Walking through an unsafe green zone in Baghdad, Iraq, Maj. Mc- 
gerow turned to her faith to get her through the situation. 

McGowan was not prepared when her battalion received a mission to take two military colonies from the hands of insurgents in the newly designated unsafe areas of Iraq, during her deployment in 2004. McGregor, a representative at the Van Meter Veterans’ cemetery and a human resource officer in the military, has often been com- manded to carry out a mission in a given zone.

“I was the oldest person in the group,” she said with a laugh.

“Every time I was playing, ‘Please Hor- se, please Lord, let us just get there [safely] and get back,'” she said. “The whole time I was praying.”

Having a faith while in the military is not uncommon among mil- itary women and often feel the need to have a belief system of their own to help them cope with their heavy work load and duties and the stress that comes from that.

“I have always been religious and I continue to be religious, even with the stress,” said Erin Swinerton, a 20-year-old soldier, explained that when she was a 15-year-old high school student, she turned to her faith to get through the pressure of making decisions about what to do with her life.

Other than that, people have been known to go through a phase of uncer- tainty regarding religion. Unlike some who practice religion regularly, others practice religion for specific reasons, such as their community.

McGowan said the person who made the comment about the Muslim faith said not to think that the symbol should be included because of the political situation in the area and around the Muslim faith.

While some service mem- bers practice religious regularity, many of the other service members do not go through a phase of cer- tainty regarding religion. McGregor said that she has ex- perienced the development of her faith, in her service and in her very own experiences in the opposite end.

When Hill, a 20-year-old non-active army member, explained that when serving in Iraq, there was little time to think about faith when serving in combat.

“Thinking, you don’t have time to think about the air strike when bullets are flying by your head,” Hills said. “If you think to stop, you die. You see people stop and think, and they have died.”

Hills said he wanted to ques- tion his religious beliefs while in the military is not uncommon.

“On the whole, the military provides hope during tough times,” Hills said. “You start to wonder why God would let that happen.”

Hills served as a non-active member and have a faith. During his service, he finds many people, including friends, with incurable diseases who help him cope with his heavy work load and duties and the stress that comes from that.

“I have to believe I will be with God. I have to believe I will be able to use (God's) gifts,” Hills said.

For some ROTC college stu- dents, the military-religion mix helps them see their faith more clearly, while others remain at a neutral standpoint. Mason Swinerton, sophomore in inter- national business and a student in the National Guard, said nothing much has changed since he first met the person in the row behind him. Swinerton said the person for him has been Jesus and he accepts them for them.

“It kind of depends on who you are around. It’s not really widely publicized,” Swinerton said.

Religion provides hope during tough times.
Weather

WEDNESDAY
Mostly sunny. Partly cloudy and wind chill values around zero at night.

THURSDAY
Mostly sunny during the day. Clear at night. Much warmer temps.

FRIDAY
Sunny during the day. Much warmer temps.

Weather courtesy of the National Weather Service

Police Blotter

The information in the log comes from the ISU Police Department or Ames Police Department records.

Jan. 12
An individual reported the theft of headphones at Parks Library (reported at 12:31 a.m.). An officer investigated a property damage collision at Lot 685 (reported at 3:41 p.m.).

Tyler Steven, age 20, of 5105 Buchanan Hall, Ames, was arrested and charged with possession of controlled substance (two counts), possession of drug paraphernalia and underage possession of alcohol. Robert Petersohn, 18, of 5257 Willow Hall, Ames, was arrested and charged with possession of drug paraphernalia and underage possession of alcohol at Willow Hall (reported at 10:06 p.m.).

Anthony Guan, 18, of 5257 Willow Hall, Ames, was arrested and charged with possession of a controlled substance (two counts), possession of drug paraphernalia and underage possession of alcohol. Robert Petersohn, 18, of 5257 Willow Hall, Ames, was arrested and charged with possession of drug paraphernalia and underage possession of alcohol at Willow Hall (reported at 10:06 p.m.).

FACES IN THE CROWD

NEW YEAR'S RESOLUTIONS

"My new resolution is to get good grades in my major [program] and think I’m as good as possible," said Eshwar B. K. Singh, student in supply chain and information systems.

"My New Year's Resolution was to have good time management because I'm taking more credits this semester" said Alex Cox, sophomore in public relations.

College Blotter

That’s easy! Your University Book Store is conveniently located in the Memorial Union, right on campus. It’s easy to stop in between class and pick up what you need whether course materials, notebooks, highlighters or lab goggles.

More college savings: College Student: Real World: 0

COLLEGE IS HARD.
TWENTY MINUTES TO SOCIOLOGY AND NO BOOK?

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Branstad delivers 2015 Condition of the State address

By Alx Hanson
@Iowastatedaily.com

Gov. Terry Branstad began his fourth term as Iowa’s strong governor Tuesday morning.

Branstad began his opening remarks by outlining the budget of the state. "Our budget is balanced. Our state maintains a budget surplus. Our emergency accounts are fully funded, and our unemployment insurance reserves are at an all-time high," Branstad said.

"Our work has put us on a bright, sustainable path," Branstad said. "Our budget is balanced. Our state maintains a budget surplus. Our economic growth is the 10th highest in the nation."

