

Accessibility on campus

Students with disabilities speak on challenges and inclusivity

BY VICTORIA.REYNA-RODRIGUEZ
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Iowa State’s campus strives for accessibility, and students with disabilities on campus have spoken up about whether the university is reaching that goal.

Emma Hill, sophomore in pre-architecture, has Ehlers-Danlos syndrome (EDS), a connective tissue disorder that affects every part of the body, and postural orthostatic tachycardia syndrome (POTS),

a malfunction of the autonomic nerve in which her blood vessels and heart cannot adjust to position changes. Her symptoms include pain, fatigue, double vision and frequent subluxations/dislocations of multiple joints.

Hill said her disability affects her ability to do many things as a student on campus.

“I cannot walk far as joints tend to pop out, fatigue takes over or my POTS will cause me to almost pass out,” Hill said. “I find it very difficult as a college student as my disorder causes constant fatigue [...] and the daily grind of going to classes carrying my backpack and portfolio [...] causes joints to slip out and pain to be worsened immensely.”

Hill mentioned she also suffers from a number of cognitive issues and finds herself having difficulties reading large sums of

text and retaining memory. She also has a constant fogginess of the brain.

Hill said that having a disability as a college student does not only make tasks more difficult for her academically, but also socially.

“I also get many rude looks when I park handicapped,” Hill said. “I have a state-issued handicapped tag, but since I do not use aided devices like wheelchairs, people see me as a perfectly abled individual. Even when I wear orthopedic braces, I still get looks as if I am taking a handicapped spot for no reason.”

Hill calls her disability “invisible,” which means that no one can see when she is in pain, feeling unwell or has a dislocated joint.

“They assume I am a healthy 18 year

>> **ACCESSIBILITY** Pg8



DESIGN BY MARIA ALBERS

Some students with disabilities often find it difficult to not only get around campus, but to overcome social and academic challenges. Student Accessibility Services at Iowa State offers many resources to help reduce such challenges.

Study uncovers why mothers judge each other

BY LOGAN.METZGER
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One Iowa State professor recently delved into the world of motherhood to find out why mothers treat other mothers the way they do.

Kelly Odenweller, assistant teaching professor of psychology, started the study in 2014 as part of her dissertation and has just recently published the study in the Journal of Family Communication.

The study builds on previous research in which Odenweller identified seven different stereotypes of stay-at-home and working mothers. She and co-authors at West Virginia and Chapman universities surveyed more than 500 mothers to learn more about their attitudes, emotions and harmful behaviors toward mothers who fit one of the seven stereotypes.

Odenweller said she gained access to over 500 mothers by reaching out to online mom groups and asking if they would be interested in the survey, and from there, the moms reached out to other moms they knew. Suddenly, Odenweller gained hundreds of willing participants.

“I had a lot of confidence I was getting great data because they were so interested in it,” Odenweller said. “The women were really candid about how they felt, not just saying, ‘Oh, she is a mom, so I’ll treat her nicely because she is like me; I’m a mom.’ They were actually evaluating like, ‘Well, if she seems like she might be better than me then I’m going to be a bit jealous of her, and I’m not going to help her.”

>> **MOTHERS** Pg4

Iowa State provides flu shots for employees

BY LOGAN.METZGER
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ISU WellBeing, with assistance from Occupational Medicine, is sponsoring a flu shot clinic for university employees this month. The clinic will be open 9 a.m. to 4 p.m through Friday in room 205 of the Technical and Administrative Services Facility. Appointments may be required after Friday.

No appointment is needed throughout this week, and registration is paperless. Individuals can check in on a smart tablet with the nurse who administers the vaccine. Employees need to check in using their nine-digit university ID number. The vaccine is provided at no cost for Iowa State employees in these groups:

- Faculty, professional and scientific and merit postdocs
- ISU Foundation staff
- Iowa State Daily benefits-eligible staff
- Retirees on the Iowa State health plan who are not yet 65 years old

Only Iowa State employees are eligible to receive a flu shot; their spouses and children are not included in the eligibility. Iowa State students, both undergraduate and graduate, and visiting scholars should contact the

Thielen Student Health Center for vaccination information.

Pregnant employees are able to get flu shots, though they are encouraged to check with their physician prior to vaccination.

If possible, employees are asked to wear a short-sleeve or loose-fitting shirt to give the person administering the vaccination easier access to the upper arm. Visitor parking is limited at the Technical and Administrative Services Facility, so walking or biking is recommended.

Employees who participate in the flu shot clinic will receive a four-component vaccine that protects against A and B flu virus strains. The four viruses the quadrivalent contains are:

- A/Brisbane/02/2018 (H1N1) pdm09-like virus
- A/Kansas/14/2017 (H3N2)-like virus
- B/Colorado/06/2017-like virus
- B/Phuket/3073/2013-like (Yamagata lineage) virus

Alternative forms of the vaccine prepared for the 2019-20 flu season will not be available at this clinic. These include a spray/mist vaccine administered through the nose and a high-dose vaccine intended for individuals 65 years and older who are at greater risk of severe illness from influenza. Employees or retirees



IOWA STATE DAILY

This week, eligible Iowa State faculty and staff have the opportunity to receive free flu shots through ISU WellBeing on campus.

who prefer one of these should contact their primary care physician.

Flu immunizations are covered on the Iowa State health plan, so employees can get the vaccine at their physician’s office. ISU Wellbeing encourages employees to use the worksite option if possible due to its convenience and because it is more cost effective for employees’ medical plans. Though spouses and dependents cannot receive the flu shot at the clinic, they are encouraged to get their vaccine through their physician’s office.

The CDC recommends all persons aged six months or older receive an annual flu vaccination, with rare exceptions. Vaccination is

particularly important for people who are at high risk for serious flu complications. Along with getting the flu vaccination, there are other preventative steps individuals can take to protect against the virus.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

If possible, stay home when you are sick. This will help prevent spreading your illness to others.

Cover your mouth and nose with a tissue when coughing or sneezing.

Wash your hands often to help protect yourself from germs. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.

CALENDAR

10.15.19

Majors Fair, *Great Hall, Memorial Union at 10 a.m.* More than 100 ISU major and minor degree programs will be represented in one room. The Majors Fair is for any students who are Open Option, undecided, thinking about changing their major, want a second major, or interested in a minor.

Earth Observation Day, *Room 248 Durham Center at 10:30 p.m.* This free event celebrates remote sensing and GIS (geographic information system). It starts with a faculty presentation and concludes with a mapathon.

