

SUMMER 2015

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Parkinson's Patients Pedal for Research

Long stretches of flat highways bookended by cornfields serve as the laboratory for Jay Alberts' research. The bicycling enthusiast and 1994 Iowa State graduate in physical education reached out to Parkinson's disease patients in 2003 to form a team for the Register's Annual Great Bicycle Ride Across Iowa. "We wanted to inspire Parkinson's patients to take a more active role in their treatment and a more active role in life," said Alberts, a researcher at the Cleveland Clinic Lerner Research Institute who studies motor skills in patients with Parkinson's and other conditions. "You don't have to just sit back and be a passive recipient."

When Alberts started riding with Pedaling for Parkinson's, which began with seven members and a mission to raise awareness of the disease and now boasts nearly 70 cyclers, he quickly noticed some unique and unexpected changes in the riders' symptoms – notably, that they were subsiding. While riding on a tandem bicycle with a man who has Parkinson's, he saw that the man's tremors, which were pronounced early in the day, significantly decreased by the end of the ride. This and other incidences, sparked

Alberts' interest in studying the effect of "forced" exercise – exerting more energy than normal with the aid of a partner – on the symptoms of Parkinson's patients.

Phillip Martin, professor and chair in the department of kinesiology at Iowa State, rides with Pedaling for Parkinson's, and is impressed with Alberts' research because of his hands-on tactics. "To really understand how Parkinson's impacts people, you need to talk to people who have the disease," said Martin.

Iowa State professors such as Martin and Anumantha Kanthasamy, holder of the W. E. Lloyd Endowed Chair in Neurotoxicology, conduct Parkinson's research on campus in search of a cure. Unique studies like Alberts' are useful in identifying new ways to approach and treat the disease.

Experiments similar to Alberts' are cropping up at other universities, and he is currently working with several national YMCAs to create bicycling programs that imitate the goals of his RAGBRAI team.

"It started in the cornfields, but I think we owe it to people with Parkinson's to make programs like Pedaling for Parkinson's available everywhere," said Alberts.



MYSTERY SOLVED!

In the last issue, we wondered how a lard bucket discovered during renovations in Marston Hall found its way under the floorboards in the building. David Consbruck, son of reader Betty Consbruck, class of 1948, and her husband, Harold Consbruck, class of 1953, wrote in to explain that lard was used in the engineering hall as a lubricant for machining metal, specifically for cutting pipe threads.

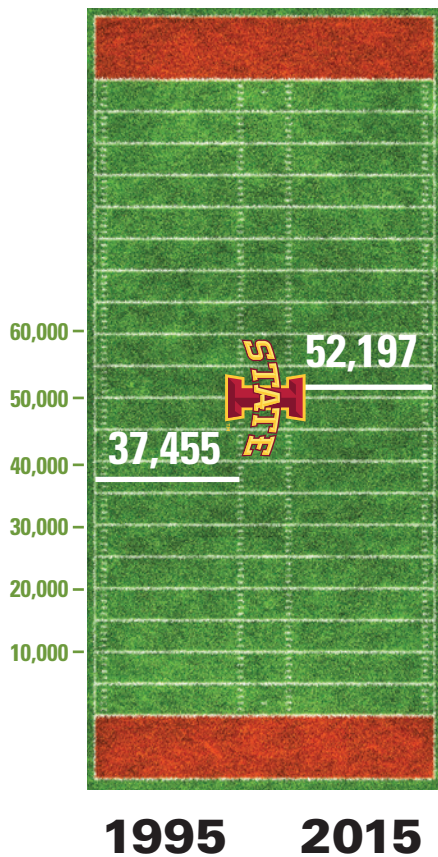


SIGHT FOR SERVICE

Veterinary ophthalmologists worked like dogs to provide free eye exams to service animals at the Dr. W. Eugene and Linda Lloyd Veterinary Medical Center at Iowa State this past May. The 8th Annual National Service-dog Eye Exam was organized through the American College of Veterinary Ophthalmologists, and pays tribute to the hard-working service dogs for whom maintaining good eyesight is critical.

Service dogs help humans with various tasks every day, like crossing streets safely. The free eye exams assist in identifying and preventing eyesight issues such as cloudy corneas, retinal disease and early cataracts, so that the dogs can continue to serve and protect their owners. Since the event's creation, more than 30,000 service animals – including a service donkey – have received preventative eye exams nationally.

Average Attendance



Room to Cheer

The newly constructed south end zone at JackTrice Stadium will increase the field's capacity to 61,000 fans. The average turnout for home football games is **52,197**, a nearly **40 percent increase** since 1995!



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Gardening on the Go

Vegetables need not be rooted in one spot, according to the 2014 Rising Star Interns. The interns, sponsored by ISU Extension and Outreach and the colleges of Human Sciences and Design, developed a traveling vegetable patch to educate children in southeast Iowa about gardening. “Our goal is to benefit communities while providing meaningful educational experiences for students as they look for careers,” said Bob Dodds, interim assistant vice president for extension county services.

