By Alison.Boysen
@iowastatedaily.com

"I was interested in [field of higher education]." Burt said. "… it was the possibility of being a graduate student that really got me excited."

As an associate professor, Burt attended National Association of Black Students conferences, which are usually attended by graduate students and professionals.

"It was exciting to be at the conferences, to meet black students and professionals."

Burt’s advice to underrepresented students is to "explore their options and opportunities" and to "be confident in their abilities and experiences."
Men’s basketball:

CALENDAR

POLICE BLOTTER

at 60 Schilletter Village at 1:15 a.m.

Robert Ryan, 26, of 23 Edburn Drive Unit A, Ames, was arrested and charged with possession of drug paraphernalia at 50 Schilletter Village at 11:17 a.m.

Ashley Moore, 25, of 700 1st Street, Ames, was arrested and charged with operating while intoxicated at 207 Shiel Village at 241 a.m.

An individual reported the theft of items from a vehicle at 505 7th Avenue at 9 p.m.

An officer assisted an individual who was experiencing medical difficulties. The person was transported to 110 Stanton Avenue at 11:57 p.m.

An individual reported the theft of a vehicle at 81 Frederiksen Court at 12:41 a.m.

An individual reported the theft of items from a vehicle at 81 Frederiksen Court at 9:41 p.m.

An officer investigated a property damage collision at 819 Schilletter Village at 1:15 a.m.

An officer assisted an individual who was experiencing medical difficulties. The person was transported to 110 Stanton Avenue at 5:54 p.m.

An officer investigated a property damage collision at 203 Welch Avenue at 7:13 p.m.

An officer investigated a property damage collision at 260 Beyer Court Unit 3335, Ames, was arrested and charged with public intoxication at 203 Welch Village at 2:41 a.m.

An individual reported the theft of items from a vehicle at 510 5th Street at 2:41 a.m.

An officer investigated a property damage collision at 203 Welch Avenue at 10:05 a.m.

An officer investigated a property damage collision at 203 Welch Avenue at 10:45 a.m.

Logan Darnell, 20, of 111 Lynn Avenue Unit A, Ames, was arrested and charged with operating while intoxicated at 207 Shiel Village at 2:41 a.m.

An individual reported the theft of items from a vehicle at 110 Stanton Avenue at 11:57 p.m.

Mark Iwasyk Jr., 20, of 205 Longfellow Drive Unit A, Ames, was arrested and charged with public intoxication at 110 Stanton Avenue at 1:17 p.m.

An officer investigated a property damage collision at 1920 Beyer Drive Unit A, Ames, was arrested and charged with public intoxication at 203 Welch Village at 12:41 a.m.

An individual assisted an individual who was experiencing medical difficulties. The person was transported to 110 Stanton Avenue at 11:37 p.m.

Benjamin Hansen, 20, of 212 Beyer Drive Unit C, Ames, was arrested and charged with public intoxication at 110 Stanton Avenue at 1:20 p.m.

An officer investigated a property damage collision at 1920 Beyer Drive Unit A, Ames, was arrested and charged with public intoxication at 110 Stanton Avenue at 7:16 a.m.

An individual reported the theft of items from a vehicle at 1129 N. 44th Street at 11:28 a.m.

An individual reported the theft of items from a vehicle at 505 7th Avenue at 9 p.m.

PHOTO GALLERY

The Iowa State Daily

‘A Place of Rage’

By Emily Hammer

The beginning of Body Image and Eating Disorder Awareness Week, BIEDAW, took place in the lobby of Old LeBaron on Tuesday morning, with the BIEDAW club handing out small tracts to Knowledge of eating disorders awareness at an event titled “Honors Your Triangles.”

“We’re encouraging mindful eating, so you’re hungry, have a snack.” Boe said. “Don’t be afraid to eat a treat.”

“The club went around to local businesses and sold baked goods and told them their mission.” Boe said. Many were excited to help and sponsor the event.

Some snacks at the club included hummus, muffins, apples and Kind bars. Insomnia cookies, a local company, also showed up and offered their products. Megan O’Donnell, a member of BIEDAW, loves that this week will open students’ eyes to the reality of an eating disorder.

“The club just wants people to not look unhealthy and eating, so if you’re hungry, have a snack,” Boe said. “Don’t be afraid to eat a treat.”

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“Some snacks at the club included hummus, muffins, apples and Kind bars. Insomnia cookies, a local company, also showed up and offered their products. Megan O’Donnell, a member of BIEDAW, loves that this week will open students’ eyes to the reality of an eating disorder. "The club just wants people to not look unhealthy and eating, so if you’re hungry, have a snack," she said. They’re about being mindful and happy with yourself.”