POLICE BLOTTER

10.13.19

Keeler Alexander Duckett, age 29, of 420 S. Walnut St. - Ames, Iowa, was arrested and charged with contempt of court 608 Douglas Avenue (reported at 2:05 a.m.).

Collin Matthew Leffel, age 21, of Ames, Iowa, was arrested and charged with theft in the fifth degree, shoplifting, at 3105 Grand Avenue (reported at 10:01 p.m.).

Collin Matthew Leffel, age 21, of Ames, Iowa, was arrested and charged with possession of a controlled substance at 3105 Grand Avenue (reported at 10:01 p.m.).

Meeting: Faculty Senate, *Sun Room, Memorial Union at 3:30 p.m.* The Faculty Senate represents the general faculty of Iowa State and participates in shared governance of the University with the administration. Senate meetings are open to the public.

Lecture: My Journey with Tourette’s, *Gallery Room, Memorial Union at 5:30 p.m.* Iowan Trevor Smith was diagnosed with one of the most extreme cases of Tourette’s in the world, but with the help of ground-breaking treatment, his constant tics are beginning to ease. This event is a part of Disability Awareness Week 2019.

Collin Matthew Leffel, age 21, of Ames, Iowa, was arrested and charged with possession of drug paraphernalia at 3105 Grand Avenue (reported at 10:01 p.m.).

10.12.19

Shaun Bradley Olson, age 35, of 1312 Douglas Ave. - Ames, Iowa, was arrested and charged with theft in the fifth degree, shoplifting, at 302 S Duff Avenue (reported at 6:04 p.m.).

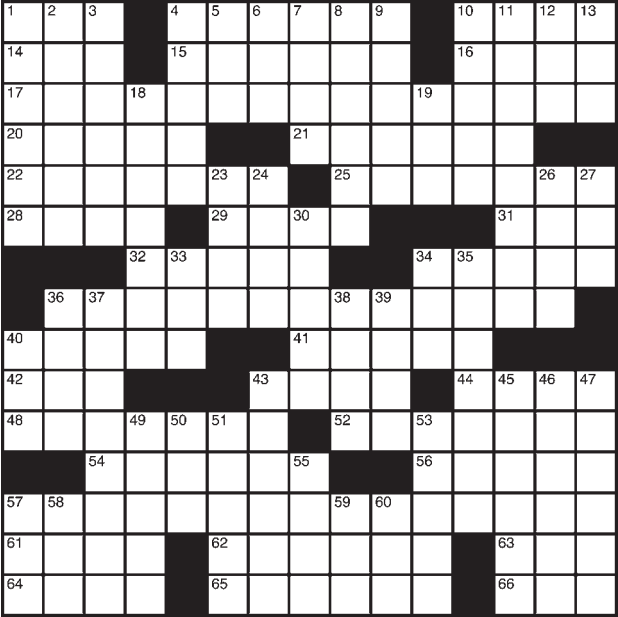
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CORRECTIONS

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.

Crossword



YESTERDAY'S ANSWERS

PACK LEAR SIKKHS
ALOU ALOE ISIAH
LARD VIRGINMARY
AMAZE TAMES
COLUMBIALAW CPU
ESS CAN CYBORG
GERUND ELAL
APPLEBROWN BETTY
IRAE EMAILS
DOREMI RNA PIT
ADD EPIC FANTASY
FRANZ DONOR
RECORD DEAL RAMA
OKAPI UCLA AMEN
TERSE SHIP HART

Across

1 Hollywood special effects, briefly
4 Did, but doesn't now
10 1970s-'80s sketch comedy show
14 "Prince Valiant" prince
15 Brian McKnight/ Vanessa Williams duet with the line "It conquers all"
16 Chain with stacks

17 Wine enthusiast's list of killer reds?
20 "I ___ Symphony": Supremes hit
21 Hoover underlings
22 Stands the test of time
25 Out to lunch, so to speak
28 Shed tears
29 Kaput
31 Mineo of film
32 Barcelona bar bites
34 Dust particle
36 Wine enthusiast's "That's how it goes?"
40 Bankrolls
41 Man-to-boy address
42 Feel ill
43 It's saved in bits
44 Stinging insect
48 Effervesce, as some wine
52 Helter-___
54 "Uh-oh"
56 Sierra ___: Freetown's country
57 Wine enthusiast's philosophy?
61 Champagne choice
62 First novel in Christopher Paolini's Inheritance Cycle
63 Take steps
64 Eggs sprinkling
65 Levels of society
66 ___ down the law

Down

1 Nut used in Asian cooking
2 Novelist Graham
3 Overrun
4 Arm bone-related
5 Lawn maker

FEATURE PHOTO



CAITLIN YAMADA/ IOWA STATE DAILY

>> Sundown

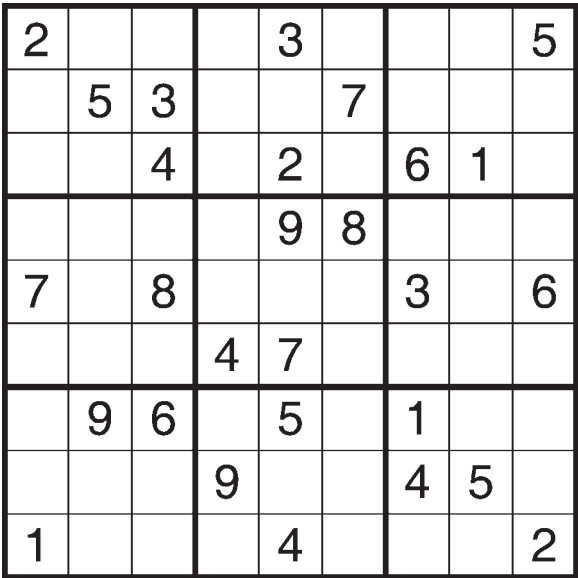
As autumn falls upon Ames, the sun sets later and later, casting a nice golden glow across campus when evening approaches.

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Sudoku
by the Mephram Group



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk

IOWA STATE DAILY

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PERIODICALS POSTAGE

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COURTESY OF LECTURES SERIES

Social activist and #WhyIStayed creator Beverly Gooden will present “#WhyIStayed: Domestic Violence as a Community Issue” Tuesday in the Memorial Union.

Lecturer to discuss domestic violence

BY DAI'TYNN.COPPAGE-WALKER
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As part of Domestic Violence Awareness Month, Green Dot will be hosting a lecture on domestic and relationship violence.

