The Durham Data Center recently received a $1.2 million High Performance Computing (HPC) cluster called NOVA. This new cluster will help research in many different areas on campus.

NOVA was purchased through grants and funding through efforts by Information Technology Services (ITS), the Office of the Vice President for Research, and the Engineering, Liberal Arts and Sciences and Agriculture and Life Sciences colleges, according to the Iowa State University Information Technology article.

This provides access to petascale systems that help support large-scale computing needs for Iowa State.

The new machine has three times the memory and more processors than previous clusters. “We like to say HPC clusters turn centuries of work into weeks, allowing our researchers to tackle enormous projects that would otherwise take a lifetime,” said Jim Coyle, the director of HPC.

NOVA is available to those who have purchased nodes and storage as well as some colleges and departments that have also purchased nodes and storage for research.

Anyone interested in purchasing nodes and storage in NOVA are able to submit a purchase form at www.hpc.iastate.edu.

A Day Without Art.

Day Without Art is one of the events Iowa State is having for Global Health Week and its purpose is to mourn the loss of people who have died from HIV or AIDS.

World mourns those who have died from HIV, AIDS

By Logan Metzger
@iowastatedaily.com

Around the world people come together to mourn losses on World AIDS Day. World AIDS Day and Day Without Art take place annually on Dec. 1. Both days are used as a way for people to mourn the losses they have had this year due to AIDS/HIV and look toward the future.

World AIDS day was founded in 1988, as the first ever global health day according to the World AIDS Day website, with Day Without Art being founded in 1989.

Saturday, Dec. 1, will be the 30th anniversary of World AIDS Day and the 29th anniversary of Day Without Art. Globally there are an estimated 36.9 million people worldwide living with HIV/AIDS as of 2017, according to HIV.gov, with more than 3.1 million living in the United States.

“Gay, bisexual, and other men who have sex with men bear the greatest burden by risk group, representing an estimated 26,200 of these new HIV infections,” according to HIV.gov.

The virus was only discovered 34 years ago in 1984, but it has killed more than 35 million people, according to World AIDS Day.

World AIDS Day and Day Without Art were created to draw attention to these people who were being ignored.

“More than 800 arts organizations, museums and galleries throughout the U.S. participated [in the first Day Without Art].”

ISU receives new data cluster to help research

By Jordyn Dubois
@iowastatedaily.com

The Durham Data Center recently received a $1.2 million High Performance Computing (HPC) cluster called NOVA. This new cluster will help research in many different areas on campus.

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NOVA is the fourth type of cluster to be added to Iowa States HPC following CyEnce, HPC-Class and Condo. These similar clusters are able to store research at a smaller capacity then NOVA, but were able to help previous research at the university.

“The initiative itself provides a resource for researchers that is much larger than any individual researcher or department or college could afford,” said Sarah Nusser, vice president for research.

She also said 121 researchers have bought in both individually and in groups to help purchasing parts of the HPC system.

Nusser said with NOVA, researchers are able to make significant contributions to their fields as well as increase competitiveness of their funding.

This allows them to gain visibility and prestige for both themselves and Iowa State.

Associate Dean for Research for the College of Engineering Arun Somani said every two years a new machine becomes the old machine, which puts the life of the machine at four or five years.

“To me it's like building, you have buildings to do research and you need computers for research now,” Somani said.

NOVA allows researchers and groups to work together by pooling together all the data and accomplish goals in multiple domains.

This also decreases the time it takes to process data resulting in faster breakthroughs in research.

NOVA is available to those who have purchased nodes and storage as well as some colleges and departments that have also purchased nodes and storage for research.

Anyone interested in purchasing nodes and storage in NOVA are able to submit a purchase form at www.hpc.iastate.edu.
Art Mart Holiday Sale
Jane Jacobson, checks the price of a sign done by workspace instructor. Kristen Eridman, at the Art Mart Holiday Sale on Thursday in the Memorial Union. The sale goes through Dec. 2.

POLICE BLOTTER
11.28.18
An officer investigated a property damage collision at Lot 94A (reported at 7:17 p.m.).

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.

CORRECTIONS
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ask me Ames
Here at the Iowa State Daily we’re excited to announce a new initiative we’re launching called #AskMeAmes. Why? Because we believe that journalism can best serve its community when our readers are involved in the reporting process.

So, instead of just assuming that we know what type of stories you’d like to read, you can tell us. And it’s an easy process, trust us.

To produce #AskMeAmes, we’re partnering with Hearken, a consulting service and platform that aims to generate “deep audience engagement that builds trust and leads to original, high-performing journalism.”

We want your questions to shape the stories we do. You can ask us anything about the Iowa State campus or the greater Ames area that you want to know but might not be able to find through a Google search. Your questions can be about anything, silly or serious.

You might wonder:

• How many Iowa State students live in Ames and what impact does that have on its population?
• How will my identity be perceived on campus?
• What’s the most common type of restaurant?

From there, we’ll put some questions up for a vote so that you can weigh in on which question you’re burning to have answered. If your question gets selected, our tireless newsroom staff will begin reporting and writing the story.

As a news organization, the Iowa State Daily sees it as pertinent to its role of serving the community by providing a platform to facilitate discussion, build curiosity in our community and empower our readers, so we want you to ask us anything about identity, being who you are, and the state of diversity and inclusion on campus as part of #AskMeAmes.

