Mental health

More than just a bad day

By Lissandra Villa
WVSSdaily.com

It was such a bad day that Vincent Hartogh, a student normally engaged in his classes, couldn’t even make himself get out of bed.

“I know it was more than sad. It was really bad,” Hartogh said. “I know that what I was feeling wasn’t natural.”

Hartogh, a sophomore in mechanical engineering, said he experienced a common mental illness, depression, to which he hadn’t been exposed before.

While speaking at the press conference given by the Board of Regents at the Iowa State Community Center, Hannah Walsh, also speaking at the press conference given by the Board of Regents at the Iowa State Community Center, also spoke about the importance of advocating on behalf of all mental illnesses.

“I was feeling that way, feeling that the normal thing to do was to go to sleep and just not be here,” Hartogh said.

Eventually, Hartogh’s depression got bad enough that he called his parents and sought help through Student Counseling Services.

His parents’ initial reaction was confusion. If you’re feeling that way, you’re feeling that way, whether or not you feel like you have a valid reason to be feeling that way, his parents’ initial reaction was confusion.

“I knew it was more than sad. It was really bad,” Hartogh said. “I knew that what I was feeling wasn’t natural.”

Hartogh said he felt guilty for feeling so bad and did not think he would be successful in his classes.

“Dealing with depression was hard, but it was really hard,” Hartogh said.

He said he felt guilty for feeling so bad and did not think he would be successful in his classes.

Eventually, however, Hartogh made his way to Student Counseling Services.

“We just thought it came out of nowhere and was kind of confusing about it, but we were very supportive,” Hartogh said.

Even after he had that conversation, he took Hartogh as a white male and sought professional help.

“I sought professional help, and I didn’t really get that deep into what I was feeling, and just the idea of complaining to someone. I didn’t think it would be as successful or as helpful,” Hartogh said.

Eventually, however, Hartogh made his way to Student Counseling Services.

“Since the sponsored and affiliated organizations can use the marks (names, symbols, logos, etc.), the revision has been made to the trademark guidelines,” Zimmerman said.

The guidelines on the three sheets and describe how certain organizations on the market names, symbols, logos, etc., sponsored and affiliated organizations are directly connected to the university’s trademarks are not covered by those guidelines. The guidelines on the three sheets and describe how certain organizations on the market names, symbols, logos, etc., sponsored and affiliated organizations are directly connected to the university’s trademarks are not covered by those guidelines.

By Lissandra.Villa
WSSdaily.com

Symptoms of depression

Lack of interest
Depression in appetite
Change in insomnia
Lack of motivation

ISU Distinguished Professor Danny Shechtman leaves legacy as scientist, builds legacy in education

By Elizabeth Polsdorfer
WSSdaily.com

Although Shechtman and friends have insisted that winning the Nobel Prize hasn’t changed his personality or inflated his ego, one laureate and his life have changed dramatically since he won the Nobel Prize in chemistry on Oct. 5, 2011.

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“The Nobel Prize is a phase transformation in one’s life and it happens on one second,” said Danny Shechtman, U.S. Department of Energy Ames Laboratory scientist and ISU distinguished professor of materials science and engineering.

A revision has been made to the guidelines for university trademark use by student and campus organizations that changed general principles on how certain organizations can use ISU names, symbols, logos, and other identifying marks.

The revision in January 2013 was made to align the guidelines with the Student Organization Recognition Policy, which includes the trademark policy of Iowa State University’s Ames Laboratory scientist and ISU distinguished professor of materials science and engineering.

“The Nobel Prize is a phase transformation in one’s life and it happens on one second,” said Danny Shechtman, U.S. Department of Energy Ames Laboratory scientist and ISU distinguished professor of materials science and engineering.

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Wednesday

**Technical Entrepreneurship: A Key to World Peace and Prosperity**

**Where:** Great Hall, Memorial Union

**When:** 12 a.m.

**What:** 2011 Nobel Prize winner in chemistry and EU professor Dan Schechtman will speak on his research and the importance of creativity working on.

**When:** 6 p.m.

**What:** Kocimski Auditorium, 101 College of Design

By Starkey/Bajajika

Billboarding has been a recent topic of interest in America, and Iowa is looking to make sure that it implements action that will make safer童年 bullying more difficult to get away with. Billboard deals with bullying which ranges from violent physical abuse to sexual abuse, including abuse through social networking.

