Kody Olson was born hearing. However — when he was just two years old — an incident at daycare would inadvertently alter his way of life. Olson doesn’t remember specifics, but knows this for a fact: He was bitten by a kid at daycare and contracted bacterial meningitis — a spinal cord infection — as a result. This led to nearly 48 hours of vomiting and a misdiagnosis of strep throat by the county hospital. He was then referred to the hospital at the University of Iowa where they properly diagnosed him with the bacterial infection. And it was only some time later after a bedtime story from his aunt, and a lack of response on Olson’s part, that his family came to the realization: Kody was Deaf. “To have only lost my hearing is pretty fortunate because I could have lost my ability to walk, or just a wide range of things,” Olson said. “To only lose my hearing was probably a good outcome.” Olson was then implanted with a cochlear implant in his right ear — a decision his parents had to come to pretty quickly. A cochlear implant is an electronic medical device that replaces the function of a damaged inner ear. By the time the first surgery was done, Olson said, his left cochlea was so thick it couldn’t be penetrated as his cartilage had turned to bone, leaving no choice but to only have one implant. “And that is how I became Deaf,” Olson said.

GROWING UP DEAF

Olson, who is currently a senior in global resource systems, grew up in Keswick, Iowa. Population: 240. “It’s a very small town and a very small community,” Olson said. “Growing up Deaf is really unique. What was so unique about it was — and not many deaf people have this experience — is from kindergarten all the way until my eleventh grade in high school, I had the same interpreter.” Mesty DeWitt, Olson’s interpreter, was kind of like a second mom, he said. The two would go on FFA trips together and eat dinner with each other’s families, in addition to being with each other from 8 a.m. to 3 p.m. every weekday. What was even more unique for Olson was that his class learned sign language, as well. “We all learned sign language together,” Olson said. “Everyone in my class knew basic sign language, so it was a really cool experience to grow up in such a supportive community.” But the transition to Iowa State — which boasts a population of more than 36,000 students — wasn’t exactly easy. “My whole freshman year was all about learning about my Deaf identity,” Olson said. “The disability of being Deaf is so much more than not being able to hear. There is culture behind it, there is an entire language behind it.” The fact that Deaf people have their own jokes, social norms, art and culture, Olson said, was something he had never considered before he came to Iowa State. This is exemplified through Olson’s unique experience — instead of having one interpreter that he grew up with, he now has four to six. “You talk to Megan [Johnson] and she’ll say my
Disability Awareness Week kicks off Monday

BY DANIELLE GEHR
@iowastatedaily.com

This week is Disability Awareness Week and Iowa State has events planned to honor it.

From a panel on disability and sexuality to an opportunity to experience navigating Parks Library in a wheelchair, events Monday through Thursday will educate the community on issues related to the experiences of people with disabilities.

“So Like, Can You Do It?” Disability and Sexuality

Those attending the event will answer questions on how sex with disability is different as well as the effects of disability on the development of sexuality and how the disability identity impacts the relationships.

Alliance for Disability Awareness Ice Cream Social

Enjoy Ice Cream and Sherbet with the ADA at 5 p.m. Wednesday in the Lobby of the Student Services Building.

Disability Summit

Reiman Gardens will host a Disability Summit from 9 a.m. to 4 p.m. Thursday with former Sen. Tom Harkin giving the keynote address.

This is an annual event which brings together disability resources providers in Iowa higher education.

The day will consist of discussing, educating and collaboration planning for their work throughout the year.

Harkin was tapped by Sen. Ted Kennedy to draft legislation to protect the rights of American workers with mental or physical disabilities, according to the University of Chicago Institute of Politics.

Harkin’s late brother, Frank, was deaf from an early age which gave him firsthand knowledge of the challenges people with disabilities face.

Harkin’s legislation eventually became the Americans with Disabilities Act.

“The ADA, known as the ‘Emancipation Proclamation for people with disabilities,’ changed the landscape of America by requiring buildings and transportation to be wheelchair accessible, and to provide workplace accommodations for people with disabilities,” the University of Chicago Institute of Politics website said.