So, Ames, what questions do you have about life on the Iowa State campus or in the Ames region? Ask Away!

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Chabad at ISU to host Chanukah

By Meg Grice

Chabad will not only be hosting a Chanukah party on campus but will also be lighting a six-foot menorah in front of Parks Library.

The menorah lighting and singing will take place on the Parks Library lawn at 5 p.m. Monday with a Chabad leader to follow in Curver Room 400.

The term “Chanukah” is another version of its counterpart “Hanukkah.” Because the word is derived from the Hebrew language, it’s not easily translated into English.

Though a menorah lighting took place last year, the celebration to follow is new for 2018. The Chabad Party will feature a variety of special activities, including the dreidel game and the exchange of chocolate gold coins as a gimmick.

The dreidel game comes from a Jewish legend where, when the Torah was outlawed during the time of the Maccabees by the ancient Greeks, members of the Jewish faith would play with 4-sided tops and learn the Torah orally instead. This way, the Torah was not easily translated into English.

When a battery has gone through the Resource Recovery process it can still have power in them. “Any battery that no longer has power in it is not easily translated into English. ‘Hanukkah’ Because the word is another version of its counterpart ‘Hanukkah.’” Jacobson said the best thing the facility can do is to educate citizens on the danger of throwing away these kinds of items.

“Hanukkah” is a universal message for all people,” Jacobson said. “We accept these items free of charge.” Peebler said. “It’s just not enough to power the device.” Information about what can and cannot be thrown away can be found on the City of Ames Resource Recovery System website and citizens with any questions can call for more details.

“It doesn’t matter how small the battery,” Hanson said.

Waste poses fire threat

By Taylor Adams

Fires are breaking out at the Ames Resource Recovery System more than ever, with an average of one fire or explosion per week.

Most of the time there is no damage. “It’s just safety.” said Lorrie Hanson, secretary and educator.

The most recent fire that broke out in the facility was caused by fireworks that weren’t disposed of correctly.

“We’re used to it,” Hanson said.

“It just habit now. Our employees know what to do.”

The last significant fire to spread out of hand happened more than 10 years ago and stopped production for four days.

“The biggest thing we worry about, something happening when nobody is here to see it,” said Mark Peebler, assistant superintendent.

Items that can cause these fires to break out in processing facilities are household hazardous waste, fireworks and almost anything with rechargeable batteries, which includes the rechargeable batteries themselves.

When these items go through the shredders at the plant, they can explode. Most are household objects such as lithium batteries, electronic toothbrushes, laptops, hand mixers and among many other items.

Two concerns when fires do break out are smoke inhalation and the chance of the fire spreading beyond what the fire system and employees can handle.

More often than not the employees can use the safety systems in place to put out the fires before they can spread. However the facility may still fill with smoke and can become hazardous to workers and stop production.

Various business in Ames such as Best Buy, Staples, Intert Starr Battery and the Ames Resource Recovery System will accept these items and dispose of them correctly so that kind of situations don’t happen.

“We accept these items free of charge,” Peebler said.

Oftentimes, no one can be held accountable for throwing away potentially dangerous items as the facility receives over 200 tons of garbage each day from all around Story County.

Hanson said the best thing the facility can do is to educate citizens on the danger of throwing away these kinds of items.

The Resource Recovery System sees more fires after the Fourth of July and after New Year’s Eve, two popular holidays for fireworks. As the holidays come closer, the facility would like citizens to be extra cautious on what they are throwing away.

“When a battery has gone through the Resource Recovery process it can be held in the storage bin for up to two days before it might ignite a fire. This includes those batteries that no longer power devices, as they still have power in them. “Any battery that no longer powers a device, still has 10 percent of its power,” Peebler said. “It’s just not enough to power the device.” Information about what can and cannot be thrown away can be found on the City of Ames Resource Recovery System website and citizens with any questions can call for more details.

“Doesn’t matter how small the battery.” Hanson said.

Bite Squad launches in Ames

New delivery service offers free delivery for a year

By Jordan Hamann

Bite Squad, an independent provider of online and mobile food delivery, will be making its entrance to Ames starting with their grand opening this weekend from Friday through Sunday.

As a thank you to new customers, anyone who orders food through the app during the grand opening in Ames will be gifted with a promotion of a premium subscription which includes an entire year of free delivery.

The promotion is good for this weekend only. Afterward, the premium subscription will cost $5.99 per month.

To be eligible for this promotion, customers must be new to the subscription-based service and order food through the app between the hours of 10:30 a.m. Friday and 10 p.m. CST Sunday, according to the press release.

“To make the deal even sweeter for ISU students, we’re offering $5 off to anyone willing to show us their sad fridge” said Liz Sniegocki, media relations manager for Bite Squad.

If you post a picture to Instagram of your empty-looking fridge, with the hashtag “SadFridgeTag @BiteSquad. In return, Bite Squad will send you a coupon code for five dollars off an order.

Several restaurants that customers will be able to order from include The Spice Thai Cuisine, The Grove Cafe, Le’s Restaurant, Sapori Italiani, Pot Belly Sandwich Shop and more.

“‘The biggest thing is that we’re providing a service to both restaurants and customers,” Sniegocki said.

The company partners with restaurants that currently don’t have a delivery service to serve customers beyond their restaurant doors.

