

Native American Heritage Month

DESIGN BY BROOKLY WILLIAMS

Native American Heritage Month is celebrated in November to raise awareness for America's indigenous peoples and their history.

BY SUSANNAH.CRICHTON
@iowastatedaily.com

The people of the United States live on stolen lands. Since 1990, November has been recognized as National American Indian and Alaska Native Heritage Month to commemorate indigenous peoples of the United States and to raise awareness of their past and present circumstances that are too often overlooked or unknown.

“In terms of Native studies specifically, I think it’s absolutely vital that folks who live in the United States have some sense of the role that Native people have played in the history of what this landscape has been like for thousands of years,” said Christina Gish Hill, associate professor of world languages and cultures and co-chair of the American Indian Faculty and Staff Association. “But also the role that they played historically, in what eventually [...] became the United States. And honestly, you really can’t understand the history of the United States without Native people — you just can’t.”

At Iowa State, Native American Heritage Month has traditionally not been a big deal, according to Sebastian Braun, associate professor in world languages and cultures and director of the American Indian Studies program.

There are only about 75 Native students at Iowa State, and the heritage month comes at a very busy time when a lot of other events and conferences are happening. Some faculty members have said they also felt uncomfortable with recognizing the month.

“Some Native faculty feel that Native American Heritage Month is kind of an excuse, so we have this heritage month that we care about Native people, and then

we can forget about them, but we've done something," Braun said. "So historically, I think there has been some resistance to putting the spotlight on Native Heritage Month. If this is something that the university does and then afterwards it's business as usual, it's like some people feel like this is a little bit of an exercise in messaging that doesn't have too much substance."

Native American studies at Iowa State is a program, not a department, so it does not have much space or strong administrative support for things like updating websites or organizing events.

"It basically falls on the directors to do all of that," Braun said. "It's too much."

The United Native American Student Association (UNASA) is as old as the American Indian studies program itself. Braun said the student organization is a great help in supporting and organizing events such as the Thompson Lecture in the springtime, which brings in major Native figures to speak to students. Next semester's lecture will showcase Debbie Reese, educator and founder of the organization American Indians in Children's Literature. Reese will be speaking on the presentation of Native peoples in children's literature.

The full-time students in UNASA, however, also feel many of the same pressures of organizing work as the faculty.

Blair Flammond, senior in nutritional science, is the president of UNASA. She said the group is an American Indian and Alaska Native club open to all students and faculty. They meet every other week to talk, bond and discuss future events. UNASA gets involved in the community to educate people about being Native American and also serves as a leadership opportunity and connection to other Native American students.

"It [has] allowed me to meet other Natives because it's such a small population," Flammond said. "Without the student org, I would have never have seen other Natives on campus. At Clubfest, a lot of times [...] Native students here at Iowa State come up and [say], 'We didn't know this club existed.' We're trying to make it bigger so other Native students are aware of it."

Flammond also explained why the heritage month is still important to recognize at Iowa State and detailed some of her experience with stereotyping on campus.

"It's important because not many people realize Native Americans still exist; I feel like [...] it helps create more of an awareness that we're still out there," Flammond said. "There's a stereotype of not looking Native enough [...]. Like, I have to prove I'm a [member], I have a tribal ID."

Hill explained that another issue in creating events for Native American Heritage Month is the trouble of knowing the right message to put forth.

“Because at a school like Iowa State, where the majority of students, and maybe faculty and staff too, don’t really have Native issues on their radar, figuring out what kind of message you want to put forward is really challenging,” Hill said. “So finding a really good balance between something that’s educational that’s going to draw in folks who have very little experience and something that is powerful, engaging and [valuable] for Native folks themselves who are here on campus — that’s hard.”

Hill started at Iowa State in 2009. She said she is very dedicated to the program and has seen many changes over her ten years there, including the expansion of

» HERITAGE PG8



COURTESY OF ADRIENNE LYLES

Adrienne Lyles, associate director of Equal Opportunity, senior deputy Title IX coordinator and associate teaching professor in philosophy.

Professors develop practices for Title IX investigators

BY LOGAN.METZGER
@iowastatedaily.com

Interviews are central to any Title IX investigation, but new research finds investigators may be using techniques that are not the most effective.

Iowa State researchers Christian Meissner, professor of psychology, and Adrienne Lyles, associate director of Equal Opportunity, senior deputy Title IX coordinator and associate teaching professor in philosophy, evaluated training programs for investigators and identified techniques and suggested practices while taking evidence from science-based interviewing strategies.

“Title IX is federal legislation that prohibits discrimination on the basis of sex in any educational program or activity,” Lyles said. “It applies in both higher education and in K-12 context. Here at Iowa State, we interpret the prohibition on sex discrimination to include discrimination on the basis of sex, gender, sexual orientation and gender identity, and it also prohibits discrimination on the basis of pregnancy status.”

Title IX is just one type of legislation that acts as a safeguard for protected classes, which include race, color, religion or creed, national origin or ancestry, sex, age, physical or mental disability, veteran status, genetic information and citizenship.

“When we think about bans on discrimination on any protected class, we understand those identities to need some special protection based on historic or systemic biases or oppressive effects against those populations,” Lyles said. “When we think about Title IX, it was originally important in the athletic context, in terms of supporting sex equity and gender equity in athletics. We do understand that Title IX is effective from the very beginning of a student’s experience to the very end, so recruitment to graduation.”

Meissner said he has been studying interview interrogation for several decades, including developing better practices and a science-based understanding of how to elicit information from an individual.

Meissner and Lyles met during a three-day training

CALENDAR

11.1.19

Retirement reception: Cindy Howe, 0162 General Services Building at 1 p.m. Cindy Howe, an interior designer for facilities planning and management, is retiring Nov. 1. A short program will begin at 2 p.m.

Paint Your Own Pottery: Two for One Studio Fees, Workspace at the Iowa State Memorial Union at 4 p.m. Bring a friend! We will show you the basics of painting your piece and fire it within a week. The cost of the bisque still applies.

Cyclone Cinema: Midsommar, Carver 101 at 7 p.m. A couple's trip to Sweden quickly devolves into an increasingly violent and bizarre competition at the hands of a pagan cult.

Performance: Chasing George Washington, Fisher Theater at 7:30 p.m. While on a field trip to the White House students magically encounter our most famous founding father, who leads them on a fun-filled adventure that helps them all discover the true portrait of America.

11.2.19

Botanical Inks and Paints, Reiman Gardens 9:30 a.m. Add a new dimension to writing, drawing,

POLICE BLOTTER

10.30.19

Roderick Alan Klampe, age 28, of 1120 Sunset Ave - Kelley, Iowa, was arrested and charged with failure to appear, simple, at 1315 South B Avenue (reported at 8:31 a.m.).

CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction.

ing, or painting by exploring handmade botanical inks. We will use a variety of botanical materials to create plant-based inks and fresh plant-made paints.

Concert: Lyrica Women's Choir, Martha-Ellen Tye Recital Hall, Music Building 3 p.m. Lyrica Women's Choir is directed by Kathleen Rodde.

Concert: News Boys, Stephens Auditorium at 7 p.m. Since arriving on the scene in 1985 in their native Australia, the Newsboys have taken Christian music by storm.

Cyclone Cinema: Midsommar, Carver 101 at 7 p.m. A couple's trip to Sweden quickly devolves into an increasingly violent and bizarre competition at the hands of a pagan cult.

Performance: Chasing George Washington, Fisher Theater at 7:30 p.m. While on a field trip to the White House students magically encounter our most famous founding father, who leads them on a fun-filled adventure that helps them all discover the true portrait of America.

10.31.19

Carl Leo Schwery, age 38, of 2732 Luther Dr. - Ames, Iowa, was arrested and charged with trespassing at 233 Sheldon Avenue (reported at 3:54 a.m.).

FEATURE PHOTO



GARRETT HEYD/ IOWA STATE DAILY

>> Low temperature

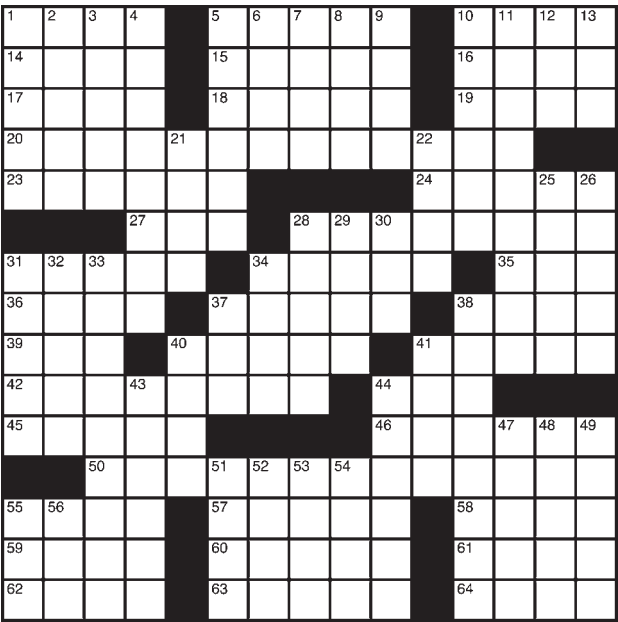
Students patiently wait for the buses and move into the CyRide shelter after high temperatures plummeted into the low 40's on campus.

IOWA STATE DAILY BUSINESS DIRECTORY

Jackson Cleaning Service
Call us at 231-3649

- Residential Cleaning
 - Getting Your Home Ready For the Market
- RENTALS: Guaranteed Your Rental Deposit Back!
- Windows
 - Deep Cleaning
 - Sorority& Fraternity
- References • Insured & Bonded • 27 Years Experience • Gift Cards Available

Crossword



YESTERDAY'S ANSWERS
PERFECTAS ATLAS
EMAILLIST TOOTH
PENNYANTE TUTTO
ERGSMEARTACTIC
SIPS INCHECK
CIRCUS ALOHA
ODIUM TRITENESS
ZEALPRIZEEDIT
YESPLEASEGRIME
TOTIECAVEIN
PHLEVELPARE
LEADERBOARD BIC
ALIAS ONTHEMENU
ILLBESETONEDGE
TOAST SKIPAHEAD

Across

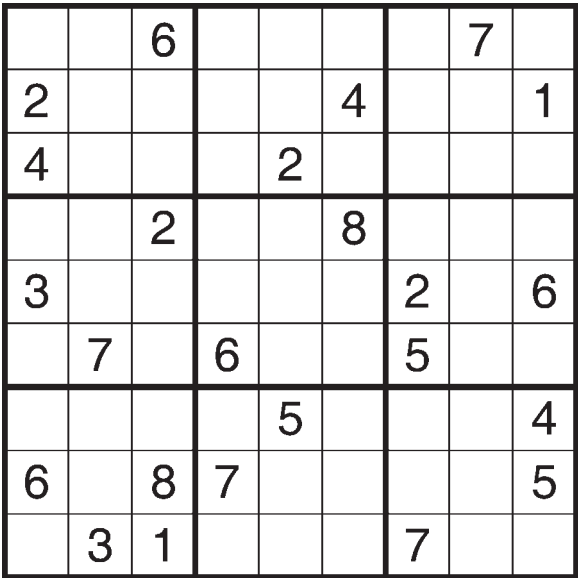
- 1 Dinner for Mister Ed
- 5 On-the-job extras
- 10 Cave feedback
- 14 Snow remover
- 15 Ice show site
- 16 D'back or Met
- 17 "East of Eden" director Kazan
- 18 Popular half of a 45, usually
- 19 Time division on a map

Down

- 1 Opinion pieces
- 2 God of Islam
- 3 Fabric often decorated with pastoral scenes
- 4 Gulps down
- 5 Whole bunch
- 6 Guitarist Clapton

- 7 Start all over
- 8 Felt in one's bones
- 9 Swedish automaker
- 10 Digestive protein
- 11 Tight, as families
- 12 Lady lobster
- 13 Find at the mine
- 21 "We Try Harder" car rental chain
- 22 Chaplin granddaughter named for her grandmother
- 25 V-formation birds
- 26 Gets in the poker game
- 28 Anne of "Donnie Brasco"
- 29 One-named "Orinoco Flow" singer
- 30 Mag. edition
- 31 Groundbreaking comic Lenny
- 32 Put down new grass sections
- 33 Starts to shoot
- 34 The "m" in E = mc2
- 37 Make a dent in, say
- 38 Rowing races
- 40 Actress Ward
- 41 Gander or gobbler
- 43 Soft-pile fabric
- 44 Offshoots
- 47 Like neon and xenon
- 48 Obama daughter whose Secret Service code name is "Radiance"
- 49 Mascara mishap
- 51 The Bee Gees "Gee"
- 52 Beast of fables
- 53 Spanish dessert
- 54 Partner of null
- 55 Coppertone letters
- 56 Shade of color

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

© Copyright 2019 Iowa State Daily Publication Board

General Information:
The Iowa State Daily is an independent student news paper established in 1890 and written, edited and sold by students.

