Lucas Brandt, senior in advertising, writes and produces indie music out of his apartment bedroom during the school year. Brandt posts his music to SoundCloud under Lucas Brandt Music.

Like Cyclone Voice and Cy-Factor.

Open-mic nights and campus competitions on the worship team at the Salt Company, opportunities to her attention, including singing something that I want to pursue."

Music more and more, Millenkamp said. "It's for making music has grown to new heights. Early age. Upon coming to college, her passion and music had always been a passion of hers. She sang in church and even wrote songs at an early age. Upon coming to college, her passion for making music has grown to new heights. "Since I've been here, I've fell in love with music more and more," Millenkamp said. "It's something that I want to pursue."

College brought many new musical opportunities to her attention, including singing on the worship team at the Salt Company, open-mic nights and campus competitions like Cyclone Voice and Cy-Factor.

She has received a lot of encouragement from friends and family about her music. Millenkamp said that she has friends who will sit down and listen to her music and give constructive criticism.

Right now, Millenkamp is recording her first full-length album. She wants to have about ten songs on the record. This will include original music, and her first single will be a song entitled "Russian Roulette."

She said the single is special to her because it is a unique song about a personal experience. Having music come out is something Millenkamp has strived for in the last year. "Last year I told myself, 'My goal for the year is to have a song come out,'" Millenkamp said. "I've reached my goal."

One of her favorite things about music is the way it can help people who are struggling with issues in life. She wants to inspire people through music in the way that other artists have affected her.

"You know when you get sad you just listen to music? That's like what I want to be. I want to be the person people listen to when they are sad or happy," Millenkamp said.

In the past, Millenkamp has worried about doing the right thing with her life, but she feels music is keeping her on the perfect track. "If I know I can encourage and help other people, then I know I am doing something right," Millenkamp said.

TYLER RICHTON- A MAN AND HIS BAND

It was a big summer for Tyler Richton and the High Bank Boys. They entered NASH Next, a nationwide country music competition, and won the Des Moines round. Next, a nationwide country music competition, and won the Des Moines round.

"If I know I can encourage and help other people, then I know I am doing something right," Millenkamp said.

"I'm very fortunate to have the great group of guys that I do because there are a lot of people in this world that wouldn't make those kind of sacrifices," Richton said.

Richton tries to make the most of his days off from school by always doing something music related, whether that be with the band, as a solo act in an acoustic show or through church. In his mind, there are no weekends off as an artist.

Music does not feel like work to him and his band, it is actually more of a break from the hustle and bustle of life.

"At this point in our lives, it feels like some kind of sacrifices," Richton said.

College students are driven by a number of things. Many of them strive toward getting good grades and setting up their future. For these four students, those things ring true, but music is something that reins in their veins.

ELLIEMAE MUSIC - THE SOLO ARTIST

EllieMar Millenkamp, sophomore in agricultural business, grew up on a dairy farm and music had always been a passion of hers. She sang in church and even wrote songs at an early age. Upon coming to college, her passion for making music has grown to new heights. "Since I've been here, I've fell in love with music more and more," Millenkamp said. "It's something that I want to pursue."

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"At this point in our lives, it feels like some-
The Muslim Rohingya of Myanmar

Matthew Smith, founder and chief executive officer of the human rights group Fortify Rights, will speak about the Muslim Rohingya, an ethnic minority group fleeing a military crackdown in Myanmar.

Matthew Smith

Wednesday, November 29, 2017 - 7 pm - Sun Room, Memorial Union

Who Will Help?

Matthew Smith, founder and chief executive officer of Fortify Rights, will speak about the Muslim Rohingya, an ethnic minority group fleeing a military crackdown in Myanmar.

“One is obviously to provide some social activities for our students that are related to horticulture,” Clawson said. “Two is to allow the students to grow crops, do some horticulture things outside of what they do in their classes and really take on that responsibility.”

The ISU Horticulture Club doesn’t have any official dues, but rather requires members to put in some hours of work.

The only requirements to be a member are that a student be interested in horticulture and willing to put in the effort to help better the club.

Throughout the year, the club holds a number of fundraisers by selling plants they have grown. Their next fundraiser is this week’s upcoming poinsettia sale that will be held through Dec. 2.

From planting and growing to floral arrangements, the club takes pride in the club taking a general view on horticulture as a whole.

“We try and dabble in everything to give everyone those experiences and that knowledge to take with them after school,” said current club president Brooke Jerie.

Not only do the members partake in activities and events within Iowa, but they go on larger trips as well. They recently returned from a trip to Nashville, Tennessee, over the holiday break.

Vice president Emily Stoffel was one of the students who attended the trip.

