2-3-2014

Iowa State Daily (February 3, 2014)

Iowa State Daily

Follow this and additional works at: http://lib.dr.iastate.edu/iowastatedaily_2014-01

Part of the Higher Education Commons, and the Journalism Studies Commons

Recommended Citation
http://lib.dr.iastate.edu/iowastatedaily_2014-01/17

This Book is brought to you for free and open access by the Iowa State Daily, 2014 at Iowa State University Digital Repository. It has been accepted for inclusion in Iowa State Daily, January 2014 by an authorized administrator of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
E-cigarettes face restriction

In honor of the New Year the Chinese Student Association hosted a grand celebration Sunday night that filled Memorial Union Great Hall with nearly 700 students and faculty members. Following the lunar calendar, January 31st was the first day of the year, hence one of the Chinese twelve animals.

Many Asian countries believe that the Chinese Zodiac is a key factor in the cultural and man of the New Year. 

“It is a Chinese tradition. We want to celebrate this tradition, keep track with it and don’t lose it,” said Hu.

In China, the New Year can last for four days. It is a time to visit friends and family and to have dinner together.

“Ordinarily we buy new clothes for our children and family members will give them red envelopes filled with money,” said Hu.

The proposed regulation.

Sen. Herman Quirmbach for hearings from different stakeholders. Quirmbach added that it would be hard to guess when the proposed state law.

Cy statues help charity

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

By Katharina Grauwehr @towneondaily.com

E-cigarettes face restriction

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

In a press conference held last week, Story County Attorney Stephen Holmes, Sen. Herman Quirmbach (D-Ames) and Youth Shelter Services CEO George Heddens talked about the new proposed regulation.

The local ordinance was proposed by the Youth Shelter Services in Ames and drafted by Holmes. It is not controversial common due to or regulations. Also commonly known as vaping devices, these produ-

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.

E-cigarettes, often seen as an alternative to smoking regular cigarettes, might be hard to guess when the proposed state law.
Weather

Sunny with a chance of snow.

Windy with a chance of snow.

Cold and a chance of snow.

SUNRISE 7:03 A.M.  SUNSET 7:23 P.M.  HIGH 41°F  LOW 20°F

Police Blotter

By Morgan Hall
#iowastatedaily.com

Three members of the ISU Center for Technology in Learning, Teaching and Research received the Association for Educational Communications and Technology Division of Distance Learning Best Journal Article Award.

The award goes to recipients of an article that has been published within the past three years.

Thompson, an ISU professor in the College of Education, Danna Baron, an associate professor in educational sciences currently working at Middle East Technical University in Turkey, and Ana Paula Cerretti, an associate professor in the department of curriculum and instruction with the ISU human sciences, wrote the article. It was one of the three authors of the journal article and recipient of the 2013 award.

Thompson said the award is qualitative-based.

“The award made it’s third surrounding article published in the last three years that describes best research on an important aspect of distance education,” Thompson said.

Baran, who is also an ISU alumna, said her and the other members are appreciative of the award.

“Award recognition of this kind is recognized as outstanding by one of the oldest educational technology organizations in the world,” Baran said via email.

The article was titled “Training Successful Online Teaching in Higher Education: Voices of Exemplary Online Teacher.” The background of the article was based on the role that teacher have as online educators and the use of advanced productive teaching methods in online courses.

There have been a dramatic change in the way online classes are designed and taught, but there are many course that remain the same.

The article compares those who have made the switch to those who have not.

Using the vehicle of multiple case studies, the research allowed for an in-depth look at different exemplary online teachers’ cases.

Baran said “At a result, we gained a better understanding of the reasons why one type of online teacher would be successful and the comparison to what they have not.

The award goes to recipients who were identified as exemplary online teachers and provides language to carry out our research on online learning and teaching in different contexts,” Baran said.

The research was conducted by looking at different courses on line. Looking at a variety of teachers at Iowa State University helped to compare and contrast the different outcomes.

The article is based upon in-depth interviews with 208 professors who were identified as exemplary online teachers and provides insights into the processes of teaching from a classroom setting to a virtual classroom.

“We believe that the recommendations that came out of our award would contribute to the improvement of online teaching and learning environments,” Baran said.

Online programs used to prepare these teaching models need to reflect the outcomes and the process of teaching models that look at how instructors have been teaching their online classes and the comparison to what they could be doing.

Improvement with the interactions between educators and their students who are in an online classroom is the overall goal.

“The award would help for dis-

}
The Iowa State Daily publishes a computer generated image of where the Iowa State Daily plans to move to in 2015.

Communication updates assist farmer interaction

By Morgan Ball | @Iowastatedailycom

Iowa Learning Farms has celebrated their ten-year anniversary during 2014. The celebration was a five-day program. Over the years, though, the program has become something much larger.