- Annelise Wells**
Editor in chief

Alexander Gray
Managing editor of digital content

Madelyn Ostendorf
Managing editor of print content

Jake Webster
News editor of state and national politics
- Jacob Smith**
News editor of local and campus politics

Logan Metzger
News editor of diversity

Sage Smith
News editor of academics

Noah Rohlfing
Sports editor

Zane Douglas
Assistant sports editor

- Matt Belinson**
Assistant sports editor

Caitlin Yamada
Visuals editor

Garrett Heyd
Visuals editor

Christian Simmons
Assistant digital editor

Grant Tetmeyer
Social media editor
- Emily Pollock**
Copy chief

Victoria Reyna-Rodriguez
Voices editor

Trevor Babcock
Limelight editor

Melanie De Anda
Opinion editor

Sierra Hoeger
Lifestyle editor

- Main Office**
294-4120

Retail Advertising
294-2403

Newsroom
294-2003

Editor
284-5688

PUBLICATION BOARD:

- Professional members

Chris Conetzkey
The Des Moines Business Record

Kyle Oppenhuizen
Greater Iowa Credit Union

Julie Roosa
Greenlee School
- Kim McDonough**
Iowa State Foundation

Paxton Williams
Iowa Department of Justice

Susan Kloewer
State Historical Society of Iowa
- Student members

Chase Kusel
Student Government

Kathleen O'Haire
College of Agriculture and Life Sciences

- Publication:**
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

Fall & Spring sessions:
The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.
- Summer sessions:**
The Iowa State Daily is published digitally on a daily basis.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, 2420 Lincoln Way, Suite 205, Ames, Iowa, 50014.
- Subscription costs:**
Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.
- Postmaster:**
(USPS 796-870)

Send address changes to: Iowa State Daily 2420 Lincoln Way, Suite 205 Ames, Iowa 50014

PERIODICALS POSTAGE

Front page weather courtesy of the American Meteorological Society.

Navigating the journalism world

Greenlee professor uses experience to guide students

BY REGAN.WYCKOFF
@iowastatedaily.com

A portfolio full of various features, covers and reward winning content belongs to Debra Gibson, associate professor of practice in the Greenlee School of Journalism and Communication.

Gibson teaches contemporary magazine publishing, where she has students discuss the aspects of published magazines. Gibson said she is fascinated by magazines and has the chance to teach her students about her passion each day.

Her fascination with magazines has allowed her success and has helped her guide students at Iowa State to their own passions, Gibson said.

Gibson is an Iowa State graduate with a bachelor's degree in journalism. After graduating, she worked for a newspaper in Spencer, Iowa, and then returned to Ames to work for the ISU Alumni Association. There, she created the magazine titled Visions.

"Everybody has a story," Gibson said. "[...] I'm just naturally a really curious person."

Visions has gone on to receive more than 80 regional and national awards, including best alumni magazine, according to Iowa State's Greenlee School of Journalism and Communication website.

Visions has also presented Gibson with unique opportunities. Gibson said one of her

most memorable experiences was the time she was able to visit Washington D.C. with a doctor from Des Moines who was chosen by then-candidate Bill Clinton's campaign.

Clinton had been working on a new health care plan, and Gibson said she had the chance to travel alongside the doctor as he prepared for his meetings in D.C. and to tell his story.

After seeing the success of the Visions publication, Meredith Co., headquartered in Des Moines, Iowa, reached out to Gibson and offered her a freelance writing position. Gibson said the position allowed her to stay home with her children while writing for Better Homes and Gardens and other special interests.

For years, Gibson said she worked for Meredith Co., interviewing people over the phone and producing content from her own home.

"I got really lucky," Gibson said. "It's a great opportunity for women journalists who want to stay home with their kids."

Gibson said the experience she gained while at Meredith Co. has been put to use each year since 2004, as she now works as Iowa State's Meredith Professional in Residence for the Meredith Apprentice Program.

The students have a chance to work as apprentices in a professional setting at the leading media and marketing services company in the U.S., according to Iowa

State's Greenlee School of Journalism and Communication website.

Gibson said the long standing relationship between Meredith Co. and Iowa State has been going on for decades and has helped many students make connections after graduation. The program started out with only five students each year in the editorial field. Now, the program has up to 10 students in a variety of areas such as editorial, social media and graphic design.

"You have to send down somebody who is able to do the work," Gibson said. "[...] Some of these students continue to maintain leadership positions, are editor-in-chiefs of student magazines, or some even maintain jobs."

After applying for the apprenticeship, students are given an hour-long interview with the same script of questions and a dinner with current Meredith Co. apprentices. The students are then scored on how well they do, and Gibson said she is able to decide who will receive an apprenticeship for the upcoming year.

This year-long apprenticeship requires 15 to 20 hours of work per week. The apprentices are given real deadlines and responsibilities. Gibson said the student apprentices have an impressive work ethic.

In her personal life, Gibson said magazine piles are spread throughout her home. She said it drives her husband crazy, but there isn't a better way to treat herself than



COURTESY OF GREENLEE SCHOOL
Debra Gibson, associate professor of practice in the Greenlee School of Journalism and Communication and Iowa State's Meredith Professional in Residence.

sitting down with a magazine and her Diet Sunkist as she gets "caught up in that world" of magazines.

Throughout her journey at Iowa State, Gibson said she hopes to keep expanding the connection Iowa State has with Meredith Co. and to continue to support students as they find their places in the journalism world.

The Pride Alliance to raise money at the Fall Drag Show

BY LOGAN.METZGER
@iowastatedaily.com

The Pride Alliance will be hosting its first drag show of the school year this weekend.

The Fall Drag Show will take place from 7 to 9 p.m. Saturday in the Great Hall of the Memorial Union.

The show is open to the public, including Iowa State students, faculty, staff and Ames community members, but it is not free to attend. Ticket prices are \$10 at the door, \$9 for pre-sale tickets with early seating and \$7 for dues-paying The Pride Alliance members with reserved seating.

"For some, a drag show is entertainment," said nicci port, co-advisor for the Pride Alliance. "It is a place for the LGBTQIA+ affirming community to come together and celebrate gender expression. It is another small way for the LGBTQIA+ community to provide themselves with visibility as well."

The Fall Drag Show is different than most drag shows due to the reason it is held.

"This drag show, in particular, is fantastic because the money from this drag show is used to fund students to go to an educational conference on gender and sexual diversity," port said. "It is exciting because it is not just a fundraiser for the Pride Alliance, it is a fundraiser that enables the Pride Alliance to take students to this conference where they can learn more, network and find their voices in a place where they are the majority."

port said this event is a staple and one of the primary things the Pride Alliance does to provide visibility for gender expression



IOWA STATE DAILY

Morah Reign at the Pride Alliance's annual Halloween Drag Show on Oct. 27, 2018.

and for the LGBTQIA+ community on the Iowa State campus.