Another aspect, Bite Squad prides itself on is its trained drivers.
Iowa State assistant professor of biochemistry Dipali Sashital speaks to the audience during her lecture on CRISPR technology Thursday at the Iowa State Memorial Union.

Iowa State assistant professor of biochemistry Dipali Sashital after her presentation on CRISPR technology Thursday at the Memorial Union.

The audience applauds Iowa State assistant biochemistry professor Dipali Sashital after her presentation on CRISPR technology Thursday at the Memorial Union.

Biochem professor talks DNA

New method allows gene editing

Dipali Sashita, assistant professor of biochemistry at Iowa State, discussed genome editing and the new CRISPR technology in her lecture: “Rewriting DNA: Genome editing in the CRISPR era” on Thursday night. CRISPR, which is short for CRISPR-Cas9, is a relatively new technology that can alter DNA through gene editing. Sashita is an expert in this new technology, and her lab is continuing to learn and develop this new tool for gene modification.

“Genome editing has revolutionized our ability to do biomedical research,” Sashita said. “It allows us to study genes that were previously not very easy to study in organisms. A gene is a sequence within a genome that encodes for a molecule to do an important function in the cell. There are multiple variations of codes in our DNA, and they are unique to each person. However, sometimes those code variations can cause diseases. We want to take the cells of a patient, change the DNA, and then introduce those cells back into the patient,” Sashita said. “This is one example of a way that we could use genome editing.”

Cas9, or the molecular scissors, is a protein that cuts the DNA in a very selective manner and is dictated by RNA, which Sashita calls a “sister molecule to DNA.” It works by having the RNA molecule guide the Cas9 protein through the cells to find the specific DNA sequence to cut. After the sequence is cut, the repair will occur and the change will happen.

Sashita emphasizes that CRISPR is not magic. Scientists are still working on things such as safety, efficacy, and editing outcomes. They are still trying to figure out what genes to edit as well as how to deliver the therapy.

Genome editing and basic research is not the only thing that CRISPR is used for; it works in all different kinds of life, like plants and animals. Agriculture is another major place that CRISPR is being used. It is used for both production to ease harvest and improve yield and for consumers, to reduce browning and get more nutritional value.

There are currently some clinical trials going on using CRISPR to correct various types of diseases. A lot of companies are investing in this technology to find cures for these diseases. However, a lot of this work is still just in the beginning phases.

FAFSA deadline approaches on Dec. 1

With November coming to an end, the priority date to file the Free Application for Federal Student Aid (FAFSA) form, Dec. 1, is quickly approaching.

Students can still file their FAFSA after the priority date but only students who file by the Dec. 1 deadline will be considered for the very best financial aid package.

“Basically if you don’t get through the gate by December 1 we have to shut the door on some of our aid just because we don’t have unlimited dollars that we can award to students,” said Roberta Johnson, the director for financial aid.

Johnson said an important tip when filing the FAFSA is to make sure that it becomes an annual habit. She said if a student files their freshman year they should make sure to file every year as their eligibility may have changed.

There are many different aspects that the federal financial aid formula looks at to determine the amount of financial aid a student will receive. Some of these include the income coming into the family, which could change from year to year impacting the financial aid, and the number of people within the family attending college, as if that were to change it would impact the financial aid as well.

“Basically, if you don’t even file the FAFSA even if you don’t think you will qualify for something,” Johnson said. “You don’t know until you fill out the FAFSA form.”

FAFSA form takes some time to complete and requires information about household finances that could take time to obtain such as income tax records and W-2s.

“FAFSA form submitted on time and it just won’t happen,” Johnson said.

Financial aid isn’t just for putting towards tuition, but it can also help students with many aspects of their college career such as on a study abroad trip or while doing an internship.

“Don’t guarantee that filling by December 1 that you will qualify for all sorts of grants but I can guarantee that if you don’t file at all, you won’t get anything,” Johnson said.
One last time in the Jack
Young Cyclones look forward to regular season finale

BY AARON MARNER
@iowastatedaily.com

Iowa State’s season finale has been up in the air since the first week of September. The Cyclones were supposed to play Incarnate Word, until the Cardinals had their best season in school history and made their first-ever FCS playoff trip.

Now, with a game finally set up for Saturday, the Cyclones (7-4, 6-3 Big 12) will take on in-state foe Drake (7-3) for an eighth regular season win, which Iowa State hasn’t accomplished since 2000. The game will kick off at 11 a.m.

“We wanted to get that game back really bad,” said redshirt sophomore safety Lawrence White. “There was a lot of emotions that first game and everybody was excited, so it was kind of disappointing, so we’re happy to get this opportunity.”

Iowa State is favored by 42.5 points, according to VegasInsider. That is by far the biggest spread in an Iowa State game this year. For comparison, the Cyclones were favored last week by 10 points against Kansas State, which resulted in a touchdown.

Iowa State defeated West Virginia 30-14.

Mitchell hasn’t played yet, but Downing and Petersen have played in spots this season. Downing played one offensive snap against Kansas State, which resulted in a touchdown.

“He thinks it’s his block,” Campbell said jokingly. “It’s not, he really missed the block but whatever.”

Plays like that — along with getting 15 extra practices for the upcoming bowl game — are things Campbell has pointed out that have helped with development.

And for seniors like quarterback Kyle Kempt and running back Mike Warren, getting one more game at Jack Trice Stadium is something they cherish.