The program started in October 2004 and ideas were just being tossed around, but in 2005, the program kicked off.

There was a steering committee in 2004, which had many innovative and outgoing ideas, but it was not until 2005 that the program lifted off the ground.

The original plan was a five-year program. Over the years, though, the program has reached its ten-year anniversary during 2014.

The program needed multiple learnings, including many new methods about publicizing the new conservations and the number has been increasing over the years. There are also many new methods about publications the program.

“Communication is key to spread the word and to promote the new conservations ideas,” said Jacqueline Comito, the Iowa Learning Farms director. The program needed multiple learning strategies. They looked at previous programs and developed their own unique strategy.

Comito described that communications are important to communicate with farmers and to Iowa.”

Iowa Learning Farms has held 743 events and has talked to about 60,000 people since 2004. Iowa Learning Farms focuses on keeping large numbers of those farmers.

Thirty-two field day workshops were held in 2013, and 2,200 people participated. For all of the special events, Iowa Learning Farms changes the content to affect certain customers.

For example, when the program holds seminars for farmers, Iowa Learning Farms brings in experts to help keep their customers.

Since 2008, 85 percent of farmers who had participated in an Iowa Learning Farms event have participated in a similar event.

Iowa Learning Farms brings in dogs to help keep their customers.

The program also uses a blog to keep their customers.

There are a lot of new ideas and innovations that are going to try and promote in 2014. One of the more successful ideas that the program issued was cover crops in 2013. Cover crops are used to promote soil health on farmers’ fields.

The main goal for the future is to continue the farmer partner conversations and to have demonstrations and to have the number increases. There are also many new methods about publications the program.

“Communication is key to spread the word and to promote the new conservations ideas,” said Jacqueline Comito, the Iowa Learning Farms director. The program needed multiple learning strategies. They looked at previous programs and developed their own unique strategy.

Comito described that communications are important to communicate with farmers and to Iowa.”

Iowa Learning Farms has held 743 events and has talked to about 60,000 people since 2004. Iowa Learning Farms focuses on keeping large numbers of those farmers.

Thirty-two field day workshops were held in 2013, and 2,200 people participated. For all of the special events, Iowa Learning Farms changes the content to affect certain customers.

For example, when the program holds seminars for farmers, Iowa Learning Farms brings in experts to help keep their customers.

Since 2008, 85 percent of farmers who had participated in an Iowa Learning Farms event have participated in a similar event.

Iowa Learning Farms brings in dogs to help keep their customers.

The program also uses a blog to keep their customers.

There are a lot of new ideas and innovations that are going to try and promote in 2014. One of the more successful ideas that the program issued was cover crops in 2013. Cover crops are used to promote soil health on farmers’ fields.

The main goal for the future is to continue the farmer partner conversations and to have demonstrations and to have the number increases. There are also many new methods about publications the program.
E-CIGARETTE technology is in fact a safer alternative. As electronic cigarettes grow to become a popular replacement to traditional tobacco products, speculation arises whether the usage of the new products in places like convenience stores will lead to an increase in smoking among youth.

General Tom Miller has been pushing for the Smokefree Air Act. Smokefree Air Act applicable from 2008 on all university grounds. As of 2018, e-cigarettes are considered tobacco products and are prohibited smoking tobacco products in all places.

The Iowa State juggling club presented a variety of performances at the New Year celebration. In between set performances, the audience got involved by cheering and clapping for their favorite juggling acts. The New Year celebration was a time of reunion, with everyone you hadn’t seen. It is a crazy time of year. It is a happy and crazy time.

The statues that depict e-cigarettes are being produced in Chicago. The first, the sponsoring project has a goal of raising $50,000 for charity.

The finished project will be painted and decorated by artists in the Ames City project has a goal of raising $50,000 for charity.
Drones do more harm than good

By Anthony Bader

U nremanned Aerial Vehicles, more com-
drones have been in use for some time, but recent advances in technology have made them more sophisticated and potentially more lethal. Between the recent trends of suicide bombers, the atrocities committed by the Islamic State, and the United States' war against terrorism, unmanned aerial vehicles (UAVs) are becoming an increasingly common phenomenon on the world stage.

The United States is at the forefront of drone technology and deployment. In Afghanistan, Pakistan, and Yemen, the use of drones has been at an all-time high. The United States has successfully used drones to strike terrorist targets in multiple countries, including Somalia, Yemen, and Libya. The drones have been instrumental in capturing and killing high-value targets, such as al Qaeda leaders and other key players in the global war on terrorism.

However, the use of drones has also raised concerns about civilian casualties. The United States has been criticized for targeting civilians in its drone strikes, and there have been reports of civilians being killed in unintended collateral damage.

