When they’re on the ice together, senior defenseman Kody Reuter and junior forward Colton Kramer don’t even have to say a thing. They each know what the other is going to do.

“Knowing and playing with each other for as long as they have will have that effect,” Reuter said.

“After so many years, you get the sense where each other is going to be at,” Reuter said.

Reuter and Kramer, both natives of Sioux City, Iowa, have known each other for over a decade — well before they were both integral parts of one of the top American Collegiate Hockey Association teams in the country.

The two first met while playing youth hockey in Sioux City, but both have since seen their journeys lead them to the Austin Bruins of the North American Hockey League and eventually to the Cyclones.

They don’t recall exactly when that first meeting took place, but growing up the two got the chance to know each other well as a result of playing on the same team every other year.

“Back then, [Reuter] was always a bigger kid,” Kramer said. “He’d kind of throw the body around, he was a stay-at-home defenseman. That’s kind of always how he’s played.”

But while Reuter plays a more physical game at 5-foot-9, Kramer features a finesse style of play at 6-foot-4, Kramer features a finesse style of play.

“Toward the time and they’re both competitive as hell,” Reuter said. “They’re young men that I would take down a dark alley, and have no problem [with] being around my family.”

The two brie ainly went their separate ways when they reached high school, as Kramer left Sioux City to play midget hockey in Omaha, Nebraska, while Reuter spent time with the Sioux City Musketeers.

However, their paths would cross again when the two joined the Austin Bruins, where they went on to play with two more members of the current Cyclone hockey team, juniors Tony Uglem and Jake Arroyo.

Reuter was a late-round draft pick of the Bruins, while Kramer was signed by the team as one of their seven tendered contracts.

In Austin, the two became team leaders and part in getting Kramer to join them as Cyclones.

Reuter came to Ames a year before Kramer did, and he, along with other incoming recruits, helped play a part in getting Kramer to the top American Collegiate Hockey Association team.

Now upperclassmen at Iowa State, Kramer and Reuter are seen as part of the glue that holds the No. 11 team in the country together. Both have had great careers to this point, with Reuter likely being the team’s best defensemen and Kramer being a part of the team’s top scoring line since his freshman year.

“They’re gritty, they both play with an edge day in and day out,” said Cyclone Hockey assistant coach Mark Huff man. “They’re young men that I would take down a dark alley, and have no problem [with] being around my family.”

Although the team as a whole is close and hangs out frequently, according to Kramer, both him and Reuter acknowledge that their hometown roots will always make their bond a little tighter, with Reuter saying the bond is almost second nature.

“We’re all pretty good friends on the team, but me and Kody [Reuter] are a little closer,” Kramer said.

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What are ‘The Vagina Monologues’?

“When you rape, beat, maim, mutilate, burn, bury and terrorize women, you destroy the essential life energy on the planet.”

This is a quote from “The Vagina Monologues.”

“The Vagina Monologues” is a play written by Eve Ensler. Ensler is a Tony Award winning playwright, performer and activist.

“The Vagina Monologues” dive into consensual and non-consensual sexual experiences. It also covers topics such as body image, genital mutilation and reproduction. This is done through personal monologues performed by women of various ages, races and sexualities.

The monologues were made up from interviews done by Eve Ensler with more than 200 women.

In an interview on women.com, when asked why she became impassioned by vaginas instead of breasts or giving birth, she stated she was drawn to vaginas because of her own personal history and “because of sexuality, because women’s empowerment is deeply connected to their sexuality.”

In this interview, she also discusses the issue that women were reluctant to talk in the beginning.

“Any time we open the door to a place where we have a lot of feelings or thoughts or stories, we react enthusiastically,” Ensler said. “The story of your vagina is the story of your life, and women want to talk about their lives.”

The first draft was written in 1995. Originally, Ensler performed every monologue herself, with following performances featuring three other actresses.

More recently, there is a different actress for every role.

Since it opened at the HERE Arts Center in New York City on October 3, 1996, it has been ever changing. In 2004, the first all-transgender performance premiered.

Every year, a new monologue is added to highlight a current issue affecting women around the world.