Beverly Gooden, social activist and creator of the #WhyIStayed movement, will deliver the lecture “#WhyIStayed: Domestic Violence as a Community Issue” at 7 p.m. Tuesday in the Sun Room of the Memorial Union.

The lecture is the first of a two-part event. The first part is the lecture with Gooden. Gooden will talk about her experience with violence, which she will connect to the relationship and influence of domestic violence on communities and how to address these issues.

The lecture is open to everyone, including students, faculty, staff and the Ames community.

The second part of the event is a luncheon with Gooden on Wednesday and is only open to faculty and staff. The luncheon is for staff and faculty to gain knowledge about how to support their students who are survivors of domestic violence and to learn to be more comprehensive about how to deal with these situations.

October is Domestic Violence Awareness Month, so the essential key of the lecture is to bring awareness of the issue to people who are not conscious of it as well as to familiarize people with its impact on the community.

“Hopefully, this will empower people to do something within their community,” said Jazzmine Brooks, the equity and inclusion coordinator for the Office of Equal Opportunity. “The main purpose of it is to encourage and increase folks’ likelihood of intervening in situations that they may feel would be harmful to another person.”

Brooks said domestic violence can affect individuals more than just physically; it can affect people internally as well.

“Some people think these issues are only revolved around relationships, but it can also be done around friendships, between roommates or anyone,” Brooks said. “A lot of people don’t see themselves in these situations because it isn’t similar to anyone else’s story.”

In her lecture, Gooden will talk about what domestic and relationship violence means for men, women, children, the LGBTQIA+ community and individuals with disabilities.

“Having more conversations about it makes it less stigmatizing,” Brooks said. “Ask your friends how they’ve navigated relationships or how their relationship is going [...] If you want to be an advocate, volunteering your time at places like ACCESS (Assault Care Center Extending Shelter & Support), ISUPD (Iowa State University Police Department), attending Green Dot training [and] sharing and posting things — all of that visibility is important.”



SCREENSHOT FROM YOUTUBE

Trevor Smith, student and president and chairman of the Tourette Advocacy Foundation, will be speaking about his journey with Tourette syndrome Tuesday in the Memorial Union during his lecture, “My Journey with Tourette’s.”

Living with Tourette’s

Student to share his journey at lecture

BY MORRGAN.ZMOLEK
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Disability Awareness Week is kicking off at Iowa State to educate students about various disabilities and how those who are disabled are affected by them.

As a part of this week-long series of events, there will be multiple speakers talking about the impact and challenges of disabilities, along with some telling their own stories.

From 5:30 to 6:30 p.m. Tuesday, the Memorial Union will be hosting Trevor Smith, junior in computer science and president and chairman of the Tourette Advocacy Foundation, in the Gallery Room. Smith will be discussing the impact Tourette’s syndrome has had

on him in his lecture event named “My Journey with Tourette’s.”

Smith, said to have one of the worst cases of Tourette’s in the world, has dealt with this disability for many years. A condition passed down to him from his mother, Smith’s Tourette’s was expected to subside when he reached his teens as his mother’s did. His, however, only worsened.

Smith has been prescribed countless medications known to help others with their uncontrollable movements associated with the condition — referred to as tics — but nothing worked. Recently, he underwent a risky procedure called deep brain stimulation where electrodes are placed in the brain and send out electrical impulses to certain parts of the

body. This procedure is typically used for treatment of Parkinson’s disease and obsessive-compulsive disorder (OCD). It’s much less explored in the treatment of Tourette’s syndrome.

Student Accessibility Services encourages everyone to go and listen to Smith’s lecture because it will teach others the impact of this disability.

“I think it will open others’ minds and give an understanding of disabilities to those without,” said Wendy Stevenson, specialist for Student Services.

She said it is important to be understanding and respectful to those with disabilities.

Learn more about Smith and his story Tuesday in the Gallery Room of the Memorial Union.

Speaker honors Indigenous Peoples’ Day

BY SUSANNAH.CRITCHTON
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In honor of Indigenous Peoples’ Day, this week’s Monday Monologue featured Rita Mookerjee, assistant teaching professor of women’s and gender studies, reading selections from her book “Becoming the Bronze Idol.” The book is composed of authentic poetry with feminist vibes.

Susan Jasper, a program coordinator for the library, introduced Mookerjee. She included a few words from Mookerjee’s editor about the chapbook:

“Each of the poems in ‘Becoming the Bronze Idol’ is, in itself, like a tiny deity. The anger in many of these poems, anger about the loss of identity and ancestry due to colonialism, anger about being treated differently due to racism and xenophobia, cuts like the righteous blade of a vengeful goddess, and is particularly important to consider on Indigenous Peoples’ Day.”

Mookerjee said Ames currently resides on what was once the land of the Báxoje people, also known as the Iowa or Ioway, a name given to them

by the French.

The first poem Mookerjee read was called “There Are Problems in the God Factory.” It critiques President Donald Trump and his rhetoric, noting rampant anti-humanitarianism and the tendency to cover up those issues with economic talk.

“And I know this because I can’t hear anything over the clatter of dead kid bones,” Mookerjee said. “The God planners sweep them up to grind into meal, or paste, to bolster the factory walls [...] foul-mouthed half-gollums across America who stomp and stint to distract everyone from filthy water in Flint, and caged babies at the border, the planners shrug. The country is [rotting] anyway.”

Mookerjee said she is openly queer, and she shared a poem about a character named Truly Scrumptious from the movie “Chitty Chitty Bang Bang.” She detailed the sensual dialogue the movie uses for Truly and the ways in which she is portrayed.

Moving on to topics such as Lana Del Rey’s “sad girl” type and Gwyneth Paltrow’s jade egg debacle, Mookerjee

broke out stronger vocabulary and asked the audience to examine the stereotyped information they are often fed by such celebrities:

“[...] and if you do not cleanse, you and your womb will become a center of karmic residue, and bad juju, and blocked chi; a headstone between your legs will read, ‘Well, we tried,’” Mookerjee said.

Mookerjee also read poems on cultural appropriation such as “Shavasana,” which concerned white yoga practice. She read other poems that spoke of her pride for herself and her students, and she laments the struggle many students of color share, their long journeys from their home to a foreign land.

“As if half these faculty members could leave their family behind, fly overseas to end up in the middle of nowhere with only a backpack, and still graduate top of their class,” Mookerjee said.

Mookerjee talked about her parents, their strength and their efforts to overcome their struggles, and she noted her own deviation from her culture in her life.