Boe and O’Donnell agreed that many students don’t want to participate with things like the "Embrace" documentary at 5:00 p.m. Wednesday. O’Donnell recommends students suffering from eating disorders or poor body image to start "GUIDE Counseling Services" on the new Student Wellness Center website for guidance.

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Understanding the ‘other’ eating disorders

By Maya Minocha
IowaStatesman.com

When someone says the word ‘eating disorders,’ the first thing that usually comes to mind is anorexia or bulimia. People don’t know much about orthorexia or binge eating disorder, yet these disorders are in the same category as anorexia or bulimia.

People don’t know much about these disorders because they don’t think about them. They don’t think that they’re eating disorders. They don’t think about them, because they don’t think about them. People don’t know much about them because they don’t think about them. People don’t know much about them because they don’t think about them. It’s actually a thing that affects people. People don’t know much about these disorders because they don’t think about them.

There are many misconceptions about these disorders, and they are often considered to be insignificant eating disorders.

“People think that these disorders are not serious because they are not seen as severe as other eating disorders,” said Young. “This is not the case. These disorders can cause significant harm to an individual’s health and well-being.”

“The diagnosis of body image and eating disorders can be challenging, as these disorders often go unnoticed or are underdiagnosed,” Young said.

Why are these disorders often overlooked?

Many factors contribute to the underrecognition of these disorders. One reason is that they often go unnoticed or are brushed off as insignificant.

Another factor is that these disorders can be difficult to diagnose, as they may not present with the same symptoms as other eating disorders.

Finally, there may be a lack of awareness or education about these disorders, making it harder for individuals to recognize the signs and symptoms.

How can people learn more about these disorders?

One way to learn more about these disorders is to talk to a mental health professional or seek out resources on the topic.

Another way to learn more is to take an interest in the body image and eating disorders community, which is actively working to raise awareness and improve understanding of these disorders.

Supporting awareness and education

The body image and eating disorders community is made up of individuals who are passionate about raising awareness and improving understanding of these disorders.

They work to educate others about the signs and symptoms of these disorders, as well as the importance of seeking treatment.

By learning more about these disorders, we can help to reduce the stigma around them and support those who are affected.

It’s important to remember that these disorders are real and can cause significant harm to an individual’s health and well-being. By learning more about them, we can help to reduce the stigma and support those who are affected.
In May, Chance the Rapper released his next album, the critically acclaimed "Coloring Book," where Chance is seen Grammys, American Music Awards, Billboard Music Awards, Billboard Hot 100, Billboard Top 100. The album topped the Billboard 200 and placed #1 on the Billboard 200 sales chart. It is his second album to reach #1 on the Billboard 200, following his debut album "Chance," which debuted at #1 in 2016. The album also features guest appearances from artists such as Kanye West, Young Thug, and Future. The album was released on streaming platforms such as Spotify, Apple Music, and Tidal. The album has received critical acclaim and has been praised for its innovative and experimental sound, as well as its social and political commentary.

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**Guest Essay**

**The dangers of undermining the media**

By Lake-Reviewer

Senior in animal ecology

This is an old adage that has been repeated time and time again by politicians, regardless of party affiliation. The phrase "fake news" has become commonplace in political discourse, with many politicians using it as a tool to discredit their opponents. However, the term "fake news" is often used in a misleading and simplistic way, and it is important to understand what it means and why it is used.

"Fake news" refers to the dissemination of false or misleading information, often with the intention of influencing public opinion or manipulating the news. It can take many forms, including articles, videos, and social media posts, and it can be spread by traditional media outlets as well as online platforms.

One of the most alarming aspects of the spread of fake news is the way in which it is able to influence public opinion and shape political discourse. This is particularly concerning in the context of election campaigns, where misinformation can be used to sway voters and influence election outcomes.

In order to combat the spread of fake news, it is important for citizens to be aware of the different tactics used by those who spread false information. This includes being able to identify the sources of news and information, as well as understanding the motivations and biases of those who are spreading it.

Chances for the Rapper's story come the way forward

By Iowan, Editorial Board

IOWA STATE DAILY

SPORTS (C) - 6

Thursday, February 24, 2017

EDITORIAL

Partisan balance bill discriminates unequally

A bill has been proposed in our Iowa Senate that would completely, and consequently, create political diversity in our state university's faculty population. The bill—Senate File 288—proposed by Sen. Mark Chelgren, R-Ottumwa, would force the hiring of new teaching professionals until the registered political party of the candidates among them reached numbers within 10 percent of each other.

