "Lassie"
30 "It's 007, ___" (0)
31 "Day of the ___"
32 "Judge Dreyfus"

SUDOKU BY THE MEPHAG GROUP

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. Strategies for how to solve Sudoku: visit www.sudoku.org.uk

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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 515-294-6568 or via email at editor@iowastatedaily.com.
Sure, this concert had risks. Could weather be nice? Would there be any issues during the concert? Would the crowd be large enough to enjoy? Would there be any portion of the student population that would not attend?

Iowa State gets acts that a large university to create a new chapter can bring our community together. The spring concert made a big impression. KYLE, one of the headliners, said “We are fresh off of Coachella and this crowd is way more lit than Coachella, I’m not lying.”

It’s good to see students showed up for the event and it was clear, from both the reactions of the performers and the students in attendance, they brought a positive energy with them. Everyone had a good time and hopefully created great memories.

And ultimately, that was the goal.

The idea of the spring concert was to bring students together in a safe and fun way. And it seems like everyone was able to do that.

With this new tradition as the foundation, more traditions that bring our community together can be built around it. The ISD Editorial Board is happy to see Student Government and SUB working to create a better experience for each student and trusting them to make the most of that experience. Everything came together this weekend and it really worked out.

Hopefully, this becomes a lasting tradition at Iowa State. The spring concert has the potential to become a real staple of Iowa State culture and we hope this is the first of great spring concerts that create lasting memories for students and their university.

“I thought they had made a mistake at first,” Perez explained. “In fact, I still feel like there’s no way they even made a profit from offering me such a great deal.”

Perez wasn’t the only one who thought there may be a mistake. Deborah Thompson was the cashier who assisted Perez’s historical transaction, and she also thought there was an error.

“I called over a manager after I rang up three books in a row for over $0.50. That’s so unlikely, I was worried we might have been hacked,” Thompson recalled.

Perez can’t wait for next year. His plan is to purchase even more textbooks in hopes of an even better return when he sells them back. His goal is to be able to afford a party-size bag of Doritos.
Earle Bruce took each game in his six seasons at Iowa State with a smile and a passion to win, regardless of the team the Cyclones were playing.

**COLLEGE COACHING CAREER RECORDS**

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**CHAMPIONSHIPS:**

- Big Ten Championship in 1977 and 1978
- Big Ten Conference Coach of the Year in 1977 and 1978
- Big Ten Championship in 1979, 1981, 1984 and 1986 as Ohio State head coach

**AWARDS:**

- AFCA Coach of the Year in 1979
- Big Ten Coach of the Year in 1979
- Big Eight Conference Coach of the Year in 1977 and 1978
- Inducted into the College Football Hall of Fame in 2002

**FOOTBALL**

Earle Bruce, Iowa State football coach for the 1973-78 seasons, died on Friday at the age of 87. Bruce led the Cyclones to defeat then top ranked Nebraska twice.

**BY BRIAN MOZEY @iowastatedaily.com**

It could’ve been a game against Iowa or a game against Nebraska or any game on the football schedule — former Iowa State football coach Earle Bruce was ready to play. He would have a smile on his face and a passion to win every single game, whether it was big or small.

That’s the philosophy Bruce had in his 21 years as a college football coach and that’s the part former players enjoyed about him.

So, when the news came out on Friday morning about the death of Bruce at the age of 87, it was devastating news throughout not only the Iowa State community, but the college football community.

“He was a good family man, but there was so many sides to his life that impacted a lot of people,” said former Iowa State defensive tackle Tom Randall, who played under Bruce during 1974-77. “I feel really fortunate; I was so lucky (because) I got to play for him and with him.”

Randall, a native of Mason City, Iowa, was recruited throughout the country, but wanted to play for Bruce. He liked the honesty Bruce brought to the conversations and the overall drive to make Iowa State football relevant throughout the college football landscape.