After gaining momentum, “The Vagina Monologues” sparked the V-Day movement. The V-Day movement is a global activist movement to end violence against women and girls. It is described as a “catalyst that promotes creative events to increase awareness, raise money, and revitalize the spirit of existing anti-violence organizations.”

After a few years, a college initiative followed to encourage college and university students to perform “The Vagina Monologues” on or near Valentine’s Day to raise money and to make violence against women visible.

At Iowa State, the Margaret Sloss Women’s Center, Student Union Board and the Society for the Advancement of Gender Equity, host “The Vagina Monologues” to raise awareness and funds for anti-violence groups within Ames. All of the benefits go to the Assault Care Center Extending Shelter and Support.

“Last year, the performance donated $5,266.19 to ACCESS.”

“The Vagina Monologues” were brought to Iowa State in 2001 by Alissa Stoehr, a then-student.

Over the years, “The Vagina Monologues” have received criticism from feminists and social conservatives for being anti-transgender and colonial.

A feminist, Betty Dodson, criticized the play for the lack of the term “clitoris” throughout the play. She believes the play sends messages that the vagina is the main sex organ, not the clitoris. Members of the transgender community have also criticized it for being insufficiently inclusive of transgender people.

The Margaret Sloss Women’s Center posted a response to the critiques. In this response they state “we also encourage you to critically reflect and think about the issues raised in ‘The Vagina Monologues’ production, the voices heard, and the voices not heard in Eve Ensler’s script.”

Iowa State will present the Vagina Monologues Thursday, Feb. 15 at 6 p.m. and 9 p.m., and Friday, Feb. 16 at 7 p.m. in the Sun Room in the Memorial Union.
colletti to continue progress of CALS

As interim dean Joe Colletti begins his new leadership role within the College of Agriculture and Life Sciences, the faculty member of 39 years is looking to maintain the progress of the college as he transitions into his new position.

Since the beginning of now-President Wendy Wintersteen’s tenure as dean in 2006, CALS has undergone a 90 percent growth in enrollment, currently with 5,333 undergraduate and graduate students.

“There is not going to be a lot of visible change. This is not the time to go off into the weeds in some other direction,” Colletti said.

“We want to keep the progress of the college moving forward as we have.”

Colletti joined Iowa State in 1978, serving as a professor in the department of forestry. He has taught courses within the areas of agro-forestry and bio-renewable resources, and has been exposed to the workings of undergraduate study throughout his time with the college.

“Priority number one is students, making sure that those who join us in their undergraduate journey succeed and are launched into their careers,” Colletti said.

In addition to serving as senior associate dean of CALS since 2006, Colletti has acted as associate director of the Iowa Agriculture and Home Economics Experiment Station, overseeing research and budget initiatives through his dual role.

Hongwei Xin, assistant dean for research in CALS, has worked closely with Colletti since beginning his position with the college in April.

Xin also serves as the director of the Egg Industry Center, a value-added agriculture entity administered by CALS that conducts research for poultry producers nationwide.

Following the 2015 highly pathogenic avian influenza (HPAI) outbreak in Iowa, Colletti worked with Xin to identify research needs and garner funding for addressing the crisis. The virus resulted in the loss of over thirty million laying hens and 1.5 million turkeys in Iowa, costing the state’s economy nearly $1.2 billion.

“Dr. Colletti has been instrumental and supportive to encouraging faculty to seek large competitive research grants, which has yielded excellent dividends,” Xin said.

Xin referenced Colletti’s experience of twelve years as a CALS administrator when assessing the interim dean’s ability to affectively serve in his new leadership role.

“I look forward to working with interim dean Colletti to further advance the research programs of our college by identifying and investing in new challenge research areas that will lead to improved quality of life for the citizens of Iowa and beyond,” Xin said.

Colletti has also involved himself in a wide variety of study abroad program initiatives. Shelly Taylor, director of CALS study abroad programs, has worked alongside Colletti for nearly twenty years.

“[Colletti’s] compassion for students and lifelong learning is evident in this work and the students, faculty and international partnerships thrive as a result of his engagement,” Taylor said.