“Af ter the South Dakota State game, being out there and then having the game canceled ... the fact that we get to play again in Jack Trice Stadium excites a lot of us,” Kempt said.

Kempt also pointed toward the redshirt rule. In his sixth year, Kempt has taken a leadership role as a team captain and a mentor to freshman quarterback Brock Purdy, who stepped up over the recent, a mentor to freshman quarterback Brock Purdy, who stepped up over the recent.

Additionally, junior running back David Montgomery ranks eighth in school history in career rushing yards. With 53 more yards, he will become the eighth Cyclone to rush for 1,000 yards in multiple seasons.
Wide receiver Deshaunte Jones tries to gain yards for the Iowa State football team during their game against the Oklahoma Sooners at Jack Trice Stadium on Sept. 15. The Cyclones lost 27-37.

Sam Seonbuchner and a Texas Tech player are broken up before getting violent by a referee after the 2018 Homecoming football game on Oct. 27. The Cyclones won 40-31.

Quarterback Kyle Kempt looks for his teammates before throwing a pass during the football game against Iowa at Kinnick Stadium in Iowa City on Sept. 8. The Cyclones were defeated 13-3.

Redshirt junior Sheldon Coney Jr. avoids a tackle during the Iowa Corn Cy-Hawk Series game Sept. 8.

Defensive back Braxton Lewis tackles wide receiver Jalen Hurd during the Baylor game.
Not having a chance is one thing, but Iowa State’s game vs. Drake this weekend puts a whole new definition to the phrase.

Odda Shark has Iowa State favored to win by 42 points. In other words, there is no reason to take Drake to win or even beat the spread in this game.

The Cyclone football team may even outscore the Cyclone basketball team, who plays North Dakota State on Monday.

So far this season, Drake has a record of 7-3, but when you look at Drake’s schedule, you can see Drake hasn’t played a team which is even close to Iowa State’s talent level.

The best team the Bulldogs have played this year is Montana, who is currently 6-5. Montana won the game 48-16.

Talent-wise, Iowa State over matches Drake at every position.

Iowa State had 17 players named to the All-Big 12 team such as Iowa State’s only First-Team All-Big 12 member and the Big 12 Newcomer of the Year, Greg Eisworth.

Realistically, Iowa State’s first-teamers will pressure Drake in all three phases of the game: offense, defense and special teams. During their time on the field, Iowa State touchdowns will be scored and Drake turnovers will be forced.

It won’t be long into the game before Iowa State’s back-ups start taking significant snaps and add onto an Iowa State lead. If Drake scores, it won’t be until garbage time when the game is out of reach.

We saw it last week when Iowa State made a furious comeback against Kansas State in the fourth quarter. The Cyclones are the better team and they’ll show that against Drake.

Iowa State will be taking the Bulldogs to the pound this Saturday.
In-state colleges Iowa State (7-4, 6-3 Big 12) and Drake (7-3, 6-2 Pioneer League) collide to cap off the regular season at 11 a.m. on Cyclones.TV.

The Cyclones cycled through three different opponents for a 12th game, but the Bulldogs are locked in for the matchup.

“We’re most grateful to Drake Athletics Director Brian Hardin, coach Rick Fox and the Bulldog leadership team for working with us through a very fluid situation,” said Iowa State Athletic Director Jamie Pollard in a press release.

“Coach (Matt) Campbell wants to play a 12th game and I believe our fans would welcome another chance to see this bowl-bound team play. I know the Bulldogs will enjoy the chance to play at Jack Trice Stadium and compete against a Power 5 opponent.”

The void of a 12th opponent emerged on Iowa State’s opening night, when it was set to face the South Dakota State Jackrabbits in a night game at Jack Trice Stadium.

When Sept. 1 rolled around, Ames saw some showers early in the morning, but by 7 a.m. the rain subsided. After the 7 p.m. kickoff, the rain returned.

About five minutes of game time passed before the game moved into a delay. After a long delay, the game was officially canceled, joining a handful of other games around the U.S. canceled from poor weather.

Many minds jumped to the idea of a Sunday game on Sept. 2, but Pollard explained the logistics of a game on such short notice in a letter to fans.

“We did not seriously consider playing the game on Sunday for several reasons, including hotel accommodations for SDSU late last night,” Pollard said in the letter to fans. “Furthermore, had we attempted to play today we would have been impacting normal preparation for the team’s games this week.

“Lastly, the forecast for today included more of the same type of weather we experienced last night.”

The following day remained relatively dry, but the decision had been made. With the Jackrabbits out of the picture, Pollard and Iowa State tight end, Charlie Kolar, attempts to stop a South Dakota State player during the opening game at Jack Trice Stadium on Sept. 1.

Iowa State Athletics scrambled to find a 12th opponent.

Iowa State targeted Oct. 20 during Iowa State’s bye week or Dec. 1 during the championship games.

Iowa State announced its match on Sept. 12 with FCS school Incarnate Word. The game was set for Dec. 1 at 1 p.m., and the Cyclones would pay Incarnate Word $300,000 and provide flight to central Iowa.

The only way the game would fall through again would be more bad luck with weather, the Cyclones advancing to the Big 12 Championship or Incarnate Word making the FCS playoffs.

“We explored multiple options to give our student-athletes every opportunity to compete and, ultimately, be eligible to participate in a bowl game,” Pollard said in a release. “Our student-athletes only have so many chances in their career to play collegiate football. I’m very grateful to the administration at UIW for helping us provide our student-athletes, as well as our marching band and spirit squad, another chance to represent Iowa State University.”

