ReACT to the art featured at the “Leadership” gallery at the Christian Peterson Art Museum. Check out photos inside.

ISU Police removed fliers directing students to a white nationalist website from Birch Hall for improper placement.

NEW ART GALLERY

WHITE NATIONALIST FLIERS

BY NIK HEFTMAN

U.S. Attorney General Jeff Sessions announced Tuesday that the Trump administration will end the the Obama-era Deferred Action for Childhood Arrivals program (DACA).

Following the announcement, support for DACA students was expressed by Interim President of Iowa State Ben Allen, as well as other faculty and staff and student leaders.

“Iowa State strives to be a welcoming, inclusive, and equitable place for all individuals, regardless of immigration status,” Allen said. “We stand ready with guidance and support for any member of the Iowa State community who is concerned about the future of the DACA program.”

The DACA program was enacted by the Obama administration in 2012. The program allows individuals who were brought to the U.S. illegally as children to temporarily live, study and work in the U.S.

People granted protection under the program are often known as “Dreamers.” An estimated 800,000 Dreamers have been approved since the program was brought into fruition.

The announcement also came almost a year after Iowa State students staged a walk-out to pressure university officials to put limits on their cooperation with federal immigration authorities.

In November, hundreds of student and staff marched from the Agora to the Student Enrollment Services Building as part of a national movement calling for sanctuary campuses.

Senior Vice President for Student Affairs Martino Harmon addressed the protesters that day with the following statement:

“I can’t say much right now, but I can tell you this: We have always supported undocumented students. We will not pull [students] out and check immigration status; we will not turn our backs on you.”

In an email sent the night before Sessions’ announcement, on behalf of the Trump administration, Harmon said that he would not preempt a statement from the university.

“The University, not just the Division of Student Affairs, will determine how to move forward after a statement is made by President Trump,” Harmon said. “This issue has broad ranging impacts beyond Student Affairs or students in general. Many departments are anxiously awaiting this announcement and I am certain will be involved.”

Director of Multicultural Student Affairs (MSA) Kenyatta Shamburger said that his office is aware of some students who have spoken with MSA staff about how they could be impacted based upon the President’s decision.

Dr. Liz Mendez-Shannon, project director for Hispanic/Latinx Affairs in the Office of the Vice President for Diversity and Inclusion, also provided commentary on the decision via email.

“What many view as normal, others dream for,” Mendez-Shannon said. “Learning about this community and how it is impacted teaches us about bravery and resilience. It is our duty to be engaged in our campus community and with the privilege to empower, education and connect, we can help elevate these voices in our campus community.”

MORE ONLINE
Armed with less than $100 and a recycled waste product, Iowa State students are changing lives in Nicaragua.

Wes Meier, a co-founder and CEO of EOS International, a non-profit organization that promotes the use of sustainable energies in Nicaragua, said that he saw a need for change in Nicaragua after visiting the country with the Peace Corps.

"Nicaragua is having problems with deforestation, which is leading to the rising cost of wood, so it’s going to become more difficult, and more difficult for families, to buy wood," said Marisa Dizonno, a sophomore in mechanical engineering.

This means that low-income families struggle to have the wood necessary for cooking and warmth.

With a team of four students, Dizonno was challenged to create a stove that was designed to burn a sustainable fuel source and have a better ventilation system than the most popular stove in Nicaragua.

To be successful, the stove also had to be more affordable than that which currently dominates the market.

The next challenge for the team was finding an alternative heat source.

"The main crop in Nicaragua is rice," she said. "Rice is coated in a husk, so they have piles of rice husk everywhere."

Prior to leaving for Nicaragua, Dizonno and her team purchased rice husks online to experiment with their new fuel source. When met with difficulties in igniting the material, which Dizonno described as "coarse and super rough," the team had to find a way to make the husks burn.

Through a process of trial and error, the team found that melted candle wax was the solution.

"When we told people what we were trying to do with the rice husks, they considered it garbage," Dizonno said.

By molding the mixture of husks and candle wax into the shape of a log, the team decided, people might not be so hesitant to use what they saw as a waste product as a heat source.

Meier, an Iowa State alumni, said that he wanted to get Iowa State students involved in these projects to allow them to experience a different learning and cultural experience, while also helping locals.