A similar bill, the state of North Carolina's repeal, called for the faculties of the University of North Carolina's public universities to be equally-balanced—to the degree that they be capable of reflecting the state's predominantly-populated region. The bill was unsuccessful.

But back to Iowa. As a means of accomplishing the same end, the proposed bill demands that "the state's community colleges and universities...coordinate with the board and furnish, five each, candidates for every faculty member." So then, that fake news would be completely counter-productive. This is to be expected, given the legal battles that legislation like this usually causes.

As a qualifier, the bill allows that the "board of regents need not be determined or the board of regents need not be determined of the faculty." In this direction that we're headed? Will each and every hope that young teaching professionals, wishing to join the faculties of the University of North Carolina's legislature, called for such a bill—Senate File 288—proposed by Sen. Mark Chelgren, R-Ottumwa. The Daily encourages discussion but does not publish Letters must include the name(s), phone number(s), and addresses of the author(s) and do not necessarily reflect the opinions of the editors. Letters published.

At this time, the向前方向推断 that the bill is a means of accomplishing the same end, the proposed bill demands that "the state's community colleges and universities...coordinate with the board and furnish, five each, candidates for every faculty member." So then, that fake news would be completely counter-productive. This is to be expected, given the legal battles that legislation like this usually causes.

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At this time, the向前方向推断 that the bill is a means of accomplishing the same end, the proposed bill demands that "the state's community colleges and universities...coordinate with the board and furnish, five each, candidates for every faculty member." So then, that fake news would be completely counter-productive. This is to be expected, given the legal battles that legislation like this usually causes. We only plan to hope that he makes the right decision.
Monte Morris briefly paused Monday after noon before resuming all of the newness. The four years of moments — both on and off the court — came flooding back to the star point guard’s mind inside at Hilton Coliseum ahead of Iowa State’s 10-year anniversary game. It was just too hard to drag up specific memories.

While it was difficult to pull up memories of the various goals the seniors agreed that Tuesday night was going to be bittersweet.

“It’s definitely an emotional feeling,” Thomas said. “Hopefully, I’ll be able to hold it together, at least until the end of the game. It’s going to be special. Lot of lifelong friendships here, especially with those guys that I’m going to be out there with.”

But the seniors will have to find a way to push those emotions to the side to focus on what Okie State fans that entered the game wanted most. After losing the first six games of the 19-strong Cyclones have won 18 of their last 19 games, including a victory over West Virginia on the road.

“We’re not playing a bad team,” coach Prohm said. “We’re playing a good team. So senior night will be emotional, but these guys will be ready to go.”

But he struggled to pinpoint just one. One of the winning streaks will come to an end tonight as the Cyclones battle the star point guard’s mind inside at Hilton Coliseum. The Cyclones beat Oklahoma State 61-48, earning their fifth-straight win to close out the season.

“The four years of moments — both on and off the court — came flooding back to the star point guard’s mind inside at Hilton Coliseum ahead of Iowa State’s 10-year anniversary game.”

Iowa State is the starting point guard Monte Morris drives through the lane against Baylor on Saturday at Hilton Coliseum.

On an emotional senior night at Hilton Coliseum, Iowa State senior women’s basketball star Seanna Johnson ended her 32nd career double-double, trying to end one more time on this court really meant a lot, and to get the [win] was incredible how hard Fennelly was excited for him to see Johnson end her career on such a strong note. “A lot of times when you’re a senior you don’t have that moment, you’re pretty tired and nervous about how everything is going to come together. If that’s the case, it does in many times, but today is only traded by four points in the opening minutes before finishing the quarter on a 12-0 Iowa State run as many as 22 points and never let Oklahoma State come anywhere close to a comeback. Buckley has been a huge asset to the Cyclones. Buckley finished the night with 15 points, eight assists and six rebounds, and a perfect 7 for 7 from the free-throw line.

Buckley sees no end to the winning streaks. “I’m really proud of our team for the way that they handled the situation, and I’m really excited that we got the net.”

Johnson has started all 118 games in her career for Iowa State, but Tuesday was the last time she played on this court for her career at Hilton Coliseum.

Iowa State guard Seanna Johnson attempts to save the ball from going out of bounds on Monday night at Hilton Coliseum. The Cyclones beat Oklahoma State 61-48, earning their fifth-straight win to close out the season.