Step Into My World

The Iowa State community will have the opportunity to see what a day at the library is like for someone in a wheelchair or a white cane.

Participants will meet at the Parks Library entrance Friday at 10 a.m. where they will be given a mobility assistance device. The event will end at noon.

Those with questions or who need reasonable accommodations to participate in these events should contact the Student Disability Resources Office.
The start of Ames Pridefest

BY JACEY GOETZMAN
@iowastatedaily.com

Clad in pride flags and ponchos, members of the Ames community and more gathered to celebrate the inaugural Ames Pridefest at Bandshell Park despite rain showers.

Ames Pride, partnered with the Ames Public Library, created the first annual Ames Pridefest in the hopes of building community. Over 400 people came, bringing visitors from Ames Middle School, churches and health organizations as well as others together.

Joel Hochstein, chair of Ames Pride, said the event was an overt place for folks to exist and celebrate each other as well as themselves in the heart of the city. “I’m really excited to see Ames start this,” said Morgan Amos, a 2017 graduate of Ames High School.

Amos sported a rainbow flag given to her by her godmother. For Amos, it shows that she isn’t afraid to be herself. Pride gives Amos a place to express that.

“It’s a place where you can do anything and be whoever you want,” Amos said.

Amos, who has visited other Pride celebrations in the past, believes that the event should take place in every town where it can happen safely.

“It can be so terrifying to feel like you’re the only one going through something,” Amos said. “When you see these other people at a Pridefest … just being themselves, it gives you the strength to be like, ‘OK, well, I guess I’m not the only one.’”

At her first pride event, Amos recalled being the happiest she had ever been.

“I was just freaking out. I felt so amazing,” Amos said. “[I felt] empowered being myself.”

Deborah Blaedel, another Ames Pridefest attendee, expressed her feeling of pride by sporting a shirt that proclaimed she is the mother of a queer kid.

“I’m just a mom who’s proud of her kid,” Blaedel said. “They are articulate, brave, passionate about justice and willing to take risks for what they know is right.”

Blaedel not only loves her child, but also believes that having a queer kid has taught her more about knowing what is important in life and enjoying it.

“I wish I could share with all the parents who are having trouble with [their children’s] identity … that this is probably one of the best things that’s happened in their family and in their life if they could only embrace it and embrace their child,” Blaedel said.

Blaedel wishes she could show others that “we are all who we’re meant to be.”

“We’re not on the other side of the wall,” Amos said. “We’re in the same world.”

Amos hopes events such as Ames Pridefest show that the LGBT community, as well as its allies, are welcoming. The Ames Pridefest followed a designation Mayor Ann Campbell made earlier declaring Oct. 8 to 14 “Coming Out Week.”

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Norman Borlaug Lecture - Betting on Africa to Feed the World

Presented by the 2017 World Food Prize Laureate
Alkinwumi Adesina

Dr. Norman Borlaug (1914-2009) was a Cresco, Iowa, native whose discoveries sparked the Green Revolution. He received the Nobel Peace Prize in 1970 for the contribution to the world peace through his wheat research and production that saved millions of lives worldwide. He founded the World Food Prize in 1986 to recognize the achievements of individuals who have advanced human development by improving the quality, quantity or availability of food in the world.

Monday, October 16, 2017
8 pm - Great Hall, Memorial Union - Iowa State University

A reception and student poster display will precede the lecture at 7 p.m. in the South Ballroom.

Alkinwumi Adesina is President of the African Development Bank and the 2017 World Food Prize Laureate. Heralded as “Africa’s Norman Borlaug,” Adesina has for the past two decades helped transform African agriculture. He organized the 2006 African Fertilizer Summit, was an early leader in the Alliance for Green Revolution in Africa, and more recently, served as Nigeria’s Minister of Agriculture. His policy reforms in support of the African farmer have expanded access to financing and credit, helped end corruption in the fertilizer and seed sectors, and promoted investment in agriculture from both the public and private sectors.

In conjunction with the annual World Food Prize Celebration, this lecture is coordinated by Iowa State University’s Nutritional Sciences Council and cosponsored by the Office of the President, Seed Science Center, World Affairs Series, and the University Committee on Lectures (funded by Student Government.