COURTESY OF GAGE SKIDMORE
President Donald Trump speaks to supporters at an immigration policy speech in January at the Phoenix Convention Center in Phoenix, Arizona. Unlike many past presidents, Trump's approval ratings have shown consistency.

Approval stays steady

Trump's ratings remain constant over presidency

BY MALLORY.TOPE
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Since President Donald Trump was elected in 2016, he has maintained a steady approval rating. In every Gallup poll conducted since the beginning of his presidency, Trump's approval rating has never gone higher than 46 percent and never lower than 35 percent. Past presidents such as George W. Bush or Harry S. Truman have had tremendous increases or decreases in their presidency approval ratings. Truman alone fluctuated between 87 percent and 33 percent approval in his eight years of office. Mack Shelley, Iowa State professor and chair of the political science department, said the reason Trump's approval numbers are so steady is because he has been underwater all of his presidency. "Trump hasn't tried very hard to reach

out [of] his electoral base," Shelley said. President Trump's base is fundamentally conservative, whiter and more male than the country as a whole, but also includes some females and those from small towns and rural areas, Shelley said. A possible reason why Trump's approval ratings are so constant is the Republican Party's singular focus for winning elections is maintaining its base, Shelley said. "If [they] hold onto their base and attract a little beyond that, [they] will probably be okay and be able to win the electoral votes in the 2020 presidential race," Shelley said. Trump has not done anything significant in his presidency that would cause his numbers to move up or down, Shelley said. Unlike former presidents such as Truman, nothing monumental has occurred during Trump's presidency. Truman lost a great deal of his support in the polls because of the Employment Act of 1946, which he signed after World War II. "Polling has a very short shelf-life, like a fish; every poll is only relevant at the moment it's taken and reported," said Steffen Schmidt, professor of political science. Things can happen in less than a day that would change poll numbers.

"Polling also relies heavily on the economy, so if the economy would suddenly go 'south' that would hurt President Trump's approval," Schmidt said. "Or if the economy suddenly grew — with lots of jobs, consumer confidence, wage increases, etc. — then that would be very good for President Trump's poll numbers." Many polls are taken daily; however, it is crucial to pay attention to the date it was taken, the sample size and the margin of error. Every good poll will always tell its audience, the sample size along with the margin of error recorded. Although there may be some error to approval ratings, it is important to still be aware of the polls, said Kelly Shaw, senior lecturer of political science. "It's important that people know, [it is] important that people pay attention to popularity and how popular a president is or how unpopular; it shows job performance and the perception of president and his ability to lead the country," Shaw said. President Richard Nixon resigned from office with an approval rating above 20 percent, despite near certain impeachment and removal by Congress. "Almost all Presidents have a core that will always stay behind them no matter what," Shaw said.



SCREENSHOT FROM YOUTUBE
The Democratic presidential debate Sept. 12 featured 10 polling leaders onstage. The debate Tuesday will feature the top 12 polling candidates.

Record field set for Democratic presidential debate

BY WALKER.OCHS
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Twelve candidates have qualified for the Democratic debate scheduled for 7 p.m. Tuesday at Otterbein University in Ohio, which will be broadcasted on CNN. The number of candidates qualifying has grown from 10 to 12 since the last debate. The two additions are billionaire ex-hedge fund manager Tom Steyer and Rep. Tulsi Gabbard. The Democratic National Committee's (DNC) qualification criteria for the debate were the same as the third, requiring candidates to have at least 130,000 unique donations from 400 unique donors in at least 20 different states and two percent or more support in four different DNC approved polls. Steyer is known for his early push to impeach President Donald Trump, his opposition to the Keystone Pipeline and his support of Obama in 2008 and 2012. Gabbard is an outspoken critic of both the Republican and Democratic Party's foreign policies. She advocates for "Medicare for All" but has also called for supplemental private insurance. Similarly to Steyer, she spoke against construction of the Keystone Pipeline. She said she may boycott this debate on account of some

"rigging" of the debate qualifiers by the DNC, but she announced she would attend on Monday. Eight of the 12 candidates who qualified for the October debate have already qualified for the fifth debate in November. All four candidates who have not qualified for the fifth debate have met the required number of donors but have not met the polling criteria. They need to reach three percent support or more in at least four DNC-approved polls or five percent support in two DNC-approved polls of Iowa, New Hampshire, Nevada or South Carolina. The full list of candidates who will take the stage Thursday are: Former Vice President Joe Biden
Sen. Bernie Sanders
Sen. Elizabeth Warren
Sen. Kamala Harris
South Bend Mayor Pete Buttigieg
Former Rep. Beto O'Rourke
Sen. Amy Klobuchar
Sen. Cory Booker
Julián Castro
Andrew Yang
Rep. Tulsi Gabbard
Tom Steyer
Several candidates will return to Iowa in the days after the debate. Buttigieg will host a town hall at the Iowa State campus Wednesday, followed by Warren on Monday.

>> MOTHERS Pg1

Every mother that took part in the study was given an online survey where they were anonymous in order to encourage candid responses. The mothers were shown a random profile of the seven stereotypes at the beginning of their online survey. From there, the mothers would answer questions about their feelings of the mother and how they would treat them. Due to the survey being anonymous, the mothers could give their honest feelings about the stereotyped profiles. Odenweller said this was her intent. She wanted to see the true underlying beliefs the mothers held about each other. All of the following stereotypes apply to both stay-at-home and working mothers with the exception of the "lazy" stereotype. Overworked: Wants to do it all, but is overextended and it shows.

Home, family-oriented: Prioritizes children, partner's needs and responsibilities at home. Ideal: Juggling several responsibilities, but gets it done and doesn't appear stressed. Hardworking, balanced: Not an ideal mom, but ambitious, dedicated. Non-traditional: Modern, liberal progressive — makes choices that are good for herself and family, whether at home or work. Traditional: Embodies the roles expected of a woman, believes her main purpose is to raise children and maintain the household. Lazy: Not nurturing, attentive or hardworking — applies only to stay-at-home moms. According to the results, ideal and lazy mothers drew the most contempt from both working and stay-at-home mothers. The overworked stay-at-home mom also was near the top of the list. Odenweller said survey participants expressed negative feelings and admitted they would treat a lazy or ideal mother poorly by excluding her,

