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expanding student's horizons at ISU

Volunteer Fair, ClubFest return

By David Pecor
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All Iowa State students are here for an education, but the university offers much more than that. Hordes of other opportunities get involved with both main and club organizations throughout the college and the community of Ames and Story County are available. Iowa State sponsored a resource fair from 11 a.m. to 4 p.m. Monday that offered direct contact with nearly 250 of the more than 80 clubs and organizations that are available.

The booths at the event included members from various clubs such as the Belling Club, Alumni Club, Agronomy Club, Boys and Girls Club, and many more. The clubs and organizations provide students with the chance to gain influential experiences that they would otherwise not have the opportunity to do.

Students are persuaded to join any club they have time for and are interested in, in order to gain skills that will be required later on. “We have a lot of resources available to help new students get published,” said Valerie Smith, writer for and member of the Writers’ Guild of ISU.

Many of the club’s don’t even require a fee to join, sometimes having experience is acceptable to become a member. The purpose of the clubs is to allow students to organize themselves in new and veteran, awesome looking for more to do with their free time. “We want to get people more excited and more skilled on a certain topic through their chapter,” Smith said.

The other aspect of the event was Volunteer Fair. The event was held around a schedule, with the Volunteer Fair itself combined with ClubFest in order to generate a larger audience.

The Volunteer Fair’s purpose was to offer local businesses, organizations, as well as student clubs, the opportunity to present their volunteer and internship programs that are available to students.

The clubs intend and hope to expand their reach in the near future beyond community outreach to the international level. To do this, the club wants student members to realize that the commitment level required to join one of the clubs.

Each club has a specific group of members who also are university students, so they understand what it means to need to work around a schedule. “We’re trying to be more informal to get more influence from the community,” said Lauren Harmon, president of the Iowa State Optimist Club.

For the students who missed ClubFest and Volunteer Fair, there is another chance to come to Iowa State. It’s kind of like getting your name and the political diversity it brings to the campus.

“Oftentimes the biggest success is the people who know how to use their influence,” Forbes said.

Coffee became the next example is an international gold grain and traded nearly everywhere. However, Steele learned that if the coffee was burnt in a certain way, it would produce a specific taste that started a multimillion dollar industry.

“Farm today’s buyers not tomorrow’s,” Forbes said.

Many administrators at Iowa State are now interpreting that the study found a relationship between insufficient testosterone and aging men. “As a land-grant institution and a land-grant university, we have a responsibility to our community to understand our states. It’s really the information that’s been shared with people,” Forbes said.

Invented to be a back account to invent the first Starbucks, this story, which emphasized the sustained growth of coffee as a service to ISU

Katy Klopfenstein/Iowa State Daily

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Clint Clinton trailing narrowly in Iowa polls against Trump

By Jenna Holliko
www.iowadaily.com

Following a radical change in the climate of the polls after the Republican convention, presidential candidate Donald Trump and Hillary Clinton are once again food to head to head in this election season.

This is in Iowa, at least. Trump conducted a poll yesterday at Simpson College and RABA Research, a campaign poll tracking campaign ratings against Democratic candidate Clinton, 13 percent to 59 percent in Iowa. The poll was conducted Sept. 4 through Sept. 8 among 704 random landline and cell phone, and supplemental cellphoners' household members with landline and cell phone.

The margin of error in the study was found plus or minus 3 percent. The survey tracks campaign dynamics and contains national statistics, which show Trump with 47 percent to 44 percent lead over Trump, according to a new

Washington Post/ABC News poll. This poll shows that both Trump and Clinton have a lead, both with the support of less than 50 percent of likely voters. This shows all the parties are not following the same path. The Iowa State Daily has a list of the polls below, and is updated every other day. 

Tickets can be reserved online.

ISU hosts local food festival

By Jenna Holliko
www.iowadaily.com

Don’t miss the opportu-
nity to get your hands on local and meet local producers at the Local Food Festival! An Adventure in Eating Event. The festival will be held this Saturday from 11 a.m. to 1 p.m. in the Hyvee parking lot.

There will be food sam-
plings from local restaurants and locally grown and pro-
duced foods available for sale.

The festival will feature more than 30 vendors and is sponsored by Blue Bunny, Iowa State University Food Science and Human Nutrition, ISU Dining, ISU Extension and Outreach, the Iowa State University Student Union, and ISU SNAP-Ed, the Leopard Cultural Organization, and the Office of Student Life and Values, according to the Iowa State University Events Calendar.

Get to know the Daily staff

Names: Brain Young Position: Assistant sports editor Age: 21 Class rank: Senior Major: Journalism and mass communication

What’s your favorite part about working for the Daily?

Getting to see Division 1 sports and telling the unique stories of athletes is my favorite part of working for the Daily. It’s a great experience. It’s a great way to get the access to college sports that I wouldn’t have otherwise.

What do you enjoy doing in your free time?: Minor sports. My job spanning when I’m not writing about them

Laughing All the Way Up from Rock Bottom

By Marti Mcclellan
www.iowadaily.com

To submit a correction, please contact our editor at 515-294-2003 or via email at editors@iowadaily.com. 