“It was a great way to be able to see people outside of our club and outside of a class setting,” Stoffel said. “We learned a lot about southern plants.”

These trips are one of Clawson’s favorite things about being an adviser.

“You see them [the members] get excited about connecting with the industry and you get to see them learn in a different manner than sitting in a classroom,” Clawson said. Reflecting on the past semester, Jerie is proud of what all the members have accomplished.

“We have accomplished a lot in this last year … without the members we have and the enthusiasm and the willingness to work, I mean, none of that would be possible. So we really have a really great group of people in our club and I think that’s really something to be proud of,” Jerie said.

The group currently meets at 6:30 p.m. every other Tuesday in 138 Horticulture Hall. However, those times are subject to shift for next semester.
Instructor develops techniques to teach larger classes

BY JILL ALT
@Iowastatedaily.com

Academic Success could become much easier with new research.

Though the average classroom size at Iowa State is 33 students, many undergraduates end up in lectures with hundreds of students when finishing prerequisite and general education classes.

Assistant Professor of English Michael Brown has poured through the data and may have developed effective technology to help educators teaching in these large classroom settings.

"What we observed is that students would meet in groups and then use technology as part of their study group time," Brown said. "Students who worked in these groups tended to do better than those who didn’t, whether they used the technology or not."

Brown explained that when it comes to larger lectures, supplemental instruction and study groups can be beneficial for solidifying information.

They also have been doing a study using a program similar to Canvas, in which the program sends students ‘nudges’ for recommendations in study habits, as well as analytics prior to exams to help students prepare for their tests.

“There’s learning, and there’s learning how to learn in a college classroom, which is so different from a high school classroom—especially in these large lectures," Brown said. "Part of what we want to do is just telling students what material they need to know but helping them find the best way to learn the material."

At the start of the course, students connected in larger study groups, with typically one high intensity reviewer and many less intense reviewers.

However, further into the course, these groups condensed from larger groups to smaller groups, as well as more segregated.

The study groups observed at the second point in the course were small and more separated by frequency and intensity of their studying.

Brown said all of the activities in a student’s life on top of classes and jobs can be a lot, and their hope is to help students use the time they do have for studying more effectively.

“What I would love to do [at Iowa State] is find instructors that want to address these issues in their classroom," Brown said. "The nudging approach is designed for Canvas, which we will be using in the fall, so this can be a good way to get students engaged in their coursework.”
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Focus on mental health during finals

As we are going into the final weeks of the semester, it’s important for everyone to re-member others’ and their own mental health.

Finishing regular school work, studying for and taking finals can cause stress and anxiety for students. But students don’t have a monopoly on stress — faculty members rushing to grade their students’ assignments and exams may experience stress at the end of the semester.

The editorial board wants to emphasize the importance of taking care of yourself first over finals. Taking time for yourself and taking a break from studying and work is important when you’ve been studying for hours and feel over-whelmed.

Although the library is open 24 hours, that doesn’t mean you need to take advantage of that offer. Pulling an all-nighter to cram for exams doesn’t help you and could actually end up hurting your performance during finals.

If you can’t reduce your stress or anxiety on your own, Iowa State offers counseling that is available for all students. Help is out there.

Finals and grades are important, but they aren’t more important than your mental health. Remember others may be struggling with stress as the semester comes to a close. Treat others with kindness this finals season.

If you are fearful of a loved one’s wellbeing and haven’t heard from them, you can call Ames Police and Iowa State Police to ask for a welfare check.

An anonymous crisis resource number is available by texting TALK to 741741. 1-800-273-8255 is the national suicide hotline.

If you think someone may be experiencing suicidal thoughts, direct conversations with the person can be helpful. If they may be at immediate risk, refer them to Student Counseling Service or call local police.

Race does not drive addiction

BY EILEEN TYRRELL
@iowastatedaily.com

America is in the midst of a crisis. This crisis kills more people than guns or cars, is increasing exponentially and reveals startling insight into how we as a nation address drug abuse. I’m talking about the opioid epidemic.

Last year, approximately 64,000 people were killed by opioids. President Trump declared the epidemic a “public health emergency,” and deaths involving opioids have increased by 540 percent in the last three years alone.

Although we are starting to understand how so many people got hooked, the question remains: What can be done about the worst drug epidemic in American history? And what does that answer reveal about the way we view drug abuse itself?

Although opioid abuse has been around as long as this country, the opioid crisis as we know it today really began back in the 1980s.

Although any type of drug abuse is a complex problem with no silver bullet solution, the beginnings of the opioid crisis can be clearly traced back to its roots in the ‘80s, when doctors began prescribing opioids to treat pain. According to drugabuse.gov, six to 12 percent of Americans, ages 12-25, abuse prescription medicines today.