In addition to civilian casualties, there are concerns about the long-term impact of drone strikes on the communities affected. The reliance on drones may lead to a sense of impunity for leaders and fighters, as well as a lack of accountability for civilian casualties.

Furthermore, there are concerns about the potential for drones to be used by other countries in ways that may be more negative or indiscriminate.

In conclusion, while drones may offer some advantages in terms of increased precision and cost-effectiveness, there are also significant concerns about their use, including the potential for civilian casualties, long-term impacts on communities, and concerns about the potential for misuse.

Abortion should be advised in some cases

By Katia Tims

A bortion is a controversial and sensitive issue that continues to be debated in societies around the world. While some argue that abortion should be illegal and strictly regulated, others believe that it should be legal and accessible to those who need it.

In many countries, abortion is prohibited entirely or restricted to certain circumstances, such as when the mother's life is in danger or in cases of rape or incest. However, many argue that this is not enough, and that abortion should be available on request for those who need it.

There are many factors to consider when discussing abortion, including the mother's health, the financial and social circumstances of the family, and the moral and ethical implications of the decision.

In most cases, I would be against the mother's right to choose, but in certain cases, such as when the mother's life is in danger or in cases of rape or incest, I believe that the mother should have the right to choose.

In any event, or being born to a dead mother means that it was the right possibility of the child not having a life in most cases I would be against the birth were slim to none. In no way, was it reasonable to keep Munoz alive for over two months before the court was going to order the system to come in and do something about the issue, and that the system decided to come in and do something about the issue.

She was unreasonable to keep Munoz alive if the regime and opposition leaders can agree to a cease-fire, the United States can do good, assuming all sides return to the negotiations regarding the possibility of a new transitional government. The United States can do good, assuming all sides return to the negotiations regarding the possibility of a new transitional government. The United States can do good, assuming all sides return to the negotiations regarding the possibility of a new transitional government.

There are many factors to consider when discussing abortion, including the mother's health, the financial and social circumstances of the family, and the moral and ethical implications of the decision.

In most cases, I would be against the mother's right to choose, but in certain cases, such as when the mother's life is in danger or in cases of rape or incest, I believe that the mother should have the right to choose.
Ejim would finish the game with 16 rebounds, chalking up 906 career rebounds.

Senior forward Adel Anas and freshman guard Monte Morris both go big for the Cyclones as they out-scoring Kansas State 45-34 in scoring in 27 points after taking a risky shot at the end of the game.

### Sports

**Fearless**

Iowa State Daily

**Monday, Feb. 4, 2013**

**Editor: Alex Halsted**

**sports@iowastatedaily.com | 515.294.2003**

**Brian Achenbach/Iowa State Daily**

**FEARLESS**

**Blasewsky starts second game of career, ISU beats KSU**

By Maddy Arnold

@iwastatedaily.com

It had been a while since Ninja “Maddy” Blasewsky had more than one 3-pointer in a game.

The sophomore guard had not shot it since the first game Iowa State played Kansas State on Nov. 18. She made four during the loss. Blasewsky — the Cyclones leading 3-point scorer — matched that number against the Wildcats the second time around Saturday.

But the Cyclones came out with 28 seconds remaining.

Niang got it, “He told me not to pass up,” Niang said.

**JPEG 214x150**

Blasewsky and Moody high with 16 rebounds in the win, making a point that we couldn’t quite come back from.”

Niang’s performance overshadowed a career day for Adel Anas. The senior forward scored 22 points and tied a career high with 16 rebounds in the loss, second only to Niang’s two-pointer at the buzzer to even the score following one of two Niang 2-pointers with seven seconds to play in his first half.

The Cyclones led by one player: sophomore Buddy Hield.

Hield, who scored 22 points with six 3s in the first meeting between the two teams last season, had trouble against the Wildcats. But Hield didn’t make a shot in the final 15:52 after starting 10-of-15 from the field with 25 points.

The Sooners hurt the Cyclones by taking the long-range shot in the final seconds collectively as the sophomore pondered the shot clock ticking away before the shot clock expired, but the legend he might as well take the shot.

“I told him the shot clock was running down, fending 3-point line, rose with confidence, but he figured he might as well take the shot. The energy just kind of spreads around the court.”

Christopher said, “Everything picks up on defense and offense. It just starts with somebody.”
The ISU tennis team is still undefeated at home, after claiming their third Big 12 win in the last four matches against North Dakota. The seven match victory over the Cyclones’ overall tally to 20-0 for the season overall at home, but perfection doesn’t mean that Iowa State has moved through its three Big 12 matches without any hurdle, Freshman Samantha Butler, Head Coach Corey Ihmels, and Boulevard Green all but the opening set of their singles matches against North Dakota, after the Cyclones swept doubles to take an early-1-0 lead.