Though a drag show is a fun event, there is a certain etiquette the audience and performers are expected to follow.

"Drag show etiquette starts with consent," port said. "Different people have different ideas of what a drag show is and it is not a place for non-consensual interaction. It is a place for you can interact with the performers, but you shouldn't assume that you can grab a performer's hand."

Other important pieces of etiquette include both physical and mental safety. Physical safety includes giving the performer space to do their routine. Mental safety includes knowing that drag shows tend to be loud and full of flashing lights and knowing that leaving the room to take a breath is encouraged for those who need it.

"Drag is not cheap," port said. "If you have been to a drag show you have seen the costuming, the hair and makeup; the things it takes to transform through gender expression costs money. Though it

is not required because we have an admissions fee, tips are also welcome. In a drag show environment, providing tips, if you are able to, shows your appreciation for what they do."

Cecil Rickerl, chair of public relations and advertising for the Pride Alliance, said attendees can either take money directly up to the stage or there will be tip buckets available for those who do not feel comfortable approaching the stage and the performers.

"Attendees can meet leaders of Iowa State's oldest LGBTQIA+ student organization and see that the students who are leading this group are really cool, accessible and want to engage in the community," port said.

The Pride Alliance is the oldest LGBTQIA+ student organization on campus and its mission is to provide a safe space where students and guests can discuss and learn about the LGBTQIA+ community, their sexual orientation and gender identity.

Feminist Friday to talk judgment of women

BY LORETTA.MCGRAW
@iowastatedaily.com

As another week comes to a close, an opportunity to get some warmth and snacks arises again for this Feminist Friday's talk about the "monstering" of women throughout history.

At 1 p.m. in the Margaret Sloss Center for Women and Gender Equity, also known as the Sloss House, Chloe Clark, assistant teaching professor of English, will be leading this week's discussion, "Our Monsters, Our Selves: How We Can Think about Privilege and Othering through Monstering."

According to Clark, "monstering" in simplistic terms is "as a group or society, turning others that differ from us in any ways as outsiders."

Clark regularly teaches lessons on monstering for her courses and the effect privilege has on people.

Privilege is defined as the special right, advantage or immunity granted or available only to a particular person or group, according to the Merriam-Webster Dictionary.

Everyone in some shape, way or form has been awarded some type of privilege, but factors such as age, race and gender all impact the amount of privilege awarded.

Buzzfeed offers an in-depth quiz to figure out the amount of privilege people are rewarded, which can help enable a better understanding of the conveniences and advantages one has over another.

For hundreds of years, people have seen this inequality, especially in terms of gender. Women have long been monstered. Take, for example, the women of the famously-known town of Salem, Massachusetts.

During the Salem Witch Trials, only women were accused of witchcraft based on fear of any behaviors men did not approve of.

"We can see any case of a woman or woman-identifying politician where their sex lives are brought into the way we discuss them, and we kind of monsterize women's sexuality much more than we control men's sexuality, especially in regards to positions of power like politics, business — even celebrities in movies," Clark said.

Talk About It:

Post-traumatic stress disorder

BY AMBER.MOHMAND
@iowastatedaily.com

Editor's note: This is part five in our weekly mental health series "Talk About It." Sensitive content may follow.

Six out of 10 men and five out of 10 women will experience at least one trauma in their lives, according to the United States Department of Veterans Affairs. Post-traumatic stress disorder (PTSD) develops when someone experiences a shocking or dangerous event.

Kinsey Phillips, mental health advocate for the Iowa State University Police Department, said in her graduate classes her professor had made a distinction of the word "disorder."

"Our professor started off with introducing [PTSD] as just post-traumatic stress and that's interchangeable with post-traumatic stress injury, so completely easing off that word 'disorder' — which at first I was kind of confused by," Phillips said. "He later explained it as post-traumatic stress is not something that is a disorder, it's your body's coping mechanism [...] it's just something natural that your body does when you go through a traumatic situation."

Phillips said the word "disorder" could cause people to associate it with a negative connotation.

"I thought it was kind of fascinating and it's a really neat way to look at it because having the word 'disorder' can have kind of a dangerous connotation," Phillips said. "When you put the word 'disorder' on it at the end, it kind of puts a negative light on it."

About seven percent of the United States

population will have PTSD at some point in their lives, according to the United States Department of Veteran Affairs.

Sunde Nesbit, assistant teaching professor in psychology, is a clinical psychologist with a focus on psychological evaluations.

"From my clinical experience I see kids as young as five, six years old that are experiencing negative reactions to trauma," Nesbit said. "I have seen adults that experience historic trauma and they come in 30 years later and [another issue] comes up, but then there's this underlying issue that they've been pushing aside for years and years and years."

The evaluation process depends on the age of the person, but they are looking for evidence of those symptoms of PTSD. Nesbit said she can get that information from asking the person who is being evaluated, which can be hard for younger children to remember.

Nesbit said identifying a specific cause to PTSD is "easy and in some ways it's a lot more complex," with the basic criteria being a person experiencing an event where their lives were threatened, in danger or there was an absence of safety. Nesbit said the nature of the trauma can dictate the degree of PTSD.

Nesbit said the symptoms of PTSD can be broken into four subjects: negative moods, arousal symptoms, avoidance and intrusion.

For those who experience negative states such as depression, anxiety, anger and irritability, the symptoms of avoidance include staying away from places, events or objects that are reminders of the traumatic experience as well as avoiding



DESIGN BY BROOKLYN WILLIAMS, PHOTO COURTESY OF GETTY IMAGES
Post-traumatic stress disorder (PTSD) develops when someone experiences a shocking or dangerous event. Symptoms may include depression, anxiety and avoidance.

thoughts and feelings related to the event.

"If a person experienced a situation in which they felt as though their lives were in danger, then it takes a while for the body's alarm system to calm down," Nesbit said. "Individuals who experienced PTSD may experience these arousal symptoms where the body's alarm system is [...] like a faulty alarm system, like it's going off too much or it's over activated."

Symptoms of intrusion could include flashbacks and arousal symptoms can include feeling "on edge."

"These arousal symptoms would include things like being jumpy or hypervigilant, having trouble with concentration because they're constantly scanning their environment for danger, challenges with sleep because it's hard to turn their mind and hard to turn their body off," Nesbit said.