What seems to be causing the most disruption, at least on the political plane, is the spread of opioid abuse to a new demographic: older, wealthier, white Americans.

It is this new context of drug addiction that is creating change in the way we treat drug abuse.

For comparison, let’s look at the cocaine epidemic of the 1980s. Addicts were viewed as “junkies” and “crackheads,” and in 1986 the Anti-Drug Abuse Act was passed in Congress, requiring mandatory minimum sentences for people convicted on cocaine charges.

To many people, politicians included, drug addicts were simply criminals to be thrown in jail, rather than treated with empathy and understanding. The cocaine epidemic also had the greatest effect on predominantly African-American communities.

Now let’s look at today’s epidemic, one that affects mostly white communities. Opioid addicts are viewed not as criminals, but as victims.

It’s not very hard to understand where the difference comes from. As evangelical pastor Ed Stetzer writes in a column for the Washington Post, “What I am struck by now is how my perspective has changed ... It’s worth noting what crack meant to us. It meant black street crime. Today, what the opioid epidemic means for many of us: Whites need treatment.”

There’s no doubt, this new approach to addiction is more effective and humane than our previous tactics. Addicts need detox clinics, counseling and medical attention, not jail time.

So, what’s the takeaway from this? What can we learn? First of all, we should treat ALL victims of drug and alcohol addiction with empathy, compassion and humanity. No one wakes up one day and decides they’re going to become a drug addict, and we need to understand those people need our help rather than our hatred.

Second of all, we need to take a good long look at our justice system and the way we view crime in this society. Implicit bias is real, and it is fully integrated into our culture. This is not acceptable. No longer can we tolerate racism in our government, our justice system and our culture.

There is nothing wrong with the fact that we are treating opioid addicts with medical attention and abuse counseling rather than criminal charges. What we need to realize, though, is that the income you make or the color of your skin does not determine who falls victim to this crisis and its impact on us all.

It’s time we acted accordingly.

OPINION 05

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

Phone numbers and addresses will not be published. Online feedback may be used if first name and last name, major and/or year in school are included in the letter. Feedback posted online is eligible for print in the Iowa State Daily.

PHOTO COURTESY OF GETTY IMAGES
The opioid epidemic has been classified as a public health emergency and brings attention to the way we as a society treat addiction based on race.
Happy birthday, Matt Campbell

BY BRIAN MOZEY
@iowastatedaily.com

Sports editor and columnist Brian Mozey discusses the next steps for Matt Campbell’s career at Iowa State as he turns 38 years old today.

What a week, Matt Campbell.

Monday, you signed a six-year, $22.5 million contract to continue wearing the cardinal and gold. Sunday, your team finds out where they’re going for a bowl game at the end of December. Between those two on Wednesday, it’s your birthday.

I’ve had some big birthdays throughout my childhood including going out to dinner with family and getting a handful of presents. Nothing compares to signing a $22.5 million contract.

You can’t have a better birthday week for 38-year-old football coach that’s finishing his second season in a Power Five conference.

So get ready to blow out some candles, Campbell, and make a few wishes for the upcoming year.

I have an idea of what wishes could be blowing in the smoke on Wednesday night.

One would be to win the bowl game at the end of December. The Cyclones don’t know where they’re going as of now, but Sunday they will find out. No matter where they go or who they play, Campbell has a mindset that ends with a win.

He has some wisdom, he’s 38 years old, everyone when it comes to bowl games because he’s been in a few to start his early career. Heck, he started off his coaching career with a bowl game to end the 2011 season at Toledo.

Former Toledo head coach Tim Beckman became the Illinois head coach and left Campbell to coach the 2011 Military Bowl. Campbell started on the right foot with a bowl win under his belt. After that game, he spent four full seasons at Toledo and went to two bowl games.

He lost at the 2012 Famous Idaho Potato Bowl and won the 2014 GoDaddy Bowl. Now, it’s time to start that bowl streak at Iowa State starting this season.

Projections are showing Iowa State will be heading to the Camping World Bowl in Orlando, Florida, but nothing is confirmed yet. Not to worry though because Campbell’s wish will end this 2017 season with a win at any bowl game.

His second wish should be focused on recruiting because Iowa State will be losing a lot of leadership after this season. Some of the popular names that will be graduating include wide receivers Allen Lazard, linebacker/quarterback Joel Lanning, safety Kamari Cotton-Moya, offensive line-man Jake Campos, punter Colin Downing, quarterback Kyle Kempt and those are just a few to mention.

Campbell is going to have a few key pieces to stay and become leaders for the 2018 season with players like quarterback Jacob Park, running back David Montgomery, cornerback Brian Peavy, defensive end JaQuan Bailey and the list goes on.