IOWA STATE UNIVERSITY
POLICE BLOTTER

10.13.17
Abdullah, age 38, of 4404 Lincoln Way — Ames, IA, was arrested and charged with simple assault (Case update).

Joshua James Dinga, age 20, of 2136 Lincoln Way — Ames, IA, was arrested and charged with possession of drug paraphernalia at Sunset Dr and Beach Ave (reported at 12:38 a.m.).

Kevin Leon Poster II, age 23, of 4003 Mortensen Rd Unit 311 — Ames, IA, was arrested and charged with operating while intoxicated, failure to obey stop or yield signs, and operation without registration at Lot 61G (reported at 2:28 a.m.).

An individual reported the victim of a fraud at Armory Building (reported at 11:47 a.m.).

An officer investigated a property damage collision at Lot 54 (reported at 12:02 p.m.).

An officer initiated a drug related investigation at Armory Building (reported at 2:41 p.m.).

An individual reported damage to a vehicle at Lot 79 (reported at 5:44 p.m.).

Mark Alan Rix, age 20, of 209 Oak St — Audubon, IA, was cited for possession of alcohol under the legal age at Knapp St and Lynn Ave (reported at 10:50 p.m.).

Cameron Charles Reed, age 19, of 11225 Hanover Ave — Halyard, IL, was cited for possession of alcohol under the legal age at Geoffroy Hall (reported at 11:31 a.m.).

Brad Scott Modal, age 18, of 2152 Lincoln Way Unit 1246 — Ames, IA, was cited for possession of alcohol under the legal age at Geoffroy Hall (reported at 11:31 a.m.).

CORRECTIONS
The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.
Don’t compromise on sexual harassment

After Hurricane Harvey left mainstream news, another Harvey popped up. Over a week ago, a New York Times report exposed rape and sexual assault allegations on a Hollywood film producer, executives of Miramax and one of the major democratic benefactors, Harvey Weinstein.

The report uncovered that Weinstein had been engaged in this wild act for the last three decades, where he had battered many colleagues including young actresses, assistants, interns and even reporters. After the story broke out, multiple women encompassing renowned actresses, reporters and other Hollywood insiders quickly joined the list of accusations and started sharing the dreadful attacks of sexual misconduct and harassment by the filmmaker.

The situation not only painted a grim picture of the film industry but also as the filmmaker. It is one of the major workplace problems and the most dreadful act of misconduct that can impact an individual’s participation in society.

In response, eminent celebrities and politicians condemned this disgraceful act, and the Weinstein Company’s board has fired Harvey Weinstein last Sunday. However, in spite of total condemnation and dismissal from the office, Hollywood’s culture of silence around sexual abuse may not change, and no doubt, the problem will prevail.

Sexual misconduct and harassment is a grim stain on our society that needs to be addressed with iron hands.

Many will also argue that many programs, specifically football programs, don’t turn a profit, so they can’t afford to pay the players. This is, quite frankly, ridiculous.

First of all, if programs like Iowa or Alabama or Stanford or Minnesota can afford to give their coaches multi-million dollar contracts, they can afford to share some money with the players.

Also, another reason that many programs don’t turn a profit is because they blow money on things that are not strictly sport related.

For example, the University of Georgia has a DJ booth in its football locker room. Again, if a program can get a DJ booth in its locker room, it can afford a small amount of compensation for its athletes.

If none of this moves you, there are still other things the NCAA could do for its athletes besides paying them. For example, allowing athletes to unionize and represent themselves as employees would give student-athletes the ability to get more fair treatment.

They could negotiate for higher scholarship amounts because, contrary to popular belief, many schools can’t actually give scholarships that cover the full cost of college.

They could also negotiate for medical costs to be covered by the NCAA, prevent colleges from reselling scholarships due to serious injury and the ability to benefit commercially from their abilities.

To be clear, this falls short of paying the athletes outright, but at least it would allow the players to be treated more fairly by the NCAA and their universities.

These athletes are incredibly gifted, and they work hard for the opportunities they get. They deserve to be treated as employees by the people that are making billions off their backs.