Cues that remind the person of an event can trigger their reaction and those who have gone through these experiences may not develop PTSD, according to the National Institute of Mental Health.

>> TALK P64

RESOURCES

There are many numbers students in need of immediate support can call, they include resources like Ames Police and a national crisis number.

Veterans Crisis Line and National Crisis Line: 800-273-8255
Iowa State Crisis Textline: text ISU to 741741

The Trevor Project: 866-488-7386

Iowa State Police Department: 515-294-4428

Ames Police: 515-239-5133

Iowa State Student Counseling: 515-294-5056

Student Assistance: 515-294-1020

Wellness Center: 515-294-1099

Thielen Student Health: 515-294-5801

Iowa Democrats set for Friday event in Des Moines

BY MALLORY.TOPE
@iowastatedaily.com

The Iowa Democratic Party is hosting a "Liberty and Justice Celebration" Friday in Des Moines.

Fourteen of the Democratic presidential candidates will be speaking. This event is the last candidate gathering in Iowa where most will be in attendance for Democrats before the caucus in February.

The speaking order for the featured speakers will be Mayor Pete Buttigieg, former Vice President Joe Biden, businessman Andrew Yang, Sen. Elizabeth Warren, Sen. Kamala Harris, businessman Tom Steyer, Sen. Bernie Sanders, Sen. Michael Bennet, former Rep. Beto O'Rourke, former Sec. of Housing and Urban Development Julian Castro, Sen. Amy Klobuchar, Sen. Cory Booker, former Rep. John Delaney and Gov. Steve Bullock.

The Liberty and Justice Celebration was formerly named the Jefferson-Jackson Dinner. The event was named after Thomas Jefferson and Andrew Jackson, who are considered the founders of the Democratic Party. The event was initially renamed in 2015.

The Liberty and Justice celebration is the last big event in Iowa that allows so many presidential candidates to directly talk to Iowans and listen to Iowa voters' concerns before the caucus.

More than 13,000 people are expected to attend this event, making it one of the biggest presidential events in Iowa.

Troy Price, chair of the Iowa Democratic Party, said the event is going to "highlight the tremendous energy in our party."

"It's gonna be a hoot and a hat; 13,000 of our closest friends," Price said.

The latest Iowa State poll of likely Iowa Democratic caucus-goers found Warren in the lead with 28 percent support, followed by Buttigieg with 20 percent, Sanders with 18 percent and Biden with 12 percent. No other candidates received more than single digit support.

Candidates gear up campaigns for Iowa Senate seat race

BY MALLORY.TOPE
@iowastatedaily.com

The Iowa Senate race is in full swing.

Although the Iowa Caucus is coming up, so is the primary for one of Iowa's U.S. Senate seats, set for June 2, 2020.

The 2020 Iowa Senate candidates for Democrats are Michael Franken, Kimberly Graham, Theresa Greenfield, Eddie Mauro and Cal Woods.

The Republican candidates are Joni Ernst and Paul Rieck. Joni Ernst is the current Iowa Senator; she was elected in 2014 after incumbent Democrat Tom Harkin retired, becoming the first woman from Iowa elected to the U.S. Senate.

Due to the upcoming 2020 presidential caucus, the Senate race has been background noise, said Mack Shelley, Iowa State professor and chair of the political science department.

"Most people haven't even started to focus on the Senate race," Shelley said.

Since Ernst is the incumbent, she is very well known, but many of the Democrats aren't well-known, and they aren't "household" names, Shelley said.

Theresa Greenfield ran for Congress in 2018 along with Eddie Mauro. However, neither advanced beyond the primary election.

"Thersa Greenfield had run out successfully before, so she's not completely unknown," Shelley said.

A key point for candidates is the amount of money their campaign has raised.

Ernst has an advantage of free media



IOWA STATE DAILY
Joni Ernst, U.S. senator for Iowa, stands with one of her supporters at the "Iowa GOP Victory Party" on Nov. 6 at the Hilton in downtown Des Moines.

since she is already elected — she doesn't have to buy ads because she's in the news already, Shelley said.

"Whoever the Democratic candidate is, they will get media coverage, but not nearly as much as Ernst," Shelley said.

Ernst has already raised more than \$6 million in campaign donations for the 2020 election, while the Democratic candidates have only raised a little over \$3 million combined.

The amount of money a candidate raises plays a big role in how they can get their name out there, Shelley said.

"Since launching this campaign in June, we've earned dozens of endorsements from elected officials and community leaders here in Iowa, including folks like Congressman Loebsack and Congresswoman Finkenauer and local labor unions that represent thousands

of hardworking people," Greenfield said.

Greenfield mentioned ways her campaign is reaching out to Iowans.

"Our campaign is committed to reaching folks online through social media," Greenfield said. "We've had supporters contribute to the campaign from all 99 Iowa counties, which means that our message is getting to and resonating with grassroots supporters all around our state."

As of now in the campaign, candidates are using Twitter, YouTube, Facebook, texting and other social media to get their names and message out to voters.

"We will increase ads post-caucus, once the oxygen has returned to the

>> SENATE P68

COLUMN



COURTESY OF CELESTE KI

Columnist Emily Berch raises the question, “Who do you protect?” in reference to the “Students Against Racism” protest Wednesday.

Who do you protect?

BY EMILY.BERCH
@iowastatedaily.com

Iowa State students stopped traffic Wednesday as they marched at the intersection of Union Drive and Lincoln Way, chanting things like “No Nazis! No KKK! No fascist USA!” and “Who do you work for? Who do you protect?”

As they marched from the Memorial Union to Beardshear, protesters also asked people to sign a list of demands, which included things like instituting a zero-tolerance policy for racism and anti-semitism at Iowa State.

The protest, and a coalition of students speaking at the Student Government meeting that night, comes after a tidal wave of racist incidents at Iowa State throughout recent months, adding to the floodwaters of white supremacy that have been apparent on campus for much longer.

President Wendy Wintersteen sent out an email the morning of Oct. 23 condemning racism and bigotry on campus, but it came at a point when so much had happened that I’m unsure which instance of racism it was meant to address. Was it meant to address the more public vandalism in the Bean house in Geoffery Hall but was coincidentally timed so it came shortly after a

Student Government adviser’s Instagram went public?

Was the administration hoping words of comfort would be enough for students who saw “HH” for “Heil Hitler” chalked on Central Campus? Was that email supposed to be enough for students of color, Jewish students, trans students or anyone else whose identity was threatened by messages all across campus throughout the past month?

I’d love to give the administration some benefit of the doubt. Maybe they’re working tirelessly behind closed doors to eliminate white supremacy from our campus, but it’s not as if this is a new problem. The administration certainly wasn’t caught off guard by racism on campus.