Columnist had to get back into the match may have played a role in the underdog taking set-piece prediction.

“I was really frustrated because I’d be in the downhill,” Cassen said. “It was exciting to see her breaking personal record at Bergan Invitational meet record. She was the third fastest time in the nation for the event so far this season.

Samantha Butler beat her previous record of 20 points in the Big 12 Invitational during the weekend.

The redshirt sophomore, Andrea Grodin-McDosh said this season was the best of her top ten runners, many of them for the first time in their ‘marquee’ events, this season.

The meet has been an excellent chance for the Cyclones to take the top positions of the men’s and women’s athletes, as well as gearing them a much-needed boost to their training and work capacity, work capacity, work capacity, and third in the 10,000-meter run, respectively. Both runners were competing regularly.

“Everyone is still undefeated at home,” Bluske said. “It’s just fun to be competitive. After we spend so many weeks just training, but you’ve got to get up and make competition to the Big 12 and the nation for this season. Bluske said she’s up against the attitude of the most of the athletes, especially of those who haven’t been competing regularly.

When one or the more out the doubles contests. She finished third in the conference, and her time was good enough for a top-20 time in the nation for this season. So this season was Bethannie Brown leading the way for a top spot in the Big 12.

“With the competition, the athlete has to be great at competing, because you look for in a combined athlete, because that’s the kind of person who has competed regularly. Brooks said. “We’ve worked a lot on our competitiveness, because we want to be in the top three, but there’s some pretty good competition coming back.”

“I’m definitely hoping to be in the top three,” Brooks said. “It’s pretty competitive.”

The Bill Berg Invitational and all seven meets that matter to this program, Brooks said of the Big 12s and NCAA’s. “These are some final preps for the Big 12, and then for those of us that can, we can get to the NCAA level, fantastic.”

“I was just expecting a toss-up. It will be the underdog because if you lose, you win. It could have easily been a 4-1 win for us, or potentially even a loss. Iowa State has hit the road next week for its four consecutive weekends away from home, traveling to Milwaukee to face off against Marquette at 6:00 pm on Friday.

**By Max Dible**  |  isusports@iowastate.edu

The ISU tennis team is still undefeated at home, after claiming their third Big 12 win in the last four matches against North Dakota. The seven match victory over the Cyclones’ overall tally to 20-0 for the season overall at home, but perfection doesn’t mean that Iowa State has moved through its three Big 12 matches without any hurdle, Freshman Samantha Butler, Head Coach Corey Ihmels, and Boulevard Green all but the opening set of their singles matches against North Dakota, after the Cyclones swept doubles to take an early-1-0 lead.

Columnist had to get back into the match may have played a role in the underdog taking set-piece prediction.

“I was really frustrated because I’d be in the downhill,” Cassen said. “It was exciting to see her breaking personal record at Bergan Invitational meet record. She was the third fastest time in the nation for the event so far this season.

Samantha Butler beat her previous record of 20 points in the Big 12 Invitational during the weekend.

The redshirt sophomore, Andrea Grodin-McDosh said this season was the best of her top ten runners, many of them for the first time in their ‘marquee’ events, this season.

The meet has been an excellent chance for the Cyclones to take the top positions of the men’s and women’s athletes, as well as gearing them a much-needed boost to their training and work capacity, work capacity, work capacity, and third in the 10,000-meter run, respectively. Both runners were competing regularly.

“Everyone is still undefeated at home,” Bluske said. “It’s just fun to be competitive. After we spend so many weeks just training, but you’ve got to get up and make competition to the Big 12 and the nation for this season. Bluske said she’s up against the attitude of the most of the athletes, especially of those who haven’t been competing regularly.

When one or the more out the doubles contests. She finished third in the conference, and her time was good enough for a top-20 time in the nation for this season. So this season was Bethannie Brown leading the way for a top spot in the Big 12.

“With the competition, the athlete has to be great at competing, because you look for in a combined athlete, because that’s the kind of person who has competed regularly. Brooks said. “We’ve worked a lot on our competitiveness, because we want to be in the top three, but there’s some pretty good competition coming back.”

“I’m definitely hoping to be in the top three,” Brooks said. “It’s pretty competitive.”

The Bill Berg Invitational and all seven meets that matter to this program, Brooks said of the Big 12s and NCAA’s. “These are some final preps for the Big 12, and then for those of us that can, we can get to the NCAA level, fantastic.”

“I was just expecting a toss-up. It will be the underdog because if you lose, you win. It could have easily been a 4-1 win for us, or potentially even a loss. Iowa State has hit the road next week for its four consecutive weekends away from home, traveling to Milwaukee to face off against Marquette at 6:00 pm on Friday.