Otherwise, the NCAA’s corruption and malpractice will continue to take advantage of kids who are simply trying to live out their dreams.
Montgomery’s milestone
Running back reaches 1,000 yards in the rain

Iowa State running back David Montgomery breaks from the pocket during the Cyclones’ 45-0 win over Kansas on Oct. 14, 2017.

BY EMILY.BARKE
@iowastatedaily.com

Maybe it was the rain, maybe it was the lagging Kansas defense. Either way, Iowa State running back David Montgomery made it into the career 1,000-yard club Saturday as the Cyclones shut out the Jayhawks in a 45-0 win.

The game was delayed for 37 minutes due to lightning, but Iowa State wasted no time getting the ball to Montgomery, who rushed the first three downs of the game and got into the end zone for the first score of the game for the Cyclones.

It wasn’t the last time he’d see the end zone.

He reached the 1,000-plus-yards milestone sometime in the second quarter, finishing the first half with 52 yards and two touchdowns. Montgomery finished the game with 68 yards and three touchdowns.

Because of a number of Kansas errors and extra effort from Iowa State’s special teams, the Cyclones had good field position throughout the game and it didn’t require many yards to get to the end zone.

“I’d say special teams and defense played great, miraculously. But you know, we on offense, we’ve just got some things to clean up,” Montgomery said.

After the game, Montgomery compared the field conditions to a slip and slide.

“Like when you're 10-years-old and you go sliding down a hill and your mom says you come in the house with that mud on and she’s going to beat you,” Montgomery said.

Those conditions affected the yards he was able to get on the day, as he said he could not cut or be as shifty as he wanted to be.

Not every seat in the stadium was filled, but Iowa State head coach Matt Campbell credited the fans who did come out.

“To be honest with you, the weather as bad as it was, I thought nobody would be here,” Campbell said. “That was really special today, to come out there and see that kind of crowd here with the conditions.”

Kansas had two turnovers on their first two touches of the game — fumbling on the punt and an interception — allowing the Cyclones to go up 14-0 early. It didn’t get better for the Jayhawks, who had 11 drives resulting in 3-and-outs during the game.

The game also came after Iowa State’s upset of No. 3 Oklahoma in Norman, which was one of the biggest wins in school history.

Montgomery now has 478 yards rushing this season and 1,041 rushing yards in his career.

The sophomore had two 100-plus-yard games this season coming into Saturday’s game.

“Montgomery said the team came back and played harder in practice this week after the upset on the road.

“The only recipe for success is one day at a time and one game at a time,” Campbell said. “The reality of this conference is anyone can beat anyone.”

Earlier this season, Montgomery said a lot has changed for Iowa State since the previous season. Montgomery said the biggest difference is culture.

“The only way we have a chance to be good is we have to be a team. We’re not good enough on offense. We’re not good enough on defense … We have to play series to series team football. And, you know, we’re starting to get it.”

“That was really special today, to come out there and see that kind of crowd here with the conditions.”

-Matt Campbell
Personal trainers on campus bust some of the workout myths around exercising.

Stop trying to fix yourself: Advice from State Gym's personal trainers

I’ve got to fix myself. I’ve got to change myself. I’ve got to lose weight.”

Nora Hudson has found this to be a common mentality of people beginning an exercise program. Hudson graduated with a Master of Science in cardiovascular health and exercise and works as the assistant director of fitness at Iowa State. She said this distortion has stemmed the progress and enjoyment of many students trying to better their physical health.

“We are so driven to how we look defines who we are,” Hudson said.

As many as eight out of ten students cite losing weight as the first reason for seeking help in fitness as they walk into Hudson’s office. Hudson said these people often think, “If it’s not hard, it’s not going to be effective.” This attitude leads to short-term success and a short-term commitment to exercise.

“Especially if people are going for that weight loss, you can see people kind of killing themselves trying to get to that point. Whereas that’s kind of discouraging to them especially if they don’t see the results that they want. Whereas if they take a more moderate approach they’re going to feel better during the workouts, they’re going to want to continue it the long term, which is super important, as opposed to that short-term goal.”