Bruce coached at Iowa State from 1973-78 and it was three completely different years at the beginning compared to the end. The first three seasons, Bruce and the Iowa State football team went 4-7 each season. The last three seasons ended with an 8-3 record in 1976 and an 8-4 record in 1977 and 1978.

Randall was a part of that transition from 4-7 to 8-3, but remembered it wasn’t anything special that caused the change.

“He had a process and the process was going to work,” Randall said. “The first couple years [at Iowa State] were pretty strenuous on him and on the players because everybody was wondering whether this [program] was going somewhere.”

That transition caused some great memories for Randall as a Cyclone, especially the victories over Nebraska in 1976 and 1977. At the time, Nebraska was a top ranked team and one of the biggest rivals in the Big Ten. Being able to defeat the Cornhuskers was a big accomplishment for the Cyclones.

“Those were very good teams,” Randall said. “But Iowa State was ready to show their dominance once again, but the Cyclones stuck it to them with a 24-21 win against the Cornhuskers.

“[Bruce] always said ‘you’re going to outwork us, nobody is going to out tough us,’” Randall said. “We were a tough football team.”

Bruce ended his career at Iowa State after the 1978 season where he took Iowa State up to the top 20 in the AP Poll for each season except for his last season in 1987. All of those years of coaching led to Bruce being inducted into the Iowa State Hall of Fame in 2000 and the College Football Hall of Fame in 2002. He finished his college career with a 154-90-2 record.

“It was a great career at Iowa State and I appreciate what coach Bruce did for me and the Iowa State football program,” Randall said.

“He was a winner.”

Randall said Bruce has mentioned the win against Nebraska in 1976 as one of the biggest wins in his college coaching career.

The Iowa State and Nebraska game in 1976 was in Ames and earned the Cyclones their eighth wins of the season. Randall said many people were thinking that game was a fluke and Iowa State got lucky in that particular game.

The following season, in 1977, Bruce and the Iowa State football team traveled to Lincoln, Nebraska, for a statement game. Nebraska was ready to show their dominance once again, but the Cyclones stuck it to them with a 24-21 win against the Cornhuskers.

“The second year was confirmation that we were a pretty good football team,” Randall said.

The reason why that change flipped during Randall’s career is due to the mentality Bruce had as a coach. Bruce, who won Big Eight Conference Coach of the Year in 1977 and 1978, instilled a confidence in each of his players to make them understand they were good enough to beat the best teams out there and it showed when the record shifted from 4-7 to 8-3 in one season.

Along with the confidence boost, Randall said Bruce was truly a tough coach. The team had long practices and would hit a lot during those practices. He remembers spring ball being a three or four-hour practice with constant hitting and preparation for the summer and upcoming fall schedule.

“[Bruce] always said ‘you’re going to outwork us, nobody is going to out tough us,’” Randall said. “We were a tough football team.”

Bruce ended his career at Iowa State after the 1978 season where he took Iowa State to two consecutive bowl games. At Ohio State, Bruce coached for nine seasons (1979-87) and took the Buckeyes to four Big Ten Conference titles and eight bowl appearances. Ohio State was ranked in the top 20 in the AP Poll for each season except for his last season in 1987.

All of those years of coaching led to Bruce being inducted into the Iowa State Hall of Fame in 2000 and the College Football Hall of Fame in 2002. He finished his college career with a 154-90-2 record.

“It was a great career at Iowa State and I appreciate what coach Bruce did for me and the Iowa State football program,” Randall said. “He was a winner.”

**COURTESY OF IOWA STATE ATHLETICS**

Earle Bruce, Iowa State football coach for the 1973-78 seasons, died on Friday at the age of 87. Bruce led the Cyclones to defeat then top ranked Nebraska twice.