"These students are truly engaged," said Gloria Starns, a senior lecturer in mechanical engineering at Iowa State. "They live with [locals] for a month and really get to know them."

Through the relationships that the students form with locals, Starns said, they are able to learn about their lives and identify problems that need to be solved. Taking these lessons and creating solutions is what she described as "empathetic design," and it's something that students quickly find a passion for.

"It's very important that their skills are being used to help fulfill lives," Starns said. "We really do want to see [Nicaraguans] succeed and be self-sufficient."

Before departing for Nicaragua, students spend two weeks on Iowa State’s campus, learning about the country and its culture, in addition to being introduced to some challenges that the country is facing.

"I wasn’t too familiar with what Nicaragua was like prior to this," Dizonno said. "So I had a hard time seeing that they were having these problems."

Knowing ahead of time that the team would need to offer an alternative heat source, Dizonno said that she was surprised to learn about health issues that women were facing because of poor ventilation systems on stoves during interviews with locals.

"We lived with these people and learned what they needed," she said. "Then we changed the stove if we needed to."

After their return to Ames, Dizonno and her team made final modifications to their design and submitted their plans, along with a budget report, to EOS International.

"Now it’s out of our hands as it moves forward," she said. "This experience definitely verified my passion for the environment and sustainability and just trying to make the world a better place."
Wednesday, September 06, 2017 Iowa State Daily

NEWS

Running daily increases heart health

BY TARA LARSON @iowastatedaily.com

Research findings about running led to an Iowa State University research team winning an international award.

This study, published by Progress in Cardiovascular Diseases, was chosen for the Elsevier Atlas Award, a monthly international award. Each month, the winning article is selected from over 2,500 journals in health, science and technology. Atlas showcases research that could significantly impact people’s lives around the world or has already done so, according to their website.

The article showed the importance running has on many different lifestyles, and expanded on a 2014 study, co-authored by Duck-chul “DC” Lee, associate professor in kinesiology. Lee also co-authored the Atlas Award-winning article.

The 2014 study showed that just 5-10 minutes of running per day can lead to health benefits. For example, leisure runners are expected to live three years longer than non-runners, or seven more hours for each hour spent running.

The research showed that running can reduce someone’s cardiovascular mortality rate by 45 percent. The research also showed running can decrease all health risks, such as heart attacks and strokes by almost a third.

After the study was published in 2014, there were questions raised. Lee worked with postdoc research associate Angelique Brellenthin to attempt to find answers, such as to the question of how much running was too much, or if there was such a thing.

“We found that less than one hour per week of running provided the maximum benefits compared to runners who ran three hours or more [per week],” Lee said. “Normally people think ‘If I run more, there will be bigger benefits.’ But we didn’t see that.”

The researchers found more surprises while writing the article.

“One thing that was surprising to me was that running appeared to be superior than other types of physical activity,” Brellenthin said. “Runners alone who were inactive in other types of activities had a larger reduction in their risk of death compared to others who were quite active in other activities but did not run.”

Something else unexpected from the study was winning the Atlas Award, Brellenthin said.

“I was excited,” Brellenthin said. “It was definitely an honor to be a part of a paper that received such good public attention and delivered a nice public health message.”

Although neither Lee or Brellenthin were quite sure why their article was chosen, they each attributed it to the fact that running is so universal and the health benefits from it can reach a wide range of people all around the world.

“Running is a type of physical activity that anyone can do,” Lee said. Lee plans to continue researching on the health effects of running. He also plans to begin a new research project with Brellenthin called CardioRACE.

In this study, Lee and his team will study the health differences in aerobic, resistance and a combination of the two exercises. The team will also compare the findings to people who do not exercise.

“At the moment we aren’t focusing on running and more focusing on getting this controlled trial off the ground,” Brellenthin said.
POLICE BLOTTER

SEPT. 1, 2017

Andrew James Grace, age 19, of 230 Campus Ave Unit 419 - Ames, IA, was arrested and charged with public intoxication and unlawful use of license at West St and Hyland Ave (reported at 2:06 a.m.).

Mason Ryan Mann, age 21, of 1506 Maxwell Ave - Ames, IA, was arrested and charged with operating while intoxicated at Mortensen Rd and State Ave (reported at 2:00 a.m.).