Hudson mentioned one study found that 80 percent of college students within their freshmen year are dissatisfied with how they look. Hudson said this heavy focus on appearance often leaves the enjoyment of exercise overlooked and undervalued.

“Just realizing the consistency and the enjoyment of the activity is the most important, and it’s not the intensity,” Hudson said.

Zaplatosch also found that focusing too much on the scale can be problematic.

“They can get very focused on the numbers, which isn’t always good because fitness is beneficial for so much more than just burning calories,” Zaplatosch said.

Hudson said the scale limits people — the number is either good or bad based on how we interpret it, but it is important to think about the function or quality of life you are trying to improve rather than being concerned with a specific measurement.

Hudson said someone’s weight or BMI doesn’t determine what he or she can do. Just because someone doesn’t have an eight percent body fat content doesn’t mean he or she can’t be strong.

Hudson offered a better approach to viewing fitness. Hudson suggested to view the body as a container that serves the internal self. To best serve the internal, Hudson said, we have to take care of it.

“The fix myself” distortion is furthered by other fitness misconceptions.

Hudson said most people’s idea of moderate exercise is actually highly intense exercise. Many people are actually over-exercising.

“Most of the athletes, they’re trying to train in a zone that’s moderate,” Hudson said. “I think society sends this false message that everyone is working at this high intensity all the time.”

Hudson said the body can adapt to activity five to ten percent greater than its normal routine.

For people just starting out, she recommends 15 minutes of light exercise, eight to ten minutes of resistance training of large muscles, and finishing with light stretching.

She’s found that when people start out and think they need to exercise six days a week, their body initially performs more highly due to stress and adrenaline, but it cannot consistently maintain this high level of intensity. When their body can’t do what it could initially, it leads people to feeling as though they’ve failed and quitting, Hudson said.

Zaplatosch has found that some students set too many goals at one time.

“I’d say a lot of people try to do too much at once. They’ll set too many goals and they might be kind of contradictory goals. They’ll say I want to improve my endurance, but I also want to get strong, but I want to lose weight, but I want to gain muscle. They’ll try and do all that at the same time, but really, it’s better to focus on small goals, or one or two goals and really put all the effort towards that. And that’ll encourage them too as they see progress being made.”

Over exercising can lead to physical problems such as joint issues and immune disorders such as chronic fatigue and rheumatoid arthritis Hudson said.

She emphasized that focusing on how you look as opposed to the quality of life you want to have causes you to miss the larger picture.

“The hard part is it gets you stuck. It gets you stuck in being tied to an external and so it never gets you working on the internal that’s really the cause of your disappointment with what’s going on or on your misjudging yourself. We see this vicious cycle; it then ensues the road where [fitness] is more harming than helping.”

Hudson said at about four weeks is a reasonable time for new exercisers. She even said it is part of a gym’s business strategy.

“That’s what most gyms bank on, that 60 percent of everybody who joins will drop out in-between four to six weeks.”

However, if people actually focus on doing exercise they enjoy, they are more likely to stick with it.

“My best advice is to find an activity that makes your body feel more alive and that you can maintain,” Hudson said.

“I’d say focus on what you can do with your body and be proud of the progress you make.”

Zaplatosch said, “Just small increases you make every day in your progress whether it’s running a little faster, or moving a little more weight, or you’re doing yoga or mastering a new pose, it’s all those little personal records, I guess you could call it, in each workout. It’s all making you better. So really keep that in mind and use that to kind of fuel your work outs for the future.”
Iowa State freshman Lindell Wigginton dunks during the scrimmage portion of Hilton Madness on Friday. The event is an opportunity for fans to get excited about Cyclone basketball while showcasing the men's and women's teams.

Wide receiver Marchie Murdock runs to score an eight yard touchdown on a catch from Kyle Kempt.

Members of the Iowa State Varsity Marching Band performs in their rain gear before the game against Kansas on Saturday at Jack Trice Stadium.

Iowa State linebacker/quarterback Joel Lanning looks for an opening during the Cyclones' 45-0 win over Kansas on Saturday.