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EATING HEALTHY ON A BUSY SCHEDULE

Iowa State students and staff introduced themselves Monday during the first part of the Culinary Boot Camp. The camp also took place in the fall for students and faculty to learn basic culinary skills.

The second part of the boot camp will take place March 6 and will lead the group through the preparation of three meals, including beef and broccoli with Jasmine rice and fried bananas over ice cream.

Participants will also learn various kitchen skills, including how to use whole foods instead of processed foods such as boxed and frozen entrees.

Students, faculty learn how to eat healthy, save time
By Jenna Horstka/Cornell Daily

Eating healthy while not ignoring a busy student or work schedule can seem daunting at times, but it doesn’t necessarily have to be hard. In order to make this easier, ISU Dining and the Culinary Science Club teamed up to offer students an interactive, two-part workshop on successful budgeting and effective meal planning and preparation.

The workshop began by discussing topics such as intuitive eating and meal planning. Christina Boehme and Courtney Smith, dietetic interns, hoped to equip participants with skills that can be adapted and applied to their everyday lives.

“A lot of students who aren’t taking FSHN classes may not have cooking or meal planning skills, so we’re hoping that we can introduce skills to students to help prepare them for college, or to begin their path to learning a new skill,” Boehme said.

Taylor Lorenzo, sophomore in pre-dietetics, attended the workshop for the transition to shopping and cooking on her own next year.

“If I’m in a sorority right now, so learning how to grocery shop and meal prep something for me is important,” she said.

In order to effectively plan and budget for meals, Boehme and Smith gave various tips, ranging from store email lists and taking advantage of reward programs, avoiding shopping while hungry, making a list and sticking to it and purchasing produce while it is in season.

For pre-packaged planning out meals at least a week in advance, using meal-prep calendars, browsing advertisements to plan meals around items on sale and planning intuitive eating to get individuals on track to eat more healthily.

One of the principles of intuitive eating that the workshop highlighted included “liking what you eat and respect your fullness, and being the boss of the kitchen.”

“Some of the principles of intuitive eating are that you shouldn’t feel so alone,” Glazer said. “With getting better, media plays a huge role in that, it can definitely be on both sides of the spectrum.”

“With getting better, media plays a huge role in that, it can definitely be on both sides of the spectrum.” Glazer said.

“Lots of students, I feel like social media is very important,” she said. “We’re trying to teach the concept of intuitive eating to get individuals to listen to themselves and see what they want to eat, and not just thinking ‘food is good or bad,’” Smith said.

One of the main goals of National Eating Disorder Awareness Week is to bring awareness to all types of eating disorders and break the stereotypes that people associate with eating disorders.

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WHAT TO SAY
WHEN YOU DON'T KNOW

There they are, standing across the room, attractive as can be. And here you are, trying to
act natural while playing with your hair and trying to come up with an excuse to make a mad
dash across no man's land through a barrage of glances and “excuse me, coming through,”
moments so you can catch yourself. The world is filled with and made for those who are taciturn,
anchored and passive. You can remain invisible to people or be noticed, every single one needs a
weapon.

Having some pick-up lines you can add to your arsenal, but keep in mind that confidence
is key.

In his visit to campus last fall, David Coleman, known as the “Dating Doctor” — who
speaks to college campuses nationwide about healthy relationships and dating advice
— said that self-doubt is one of the biggest hurdles in

“relationships and meeting new people. You will not fi nd the right
person until you are the
right person,” Coleman
said. “You’re a catch. That’s your new
mantra.”

–Travis Charlson

The Hello

Simple, easy to use and eff ective. You’re
gonna have to talk if you’re going to
pick up any dates, and a good ol’ “how
you doing?” almost always gets the ball
rolling. Talk about what you like, what
you don’t like, get to know each other.
Just steer clear of conversation about
your ex-lovers, medical conditions
and dead relatives.

– Mike Burvee

Moonlight Express

– This is a service courtesy of CyRide that runs from 10:30 p.m. to 3 a.m. Fridays and Saturdays. The service is only available during the school year, from about August through May. Primary destinations and bus stop locations of the Express are Campustown, downtown, west Ames and southeast Ames.

Having a good time is part of the college experience and staying safe is very important.
If there’s a party nearby, consider walking, but if it’s farther away, try a diff erent service.

There’s more to the college experience than just athletics and academics. Having a social
life is an important part of being a college student. Parties will occur and include alcohol.