With key departures, Campbell is going to wish hard for some top-end recruits to sign with Iowa State for the 2018 and 2019 seasons to create a positive future.

The new contract shows Campbell is going to be here for a while, so now the focus should be creating a football program that competes year in and year out for at least the next six years.

Finally, his third wish should be on what he loves most, winning. Campbell had three nine-win seasons in his four years at Toledo with the other season still at seven wins.

The difference between his first and second seasons at Iowa State were unimaginable. The Cyclones went from a 3-9 record in 2016 to a 7-5 record in 2017. It was a huge step many Iowa State fans weren’t expecting so soon.

The large increase in wins allows Cyclones fans to continue having higher expectations. Next season, the expectation will probably be to finish higher than seven wins, while also contending, and possibly winning, the Big 12 Championship title game.

It’ll be a jump from this season, but definitely an attainable one with key Big 12 players leaving like Oklahoma’s Baker Mayfield and Oklahoma State’s Mason Rudolph. The competition and fight will be bigger than these past few seasons for Iowa State.

Campbell could be one of those individuals that asks for three more wishes, but he doesn’t seem like that kind of person. He’s ready to give his three wishes and prepare for three more on Nov. 28, 2018.

So, happy birthday, Matt Campbell.

Enjoy the $22.5 million because you’ve definitely earned it at this point.

Now, it’s about the future, which starts with ending the 2017 season on a high note with a big win at a bowl game.

Cheers, Iowa State coach!
How to eat smart in college

Smart Eats teaches nutrition

This phrase is the mantra from Smart Eats, a nutritional education program at Recreation Services. It isn’t about the latest diet craze or weight loss, but rather a more balanced, long-term approach to eating.

Smart Eats started in 2015 when Nora Hudson, assistant director of fitness, wanted to add a nutrition resource at Recreation Services. In the fall of 2015, a six-week nutrition-education class was offered for three semesters but, due to low student turnout, Smart Eats decided to shift their focus to singular events and social media.

“We’re very much moving toward a non-diet mentality,” said Mitch Zaplatosch, Recreation Services graduate student and co-founder of Smart Eats. “We’re focused also on that intuitive eating model, which is being in tune with your body and fueling your body with what makes it feel good. Those good foods that are nutritionally of better quality, but also satisfying that emotional side of food as well.”

The Smart Eats staff has seven members overseen by Zaplatosch and Hudson.

One of the services Smart Eats offers is an orientation session where students can talk one-on-one about their needs in nutrition. Prior to their orientation, students are sent a survey so the staff can identify areas to focus on and tailor the session to the specific student’s needs.

For example, Zaplatosch said if someone doesn’t know how to read a food label, the staff can explain it to them and help them understand what to look for.

Smart Eats also uses Facebook and Instagram, offering tips and information on healthy eating and exercise nutrition via social media.

One of the major challenges Zaplatosch finds among college students is they don’t believe they have time to cook. This leads to a heavier reliance on convenience foods, which Zaplatosch said may catch up with students later in life when their metabolism slows down. He said now is a good time for students to learn how to cook as they become more independent.

Zaplatosch also cited grocery shopping as an important factor in helping students stick with a nutrition plan. Surrounding oneself with healthy choices can make it easier to stick to an overall goal, but Zaplatosch also said there’s nothing wrong with having ice cream once in a while.

Another common issue is the “protein myth.” Many people think they need to have supplements or protein powder which Zaplatosch said is convenient but not necessary. Essential amino acids can be gained through everyday meals, and pre-workout supplements contain much of the same things as coffee.

When asked how Smart Eats combats issues of body image and eating disorders, Zaplatosch said Smart Eats focuses on the educational side of nutrition.

“Our role in that is bringing it back more to an education side of things, so focusing more on what are the components of food, what can food do for you, how does it help you with your workouts, how does it help you feel good, how does it prevent deficiencies, things like that and the overall healthy eating guidelines and what they are and how to implement them in your life,” Zaplatosch said.

Zaplatosch said Smart Eats is not focused on the scale, but rather the health of the person.

“Sometimes people will ask about weight loss, and that’s not really our goal. Our goal is not to teach people how to lose weight. What we want is more to empower them to make healthy food choices,” Zaplatosch said. “They’re going to benefit from choosing a healthy eating plan regardless [of weight loss].”

During the holiday season, food is on the forefront of many people’s minds.

“It’s fine to enjoy food, but also enjoy the time you have with your family, too,” Zaplatosch said.

Smart Eats can be reached through their website, Facebook and Instagram. Zaplatosch also said he and his team are discussing future events and the direction of the program before Winter Break.
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