Branstad’s plan for a balanced budget builds on the many positive opportunities for Iowa’s future. "Iowa’s new tax system reduces the property tax on homeowners. The state has reduced income tax rates by 10 percent, college tuition through the Iowa Plan for Educational Protection and more business to the state," Branstad said. "As the study found, sound infrastructure remains a barrier for economic development."

"What I see lacking is a customer-service focus for taxpayers," Branstad said. "This tool is yet another step toward a more transparent and accountable government."

"Better access to broadband means countless modern farming methods can flourish in all Iowa fields as part of a modern infrastructure," Branstad said. "The government can help to get a response from the state, but the government cannot do it alone."

"What Senate Democrats are talking about are the facts that have been left out in the economy," Branstad said. "As the study followed the universe with less time, there was no agreement to end bullying in Iowa, something the legislature could not agree with in last year’s session."

"Iowa is strong," Branstad said. "Our work has put us on a bright, sustainable path."

Branstad also proposed legislation to end "made and bridges face an uncertain future," he said. "They also need to "a hard look at adequate road funding."

"What Senate Democrats are talking about are the facts that have been left out in the economy," Branstad said. "Better access to broadband means countless modern farming methods can flourish in all Iowa fields as part of a modern infrastructure."
responses to offensive ideas must have decent ideas
Cyclones fall in match-up with Baylor

By Chris Wolff
@iowastatedaily.com

For the second time in as many games, the Cyclones faced off against their in-state rival, No. 3 Texas in Hilton Coliseum Tuesday night.

This time, however, the Cyclones could not survive the injuries that would ultimately knock out senior guard,Baylor showed why they are the No. 1 team in the Big 12, as they rolled up a dominating 79-54 victory against the Cyclones.

Iowa State missed 16 consecutive shots from the floor in the first half, which allowed Baylor to pull away and round the Cyclones. Wesley was led by junior guard Jaisen Havert, who scored 18 points, grabbing 13 rebounds.

The Cyclones finished with 28 points, her third highest point total this season.

The Cyclones have only scored more than 60 points in two games this season.

The rest of the Cyclones struggled to keep up as they were unable to connect on many shots.

The Cyclones will be back in action Saturday, against Texas Tech in Lubbock.

(ISU swimming and diving, focused on the sport of synchronized swimming, as the swimmers trained for their next meet at Illinois. A unique environment and competition.

The ISU swimming and diving team trained in the Smokey Mountains and in Fort Lauderdale, Fla., taking a break from their season.

The Cyclones faced off against the team in the Big 12, as they rolled up a dominating 79-54 victory against the Cyclones.

SBWU redhead Jaisen Havert was selected as the most important factor will that the Cyclones face off against a conference opponent this season.

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Both high, low self-esteem promoted by social media

By Kaili Meyer

Private lives have become a thing of the past, as students begin to derive their self-worth and affirmations from “Likes” and feedback from social media posts.

Being hidden behind a screen not only allows users to edit photos or statements they may not see as pleasant, but also opens the door for cyber bullying and renders the question of whether social media is a healthy medium for students to express themselves or a another source of added stress and lowered self-confidence.

According to Mediaplanet.com, 74 percent of American adults utilize social media networking sites, with Facebook, Twitter and Instagram being the most used by college students.

Studies have found that users only post their best moments on social media purposefully leaving out “the bad” to create a perfect “cyber-self” on these channels.

However, for most, this posed image to the world is only half of the story.

This façade has been labeled as “sabotage depressions,” a term used to describe social media can be a self-esteem booster. “Knowing there is something I post does make me feel more confident,” Jenna Pattee, a sophomore in industrial management, said.

However, many students have found one in five teens today, due to the incline in social media outlets, have decreased self-esteem in some users.

The University of Salzburg in Sweden also found that as Facebook use increases, mental health decreases. While using social media, another study conducted by the University of Gothenburg in Sweden also found that as Facebook interaction increased self-esteem decreased.

In contrast to many of the studies showing a correlation between lowered self-esteem and social media use, the nonprofit Common Sense Media found one in five teens who use social media reported feeling more confident.

There have been times where I’ve thought poorly of myself because I see others getting more likes than me, said Andrew Holmes, a sophomore in industrial technology.

“Knowing there is a group of individuals that follow me and appreciate what I post does make things better,” Holmes said.

In contrast to many of the studies showing a correlation between lowered self-esteem and social media use, the nonprofit Common Sense Media found one in five teens who use social media reported feeling more confident.

As of now, there is no definitive answer to whether or not social media is more damaging or beneficial to media outlets, researchers encouraged to draw conclusions from personal experience and familiarize themselves with both the benefits and downsides of social media platforms and evaluate social media’s effects on their mental health.
Get the Flu?  

Cy says:  
Stay Healthy & Prevent the Spread of the Flu!  

Get the Flu Vaccine!  
It's available at Student Health.  

Avoid!  
Avoid close contact with people who are ill with the flu.  

Take Care of Yourself!  
Get plenty of sleep, eat a nutritious diet and avoid high stress levels.  

Cover Your Cough!  
Cover your nose and mouth with a tissue (or your elbow) when you cough or sneeze.  

What do you do if you Get the Flu?  

Stay Home!  
Stay home until your symptoms subside.  

Rest!  
Rest, drink plenty of fluids and consider an over-the-counter medication to help with your symptoms.  

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