arguing with her or verbally attacking her. Not all responses given were negative. All mothers felt pity for overworked working mothers and were more willing to offer them help. Working mothers did express admiration for ideal moms who appear to have it all together. Odenweller said this response only came from working mothers, and she suspects they see these ideal moms as a champion for their cause. "Working moms juggle a lot and want more support for all mothers with careers. For them, it may be more of a social statement that women can be great at their careers and being moms," Odenweller said. Odenweller said she wanted to do the study because there has been a lot of media attention on what she calls the "mommy wars," where mothers judge each other and criticize their mothering abilities and approach to raising children. "I was really interested in finding out if

this is really happening among women or if this is something the media is amplifying and making a bigger deal of," Odenweller said. "That was kind of what my inspiration was, and I went into that not knowing what I would find." Odenweller, who said she has gained valuable information from the study, has concluded that there are things that can be done to improve the relationships between mothers. "There are things that we can do so that mothers aren't fighting each other," Odenweller said. "Because women need those support networks, everyone needs a support network, especially a marginalized group. They need each other if they are going to make any progress for their social group. They need to be able to count on each other and build each other up, not tear each other down. The big take away is that this is happening, and now we need to find a way to stop it."

COLUMN

Just agree to disagree

Civil discussion is important for politics today

BY JOHN.ROCHFORD
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Political dialogue and civility is crucial, especially in today’s political climate. There is an importance in engaging in dialogue and maintaining a level of decorum and civility amongst those individuals whom you may disagree with. No difference is made if one is a conservative, liberal or anything in between.

Last week, Ellen DeGeneres and George W. Bush attended a Dallas Cowboys game and proceeded to merrily sit with each other in a skybox. DeGeneres explained on her show that Bush is her friend, and that is okay to have friends that you disagree with.

Unsurprisingly, backlash ensued. A few celebrities including Mark Ruffalo came out to decry the inter-political friendship; elements of the ubiquitous “Twitterati” went further, accusing Ellen of disingenuity because they claim people with opposing views cannot be friends, friendly or cordial.

This problem of attributing the worst, most nefarious motives to your political opposites is a problem that will only poison the wells further day by day.

Readers should try and have some type of conversation with their political opposites, or at the least watch or read content that you normally would scoff at.

It was interesting writing my first summer column for the Daily in June. My message in that article was that it is okay to be a conservative on campus and that my writings, to ensure disclosure as a columnist, would be examining the world from my own version of conservative liberalism.

Once that article made it to the Daily’s Facebook page, there was a fair amount of community backlash in which I was told that by extension of my political beliefs I am a racist and neo-fascist, and that it is not okay to be a conservative period.

That was an interesting accusation for a person to level against a mixed race black and white writer, especially when they



IOWA STATE DAILY

Columnist John Rochford argues the importance of maintaining civility between people on opposite sides of the political spectrum. Rochford believes having discussions with those whom you disagree with politically is helpful to refining your own ideas.

have never held a conversation with me or understand the nuances of my views on different issues and they probably have never engaged with a conservative in any real way, but I digress.

This equivalent exists on the right-wing side of isle as well, no doubt about that; there are fanatics across the political spectrum. The real dangers in attributing not just the worst, but the absolute most nefarious motives to others is that first, those motives rarely exist in reality as they might in the fanatical mind.

The second is that although those motives rarely exist, once they are believed and professed as true and spread through social

media and mainstream media (because mainstream media especially, above all else, loves controversy more so than a factual story — it sells more papers) others will become “outraged” and like a virus the incipient hatred for political rivals spread.

Your political rival, in turn, cannot believe that accusations are leveled against them; because the accusations are so far out there, they will attribute the worst possible motives not just to you, but your side of the political spectrum. Thus, a cyclical wave of hatred and division are borne.

It is okay to be conservative; it is okay to be liberal; it is okay to be a progressive; it is okay to be whatever. It is also okay to

disagree, vehemently even, but realize there are different ways of looking at even a single issue.

Moreover, how can one truly know and develop real critical thinking and engage in introspection of their own ideas if they have never truly engaged in a good faith discussion with their opposite?

Having a dialogue and having a civil conversation with those who disagree is vital to the political health of the nation and should be important for individuals to refine their own ideas.

You do not even have to be friends, like DeGeneres and Bush, but there is still value in simply listening.

EDITORIAL

Keep up with the world

Balance celebrity gossip with current news

BY ISD EDITORIAL BOARD

The lives of celebrities are constantly being discussed and broadcasted on multiple celebrity-focused outlets. A scandal happens, and you’re unable to escape the details of the occurrence no matter which media outlet you check out.

You open Snapchat and boom, it becomes an endless scroll of different versions of the same story that explains the juicy details of the latest celebrity news.

We see and experience media every day of our lives, and with it can come focusing too much on all the wrong things.

Sure, who doesn’t enjoy a bit of

keeping up with the lives of some of our favorite celebrities.

A lot of the time, celebrity gossip reminds us that even the lives of celebrities aren’t as perfect as social media makes them out to be.

Although it may seem like an easy way to pass the time while waiting for your next class to begin, celebrity gossip shouldn’t be the only thing you’re keeping up with.

The news has way more to offer than just the latest gossip of which couple called it quits or which celebrity did this or that.

The world around you is just as important, if not more. Learn about what is happening nationally and internationally. Don’t let yourself

become ignorant to your surroundings because you feel like it does not affect you.

One shouldn’t need to be affected by things in order to care about a topic. That’s not to say replace all celebrity content with news.

You’re allowed to keep up with any form of media in any way and at any time that you would like. ISD Editorial Board only suggests one thing, and that is to find a balance between celebrity gossip and actual news.

If you manage you squeeze in a few minutes of nonstop scrolling on your phone during your free time, take some of that time to quickly check out some news on your preferred news outlets.

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Leaving behind leaders

Iowa State starts year with big roles to fill

BY JACK.SHOVER
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Gone from the Iowa State women's basketball program are Bridget Carleton, Alexa Middleton and Meredith Burkhall, who all graduated from last year's NCAA Tournament team.

With their departures, the Cyclones aren't just missing their production on the court, but also their leadership and presence off the hardwood.

Coach Bill Fennelly described the trio of Carleton, Middleton and Burkhall as perhaps the best senior class he has had in the past 24 years of coaching with the program.

With their departures, Fennelly said there is no single player to fill the ever-present void left by those players — especially Middleton and Carleton.

"You don't lose a player and person — leader — like Bridget [Carleton] and say, 'Well, you're next' when she might have been the only one who's ever done it in my time here," Fennelly said.

Of the platoon of players left to

the task of taking on leadership roles, seniors Adriana Camber and Inès Nezerwa have established themselves as vocal leaders on the team.