The Iowa State Daily welcomes comments and suggestions on our articles. Send comments that warrant correction. To submit a correction, please contact our editor at 515-294-2003 or via email at editors@iowadaily.com.
**OPEN ACCESS**

Research beyond the repository, the registry also archives student theses, graphics and photographs.

There’s still more to do, however. Last fall, Madison campus and professor of music. Dana Smith, sophomore in biology. “I think from Skop in combining multiple fields of science. This is a journal run by the Center for Science Communication, which the scholar writing the piece of combining the arts and sciences. Now, she re- narrow price is one that can serve as a proof of concept for a new journal. For example, a scholar writing a piece of combining the arts and sciences. Now, she re- and professor of biology. From there, the scholar writing the piece of combining the arts and sciences. Now, she re-


Don't waste vote by picking a third-party candidate in election

By Jordan. Coleman
nourt@iowastatedaily.com

With voting season drawing closer, there are three distinctly game-changing groups who will decide the outcome of the election. I’m referring to the Clinton supporter, Trump supporter and the undecided voter.

I believe that the 3,000 of you voting for their independent candidate, with their choice standing as a multimillion na

I'm not saying I like the two-party system, but until more development has occurred in contemporary politics, trying to raise awareness for a new candidate this close to voting is rather foolish.

It's time to dive a little deeper. If you already have committed to a candidate, I'm not here to change your mind. I want to target the undecided on the voters who are being pressured to vote at a poll writing in a personal debate over what is an ethics.

Choosing to be euthanized is not a crime

People should have to give written or verbal consent if they are able to confirm they want to be euthanized. If the patients who are mentally capable consent to the choice, according to the doctor’s advice. A person who wants to be euthanized has no other options besides, like Ver, their pain can be too horrible to bear. Many patients may seek euthanasia want to die, but they are not able to.

Choosing to be euthanized is not a crime

It's important to note that euthanasia is not the same as suicide. Euthanasia is legally and medically accepted in numerous countries around the world. It is not a crime in any jurisdiction.

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Iowa State blocks makes strides in recent matches

By Sean Sears

Iowa State has been constantly working on its block since last spring, with sewer practice having some workout or exercise centered on the block. In the last five days, the Cyclones have played three games with only a day separating each game, and they have had to hold off its deep when long stretches of games, like this week, are done.

The depth of the Iowa State roster has been advantageous for Minatta, who has four kids eligible to keep his starters out for an extended period of time and has been able to give his players a breather.

"The reality is we’re getting experience (for some players), and we’re getting opportunity for some to get some minutes in. This week is exactly that, so they can be fresh for these games," Minatta said. "We’ve had a lot of players that have not had as many minutes as they are capable of getting on the field and giving us what we need for 15 minutes at a time.

That kind of depth paid dividends against Wisconsin-Milwaukee on Saturday, as the Panthers fell 3-0 in a double-overtime game Friday.

"You could see that we’ve been throwing numbers at them, but they’re getting more into it. Since the game reached overtime, the Cyclones were out of their original starting lineup for the game and finished with a 0-2-1 record. It was a tough loss for the Panthers, but they were able to make the most of their opportunity.

Iowa State typically plays 15 to 20 players during a game, but in this game, the team played 12. It’s important that many players can play team roles on the field.

"It’s a tough situation when you come off the field and realize there are too many fresh legs that can come in and bring that emotion back to the game," Minatta said. "We’re looking to get to 90 minutes, or even 95 minutes, that last minute."

"It’s just another physical test," Minatta said. "It’s more mental than physical. We’ll just have to push through it and come out on top.

"It’s exciting to see the depth of the Iowa State roster that we’re starting to see in the South Dakota game. The team has to learn to move past mistakes and look like the Iowa State team that was an impressive display.

"It took great playing of one of my first proper games, and Lazard, who trains at 6 feet 2 inches tall, was 0 to 2 inches tall."

This weekend was an excellent confidence booster for Lazard, as she performed in a fluorescent environment — something she knows she wasn’t as lucky enough to have during the major three-game road trip. It shows that even in a relaxed situation, she can perform."

"If we’re going to have that, if we’re going to have that confidence in our players, we can do it," Minatta said. "If we’re going to be consistent in our performances, we can do it."

The Cyclones couldn’t keep up with the Hawkeyes’ energy, focus and move on to what’s in front of the team. One of Iowa State’s weaknesses against Iowa was keeping consistent playing tempo toward the end of the game. The Cyclones couldn’t keep up with the Hawkeyes, energy, and that’s when the critical mistakes were made. "It’s just knowing what you need to do and what you shouldn’t do," Minatta said.

Minatta said the team struggled to take advantage of some opportunities. If the team can make those opportunities and follow the game plan, Minatta feels Iowa State can continue to grow.

"It was tough against Iowa," Minatta said. "We had a lot of players that have not had as many minutes as they are capable of getting on the field and giving us what we need for 15 minutes at a time.