Iowa State conducted campus climate surveys in 2004 and 2018, which unequivocally demonstrated through both qualitative and quantitative data that racism is a problem at Iowa State. When the results were announced in 2018, a graduate student confronted Wintersteen about the university’s inaction on these things.

She tried to comfort him by promising conversations to take place throughout the fall, but as he left he reminded her again that it was time for action, and once he was gone, she repeated to the crowd that we have to begin with conversations.

But you can’t have conversations when students don’t even feel safe walking to campus.

When that hate goes unchallenged by the administration, it grows comfortable here. It’s chalked on the sidewalks; it’s called from passing cars.

How bold does it have to grow before enough is enough? Does it have to drive through a crowd of protesters? What if it had on Wednesday as students marched?

Students are showing up to protect and stand up for each other, but that’s what the administration should be there for.

To its credit, the Campus Climate Undergraduate Student Experience Committee hosted a forum in February, seeking feedback on its planned responses to the survey results. Unfortunately, only one student attended and none offered feedback.

So, students, I’m hoping we stay engaged this time. I’m hoping that when the news moves past the events that fueled the protests, our activism doesn’t.

Ultimately, though, I’m hoping the administration sees this problem for what it is. We can protest and petition, but as long as the administration stays quiet, white supremacist beliefs will be protected here on campus.

So, Iowa State, who do you protect?

LETTER



JAKE WEBSTER/ IOWA STATE DAILY
Van Erdewyk hosted a campaign kickoff party June 15.

Joe Van Erdewyk will push Ames forward

BY RENU SUDDAPALLI
raesuddapalli@gmail.com

I’ve been closely following the 4th Ward city council election set to occur on Nov. 5. Only one candidate has been consistently thoughtful, knowledgeable and articulate. Joe Van Erdewyk has proven time and again why he is the best choice to represent Ward 4 on City Council.

Joe is the fresh, intelligent perspective needed to push Ames forward.

He has demonstrated that he understands the struggles our community faces. Joe was the first candidate to run on the issue of housing affordability, and renter exploitation. Joe was canvassing neighborhoods as early as June to understand the needs of our community, he is dedicated and motivated. His true understanding of our struggles mattered; I saw yard signs supporting his candidacy before the other competitors even began to door knock.

I’ve been frustrated by the lack of thoughtful answers to questions by the other candidates. I have heard incomplete and placating answers from his opponents. Joe shows up having done his homework, demonstrating his holistic understanding of an issue.

Some candidates insist things are fine. Fine is not enough. Council cannot be complacent. Joe has introduced cutting edge policies that address issues such as housing affordability and sustainable energy production. Joe struck a chord with the community by bringing our issues to the forefront of this election.

His perspective on the barriers preventing students from remaining in town is crucial to understanding how we can grow our community. The Ames 2040 plan needs Joe’s unique perspective to help shape the economic landscape to retain students and residents in our community. We need more individuals like Joe to help Ames thrive.

Joe is a natural leader. It is apparent in the way even his opponents have begun to follow his lead.

Visit joe4ames.com and vote Van Erdewyk on Tuesday.

The Iowa State Daily will no longer be accepting City Council letters in regard to Ward 4 candidates.

EDITORIAL

Moods change as days grow darker

BY ISD EDITORIAL BOARD

It’s that time of year again where the days begin to grow colder as the hours tend to pass us by. The sun starts to hide itself behind the clouds and only in rare occasions does it shine.

Our moods begin to shift more the quicker it gets dark out, and it is such feelings that tend to seep into our minds and souls as the days grow gloomy and colder.

People may refer to it as seasonal depression.

Seasonal depression, which is also identified as seasonal affective disorder (SAD), is a type of depression that is connected to changes in the season. Most commonly, it is known to begin during the fall and stay during the winter months. Spring and summer are seasons that can lead to seasonal depression too,

although it is less likely.

On Nov. 3, daylight saving time ends, meaning that all of our clocks will fall back an hour. 2 a.m. will turn into 1 a.m., and with it comes days with quicker sundowns.

As the day goes on it is normal for us as humans to grow tired and lose motivation to get things done as bedtime draws nearer.

Once daylight saving time ends, it is then that many of us will begin to feel gloomy, tired and low amounts energy as well as lack of interest in some of our most treasured activities.

A common solution that is suggested in many instances is relaxation exercises. Some light yoga and meditation in the comfort of your own home could do a world of good.

There are other things that are

recommended, like getting some natural light, plenty of sleep and staying away from drugs and alcohol.

Like mentioned, the sun setting a lot sooner challenges the idea of getting some natural sunlight, especially when it seems like the sun barely comes out during the cold winter days. In those seemingly rare occasions that the sun takes a peek from behind the clouds, take some time to open your curtains and blinds of your bedroom and home.

During seasons like these, it is crucial to try and get the little things that can help put your mind and wellbeing at ease.

The ISD Editorial Board is here to tell you that you are not alone. Seasonal depression is more common than one would think, and it is not something that one should be afraid of or embarrassed about.

Editorial Board
Annelise Wells, editor-in-chief
Melanie De Anda, opinion editor
Emily Berch, columnist
Seth Pierce, student

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.

Feedback policy:
The Daily encourages discussion but does not guarantee its publication. We reserve the right to edit or reject any letter or online feedback.

Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s).

Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Cyclones to battle Bronchos

BY NASH.VANBIBBER
@iowastatedaily.com

The Cyclone Hockey team will play the University of Central Oklahoma at 7:30 p.m. Friday and Saturday in Oklahoma City.

The Central Oklahoma Bronchos usually find themselves highly ranked among Division 1 teams in the ACHA — winning the 2014-2015 and 2016-2017 ACHA Division 1 National Championships.

Forward Domenic Kolbeins has 14 points scored for this season for the Bronchos and is currently sitting at one point per game this season, while Vitali Mikhailov also has 14 points scored this year. Nial Mills for the Bronchos has nine goals for the season, and he is currently at two goals per game this season. The Bronchos have offensive firepower, with four players having 10-plus goals for the beginning of the season.

Iowa State hockey head coach Jason Fairman said he’s looking forward to the challenge of facing the Bronchos this weekend. Fairman said it is a different year and two very different teams from one year ago.

Last weekend against the Ohio Bobcats there were a few penalties from the Cyclones. This is surprising, as the Cyclones are one of the least penalized teams in hockey.

“There is discipline in every practice and in every game,” Fairman said.

The Cyclones are currently dealing with adversity with illness and injuries, but Fairman said it’s next man up.