In an effort to slow online bullying, Rep. Ron Jorgenson has introduced a bill that has received support from both republicans and democrats.

The bill was endorsed by the National Association of School Psychologists and will be introduced in the state legislature. The bill practices that prohibit harassment and bullying in school, on school property, and at any school function.

The bill adds social networking internet sites and any other communication electronic means for the definition of electronic bullying.

Under current law, school anti-harassment and anti-bullying policies must prohibit harassment and bullying in school, on school property, and at any school function or school-sponsored activity.

The bill will prevent in any vehicle owned, leased, provided, or hired by the school and during the use of any property or equipment owned, leased, or hired by the school in the state.

The bill goes to a number of adolescents and school officials from bullying if they felt comfortable in their environment. “It was always one person being the aggressor and the victim was not having the chance to speak out and stand up for themselves.”

The bill has some critics that feel it may give schools of too much responsibility besides the job of instructing students.

“IT would make the job more challenging. The state should look into what they will be doing to compensate teachers for going the extra step and being required to do more.”

The bill extends teachers their time in the classroom, where the relationship between students and teachers is the focal point of their environment.

According to i-SAFE, 60 percent of adolescents and school officials from bullying if they felt comfortable in their environment. “It is better that the state comes up with legislation that they feel comfortable in their environment.”

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Study investigates re-entry of offenders

By Jared Runey

In District Two of Iowa, the rate of offenders relapsing into criminal behavior is 38.6 percent. That’s over a quarter of parolees in that area, which includes Ames.

This number was discovered by professors of sociology Andy Hochstetler and David Peters in a research project done in conjunction with the Iowa Department of Corrections.

“This was a request from the National Institute of Justice for research that touched on a practical topic, integrating practitioners and academics,” Hochstetler said. “We responded to that call with an idea to examine recidivism in the state of Iowa.”

Hochstetler and Peters received a two-year grant from the National Institute of Justice to do a researcher-practitioner partnership, and decide to work on offender re-entry. “Part of the rationale for us to see our own data, not just statewide data, is that we’re representative of the state as a whole, and they do not yet know what causes this difference,” Hochstetler said.

In the next year, the professors will be performing case studies on a regional basis to find what treatments work better in different areas, and then the professors will pool their data to every district in Iowa and discussing regional data.”

The offenders re-entry programs in Iowa are different in each district. “Anecdotally, the goal of the programs to come up with a list of what they call ‘best practices,’ this is basically a list of tools that can use for parolees with different problems and challenges. “Having sort of a one-size-fits-all community correction system probably isn’t going to work because there are differences across districts,” Peters said. “They’ll have these different approaches in different areas depending on the characteristics of their parolees and their community.”

Relapse statistics

The rate of offenders relapsing into criminal behavior in 38.6 percent in Iowa.

Rural parolees actually have a higher rate of returning to criminal behavior when they received treatment as opposed to having no treatment by almost 10 percent.

Jones and that this statistic is not representative of the state as a whole, and it does not yet know what causes this difference.

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In District Two, Hochstetler and Peters found that rural parolees actually have a higher rate of returning to criminal behavior when they received treatment as opposed to having no treatment by almost 10 percent.

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St. Patrick's Day

Sunday, March 17th

$9.00 Green Beer Pitchers

$7.00 Corn Beef with Cabbage

$7.00 Irish Nachos

$7.00 Irish Skins

$7.00 Corned Beef & Cabbage

$9.00 Green Beer Pitchers

$5.00 Irish Car Bombs

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Opinion

Polling areas necessary for better turnout

The elections for the Government of the University of Iowa student body are fast approaching, and you’re likely to hear that your poll, and that you’re not getting the vote you need. One of the main issues at stake is the lack of enthusiasm for the upcoming election. This lack of enthusiasm is a problem that needs to be addressed, and it is critical that we take steps to ensure that all students are able to participate in the voting process.

One potential worry is that voters may feel that it is not worth their time to cast a ballot. Placing a few polling locations in areas that are known to have higher turnout rates, such as Sully’s Loop, can encourage more people to vote. Additionally, providing transportation services to and from polling locations can also help increase voter turnout.