Taylor has partnered with Colletti to instruct the Dean’s Global Agriculture and Food Leadership Program to Rome, Italy. Since its founding in 2009, the program has involved over 70 students in the global experience.

“Dr. Colletti not only puts the “dean” in the Dean’s Global Agriculture and Food Leadership Program, [but also] his ability to lead the students through intensive real-world projects with professional clients is impressive,” Taylor said.

As it relates to the progression of the process in selecting a permanent CALS dean, Colletti anticipates that the position would be filled by the fall of 2018. Although the interim dean will not be advising the selection process, he hopes to see the next dean continue to fulfill Iowa State’s land grant mission.

“I really believe in a servant-leader concept: somebody that is engaged, and understands and has experience with undergraduate teaching, the educational part of the mission, and has a track record and understanding of the research enterprise,” Colletti said.

“I look forward to this journey. It is a great college to be a part of, and I am very humbled and honored to be moving into this temporary position.”

- Joe colletti

“It is a great college to be a part of, and I am very humbled and honored to be moving into this temporary position.”

- Joe colletti
POLICE BLOTTER

11.28.17

An officer investigated a property damage collision at Lot 40 (reported at 12:16 p.m.).

An officer initiated a drug related investigation at Armorey Building (reported at 1:39 p.m.).

Officers investigated the death of a resident. No foul play is suspected at Wallace Hall (reported at 4:06 p.m.).

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

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 515-294-5688 or via email at editor@iowastatedaily.com.
Is the opioid drug problem an epidemic?

Words matter. In the case of the raging spread of opioid addiction and what that social problem is called, words matter enormously.

On average, more than 90 people in our country die from opioid overdose each day. President Trump has called this a "health emergency" which shows that he recognizes a problem exists and that action is called for. But the primary action he extols is advertising — “really tough, really big, really great advertising.”

Trump also praises abstinence, the idea that we can teach people not to take drugs. Apparently, he is ignoring the fact that many instances of opioid addiction begin when doctors prescribe painkillers to patients in distress. In those situations “just saying no” is not medically recommended. Experts say that for some people only a week of taking addictive painkillers as prescribed can alter the brain’s chemistry and make a patient susceptible to addiction. Fentanyl, a prescription drug for severe pain is at least 50 times more addictive than heroin, and is the leading cause of death from opioid addiction.

The President’s words mean that no additional federal funds are being allocated to the opioid crisis. The President requested no additional Congressional appropriations to enable increased medical treatments, clinics, training or access to naloxone, the antidote for overdoses. The President has not named anyone to be responsible for heading the effort to quell the crisis.

Either the Stafford Act or the Public Health Service Act need to give the president ways to allocate additional funds. Declaring the opioid crisis a “national emergency” would have fired up the possibility of greater funding.

During his campaign for the presidency, Trump was very clear. He said if elected he would stop the opioid crisis. It was one of many promises he made. But so far, all he’s done is tap the brakes lightly. The public deserves and needs more than an advertising campaign.

Who is to blame for caffeine addiction?

BY MEGAN PETZOLD
@iowastatedaily.com

Throughout my life, I have been given an extreme number of lectures on how I drink an unhealthy amount of caffeine. Yet, when it comes to the why, no one seems to care.

I believe the caffeine addiction in the United States is so high because of the pressure we put on ourselves to finish massive amounts of work in the least amount of time.

Villanova University states that 90 percent of people in the United States consume some form of caffeine every single day. The article also states that the average American should keep their caffeine consumption around 400 mg per day, yet a Grande coffee from Starbucks holds 550 mg of caffeine.

During the cold, bitter falls and winters at Iowa State, students seem to resort to coffee or tea to warm themselves up and keep themselves peppy. It is especially easy during this time of year for college students to get hooked on caffeine.

As the semester begins to wrap up, studying for finals can also contribute to this addiction - students may use caffeine to stay up later to study or to be more focused during the day.

About 50 percent of all age ranges drink caffeine one-two times per day. Having two Grande coffee’s two times a day is over double the recommended amount of caffeine.