Benjamin William Sand, age 18, of 204 Beach Rd Unit 114 - Ames, IA, was arrested and charged with public intoxication at Schenam Building (reported at 2:28 a.m.).

An officer assisted an individual who was experiencing medical difficulties at Wilson Hall (reported at 2:31 a.m.).

An individual reported the theft of a wallet at Parks Library St and University Blvd (reported at 2:49 p.m.).

An officer initiated a theft related investigation at the Plant Hall (reported at 11:16 a.m.).

A person called the financial aid office about a financial aid issue at Scheman Building (reported at 2:28 a.m.).

James Thomas Nesbit, age 18, of 8366 Larch Hall - Ames, IA, was cited for possession of alcohol under the legal age at Linden Hall (reported at 10:18 p.m.).

An officer initiated a harassment related investigation at Lot 61C (reported at 10:27 p.m.).

Christian Ray Kirk, age 21, of 224 Boyer Ct - Ames, IA, was arrested and charged with public intoxication at Molecular Biology (reported at 10:57 p.m.).

An officer assisted an individual who was experiencing medical difficulties at Linden Hall (reported at 11:49 p.m.).

SEPT. 2, 2017

Aaron Thomas Clifford, age 21, of 4300 Westbrook Dr Unit 17 - Ames, IA, was arrested and charged with public intoxication at State Gymnasium (reported at 5:33 a.m.).

Daniel Forrest Swegle, age 18, of 315 Richardson Ct Unit 233 - Ames, IA, was arrested and charged with operating while intoxicated at Lot 508 (reported at 2:22 a.m.).

Levi James Burchard, age 21, of 709 2nd St NW - Dyersville, IA, was arrested and charged with public intoxication - 2nd offense at Lot 7 (reported at 2:12 a.m.).

An officer assisted an individual who was experiencing medical difficulties at 24 Frederiksen Court (reported at 4:09 a.m.).

Morgan K Fisher, age 18, of 926 Hayward Ave Unit 8447 - Ames, IA, was cited for possession of alcohol under the legal age at Lot G3 (reported at 2:39 p.m.).

Stephan Darien Penberthy, age 19, of 100 Wartburg Blvd - Waverly, IA, was cited for possession of alcohol under the legal age at Lot G2 (reported at 2:39 p.m.).

I-70/00973 Alcohol Violation, ICT G3 (reported at 3:35 p.m.). Gerardo Alexander Fernandez, age 18, of 236 233 - Ames, IA, was arrested and charged with operating alcohol under the legal age.

Beach Rd Unit 4246 - Ames, IA, was cited for possession of alcohol under the legal age. Report Completed.

- 001G74 AlcoholViolation, JRO2G2 (reported at 2:55 p.m.). GabrielleMomorBergen age20of412

Westbrook Dr Unit ft - Ames, IA, was cited for possession of alcohol under the legal age. Repror
Transgender military ban is unconstitutional

Let everyone who can, serve

BY SARAH HAYS
@iowastatedaily.com

“No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States.” – 14th Amendment of the Constitution of the United States of America

The Constitution, a document that the United States government abides by, and has abided by since 1787, has shaped and still shapes the United States into what it is today. From civil rights, to the freedom of speech, this country has used the constitution as a handbook to tranquility for centuries.

So, why stop now? Trump signed a memorandum Aug. 25 that aligned with his tweets a month prior.

After consultation with my Generals and military experts, please be advised that the United States Government will not accept or allow......

....Transgender individuals to serve in any capacity in the U.S. Military. Our military must be focused on decisive and overwhelming victory and cannot be burdened with the tremendous medical costs and disruption that transgender in the military would entail.

The memo that he signed declared that the U.S. military can no longer allow transgender men and women to serve in the military. It also declared, that unless the process is already underway, no one in the military will receive government funds for sex-reassignment surgeries.

This memorandum seems to ‘abridge the privileges or immunities of citizens of the United States’ to me. Why should gender identity impact whether or not a person can defend this country? According to Trump and his Twitter account, “our military must be focused on decisive and overwhelming victory and cannot be burdened with the tremendous medical costs and disruption that transgender in the military would entail.”

Many lawsuits have been filed against this ban, most of them on behalf of transgender individuals that are, were or hope to be in the military. According to the ACLU, one of the groups that has sued, roughly 8,800 transgender people are enlisted in the military right now. These individuals in the military do not deserve to lose the privilege to serve due to who they are.