**COACHING ACCOLADES RECORDS:**

- 154-90-2 record in college
- 19-25 record in Arena Football League

**AWARDS:**

- AFCA Coach of the Year in 1979
- Big Ten Coach of the Year in 1979
- Big Eight Conference Coach of the Year in 1977 and 1978
- Inducted into the College Football Hall of Fame in 2002

**Iowa State Daily** Tuesday, April 24, 2018

Bruce coached a ‘tough football team’
FINALS STUDY TIPS

BY EMILY.BLOBAUM
@iowastatedaily.com

Iowa State students Ali Elsadig and DeVaughn Jones set up a tent on the third floor of Parks Library for Dead Week in 2016. The library will stay open for 24 hours until May 4.

Happy Dead Week! To help prepare for your final exams, follow these study tips from the Academic Success Center:

Taking notes
- Read and outline chapters before class. This allows you to add important information to your outline, without having to write down everything your professor is saying.
- Take notes in the margins with questions you have, personal experiences and specific information you found interesting or important.
- Add illustrations to your notes. Create timelines and diagrams from dates and scientific class systems.
- Try creating color-coded notes to help remember important information. For example: Yellow = people, green = places and orange = dates.

In class
- Keep your attention focused on what the teacher is saying. Listen for signals of important things to remember, such as “The most important point…” and “Remember that…”
- For each class, sit in the same seat every day, especially when you have a test. Your body will associate this area with learning and concentration will improve.

Studying
- Identify a “study space” where the bulk of your time spent in the same space is used solely for study purposes. After a week of using the same space for the same activity (to study), your body will associate that space with studying and will help you focus.
- Schedule study times, if possible in the same place at the same time. Make a calendar of your daily routine including meals, class and sleep time to find hidden free time that can be used for a quick review of notes.
- Review your notes 10 minutes each day to move the information to long-term memory. Study difficult or “boring” subjects first. The courses we find most difficult often require the most creative energy. Save your favorite subjects for later.
- Take consistent short breaks during lengthy study times: 10 minutes for every hour of study and five minutes for every half-hour.
- Keep your study space well lit. If your study area is lit by a high ceiling light, use a smaller lamp to illuminate your workspace. This will reduce eye strain and headaches.
- Use waiting time; five minutes waiting for a bus, 20 minutes waiting for the dentist, 10 minutes in between classes – waiting time adds up fast. Have short study tasks ready to do during these periods.
- When studying, keep a notebook handy to write down any distracting thoughts, helping you to focus only on the information you are studying and putting your mind at ease so you won’t forget what it is you are concerned about.
- Don’t stay up all night cramming for a test the next day. Aside from being too sleepy to think effectively, your mind generally will only remember the first and last 30 minutes of what you studied.
- Apply what you’re learning to real life situations. Finding these applications will make your studying more exciting, and will help you remember what you need to know.
- Study immediately after lecture classes. Retention and understanding are enhanced by studying right after class.
- Study during your prime time. We all have daily cycles of sluggishness and alertness. If your work, classes and circumstances permit, make use of this knowledge. Schedule your hardest subject at your most alert time.

Lastly, use academic support resources on campus. The Writing and Media Center, Supplemental Instruction and tutoring can help you succeed.

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Gov. Kim Reynolds discussed the rising issue of opioids during her Condition of the State address in January. “In the past decade, opioid-related deaths have more than doubled and will continue to rise unless we take action,” Reynolds said.

In January, the Central Iowa Drug Task Force hosted a town hall for Ames residents focused on discussing solutions to help curb the rising issue of opioids in Iowa. More than 100 people showed up, packing themselves into the close-quartered Ames City Council chambers. Michelle De La Riva, chair of the task force, helped organize the event. She also serves as the executive director of Community and Family Resources in Ames. Her focus is on the treatment and recovery aspect of addiction and the opioid epidemic.

And for those addicted to opioids, withdrawal is one of the biggest barriers they face. She compares withdrawal symptoms to having the flu, but oftentimes longer lasting and more severe.

And while there are treatment programs currently in place, they’re not always accessible.

Options that currently exist include medical-assisted treatment to help the person detox, as well as using a substance abuse treatment professional and counseling services.

“I think recovery for addiction is the same as any other recovery plan. It’s really a day-to-day process,” she said.

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