With all those statistics in mind, it is easy to see how students between the ages of 17 and 24 are the most addicted to caffeine. However, who is to blame for this addiction being a problem in the United States?

It is our own fault for making excuses on why it is OK for us to drink an extra coffee or have an energy drink. However, the workload and pressure put on us is enough to drive anyone to finding an alternative route on how to finish everything by the day it’s assigned.

I don’t believe college students should cut out caffeine from their routine, because without caffeine, I think students would ruin their GPA and make college so much harder than would be with the help of caffeine. Caffeine is an amazing tool that, when used in moderation, can help anyone complete the tasks put in front of them. It’s those who overdose caffeine that hurt themselves more than help themselves.

Trump isn’t solving opioid crisis as promised

HANNAH OLSON/ IOWA STATE DAILY

Columnist Megan Petzold believes the United States is under such a heavy caffeine addiction because of the pressure we put on ourselves to finish work in short periods of time.
Young Iowa State team travels to Drake

BY GARRETT KROEGER
@Iowastatedaily.com

After a tough 81-60 loss down in the Bahamas last weekend by the hands of the Central Michigan Chippewas, the Iowa State women’s basketball team must regroup as they take on in-state foe Drake at 7 p.m. Thursday at the Knapp Center in Des Moines.

In the 21 point loss to Central Michigan, Iowa State’s early season issues arose: post play and turnovers.

All four of the Cyclones’ post players (Meredith Burkhall, Kristin Scott, Bride Kennewy-Hopoate and Claire Ricketts) were non-factors against the Chippewas. The four players combined for a mere 18 points and 16 rebounds, but only six were offensive boards. If Iowa State gets that type of performance once again from them, it will be in for a long night against Drake.

“We don’t rebound the way we should,” coach Bill Fennelly said. “In the two games we have lost, we got out-rebounded.”

Although the Cyclones’ post play did them no favors, neither did their turnovers. Iowa State turned over the ball 14 times against Central Michigan, and half of those came from the Cyclones’ top two players (Bridget Carleton, Emily Durr). But, the turnovers have ultimately been a team issue this year.

“Through the first five games of the season, Iowa State is averaging nearly 17 turnovers per game. And through six games this year, Drake is forcing nearly 16 turnovers per game. Therefore, the Cyclones should expect the Bulldogs to bring pressure at the Knapp Center.”

While these two issues have done Iowa State no favors, the biggest glare to the Cyclones’ play so far this year has been that it can’t find a Robin to their Batman.

“Probably the biggest thing on a basketball court that we’ve learned is Bridget [Carleton] needs some help,” Fennelly said.

There is no question about it, Carleton is undoubtedly Iowa State’s best player. On the season, the junior is averaging 18.2 points per game. That is seven more points than the next player who has seen action in four of the five games this year. Now, granted, the Cyclones do have a young team this season. In fact, Fennelly and company are relying on three true freshmen and a JUCO transfer to help contribute in major ways.

“I think we’re just bringing calmness,” Durr said.

“We have a lot of young kids. So, just keeping them calm. If their shots aren’t going in, just giving them that little pep talk in the huddle or something like that. And then leadership. I’m the old one on the team. I have a lot of experience. So, just trying to portray that.”

With all things said, this young Iowa State team will need to try to play error free come Thursday night.

It will also need to find a couple more scorers along with Carleton. If the Cyclones don’t, the inexperienced players might learn just how serious cardinal and gold fans take in-state games.

“Any Iowa game, whether it’s UNI, Iowa or Drake, it’s always going to be tough, especially on the road,” Durr said. “They really have to understand the depth, and that people take it [seriously] in Iowa. Really take it seriously.”

NEXT GAME

IOWA STATE
(3-2, 0-0 Big 12)
Des Moines, Iowa
Knapp Center
7 p.m. Thursday
Watch: Mediacom MC22/ESPN

DRAKE
(3-3, 0-0 MVC)

Freshman Madison Wise takes a layup on Nov. 5 against La Crosse.