“Guys have to be ready when their numbers are called,” Fairman said.

The Cyclones are currently sitting at seven wins and five losses 12 games into the season. Last season the Cyclones had three losses around the same time of the year.



KARA DENNER/ IOWA STATE DAILY

The Iowa State hockey team played Missouri State on Sept. 27.

Freshman Max Kamper had two goals against the Ohio Bobcats. These were the only goals made in the Cyclones’ 4-2 loss in the first of two games against the Bobcats.

“At the time I was just thinking of getting the team back into the game, we were down 0-4,” Kamper said. “Someone had to get aggressive and make shots.

Kamper is looking forward to getting onto the ice with a tough and championship-built Broncho team.

Kamper said playing for coach Fairman and the Cyclones has been a blast and he has been loving every second of the season so far. Kamper chose Iowa State specifically for the hockey program and the college experience.

“I toured other colleges and teams; they

were not as good as this one,” Kamper said. “It was a very easy choice to pick Iowa State.”

Kamper started playing hockey when he was seven years old and has been in love with the sport ever since.

For Kamper, his individual goals for the season are to work on his shot, his work ethic and work systems to make them become second nature. He wants to be a reliable player that coach Fairman looks for. Kamper also wants to be more physical out on the ice and to play more of a man-to-man system.

“We need to begin to score more,” Kamper said. “We have to start mixing all years together and trust each other more and we need to get more physical in games.”



IOWA STATE DAILY

Jade Thurmon at the New Mexico State game in March.

Season to start with new player ready, point guard battle

BY JACK.SHOVER
@iowastatedaily.com

Iowa State beat Missouri Western State 87-54 on Wednesday in the team’s last exhibition before the season starts against Southern University on Thursday.

During the exhibition game, Maggie Espenmiller-McGraw proved she is ready to contribute immediately as a freshman, the team’s point guard battle showed two early leaders and the team saw what life without Kristin Scott was like.

ESPENMILLER-MCGRAW READY TO SCORE

Espenmiller-McGraw, a freshman, has already shown she is ready to contribute to the Cyclones early, especially in the scoring column.

The five-star recruit didn’t start for the Cyclones, but she scored 15 points on 6-9 shooting.

Entering the season, coach Bill Fennelly said he wanted to have her play point guard this season, but after missing eight practices this season due to illness and with the Cyclones’ first regular season game Thursday, the team will primarily use her as a shot maker rather than a primary facilitator.

In the exhibition, Espenmiller-McGraw had zero assists despite playing for the most minutes of any Cyclone other than Ashley Joens, who also played 26 minutes.

BATTLE FOR POINT GUARD

With Espenmiller-McGraw going to primarily play shooting guard this season, Iowa State has a three-way position battle at point guard between Jade Thurmon, Rae Johnson and Nia Washington.

While Johnson started, she scored zero points on two shots. Thurmon scored 16 points during the game, shooting 5-6 from the floor and 6-9 from the charity stripe.

Thurmon outscored Johnson, but Johnson was able to generate more assists and Johnson avoided any turnovers while Thurmon had three. Meanwhile, Washington only played ten minutes during the game and failed to score.

Early in the season, it looks like Thurmon and Johnson have an early leg up on Washington in the battle for the starting spot, but moving forward, Johnson could serve as the team’s starter to facilitate the offense since no other player had more assists in the exhibition and Thurmon could provide the Cyclones’ scoring punch off of the bench.

LIFE WITHOUT SCOTT

Scott missed Iowa State’s exhibition due to a back injury and won’t be back until next week at the earliest since her injury is being reevaluated by the Cyclone medical staff Monday.

Entering this season, Scott is a preseason second-team All-Big 12 selection and is expected to provide the Cyclones with a plethora of scoring, three-point shooting and rebounding at the post position.

In Scott’s absence, Inès Nezerwa performed well, scoring 14 points on 4-6 shooting from the floor and 6-6 from the free-throw line. She also grabbed eight rebounds.

With that being said, Nezerwa had four personal fouls in only 19 minutes played. Against Missouri Western State, she was taken out after fouling early and replaced with Morgan Kane.

Kane redshirted as a freshman last season and in her relief of Nezerwa, she scored four points and had three turnovers.

If Iowa State wants to have its post position produce as efficiently as possible, the Cyclones will need Scott to return as soon as possible, so Nezerwa can operate as the team’s backup and Kane can develop more behind Nezerwa and Scott.

COLUMN

Projecting the NBA’s Western Conference

BY TREVOR.HOLBROOK
@iowastatedaily.com

If you’re not an NBA fan, do yourself a favor and check out any Western Conference game this season.

The West is loaded this season, and a handful of Cyclones will appear in games during the year. If you missed it last week, I ran through the Eastern Conference outlook and where former Cyclones’ teams may finish.

Before I project where teams will finish, Cyclone fans can pay attention to Denver (Monte Morris), Utah (Georges Niang), the Los Angeles Lakers (Talen Horton-Tucker) and Oklahoma City (Abdel Nader and Deonte Burton) for former Cyclone players.

1. DENVER

I’ll be a little bold and take the Nuggets to finish first in the West. Denver retained its starting five from last season that was a few plays away from making the Western Conference Finals.

I like the Nuggets as a regular season team because of how the rest of the West looks. Utah, Houston and both Los Angeles teams all made major changes from last season. I think it could



IOWA STATE DAILY

Deonte Burton attacks the hoop against Purdue in the second round of the NCAA Tournament on March 19, 2017.

take some time for adjustments to take place, plus load management could play a key role for the Los Angeles teams.

Simply put, I like Denver in the regular season for the consistency in its roster, while the rest of the West gets acquainted with their rosters.

2. HOUSTON

I like the Rockets as a long-term NBA Finals pick, but I think Denver edges them out in the regular season. Houston added Russell Westbrook in the offseason, and I think that’ll pay dividends.

Westbrook should take more pressure off James Harden and decrease Harden’s work load more effectively than Chris Paul.

3. LOS ANGELES CLIPPERS

The Clippers may look bad at times early in the year as the team gels, but I personally like them to make a deep run in the playoffs.

Last season, newly acquired Kawhi Leonard saw action in 60 regular season games for the eventual champions: the Toronto Raptors.

Leonard might not get the luxury of rest as often in the West, but I think his total games will still have a limit, costing some wins along the way.

Despite the rest factor, the Clippers have a lot of talent and a bunch of defensive options. They’ll be pretty good in the regular season, but watch out in the playoffs.

4. LOS ANGELES LAKERS

I think one through three are debatable in the West, but I think it will be some combination of the Clippers, Nuggets and Rockets. For four through eight, I see a big jumble of solid teams that will jostle for seeding as the season progresses.