Last season, both players played in reserve roles as Camber averaged 11.1 minutes a game and Nezerwa averaged 8.9 minutes.

"Everybody saw Bridget [Carleton] and the great leader she was, so she being my best friend last year, I kind of learned from her," Camber said. "I'm hoping to be just half as good as she was being in a leadership role."

Camber and Nezerwa will need to continue to develop as the team's vocal leaders since the team is already feeling the loss of last year's seniors in practice.

Fennelly said he takes detailed notes every practice and this year's practices are already not up to par with the previous years, which were led by the departing members.

Of 153 practices last season, Fennelly said there were only three practices that he felt the players didn't 'show up' for. This year's 2019-20 squad has only had six practices so far and has already had a practice where the team's level of effort wasn't satisfactory.

Moving forward, Fennelly wants his team to go out, compete and not make excuses.

"Bridget Carleton's not here, Alexa Middleton's not here," Fennelly said. "They are not going to be here, so if we're all going to

live in the past then we deserve what we get, or I should say what we don't get."

The team's response to poor in-game performances will be a major factor in how the team does this year.

Camber said she has experience from her freshman year when the Cyclones went on a losing streak during the end of the Big 12 season, an experience she says she can use to keep the team positive when the morale is low from losses.

"The safety net that was those three kids is gone, so it's up to us to fight through it, and when those days come [...] there's going to be a lot more of them this year than last year," Fennelly said.

Fennelly said there is a certain way to act and play when playing for Iowa State, and the team has had to move on from great players before, whether that was Angie Welle in the early 2000s or Carleton now.

Outside of Camber and Nezerwa, the Cyclones' point guard position, which was occupied by Middleton last season, has yet to find an established starter.

Camber, Ashley Joens, Madi Wise and Kristin Scott are the team's established starters, but point guard will come down to a positional battle between seniors Jade Thurmon and Nia Washington, junior Rae Johnson and five-star freshman Maggie Espenmiller-McGraw.

Like Camber and Nezerwa, all



IOWA STATE DAILY

Iowa State seniors Alexa Middleton, Bridget Carleton and Meredith Burkhall stand together following the Iowa State vs. Kansas Senior Night basketball game March 4 in Hilton Coliseum.

of these players — with the exception of Espenmiller-McGraw — played in reserve roles last season and have played under good leaders like Middleton.

"I've been under pretty good leaders before," Washington said. "I was under Jadda Buckley my freshman year and now Alexa [Middleton] last year so being behind those good leaders has primed and prepped me for being a leader for these young ones here."

While applicable to all the upperclassmen point guards on the team, Fennelly said if Johnson wants to win the starting spot, she needs to decide whether or not she wants to lose it to freshman Espenmiller-McGraw.

Espenmiller-McGraw, who

Fennelly said would be the starter prior to practice starting, may be the most talented player at the position, and the other players can take over the position by playing with consistency and an on-court command like the team had with Middleton last year.

The on-court command is something the team needs, and Fennelly said it will take players like Camber stepping up to outperform what their expectations are on paper.

Without Carleton, Middleton and Burkhall, Iowa State will have trouble replicating its NCAA Tournament appearance from last year.

"This team, it's their turn and we'll see what people say about this team after the year's over," Fennelly said.

COLUMN

Turning a corner where it matters

Iowa State's offensive line performs better than ever

BY NOAH.ROHLFING
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The trenches are the most important part of football. If your team has a bad offensive line, you aren't going to have much success with anything on the offensive end of the field. Iowa State fans have known this all too well over the past decade, but it's not like they're alone in the pain.

It's not an easy process to get a good o-line. It's a year-long process that takes its own ebbs and flows as a team rebuilds, and even then, sometimes you just have a bad year. Take a peek over some of the Cyclones' closest rivals (Iowa and Nebraska), and they have the same issues.

Just ask Iowa how its pass blocking has performed in the last two games, albeit against great defenses. The Hawkeyes have had one of the best offensive lines in the country for about a decade now, yet Nate Stanley was on the turf more often than he was completing passes against Michigan and Penn State. Stanley's performances were not impressive either, but it's hard to be impressive when you get swallowed up by large defensive linemen before finishing a five-step drop.

If you want another example of a team going through major growing pains with its offensive line, go ahead and look at Nebraska. The offensive line there is in a bad place in Scott Frost's second season with the Huskers (not all of his making, but rather the residue from a certain coach whose



COURTESY OF THE BAYLOR LARIAT

The Iowa State offensive line sets up ahead of a play in the Iowa State vs. Baylor game on Sept. 28. The Cyclones lost to the Bears 23-21.

name rhymes with Rike Miley). This had led to stunted growth all around for the Huskers, who I believe will figure things out eventually — but it certainly seems more like a four-to-five-year rebuild than a two-year turnaround. Big Ten West champs, not so much.

But enough about the team that breaks my spirit every week — let's talk about coach Matt Campbell's current group up front.

I'll admit, coming into the season, I was extremely skeptical of Iowa State's ability to win games with its offensive line. The Cyclones have been dismal at times up front in Campbell's first four years, going through tricky spots in their last two 8-5 seasons. At times, it felt like David Montgomery's outlandish cutting ability and

vision were the only reason any of Iowa State's rushing attempts went for positive yards.

So heading into 2019 with no Montgomery, I was interested to see if the line would develop. Over the first two games, it was subpar. The loss of Colin Newell to a knee sprain in week one didn't help, but the Cyclones were again struggling to create running lanes while not providing good protection for Brock Purdy.

Louisiana-Monroe was a great game against a bad team, and a poor showing against Baylor confirmed my suspicions — or so I thought.

The TCU and West Virginia games have seen the best offensive line play in Campbell's tenure, and for the first time the group seems full of confidence. They know they're playing well, and it's

a boost to the whole offense. Breece Hall's 132 yards on Saturday wouldn't have been possible without solid line play.

Offensive lineman Collin Olson said the versatility of the line has been impressive this year.

"We've got five guys that I think can play pretty much all five positions," Olson said. "It's just good to have versatility and [be] able to mix and match."

This uptick in form has changed the game for Iowa State — if the offensive line continues to grow and perform like this, there is every chance the Cyclones can win eight to nine games this year (Sorry y'all, this Oklahoma team is much better than the 2017 edition). Trevor Downing and Collin Olson have formed a formidable group inside with veteran Josh Knipfel, while Bryce Meeker has cleaned up the penalties and Julian Good-Jones continues to play well out of position. Newell was healthy against West Virginia but didn't see the field after coming into the season as a staple of the line.