Last summer, the Rising Star Interns partnered with extension staff to bring

Iowa State resources to Iowa communities. The traveling gardens acted as mobile classrooms, and worked to educate Iowans on the benefits of locally grown foods.

First introduced by interns at county fairs, the mobile vegetable patches provided Iowans an opportunity to talk about green thumbs and healthy lifestyles. “I developed my communication skills by explaining nutrition to people who aren't in the field,” said Nina Streauslin, a 2014 Rising Star intern. “It was challenging, but that's my future career.”



Recipe for Success

Kirsten Mancosky's grandma doled out health and nutrition advice in place of bars and brownies. "My grandma actually got me interested in nutrition as a kid," said Mancosky. "Her tips and facts stuck with me as I got older, and when I got to college, I wanted to pursue a career in promoting healthy lifestyles."

Now a second-year graduate student studying food science, exercise and human nutrition, Mancosky recalled her grandma's suggestions as she compiled recipes for a nutritional cookbook as part of an internship with Farrell's eXtreme Body Shaping. "It had about 300 recipes and was a lot of work," she said.

Mancosky flexes her passion for health and fitness through her role as secretary

for Students Helping Our Peers, the on-campus food pantry, and her membership in Kappa Alpha Theta sorority. "I'm eager to put my passions into practice, with the hope of making a difference in people's lives," she said. "My life philosophy is to value people."

Mancosky sees others putting that philosophy into practice, in particular through supporting and encouraging other students. Her involvement in Kappa Alpha Theta and her outstanding leadership and service earned her the Gamma Pi High Flyer Award in 2014. "I will always be reminded that being a member of Kappa Alpha Theta helped me to grow as a person and as a leader," she said.

MARKED MEN

Campus maps and brand-new backpacks may identify freshmen on campus this fall, but first-year students were once singled-out with ease. Freshmen from 1916 to 1934 were identifiable by flashy red hats called "freshman beanies," or "prep caps," which were required to be worn by the entire first-year class. Students wore the caps until the end of spring semester, when the hats were burned in a symbolic ceremony marking their transition from freshmen to sophomores.



Retro Rooting

Chants and cheers abound at Iowa State football games – reverberating from the band to the cheerleaders to the students and alumni in the stands. We resurrected two cheers recorded in a 1914 edition of the Iowa State College Pep, so you can support the Cyclones in classic style this fall:

Nine Rahs

Nine Rahs for the Cyclones!

Rah, rah, rah!

Rah, rah, rah!

Rah, rah, rah!

Cyclones! Cyclones! Cyclones!

Rif Raf Ruf

Rif, raf, ruf,

Rif, raf, ruf!

Cyclones! Cyclones!

Pretty hot stuff.



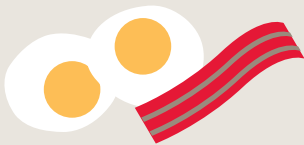
Welcome to **YOUR IOWA STATE**, the newsletter that keeps you connected with **Iowa State University**. Look inside to find out what's happening on campus and relive some of your own Iowa State memories.

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WHOLLY HEALTHY:

Health and wellness goes beyond exercising and eating well. Wellness encompasses the psychological and emotional aspects of our lives. Here are just a few tips from Iowa State faculty experts for how you can be healthy, wealthy and wise.



▶ A SMART START TO YOUR DAY

One thing anyone can do to be healthier: eat breakfast. According to food science and human nutrition clinician Sally Barclay, studies show that breakfast eaters have better success at achieving and maintaining a healthy body weight.



▶ DO-BE-DO YOURSELF SOME GOOD

According to Elizabeth Stegemöller, assistant professor in kinesiology, Parkinson's disease sufferers can improve their pitch duration, vocal loudness and swallow control after just two months of singing – not to mention improve their quality of life.



▶ LITTLE BITS HELP MOST

To limit excess weight gain during pregnancy, staying active throughout the day is more beneficial than a steady 30 minutes of exercise, says Christina Campbell, associate professor of food science and human nutrition, and Sandra S. and Roy W. Uelner Professor.



▶ FINDING THE PERFECT FITBAND

Not all fitness bands are created equal. An Iowa State study led by kinesiology professor Gregory Welk found that the BodyMedia FIT was the top performer, with a 9.3 percent error rating comparable to research models.



▶ PLAQUE-FIGHTING FLAX

Ingesting flaxseed can decrease high cholesterol and significantly reduce the risk of heart attack, heart disease and stroke, according to Suzanne Hendrich, university professor and Lura M. Lovell Fellow in food science and human nutrition.



▶ RUN FOR FUN

Running just 5-10 minutes a day, no matter your speed, can reduce your risk of dying from heart disease, says D.C. Lee, assistant professor of kinesiology.