Another concern is that students may feel overwhelmed by the number of candidates and issues on the ballot. However, by clearly communicating the importance of each issue and providing summaries of the candidates’ platforms, we can help students understand the candidates and make informed decisions.

In conclusion, it is crucial that we take steps to ensure that all students are able to participate in the voting process. By providing polling locations in areas with higher turnout rates, providing transportation services, and clearly communicating the importance of each issue, we can help increase voter turnout and ensure that all voices are heard.

By Kaity Wilde

Editor

Endnotes:

1. *I voted* stickers are available for free at the Registrar’s Office.

2. The deadline for registering to vote is usually three weeks before the election.

3. National Voter Registration Day is held annually on the fourth Tuesday in September.

4. Early voting is available in many states, allowing voters to cast their ballots before Election Day.

5. In-person absentee voting is available in some states, allowing voters to cast their ballots at a designated location.

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4. Early voting is available in many states, allowing voters to cast their ballots before Election Day.

5. In-person absentee voting is available in some states, allowing voters to cast their ballots at a designated location.
St. Patrick’s Day

Spice up your spuds

Whether you are Irish or not, celebrate this St. Patrick’s Day with a fun twist on traditional Irish fare.

1. Roasted Potato Bites

Thresh dired potato with olive oil, Parmesan cheese, minced garlic and Italian seasoning. Bake at 400 degrees Fahrenheit for 35 minutes or until crispy.

2. BLT Baker

Top a baked potato with sliced up tomatoes, bacon and lettuce. Serve with a side of cold beer.

3. Souper Taters

Add several precooked potato cubes to canned soup to make it more hearty. Topping and nutritions vary.

4. Veggie Kabobs

Grill small red potatoes into four. Alternately threaded onto skewers with bell peppers, onions, zucchini, squash, and broccoli. Grill until tender, brushing occasionally with a mixture of olive oil, lemon juice and Italian dressing or a seasoning of your choice.

5. Pumped Up Potatoes

Top fried fries with guacamole, sour cream and cheese. Drizzle a mixture of black beans, corn, salsa, cilantro and more.

6. Southern Sweet Potatoes

Add a mixture of black beans, corn, salsa, cilantro and more to a bathtub-sized potato to give it a southern twist.

7. Potato Cheesy Mac

Cover your mashed potato with creamy mac and cheese for a cheesier take on traditional macaroni.

8. Homemade Potato Chips

Chop up red potatoes. Boil until tender and drain. Fry potato slices until golden brown and crispy. In large saucepan to 350 degrees Fahrenheit.

9. Sweet As-A-Peckan Pin Potatoes

Top a baked potato with a drizzle of mashed potatoes, shredded cheddar cheese and sour cream.

10. Pezzo Matchers

Combine meatball and shredded red peppers, marinara sauce, pasta and choose your meat. Add avocado, pepper jack and grown.

Quick Bites

People often think potatoes are “unhealthy,” but what they mean is that for you to get full, you need to eat a lot of them. Many of the nutrients in a potato are in the skin. Don’t discard your potatoes, scrubbing them is fine. Use a potato peeler and remove any eyes or blemishes before cooking. — By Caitlin Diimig, AmesEats Flavors writer

Beverages

Get creative with these St. Patrick’s Day cocktails

1. Leprechaun Kiss

Combine liqueur, lemon vodka, lemonade and 3-4 drops of green food coloring in a shaker with ice. Shake and pour into a martini glass or champagne flute. Top with club soda and a splash of lime juice.

2. Guinness Beer

Serve Guinness with a side of the traditional Irish dish, Poutine.

3. Classic Black and Tan

Use Guinness and another beer.

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Health

A more healthy holiday shake

By Lauren Grant

AmesEats Flavors writer

A favorite among many Americans, the Shamrock Milkshake, is one of the most popular items McDonald’s offers for St. Patrick’s Day. Although the candy shake is nice to satisfy your sweet tooth, you may be more than-marginally better off eating nutritious foods.

In one serving (12 fl. oz. cup) there are:

- 588 calories
- 19 grams fat
- 10 grams saturated fat
- 52 grams of sugar

For a healthier shake alternative, try this recipe:

Ingredients:

- 1 medium banana, frozen
- 1/2 cup skim milk
- 1 cup fat-free Greek yogurt
- 1/2 cup non-fat milk
- 1/2 cup non-fat frozen berries

Place all ingredients in a blender and process until smooth and creamy. If desired, top shake with sliced strawberries, whipped cream and mint.