In an unsettling way, this seems familiar to all of the bans against minorities serving in the military. Every minority was deemed a distraction, or just not fit for the job. Yet, the United States has enlisted people of different races, sexes, social and sexual identities for years. People that, before they thrived there, were deemed a disruption. Despite worries that minorities will hurt it, the U.S. Military still flourishes today as the strongest military in the world.

As for “cannot be burdened with the tremendous medical costs,” medical care that is gender related costs $8.4 million out of the $49.3 billion of the expenses toward Defense Department healthcare. In reality, this seems to me worth the opportunity that transgender Americans deserve.

The memo states, “All services must ensure that gender reassignment medical care is not funded by the services.”

We all deserve the right to protect and serve our country, and why should we ever take that away? If anything, this country should want all the help it can get, especially in this time of natural and societal disasters.

The United States should be united and join together, no matter what your gender identity, sexual identity, race, sex or religion is. Picking and choosing who is a member of the United States military is a form of discrimination, and definitely not a quality of unity. If a person wants to defend this country, let them defend this country.
Running to a dream

BY MAGGIE DAVIS
@iowastatedaily.com

Iowa State junior Greyson Dolezal (3) leads the pack during a meet during the 2017 spring track and field season.

Iowa State junior Greyson Dolezal will be 100 percent healthy for the first time in his collegiate cross country career this season. He hopes to prove his spot on the team as a walk on.

No spotlights. No scholarships. An underdog story in a Nike commercial couldn’t have put it better.

Junior Greyson Dolezal certainly took an unorthodox road to making the Iowa State men’s cross-country and track teams. And for Dolezal, this road was not without its up and downs.

A 2015 graduate of Linn-Mar High School in Marion, Iowa, Dolezal’s cross-country career began as a sophomore. It quickly was challenged.

Dolezal credits his sisters with getting him into cross-country.

The following spring of 2013, his first year as a member of the varsity squad, he attended the Drake Relays as an alternate, and was part of the 2013 State Championship team that brought home the first boys state track title in school history.

“That [winning the state title] kind of motivated me my junior year to get off that alternate spot and participate in those meets,” Dolezal said. “I ran all cross-country season with some pain in my foot, not really thinking much of it.”

As it turned out, Dolezal had not one, but two, but three stress fractures in his foot. All at the same time.

Stress fractures are common injuries among runners. As the name implies, repeated stress or impact over a period of time is generally the cause of these hairline cracks, often found in the tiny bones of the feet. After the cross-country season was over, Dolezal took 8-12 weeks off in order to recoup and let the fractures heal. Then it was time for track.

“I was still able to improve, but not a lot in track my junior year,” Dolezal said.

His foot had healed before the start of the 2014 track season, but something was wrong. Again.

In hindsight, it’s clear to Dolezal what the problem was, but at the time, he didn’t understand why he couldn’t keep up with the same guys he had been running with previously.

As the fall progressed, Dolezal didn’t feel right.

Even though he was training normally, he couldn’t continue to feel out of shape. About halfway through the season, his dad searched with the results pointing to an iron deficiency.

Another fairly common ailment among distance runners in particular, low levels of iron in the blood, (or being “iron deficient”) can lead to increased fatigue in workouts and greatly hinder performance.

By the time the problem was uncovered and Dolezal’s senior season had come to a close.

Kyle Hoffman, who has been coaching at Linn-Mar for 13 years, attested to Dolezal’s work ethic despite the obstacles he’d been forced to overcome.

After the 2014 cross-country season, Dolezal ran in a Nike Regional meet, and, his former coach explained, ran a really good time for having not been 100 percent most of the season.

“He was completely focused for track,” Hoffman said. And focused he was. Dolezal dropped about six seconds from his 800-meter time, going from a 2:01 to a 1:55 his senior season of track. He became Linn-Mar’s main 800-meter runner, and lead off their 4x800-meter relay that year.

That following summer was when Dolezal really decided he wanted to run as a Cyclone. So, with the help of Hoffman and, occasionally, a few friends who were college runners, Dolezal trained through that summer after graduation.

“He wanted something, and so he’s going to do what he can to get it,” Hoffman said.