With the 12th game solved, Iowa State rattled off a string of wins behind freshman quarterback Brock Purdy’s explosion into the Cyclone offense.

In mid-November, people viewed Iowa State as a legitimate threat to head to the conference championship. Meanwhile, Incarnate Word looked poised to qualify for the FCS playoffs. Ultimately, Iowa State failed to compete in the Big 12 Championship.

While the Cyclones lost to Texas, Incarnate Word earned an at-large bid for the playoffs. Incarnate Word reportedly still agreed to play Iowa State if it was bounced in the first round of the playoffs, but Iowa State announced the addition of Drake to ensure a game.

Now, the Cyclones face the Bulldogs for the first time since 1985 when Drake knocked off Iowa State, 20-17.

With a win, the Cyclones will clinch their eighth regular season win. Iowa State last won eight regular season games in 2000, which is also the last time Iowa State won nine games (including a bowl). The 6-3 Big 12 record is the best Iowa State has finished with in conference history.
BY EILEEN TYRRELL
@iowastatedaily.com

Last year, a documentary called “What the Health” was released on Netflix and almost instantly became the face of the vegan movement.

The documentary stars Kip Andersen, who throughout the film, periodically equates eating meat with smoking cigarettes, links milk with cancer and claims that up to 95% of cancer diagnoses are caused by what we eat.

The documentary is gripping, trendy and easily lures in viewers already skeptical of cattle and the agriculture industry. Unfortunately, it gets a lot of things wrong, including its entire premise that the only truly healthy diet is one free of animal products.

But looking at diet trends in this country and the rise of gluten-free and dairy-free foods as well as veganism, it’s unsurprising that such a misleading documentary could ensnare so many viewers.

The truth is, like almost all foods, meat is good for you — with caveats. Eating chicken and fish is better than eating red meat; eating a few servings of meat a week is better than eating it every day.

Of course, eating a steak every day would be terrible for your health and such heavy meat consumption is linked to high blood pressure and chronic disease.

But just because that is true doesn’t mean we all should jump headfirst into vegetarianism without properly planning or deciding how to make up for the nutritional deficit.

And that certainly doesn’t mean that eating one egg a day is equivalent to smoking five cigarettes, as Andersen claims.

Nor does it mean that dairy is equally as bad. Like meat, dairy can be healthy or hazardous depending on what kind of dairy is consumed. For example, one strawberry Yoplait contains 26g of sugar, which is more than women are supposed to consume in an entire day.

Eating a low-sugar Greek yogurt every other morning instead is a great way to get calcium and protein. The general consensus among medical studies is that if you are not lactose intolerant, dairy provides more health benefits than detriments.

The trend in all these conclusions, as it seems to be with most conclusions drawn about the American public these days, is that people are looking for a quick-fix solution without really digging into the facts and proven information about healthy eating.

There are plenty of ethical and legitimate reasons to go vegan or vegetarian, but if your reasoning is simply that you want to eat healthier or lose weight, a moderate diet focused on whole foods is best.

And apologies to all those “influencers” and vloggers from LA, but unless you have an allergy, there are approximately zero health benefits to going gluten-free.

What you eat can have an outstanding impact on your energy levels, mood and health and is especially important in college as we near the end of our bone and brain growth.

Don’t tell yourself short with extreme diets that will ultimately be detrimental to your health.

Detox diets promote an unhealthy relationship with food; veganism is not the only healthy diet to exist, and for most people, giving up dairy and gluten doesn’t even make sense.

Instead of pushing diets on the extreme end of the nutrition spectrum, we should be encouraging people to do research for themselves and make informed decisions on what foods are best for their well-being.

Enough with the extreme diets

Navigating through Iowa’s inclement weather

For many students at Iowa State, navigating the snow and ice that come with Iowa winters is nothing new. They’ve dealt with inclement weather and hazardous travel conditions for as long as they can remember.

But for our fellow students who didn’t grow up in the Midwest, winter travel is something they haven’t had to deal with before coming to college. Some student have never even seen snow before, let alone have to navigate a vehicle through a whitewash.

With that in mind, here are some tips and tricks to help students make their way between Ames and home over the next several months more safely.

If you fly into and out of Des Moines and hire transportation to and from Ames, there’s not much that you can do regarding your travel. Airlines can navigate some pretty inclement weather, but ultimately will cancel flights if the conditions demand such.

Plan time for delays if you are going to be flying into or out of a snow storm. Bring a book or movie to the airport to help pass the time. Don’t stress too much.

The situation is pretty much out of your control. Trust that the airline is doing all that it can to get you where you want to go.

If you drive a vehicle between Ames and home, your situation can become much more stressful and dangerous. Black ice, unplowed roads and poor visibility can lead to accidents if drivers don’t heed warnings or pilot their vehicle safely.

For starters, watch the weather and try to travel when the weather will be nice. Sometimes that means waiting a day and maybe even a bottle of de-icer on hand. Consider keeping a sandbag in your trunk for increased traction.

If you are unharmed, attempt to drive out of the ditch. Try not to spin your tires. Sprinkle some sand in front of your drive wheels. Accept help, many towns carry chains in their trucks or SUVs and might be able to pull you out.