IOWA STATE DAILY
“911” was painted in red on that Iowa State University sanctioned sign that greeted me as I walked into a warehouse off of State Avenue on Curtiss Farms. There were six young men with bows in hand, staring at me with a blank or confused expression.

“Hi, I'm Sarah,” I said.

No response.

“I’m here for archery!” Some of the tension swept out of the room as they began to ask me questions. The first one being, how much I knew about archery.

“I don’t know anything about archery,” I nervously heaved a laugh.

“Have you ever even shot a gun?” He responded.

“No,” I stated uncomfortably, and the puzzled looks returned.

“Now that’s just un-American,” another member stated and they all laughed.

I came in my flimsy, pink Columbia jacket, joggers and Nike tennis shoes, which stood out amongst the denim and camouflage. Letters netting hanging behind the targets, proving I was one, measly light gleaming outside the warehouse each night, I'd realized there was one, only six inches away from their feet.

The second time I shot the deer, I pierced it's ear. Not even joking, I think I did a better job than the store Claire’s does.

“I'm here for archery?” Some of the tension dropped later. Armstrong said. “It’s such a drastic change.”

I took this information to heart and applied it while shooting the deer target. Now, I have shot at the deer target a total of three times.

The purpose of the deer is to give hunters practice aiming for the heart, lungs or liver which is the most humane way to kill a deer.

The second time I shot the deer, I pierced it's ear. Not even joking, I think I did a better job than the store Claire’s does.

“As I released the arrow, it fluxed through the air and pierced the left lung of the deer. I victoriously raised my bow into the air and quickly called Armstrong to see my accomplishment.”

I aimed lower and my arrow would make my line of vision the line of the arrow. 

“Only slightly lower,”Armstrong suggested.

“Sure enough, I aimed lower and my arrow skidded across the cement floor.”

“Only slightly lower,” he emphasized. Since I was drawing my bow across my chest, my eyes were aiming fair above where my arrow tip was. Some members said I should bring my release up closer to my cheek, which would make my line of vision the line of the arrow.

After two weeks of practicing with the club, Armstrong gave me a B+ for a grade.

“You did very well, very fast,” Armstrong said.

The first time I shot the deer, I pierced it's ear. Not even joking, I think I did a better job than the store Claire’s does.

“Do as much research as you want [on a bow] and then test it out,” suggested Logan Armstrong, freshman in engineering and membership chair of Archery Club. “If you don’t like it after shooting it, try the next one. If you research [all of the types] all at once, you don’t like it after shooting it, try the next one.

Any selection has a poundage associated to them. I started with a compound bow at 13 to 20 pounds, which meant my arm was pulling back that amount of weight. Armstrong broke it down to me in terms of another sport I’m awful at: bowling.

“The bow that you have is like using a four-pound bowling ball, where as [my bow at 70 pounds] is a 20 pound bowling ball,” Armstrong said. “It’s such a drastic change.”

“LIIIIINE OPEN!” One of the cabinet members will yell out this term when people are allowed to shoot. There must be something about drawing out the “i” that makes it official.

I was accessorized with two more objects to maximize my shooting experience. My quiver clipped onto my pants and hung at my hips in order to carry all my arrows.

Archers must be straddling the blue tape on the dusty cement in order to be able to shoot. They cannot cross the line until the line is closed due to safety concerns. Multiple times I watched people draw bows and arrows that remained straddled on the other side of the line, only six inches away from their feet. The first time I drew back the string, it felt like I was cracking open my chest. I didn't think much and let the arrow fly. It hit the netting hanging behind the targets, proving I was much too high.

“We need to aim just slightly lower,” Armstrong suggested.

“As I released the arrow, it fluxed through the air and pierced the left lung of the deer. I victoriously raised my bow into the air and quickly called Armstrong to see my accomplishment.”

In order to prove it wasn't beginner's luck, I was able to hit the lung again, only four shots later.

As I made the cold walk from my car to the warehouse each night, I realized there was one, measly light gleaming outside the warehouse. No one would ever know the kind of fun happening in that building, unless they took the time to walk in.

“If you can fall in love with [archery] and you want to fall in love with it, you will,” Armstrong said.
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