How to
GET HOME SAFELY
at Iowa State

Designated Driver
– Another popular option students choose to use is having a designated
driver. There can be pros and cons to this idea, and it doesn’t always work, but it’s still an option.

Uber or Taxi
– This service is still considered relatively new and serves many towns across
the country. You can request using the Uber app. Several taxi services are available in Ames.

SafeRide ISU
– The Department of Public Safety launched a new app called SafeRide
that is an updated version of the Iowa State’s former safety escort service. The app can
pinpoint your location through GPS and send the closest driver to you. SafeRide takes
students to and from campus locations between the hours of 6 p.m. to 6 a.m. every night.

Walking
– Walking home with a buddy in a well-lit area can help save you money and get
a li/tt  le exercise in.

Things
to think about
before going out

It’s Friday night. You had a hard day — or, a hard week — of class. Your friend texts
you, “Hey, let’s go to Welch Ave tonight and get some drinks.” You are so ready for this.

Important personal things

Are your parents coming to visit this
weekend? Your family matters, too. Maybe your significant other is in town and
wants to hang out for a bit. How about that
date you have to get ready for
–Rich Stevens

Work
Do you have to work the next morning? What time do you need to wake up? How will your choices tonight aff ect
your morning routine? Some things you
definitely can’t aff ord to be late to.

Homework/papers
Have you even started that assignment
that’s due on Tuesday? What about that
paper you have to write? Do you have time
set aside for school? Procrastination is a
very hard habit to break.

Test
What about that big midterm coming
up? You have about eight weeks of class
that you have to remember for that test.
Do you have time to study all of that
material? You aren’t allowed to, after all.

–Rich Stevens

WHAT TO SAY
WHAT TO SAY
WHAT TO SAY

They are standing across the room, attractive as can be. And here you are, trying to
act natural while playing with your hair and trying to come up with an excuse to make a mad
dash across no man’s land through a barrage of glances and “excuse me, coming through,”
moments so you can catch yourself.

The world is filled with and made for those who are taciturn, anchored and passive. You can remain invisible to people or be noticed, every single one needs a
weapon.

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pick up any dates, and a good ol’ “how
you doing?” almost always gets the ball
rolling. Talk about what you like, what
you don’t like, get to know each other.
Just steer clear of conversation about
your ex-lovers, medical conditions
and dead relatives.

– Mike Burvee

Moonlight Express

– This is a service courtesy of CyRide that runs from 10:30 p.m. to 3 a.m. Fridays and Saturdays. The service is only available during the school year, from about August through May. Primary destinations and bus stop locations of the Express are Campustown, downtown, west Ames and southeast Ames.

Having a good time is part of the college experience and staying safe is very important.
If there’s a party nearby, consider walking, but if it’s farther away, try a diff erent service.

There’s more to the college experience than just athletics and academics. Having a social
life is an important part of being a college student. Parties will occur and include alcohol.

How to
GET HOME SAFELY
at Iowa State

Designated Driver
– Another popular option students choose to use is having a designated
driver. There can be pros and cons to this idea, and it doesn’t always work, but it’s still an option.

Uber or Taxi
– This service is still considered relatively new and serves many towns across
the country. You can request using the Uber app. Several taxi services are available in Ames.

SafeRide ISU
– The Department of Public Safety launched a new app called SafeRide
that is an updated version of the Iowa State’s former safety escort service. The app can
pinpoint your location through GPS and send the closest driver to you. SafeRide takes
students to and from campus locations between the hours of 6 p.m. to 6 a.m. every night.

Walking
– Walking home with a buddy in a well-lit area can help save you money and get
a li/tt  le exercise in.

Things
to think about
before going out

It’s Friday night. You had a hard day — or, a hard week — of class. Your friend texts
you, “Hey, let’s go to Welch Ave tonight and get some drinks.” You are so ready for this.

Important personal things

Are your parents coming to visit this
weekend? Your family matters, too. Maybe your significant other is in town and
wants to hang out for a bit. How about that
date you have to get ready for
–Rich Stevens

Work
Do you have to work the next morning? What time do you need to wake up? How will your choices tonight aff ect
your morning routine? Some things you
definitely can’t aff ord to be late to.

Homework/papers
Have you even started that assignment
that’s due on Tuesday? What about that
paper you have to write? Do you have time
set aside for school? Procrastination is a
very hard habit to break.

Test
What about that big midterm coming
up? You have about eight weeks of class
that you have to remember for that test.
Do you have time to study all of that
material? You aren’t allowed to, after all.

–Rich Stevens