Navigating snowy conditions can be stressful. It’s best to avoid the situation altogether, but if you must brave the elements, be prepared, remain calm and drive slow.

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For starters, watch the weather and try to travel when the weather will be nice. Sometimes that means waiting a day and maybe even a bottle of de-icer on hand. Consider keeping a sandbag in your trunk for increased traction.

If you do find yourself in the ditch, remain calm. If you are
Connecting from Canada

BY CARLYN WARD @IOWASTATEDAILY.COM

There's a reason Canada is often referred to as the "birthplace of hockey." The hockey market in Iowa doesn't even remotely compare to the hockey market in Canada, but that doesn't stop great Canadian players from coming here to play.

The Division I Cyclone Hockey team has three Canadian players on its roster, two of which are new to the team this year.

"I was on the fence until I came down to visit and saw how beautiful the campus was, how nice the people were in the Midwest," said freshman forward Robbie McLean, from Okotoks, Alberta, Canada. "I was hooked right away and knew it was the place for me."

McLean spent the past four seasons playing in the HJHL, or the Heritage Junior Hockey League, with the Okotoks Bisons.

"Something that the Cyclone Hockey Canadian players have in common is their view on Iowa, and specifically, Iowa State's campus. "I was more excited, so [the decision to come here] was pretty easy. Especially after I saw the campus, it was a place I really wanted to come to," said senior defensemen Nick Sandy, from Calgary, Alberta, Canada. "So as soon as I visited, it was pretty much set in stone that I wanted to be here."

Sandy moved to Saskatchewan after high school to play junior hockey for a year and a half. After getting traded to Manitoba, he finished out his junior career there, before deciding to continue his education and hockey career here at Iowa State.

Cyclone Hockey's Nick Sandy body checks an Alabama Hockey player during the game on Oct. 5 at the Ames/ISU Ice Arena.

Another transition these Canadians had to make was finding a home at Iowa State.

"It's been awesome. I would do it again in a heartbeat," Sandy said of his Cyclone Hockey experience. "I'm sad that it's coming to an end."

But it's not just players coming to Cyclone Hockey from Canada. Scott Ismond, a former Cyclone Hockey goaltender from 2010 to 2015, is now the Division II head coach.

Ismond, also a native of Calgary, Alberta, played his juniors in British Columbia. He played mainly in two leagues: The VIJHL, or the Vancouver Island Junior Hockey League, and the PJHL, or the Pacific Junior Hockey League.

After doing his campus visit in 2010, he knew this was the right place for him, too.

"This was an opportunity to go to a great institution, get a great degree and also continue to play high-level hockey," Ismond said.

Ismond double-majored in public relations and speech communication, and made the transition directly from player to coach within the Cyclone Hockey organization.

He began as an assistant coach behind the bench of what was then the Division III team and worked his way up to the head coaching position of what is now the Division II team.

Having worked his way up to senior instructor at a company called World Pro Goaltending back in Canada, coaching was not new to him. However, it still proved to be a bit of a transition, going from player to coach.

"Being a goaltender, I think you have a unique perspective because you get to see the play unfold," Ismond said. "So that really helped me in the development and transition to become a coach of a team."

Another transition these Canadians had to make was finding a home at Iowa State.

After playing juniors, they all learned to do everything that came with living on their own. However, it is still a new place with new people. Luckily, Iowa State has made the transition fairly easy on these young guys.

"Hockey guys are hockey guys across the board, they're usually pretty good and pretty welcoming," McLean said. "Our team's pretty tight-knit, and I was able to find a home real quick."

Although, there is one thing that they all agree they miss from home: Tim Hortons, a popular Canadian coffee and donuts fast food restaurant.

Ismond said every year when the team travels to Ohio, they stop at the Tim Hortons there and spend quite a bit of money. It's become a tradition, and one that they hold very dear in their hearts.

"Yeah, it's a big deal," Sandy said.

Besides the lack of Tim Hortons here in Iowa, they all can agree it's been a great place to call their home away from home. So every 22-hour drive they take to get from Alberta to Iowa is well worth it.

Wrestling to take on in-state rival

BY ZANE DOUGLAS @IOWASTATEDAILY.COM

One of the most prominent rivalries in college wrestling takes place this weekend.

On Saturday, Iowa State wrestling heads to Iowa City to take on the Iowa Hawkeyes.

"We always tell [them], the biggest match of the year is the next match," said coach Kevin Dresser. "It's definitely true this week."

What makes the rivalry in wrestling between these two schools so historic is because of the years of success the Cyclones and Hawkeyes have enjoyed.

The Cyclones have not beaten the Hawkeyes in this series since 2004-05 season. In that year, their matchup took place in Iowa City.

This matchup will also be in Iowa City at Carver Hawkeye Arena, which is known for a strong wrestling turnout due to Iowa's prominence over the years.

Wrestling in Carver [is] fun," said redshirt senior Willie Mildas. "Even if you're [on] the wrong side."

Wrestling in Carver [is] fun," said redshirt senior Willie Mildas. "Even if you're [on] the wrong side."

The most anticipated matchup will come at the 133-pound weight class. Redshirt freshman Austin Gomez for Iowa State has burst onto the scene and his hot start has earned him the No. 14 ranking by InterMat. His opponent will be sophomore NCAA qualifier Austin DeSantis.

The Pennsylvanian product impressed in his true freshman season at Drexel, and now his sophomore undefeated record is being put to the test against Gomez.