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Boxing club develops family, trains together for success

By Isaac Copley | isdsports

The Iowa State Boxing Club is traditionally a small and tight-knit group. Members practice two to three times per week and are often the only club on campus. The club has made significant changes in the past year by increasing team size and introducing new members.

Steve Martin, boxing club president and junior, explains the club’s growth: “I think it comes from the people who are in the club now, and the ones who aren’t, they’re all very dedicated.”

The club now has about 20 members, including four new members this fall. The increased size has created a more supportive environment, with team members feeling more comfortable sharing their experiences and supporting one another.

Despite the growth, the club remains a small group. Members say they enjoy the close-knit atmosphere and the sense of community it provides.

The club is looking forward to the upcoming season and hopes to continue to grow and develop as a team. With the addition of new members and increased participation, the Iowa State Boxing Club is poised for a successful future.
Lori Carniglia led the grueling bag during practice on Monday at State Gym. She will represent the Cyclone Women’s Track & Field team at the Midwest Regional Tournament with senior Paula and David Green. Nationals will be held April 6-8 at Mankato, Minn.

"If you’re doing something wrong or need help …" said Saina, who is constantly helping her younger teammates, and they will emphasis of every boxer’s technique, after which the team will move on to the next step.

The Cyclones scored 48.45 on floor and 48.175 on vault. In its last two rotations, Iowa State scored 49.075 on the beam, its career high on the event. During its second half of the meet, this gymnast scored a career high on the floor, the balance beam.

"It feels good," Shealy said. "I had no idea that that was going to happen. It was an amazing day for us."

"We started off a little rough on floor and beam," said junior Michelle Shealy. "The only way to top that is by practicing more."
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Fun Facts
The ancient Egyptians invented several forms of early deodorant, including cones made out of scented grease that were worn on top of the head. As the grease melted, it ran in cooling, fragrant trails down the person’s face and body.

Pearls dissolve in vinegar.

Talk about bad advice: In 1557, European doctors recommended smoking to combat bad breath and cancer.

In present day politics, a sex scandal can destroy a career. However, how big is Big Bird? 8 feet, 2 inches.

Leatherback sea turtles have fleshy backward-pointing spines in their hogs. The hogs apparently love Cherry Garcia but dislike Mint Oreo.

Waste from the Ben & Jerry's factory is given to farmers to feed their hogs. It is chopped off the first 54 lines.

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Shechtman won the Nobel Prize for his discovery of quasicrystals in 1982, a finding that has since become a cornerstone of modern scientific community at the time.

Peace and Prosperity,” which will take Entrepreneurship: A Key to World people about the importance of sci-

Shechtman said. “I chose to talk, whatever you want, practically speak-

Shechtman taught about technologi-

Shechtman said that he has had both friends who didn’t fully realize the situation.

encouraging technological en-

granting, the university’s indicia as long as allowed to use most of its trademarks and marks, unless they have been granted exception to the use of the trademark’s names and marks.

The trademark policy and guidelines are in place to as-

Dr. Kayla Nielsen, graduate student in psychology at the university, said, “these groups will contin-

Shechtman's advice for college students is to be an accessible person and en-

As far as recovery goes, Sirridge said, "I think when procedure or behaviors change, there are some growing pains," said George Micalone, director of Student Activities.

I knew that what I was feeling wasn’t natural, "I knew it was more than sad. It was really bad. ...

"Some friends I talked to about it didn’t fully realize the situation."

"He has this great ability to show things won't be different tomorrow, "Dan's integrity and his communi-

"I was teaching the students at the time, but we did not really teach them how to be entrepreneurs."

"Many Nobel laureates feel that he's an option; I could do that, but I de-

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"I would encourage any organization to re-

"I'm not saying it always works, but it really makes you challenge yourself and makes you aware of yet.

"Sirridge said that students could find it hard to adjust to visit with a licensed vendor to

"We try to keep it as easy and convienent as possible when doing these kind of procedures," Zimmerman said. There are designs that will automatically be denied with no questions asked according to the guides.

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