If the Cyclones keep blocking like this, he might not have a spot for a while.

The next four games are a true test of the line's ability — particularly the two-game stretch against Oklahoma and Texas in November — so before too long, we'll know if it's real or just a purple patch of form.

But it's not too early for Cyclone fans to wonder if the group has finally turned the corner.

How to style fall outfits for less

BY HANNAH.SCOTT
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The leaves are changing, the breeze is cooling and pumpkin spice is in full swing. Fall time has finally started, and with the changing of the seasons comes the changing of store racks everywhere. It's a well-known fact that even before fall begins, stores are already stocking their shelves with jeans, sweaters and scarves in the hopes that consumers will once again fill their closets with the newest trends of the season.

However, as the seasons change and trends emerge, fall consumers are increasingly more pressured into spending their precious dollars in order to have a fresh closet. In reality, one does not need to go out and purchase every new item that gets stocked. To a beginner, styling clothing may seem daunting, but with a few tricks, you can revive pieces to look brand new for the upcoming season.

"That's just how they do the whole business, even when you look at designers and their different lines — at least that's how it has been for a long time," said Arienne McCracken, assistant teaching professor and graduate student in apparel, events and hospitality management.

McCracken said she is aware of consumer culture and how brands often take advantage of the changing seasons' trends. When asked if she thinks individuals really need to stock their closets with new items, she said it might not be as necessary as some believe.

"It just gets too expensive, and I think a lot of people nowadays are thinking about sustainability, which is another good reason not to go out and buy new clothes every season," McCracken said.

Often, one of the biggest roadblocks in using one's own closet as consciously as possible is simply the fact that it is easy to forget



HANNAH SCOTT/ IOWA STATE DAILY

Layering and incorporating basics into your outfits are two ways to make your closet stretch from summer to fall.

what you already own.

"I think all of us do this, but we forget about what all is in our closets and drawers just because it's been hot out and you forget what else you've got there," McCracken said.

The first step to making your wardrobe look like new is to declutter and look at each item in your closet, which can help clear out pieces you haven't been wearing and move forward items you will actually get use out of. From there, one can use a few helpful tips to take what they already have and make the transition from warm summer days to cooler fall times.

"I really like to keep a combination of basics and staple pieces that allow me to use other clothing over multiple seasons," said Hannah Iverson-Jones, sophomore in apparel, merchandising and design. "One of those would be like my mom's old Levi jacket that I love to keep in my closet for the colder months because I know it will never really go out of style, and I just generally try to style my pieces in multiple different ways."

Iverson-Jones said she is constantly thinking of ways to stretch her closet and make each item multi-purposeful.

Layering might look like throwing a long sleeve turtleneck under a short sleeve shirt or dress, wearing a sweater over a dress, or putting a cardigan over a tank or crop top to keep in the warmth. Tights or leggings are also an excellent way to make use of any dress or skirt in the fall or winter months, and accessories can make any old outfit look brand new.

"I think you can always think about layering, and that's a very easy way to be warm with still more summery pieces," McCracken said.

When styling more masculine clothes, some layering can be incorporated by throwing a sweater over a collared shirt or making use of outerwear for a more bundled look.

"Whether it's a new scarf, hat or pair of shoes, there are things that aren't super expensive but can make an outfit look fresher," McCracken said.

Additionally, many colors can make the

transition from summer to fall if used as "pops" of color. For example, if you have a lighter pink or yellow sweater, pair those with some dark wash jeans and booties for a more autumnal look.

Oftentimes, simply getting creative with what we wear can be the most helpful aspect of changing our style from season to season.

"I love having a combination of patterns, colors and styles all in one outfit," Iverson-Jones said. "This allows you to be creative and express yourself with multiple pieces all in one outfit."

While companies may be throwing new items in our faces daily, remember that shopping your own closet can be a way to save money and keep textiles from ending up in the trash.

Other options like thrift or consignment stores can allow one to purchase new items without having to spend a lot of money. Playing with colors, textures and patterns can create new and fun outfits that are perhaps even more unique than the latest trends.

Behind the scares of the Haunted Forest

Performers reveal normal lives outside of abnormal jobs

BY SYDNEY.NOVAK
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The Ames Haunted Forest is an attraction many Iowans visit every year to celebrate Halloween and to feel a rush of adrenaline from jump-scaring creepsters such as hospital gown clad women and chainsaw-revving maniacs.

The 30-minute long immersive experience is made possible by the work of many people, including actors; prop and technical directors; and makeup and costume designers.

Behind the scenes of a haunted house isn't as scary as one might think.

The actors socialize while applying their makeup, which takes about an hour and a half for most actors. There is candy, music, chainsaws and a generous supply of latex adhesive.

Behind the masks and makeup are student employees who enjoy normal activities when not in their abnormal attire.

Lauren Gearhart, junior in animal science, said some activities she participates in outside of work include eating pizza and talking with friends.

Gearhart said she works every weekend in the month of October for the Haunted Forest and is responsible for designing and performing in the clown room.

Gearhart has acted in haunted houses for



SYDNEY NOVAK/ IOWA STATE DAILY

Actors in the Haunted Forest enjoy normal socialization before the attraction opens to the public by eating pizza and applying makeup.

five years now. Although acting is something the performers may enjoy, there can be issues with scared guests.

Gearhart said she has witnessed problems at haunted houses where she was formerly employed.

"People would get hit, punched or touched inappropriately," Gearhart said.

All of the individual performers are interested in acting for the Haunted Forest for various reasons.

"Halloween is my favorite holiday," said Bradley Tyrell, a performer at the Haunted Forest. "Why not scare people for the hell of it?"

The aspect of acting intrigued Tyrell because he enjoyed participating in theater as a kid. This is the first year acting in a haunted house for Tyrell, and he said he has had a great experience so far.

Every actor of the Haunted Forest is positioned in and is responsible for a specific

area in the forest. The actors aim to scare the guests and help with production design.

Some actors said they prefer to make all their own props while others find buying costumes and props from second hand shops and online to be the better option.

Leaving the design elements up to employees allows room for creativity with the creepy components incorporated into their costumes for the forest.

It's not uncommon that guests scream, cry or turn around because they are scared of the haunted forest setting and actors.

The Haunted Forest is family-run attraction, run by Lee and Lynn Ballard. Lee and Lynn are brothers whose father started the haunted house. They have been open for 21 years and now their own wives and kids work there as well.