"If I just go out there and wrestle my style, he won't beat me," Gomez said.

At 143 pounds, Iowa State redshirt sophomore Ian Parker will be sent out to face redshirt freshman Max Mauer. Dresser cites this as a close matchup despite Mauer being ranked No. 16 by InterMat.

The matchup between 149-pound No. 11 junior Pat Lugo for Iowa and No. 12 redshirt sophomore Jarratt Degen for Iowa State will be an important matchup. Lugo has lost two of his three matches to start the season, so Degen will have to keep Lugo from finding his stride Saturday.

"[Lugo] beaten some really good guys in his career," Dresser said. "He's a guy that, you know at the end of the year I think will be right in the hunt."

The Hawkeyes face options with 197-pound No. 11 redshirt freshman Jacob Warner. They have wrestled redshirt freshman Connor Cofrin in his place this year.

Gomez is looking forward to the hostility at Carver Hawkeye.

"If you do something spectacular that they don't like, it's [going to] get silent," Gomez said.

Iowa State's Probable Lineup

125: Alex Mackall
125: Austin Gomez
133: Ian Parker
133: Jarratt Degen
141: Jarrett Degen
141: Jarratt Degen
149: Pat Lugo
149: Pat Lugo
165: Chase Straw
165: Brady Jennings
174: Marcus Coleman
174: Marcus Coleman
184: Samuel Colbray
184: Samuel Colbray
197: Willie Miklus
197: Willie Miklus
Heavyweight: Gannon Gremmel
Heavyweight: Gannon Gremmel

Iowa State Daily Friday, November 30, 2018
A fresh, exciting twist on workouts

Group fitness classes offer students alternative to typical workouts with fun environment

By Julia Mehan
iowastatedaily.com

With cold weather setting in and the semester coming to an end, it can be hard to roll out of bed and get yourself to the gym.

A solution to this problem is Iowa State's variety of fitness classes to help motivate yourself. There are classes for everyone. If you are working out to have a good time with your friends or if you choose to be more intense and serious, there is a class for you.

"Overall, group fitness classes focus on making yourself better and not comparing yourself to others," said Ksenia Keil, a graduate student in biomedical sciences. "You come to group fitness to improve yourself and it is good to be in a group to see others improving themselves as well.

There are a wide range of classes available focusing on the mind and body, upper body strength, cardio, balance and much more. "They are all really fun with a good variety of instructors," said Mariel Hyndman, a senior in kinesiology and health. "We all teach a little differently, so go in open-minded to see which instructor and class you like best.

With fitness classes beginning as early as 6:30 a.m. and as late as 8:30 p.m., there are classes that work with everyone's busy schedules, so there is no worry about not having time.

"I think it's more enjoyable to take classes in a group of people from an instructor rather than alone," said Sophie Mozena, a freshman in pre-graphic design. "Especially being challenged by someone else.

Sunrise Yoga
Start your day off right with sunrise yoga at 7 a.m. Sunrise yoga focuses on relaxation, stress relief and positivity to help you start the day with an optimistic mindset. Yoga at Iowa State is for everyone. This class helps improve your flexibility to prevent muscle pulls and tears in the future.

"Group classes, like yoga improves your health and well-being of taking a break," Keil said. "The atmosphere is very inviting for people who have not done it before and allows people to meet new people.

While instructor Paige challenges everyone in her fitness classes, each student pushes to improve themselves in a positive way.

Sculpt & Tone
As stated in its name, Sculpt & Tone is a muscle-toning class. In the class you will be working with a choice of dumbbell weight, resistance bands, stability balls and more to work every muscle in the body. It consists of repetitions with heavier weights, unlike the barre classes and is strength-based for intermediates.

"Exercise is really good for you and you might learn a few new workout moves to add if you ever workout on your own," Hyndman said.

Jump Fitness
Many people's childhood memories feature trampoline days with their neighborhood friends. Now there is a class just for that called Jump Fitness. The class uses trampoline, dumbbells and other strength equipment to improve the entire body.

Cycle Fit
If you've always wanted to know how it feels to partake in a SoulCycle class, Iowa State has a similar class called Cycle Fit. It is an indoor cycling class that teaches the techniques of spinning flats and hills to build lower body strength and endurance.

During the class, the instructor will push you to spin a little faster and dig a little deeper at times. Everyone has the option to turn it up a notch or give themselves a break. The class is designed for the rider to choose their fitness level. Your legs will definitely feel like jello stepping off the bike, but at the end of the day it is a killer workout.

Dance Party
Dance party is a fitness class far from intense lifting and difficult stretches. The class turns dancing out to have a good time with your friends or if you choose to be more intense and serious, there is a class for you.

"Exercise is really good for you and you might learn a few new workout moves to add if you ever workout on your own," Hyndman said.

Cardio Kickboxing
Anyone can channel their inner Rocky or Apollo Creed with this class. It is an upbeat class of high intensity to raise your fitness to the next level. The class consists of learning form and techniques such as jabbing, punching and kicking.

Everyone wanted to know how it feels to slip on a pair of boxing gloves? Fortunately this class allows you to. The class involves boxing gloves and mitts between you and a partner. As the week and finals approach, take the stress out with some fierce kicks and jabs.

Complete Core
If you are pushed for time but dying to get a quick workout in before the day ends, complete core is the class for you. Take 30 minutes out of your day and focus on core strength.