I’ll toward the Lakers leading the second group based on superstar talent. I think the Lakers have holes — especially in the back-court — but LeBron James and Anthony Davis are good enough to lift them to fourth.

5. PORTLAND

Disclaimer: I’m a Blazers fan. Despite rooting for Portland, I think fifth is a solid place for the Blazers. The back-court is among the best in the league with Damian Lillard and CJ McCollum, but outside of those two, the team consists of a lot of unproven players.

We know Lillard and McCollum will produce, but can the Blazers get enough production from the other pieces? I think some nights they will and some nights they won’t, leading to a fifth-place finish.

Read more about the NBA Western Conference online.

How to travel sustainably

Students share tips to consider the environment away from home

BY WHITNEY.SPENCER
@iowastatedaily.com

Travel sustainability is a growing concern in many places around the world. It focuses on the environmental and economic impacts tourism and travel impose.

“Besides being the world’s largest industry, travel and tourism [have an] enormous and unsustainable impact on energy, water, land and food use,” according to Sustainable Travel International’s website. The organization aims to make traveling and tourism beneficial to both communities and the environment.

Sustainable Travel International stresses it wants travelers to make sustainable choices when on the move.

“Many of the destinations we visit are also extremely sensitive ecosystems and other people’s homes. As visitors to these places, we should protect and respect them as if they were our own,” the organization’s website stated.

The organization also suggests travelers try and offset their carbon footprint by using transportation that partakes in carbon offset programs and by individually calculating their carbon footprint.

Some examples of this can include walking from spot to spot when in a different city or using bike systems most major cities have implemented, instead of driving with a rental car

Kerry Dixon, facilities project manager for the facilities planning and management department, works with all the projects done on campus to “increase sustainability in the built environment.” Dixon said she suggests three travel tips for students to consider when planning on taking a trip: turning off your lights, turning down the heat and unplugging unused appliances.

These tips can also be applied when students go home over the weekend or over breaks from school. Unplugging extension cords that house the majority of appliances being plugged in such as microwaves, mini fridges and televisions can be an energy saver as well.

When asked about how she stays sustainable,



COURTESY OF MAX PIXEL

Making sustainable choices when traveling is an important step in protecting tourist areas from environmental and economic impacts.

Dixon said “taking advantage of daylight and LED fixtures” and “making people realize that they don’t need to have their spaces lit 24 hours a day” are main factors in how she stays sustainable.

Dixon also said light and heat consumption are two major components to energy waste every day.

Nicole Smetana, junior in accounting and entrepreneurship, said she feels she isn’t very educated on sustainable living, but she’s curious about learning more sustainable practices. Smetana recently attended the National Sustainability Day celebration with curiosity

over the subject.

“The only major sustainability thing I’ve done is trying to use fewer plastic bags,” Smetana said. “I really only hear about food-related sustainability.”

Becoming more aware of different kinds of sustainability is how individuals can ensure that they’re implementing sustainable practices into every aspect of their life.

Riley Henry, sophomore in animal ecology, considers his environmental impact on a deeper level. He said practicing sustainable traveling is very important for both Iowa State students and citizens across the world. He practices

sustainable travel by prepping his living spaces and monitoring his travel habits.

“I try to hike more than anything to try and avoid the emissions of fossil fuels,” Henry said, adding that if the destination is walkable, he’ll make the trek. If he does use a vehicle, he aims for the most direct path.

Before leaving home for vacations and everyday life, he makes sure his lights are off. If he plans on being gone for long periods of time, he avoids leaving the air conditioning on, as he’d rather leave the windows open to naturally vent his home.

Reporting contributed by Sierra Hoeger.

WE Lead conference to teach leadership skills

BY ISABEL.GEBERS
@iowastatedaily.com

On Saturday, the Iowa State University Alumni Center will host WE Lead: Womxn’s Empowerment and Leadership Conference.

The conference is a chance for students to hone leadership skills and network with leaders at Iowa State and in the central Iowa community.

The event is free for all Iowa State students and includes interactive discussions and sessions as well as reflections on leadership qualities and strengths.

When registering, students can pick two out of the four breakout sessions to attend. The four

options include Creating Personal Narratives, Candidate and College Student: Campaigning Her Way, Woman Adjacent: Be the Dad You Wish to See in the World and Building Community.

Breakout session leaders include Rachel Junck, Samone Whitfield, Teresa Zilk and Max Mowitz.

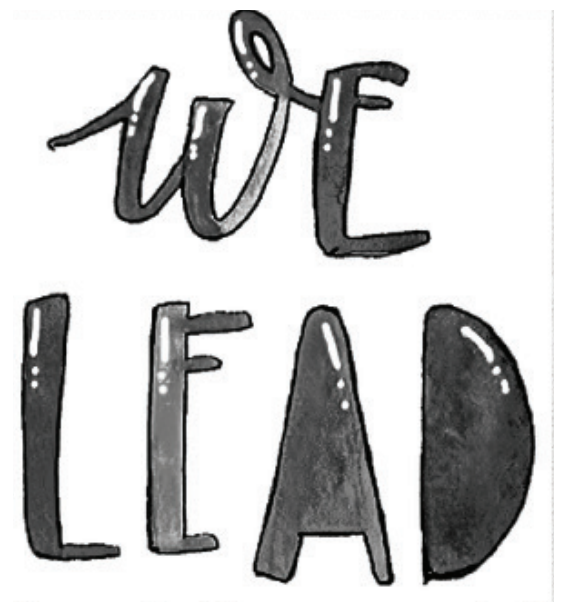
Junck is an Iowa State senior studying chemical engineering who is also running for Ames City Council Ward 4. Whitfield is an assistant director of development at the Iowa State University Foundation and has served in many roles, both within the community and on campus.

Zilk is the creator, producer and curator of Stories to Tell My Daughter, which serves as a

storytelling event and has worked in many capacities that improved her skills including a media coach, writer, interviewer and a group facilitator. Mowitz is a sexual assault victim advocate with Polk County Crisis and Advocacy and is an active member of the LGBTQIA+ community.

Other speakers include keynote speaker Deidre DeJear, an entrepreneur and social activist who assists small businesses and community organizations, and Margo Foreman, the assistant vice president for Diversity, Inclusion and Equal Opportunity at Iowa State.

The conference will go from 8:30 a.m. to 3:30 p.m. and those who are interested in attending can register online.



COURTESY OF WE LEAD WOMXN'S CONFERENCE / SLOSS CENTER
The WE Lead conference strives to help students develop leadership skills.