The Haunted Forest currently employs about forty actors, and includes enclosed aspects as well as an outside feature.

The Haunted Forest is open every weekend in October from 7 to 11 p.m. every Friday, Saturday and Sunday, with select Saturdays having extended hours. On Halloween, the Haunted Forest is open from 7 to 10 p.m.

Admission is \$20, cash only. There is a \$2 off admission for the Ames Haunted Forest valid through Oct. 20 only. One per party per visit is allowed for the discount.

>> ACCESSIBILITY pg8

old as I do not appear to be sick or ‘disabled,’” Hill said. “All disabilities look different. Do not assume because someone doesn’t use the traditional assistive devices associated with disabilities that they do not have a disability. I do not have to ‘look sick’ or be in a wheelchair to suffer from a physical disability and therefore I have the right to use amenities available to those with a disability.”

While Hill shared some frustrations about being a student with disabilities, she also shared her pleasant experiences at Iowa State.

“Student Accessibility Services (SAS) has made my student life significantly easier, as they have provided me with both classroom accommodations — to ensure a better, and hopefully less painful, learning environment — and exam accommodations,” Hill said.

Hill had nothing but positive feedback about SAS.

“For anyone with a disability, both physical and mental, I highly suggest seeing Student Accessibility Services to ensure a learning environment that works for each individual,” Hill said.

Morgan Tweed, graduate student in architecture, also had positive feedback about Iowa State’s accessibility services.

“I think that ISU has been very good about helping me out,” Tweed said. “Shout out in particular to the College of Design staff and the Student Accessibility Services office [...] They have helped me by listening. I am pretty vocal about what I need. I’ve been an active advocate since before becoming disabled, but action requires the other side to listen as well as ISU has.”

Tweed also highly recommended the Alliance for Disability Awareness club for a support

system, though he said most of the clubs on campus really are worth it as well.

Tweed has stiff person syndrome, which leaves him wheelchair-bound, and complex post traumatic stress disorder.

Tweed said his disabilities impact every aspect of his life.

“I have to do everything a little bit different and ‘work smarter, not harder,’” Tweed said. “It calls for a lot of communication. In order for the teachers, students and staff to help me succeed, I need to tell them what I need.”

Tweed said his disabilities also affect his accessibility in a literal way, in the sense of making his way around campus.

“Because I’m in a wheelchair, getting to classes, or really anywhere on campus, is difficult,” Tweed said. “I have to add time to figure out getting into buildings, most that only have one accessible way in. What most people think is accessible is barely passable for me. Most of the buildings on campus are older, thus not really accessible.”

Tweed said college also affects his energy greatly because it is hard, time consuming and stressful.

“I have to get specialized permission to take extra time off,” Tweed said. “That does not mean that I get a break on assignments, just class time, which can make keeping up harder.”

Similarly to Hill, Tweed said his disabilities also affect him socially. While some of his classmates are accepting and helpful, others are far from it.

“Some people [...] have voiced that they think I get special treatment and couldn’t be here on my own,” Tweed said. “Aside from being hurtful, it just isn’t true. I have to work harder to do everything. The accommodations are to level the playing field, not give me special treatment.”

Tweed has many words of encouragement and

advice for students with disabilities considering attending a traditional university.

“The percentage of the disabled community that moves on to college is painfully low, and mostly because the people in the disabled community don’t feel like they can manage it alone or that they won’t be accommodated — or worse, that they won’t be taken seriously,” Tweed said. “There is so much that we can do, so many spots in the job market that we could be filling. I think it is important to try and get more people with disabilities to go to college; it isn’t nearly as hard as you’d think.”

Tweed commented on intimidation and finding resources on campus for students with disabilities at Iowa State.

“My advice would be don’t give up or be daunted when you hit a snag; speak up, people will listen,” Tweed said. “The Student Accessibility Services office in the Student Services Building is a great resource. They make sure that teachers and classes accommodate your needs and help with resources. They can even make classes move to accessible locations and make sure certain areas are cleared of snow during your class time.”

As the SAS office was highly recommended and reviewed by students with disabilities on campus, the director of SAS, Steven Moats, commented on their goals as an organization.

“SAS believes that equity, social justice and diversity are essential to creating and maintaining an environment of equal access and opportunity for all,” Moats said. “We believe that disability is a naturally occurring aspect of the diversity of life and that it is an integral part of society and to the Iowa State University campus community.”

According to their website, SAS aims to “[support] students with disabilities related to the services and programs that enable their access to education and university life.”

Moats explained the variety of ways which SAS works with multiple campus partners to promote opportunities for students with documented disabilities. This includes frequent communications with instructors on reasonable academic accommodations, including access to facilities, coursework and activities.

“We are proud to collaborate with students, instructors, staff in room scheduling, Department of Residence, ISU Dining, Human Resources, IT Services, Center for Excellence in Learning and Teaching and departmental and university leadership to provide reasonable accommodations for eligible students while working to promote universal design that effectively reduces the need for specific accommodations by creating the opportunity for access by designing inclusive spaces and practices,” Moats said.

Moats said inclusion for students with disabilities is important on a college campus.

“Ability/disability’ is a human characteristic akin to race, gender, age, etc.,” Tweed said. “Therefore, if/when we recognize it as a diversity concern, it only makes sense to provide opportunities for all individuals to participate in the collegiate experience — that is, to be able to have equal access to facilities, courses and related materials, events, activities and related. So in addition to providing equitable opportunities for students as a legal mandate [...] being inclusive is the right thing to do.”

Moats said SAS believes equity, social justice and diversity are essential to creating and maintaining an environment of equal access and opportunity for all.

SAS as a whole invites everyone to participate in any and all activities scheduled for Disability Awareness Week, taking place Sunday through Friday. Information for these events can be found on their website.

IOWA STATE DAILY

GET Hired!

Have you gone for an interview, and then wondered why you didn't get hired?

We are stepping in to connect you with industry pros. Each week, industry experts will ask an interview question they actually use. Submit your answer and they'll critique the responses in their own words.

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How would you answer this question:

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Submit your best response by October 19th to gethired@iowastatedaily.com and get feedback from Jim Fay



Jim Fay

Jim Fay is an Iowa State chemical engineer. He worked for Monsanto, Procter & Gamble, American Can, and Kimberly-Clark before becoming a serial entrepreneur and consultant. He teaches “Entrepreneurial Product Development Engineering,” which he describes as a “bliffen” — 10 lbs of learning packed into a 5 lb bag.