The numerous exercises of abdominal, oblique and lower back work will improve your core. This class is perfect to take if you have a hectic student schedule.

You can reserve your spot now on Iowa State's recreation services website.

"I suggest other students to try out jump fitness or cardio kickboxing because they are amusing classes to give you shape," Mozena said.

If you really enjoy fitness classes already and would like to teach your own class, it takes just a few steps to become an instructor. Instructors are paid depending on their training and certifications. To teach at Iowa State you have to go through a semester long class with the gym. Once you are finished you have to pass a group fitness exam, which is a national certification.

"Exercise is really good for you and you might learn a few new workout moves to add if you ever workout on your own," Hyndman said.

Notice of Inadvertent Disclosure

The Thielen Student Health Center (TSHC) is providing this notice as part of TSHC’s commitment to patient privacy. It takes patient privacy very seriously, and it is important to us that the campus community is made aware of patient privacy issues.

On November 5, 2018, TSHC became aware of an inadvertent disclosure of certain limited information relating to approximately 600 TSHC patients through an inadvertent email sent on November 26, 2018 from TSHC. The inadvertently disclosed information was limited and did not include any clinical data or health care records, financial information, Social Security or ISU ID numbers. Impacted patients may have had some or all of the following personal data inadvertently disclosed to another TSHC patient: names, appointment dates between October 29 and November 5, 2018, and the health care professional who cared for them. The disclosed information was limited and there is no evidence that the information has been improperly used.

After investigating the matter it has been determined that an email coding error resulted in this inadvertent disclosure. ISU Information Technology was able to recall and delete the email from the University's email server, meaning that the email and any personal data it may have contained is no longer accessible by any other patient is no longer accessible on the ISU email server.

TSHC sincerely apologizes for the inconvenience and concern this incident has caused the impacted patients. TSHC is committed to protecting health and personal information from unauthorized disclosure and access. To protect against similar inadvertent disclosures in the future, TSHC will remove personally identifiable information from its Patient Satisfaction Survey emails.

Please do not hesitate to contact TSHC with any questions you may have or if you need additional information at: 515-294-5802, email cyclonehealth@iastate.edu, www.cyclonehealth.org, or via mail at 2647 Union Drive, Ames, IA 50011.
Without Art] by shrouding artworks and replacing them with information about HIV and safer sex, locking their doors or dimming their lights, and producing exhibitions, programs, readings, memorials, rituals, and performances,” according to Day Without Art.

At Iowa State, Day Without Art was held on the Wednesday before the actual day in order to get more traffic through the event. The sculpture “Shoulders of Giants,” the clay horses sculpted by Nina Ward on the first floor of Parks Library, was covered with a black cloth as part of the event. Red ribbons, symbolizing the solidarity of people living with HIV/AIDS, were handed out to passers-by.

“In 1991, a decade after the emergence of HIV, twelve artists gathered in a gallery in New York’s East Village,” according to the World AIDS Day website. “They had met to discuss a new project for Visual AIDS, a New York HIV-awareness arts organisation. It was there that they came up with what would become one of the most recognised symbols of the decade: the red ribbon, worn to signify awareness and support for people living with HIV.”

The group wanted to stay away from colors associated with the LGBTQIA+ community, like pink and rainbow, so they chose red “for its boldness, and for its symbolic associations with passion, the heart and love,” according to the World AIDS Day website, and because the color didn’t signify just one group or people.

“I feel like the location of the sculpture that we covered has caused more people to slow down and look, it has definitely made a lot of people look and think about what is going on,” said Jacob Bliss, president of the ISU Global Health and AIDS Coalition.

This is the second year this event has taken place at Iowa State, with Ward’s sculpture being covered both times and other art pieces being covered the previous year.

“Visibility is important. Commemoration of events like Day Without Art, which brings attention to the crisis of HIV/AIDS and to those who live with it, is important,” said Nicci Port, project director for Diversity & Inclusion and LGBTQ+ Initiatives. “Creating a space that allows those who don’t know how HIV/AIDS impacts them to pause and learn something more is important. Day Without Art should also serve as a reminder to those who don’t live in that reality that they are not invulnerable to it.”

Across the United States and through the years since Day Without Art was founded by Visual AIDS, it has initiated numerous projects. These projects include the dimming of the New York skylight, the distribution of copyright-free text and images and a nationwide outdoor slide projection with text and images, according to Day Without Art.

Visual AIDS uses a lot of posters, videos, and other art pieces created specifically for their organization by affiliated artists to raise awareness about the subject of HIV/AIDS. A way the Iowa State community can show support for World AIDS Day is “by wearing an HIV awareness red ribbon on the day” according to World AIDS Day.

“Whether it impacts us personally, as a community, or the people we love, we need to find our motivation to join the movement to end HIV/AIDS beyond Day Without Art and World AIDS Day,” Port said.

“Bite Squad’s delivery drivers are hourly employees and are not working off commission, unlike UberEats or GrubHub drivers, who are independent contractors,” Sniegocki said.

Bite Squad also has its own mobile app, allowing customers to order their food straight from the app and track their food from the time the order is picked up up to the time it’s delivered to their door.

Bite Squad was founded in Minneapolis, Minnesota, in 2012 and currently partners with over 10,000 restaurants across more than 350 cities, according to the press release. To learn more about Bite Squad or to download the app, visit bitessoquad.com.