He missed the mark by just a few seconds and he entered his freshman year at Iowa State, disappointed in not having made the team. He joined the running club at Iowa State.

“I have a vivid memory of the first time I met him [Dolezal],” said William Graham, the current president of the running club and a fifth year senior at Iowa State. “We were supposed to have a tough workout that day, and we asked Greyson if he wanted to run with us. He ran the entire workout with our top runners. We were like, who is this kid?”

The Iowa State running club offers an opportunity for casual runners. Dolezal began competing for the club, and ended up racing for the club in the National Intercollegiate Running Club Association national meet finishing 11th overall.

“He was quiet and he worked hard,” said Robert Scandlon, former president of the running club.

After that first fall with the running club, Dolezal said he began to be at peace with the fact that he hadn’t made the Division I team. Then, near the end of February 2016, Dolezal was doing a running club workout in the Lied Center Recreation Facility.

“We have a lot of talented athletes that join our run club, and they’re indoors, so we see them all the time,” said Jeremy Siddbury, men’s cross-country assistant coach.

“The coach approached me, and I was with another guy. I thought he was coming to talk to him, and he started talking to me,” Dolezal said.

And just like that, Dolezal was offered a walk-on spot, and to begin almost right away in the upcoming outdoor track season. However, Dolezal wasn’t in the clear just yet.

An ankle sprain that summer took him out of competition for the cross-country season. Similar to his high school career, Dolezal bounced back for track, and competed in four indoor track meets and four outdoor meets in the 2016-17 season.

Now, healthy at last for cross-country, this 2017 season will be Dolezal’s first competitive cross-country season as a Cyclone.

“I’m nervous and excited,” Dolezal said. “I’m excited to see where it goes and what we [as a team] can do. It’s [going to be] an exciting year.”
Museums have always been known as a place to appreciate the artistic works of others in a quaint, quiet environment, but now, University Museums is asking those same attendees to think about what they’re viewing in a different way.

“I think it’s important for people not just to learn ... but to think about what’s happening today,” said Sarah Nusser, Vice President for Research for Iowa State. “How is that affecting us?”

The reACT Gallery is a series of artistic showcases which encourage people not only to absorb and appreciate the physical attributes of the artwork being showcased, but also to think and react to what is being presented before you.

“T here is a conversation about everything,” said Nancy Gebhart, Educator of Visual Literacy and Learning for University Museums. “Whenever anyone starts a conversation with me about a certain piece, I’ll always ask them, ‘What did you see that made you say that?’”

Conversations could be seen and heard everywhere at Tuesday afternoon’s reACT Gallery Kickoff at Morrill Hall’s Christian Petersen Art Museum. On top of the traditionally painted and sculpted pieces arranged on the wall and behind cases, there were also interactive aspects that encouraged attendees to voice their own opinions.

“This gallery hinges on your participation,” Nusser said. “It isn’t a place where you come, look, say ‘That was nice’ and walk away.”

Attendees are encouraged to hang post-it notes on a specific wall defining and giving their opinions on each month’s topic, as well as speaking behind a podium to voice their thoughts on the matter, which also doubles as a photo-op.

On top of that, the reACT Gallery also features commentary from Iowa State scholars that hang next to each piece of art which promotes thinking and reflecting upon each individual piece from different points of view. Scholars are considered any Iowa State student, staff, and/or faculty member, and any scholar is eligible to submit their opinions on a specific piece of art.

“It isn’t so much about analyzing the individual details about the art itself, it’s more about responding to what you see and discussing with others about how you feel,” said Aspen Pflanz, Education Intern for University Museums.

This month’s theme at the reACT Gallery is “Leadership.” Every piece presented is based around what it means to be a leader, and how famous leaders in history exemplified that definition. Many pieces are based around viewing these leaders (George Washington and Abraham Lincoln, just to name a couple) in ways that they aren’t often remembered for.

The “Leadership” gallery will run until Sept. 29. The remaining galleries of the year include "Water" (Oct. 23 – Nov. 17), “Green Dot” (Jan. 22 – Feb. 16), and “First Amendment” (Apr. 2 - Apr. 27).

The reACT Gallery is open from 11 a.m. to 4 p.m. on days that class are in session. The event is free to attend.
we’re grilling out

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