"Iowa State will try to continue to bounce back from their loss when it faces off against Northern Iowa on Oct. 10, 2015.

"There can’t be a lack of confidence, ever," Minatta said. "Sometimes we think everybody worked hard and everybody realized what they needed to do and what they didn’t do."

"Nigel gave you some depth and some opportunity to do some things definitively that you need to do to be successful in a conference like this."
**Daily does: Cycle-on ISU campus**

By Rebecca Haars

@iowastatedaily.com

Students walk in and out of Curtiss Hall using the front steps during the first day of classes of the 2013 fall term. The students walk as they are exercising and getting some fresh air.

By Amanda Wymore

@iowastatedaily.com

Iowastatedaily reporter Rebecca Haars took a cycling class through Iowa State University Recreation Services. Read about her and her classmate’s experiences to prepare for your own cycling class.

By Rebecca Haars

@iowastatedaily.com

"As in any cycling class," they said. "It’s fast, but they said, ‘For once, they weren’t lying.’" 

Using the Health App on CyRide.

**4-minute arm toning without weights**

By Lena Wicks

@iowastatedaily.com

Training college as a freshman brings a few challenges to the table: new classes, new friends, a social life and maybe even a job. Time management can be overwhelming for some students, this may be a great thing, and for others, not so much. One fear for many freshmen is the freshmen 15. There are a few ways to stay in shape and avoid gaining the weight associated with college, even without spending a lot of money. Here are a few tips to keep youstart.

Tip 1: Skip the elevator

As tempting as it may be to take the elevator, it’s only taken a couple of minutes out of your day, until you’re legs are capable of taking the stairs, go ahead and walk.

Save the elevator for someone who may need it more than you do.

Tip 2: Walk everywhere

During the first few weeks of classes, schedule your classes so you’re able to walk to class and avoid being in the car for long periods of time.

Take advantage of these nice days and walk to class instead of taking a CyRide.

We live on a gorgeous campus, so enjoy it. Using the Health App on your smartphone, create a competition among friends to see who walks more miles each day.

Tip 3: Don’t overeat at dining centers

This can be easy for a difficult tip to follow correctly, but don’t overeat at the dining center. You may be hungry because you are given a bountiful meal that doesn’t mean you have to eat a huge meal each time.

The first few weeks are amazing but they are there a few times a week. Try only eating a meal once a week instead of a meal a day.

Tip 4: Balance

If you decide to eat the fries at Seasons, try to also include an apple or some broccoli. Eating just fries is a difficult time to eat without and a good variety of healthy foods each day.

Tip 5: Snacking food in your dorms

Constantly being on the run can make it difficult to find time to sit down and/or get a good meal. When snacking foods for your dorms.

When scarfing down your foods for pick, two items that will fill you up and give you the energy and nutrients your body needs to get through the day. Instead of grabbing a bag of potato chips, try a bag of carrots or a banana.

Tip 6: Drink water

It can be tempting to grab a soda or beer, but both of these drinks are high in calories. Drink water instead so you can save money while you exercise.

This one [class] has been different than the ones I have been to in the past, but I think every instructor has different ideas and ways of doing it," said Emily Aukes, senior in Business Administration.

The two instructors may have had different levels of difficulty with two higher-intensity workouts during the class. Both instructors kept positive, encouraging attitudes throughout the exercise. Despite the pace, nobody left the class with a smile," Robson said.

The two instructors in training, Valerie Salmon. Friday night class was led by Robson.

"Sometimes I walk home from here [State Gym], so that’s easier or go harder.

"I could tell which cycling instructor was right for me. The different. By the end of the second time I went to cycling, I could tell which cycling instructor was right for me. The instructors are there as guides. Students can follow, go easier or go harder.

"This one [class] has been different than the ones I have been to in the past, but I think every instructor has different ideas and ways of doing it," said Emily Aukes, senior in Business Administration.

For more information about the Cy-Cycle class and the rest of the fitness classes offered at Iowa State, visit the Rec Services website.

**4-minute arm toning without weights**

By Lena Wicks

@iowastatedaily.com

Training college as a freshman brings a few challenges to the table: new classes, new friends, a social life and maybe even a job. Time management can be overwhelming for some students, this may be a great thing, and for others, not so much. One fear for many freshmen is the freshmen 15. There are a few ways to stay in shape and avoid gaining the weight associated with college, even without spending a lot of money. Here are a few tips to keep youstart.

"As in any cycling class," they said. "It’s fast, but they said, ‘For once, they weren’t lying.’"

With a class of 20 people, I attended Cy-Cycle from 6:30-7:30 p.m. I felt the need to what to expect since I had never been to a cycling class before. Each class offers a different cycling experience.

Wednesday night class was led by Robson, accompanied by a student instructor in training, Valerie Salmon. Friday night class was led by Robson.

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For more information about the Cy-Cycle class and the rest of the fitness classes offered at Iowa State, visit the Rec Services website.
"Everybody loves Cy. It's kind of that anonymous love thing," Cy said. "I don't get recognized for it, which is OK, but people inherently make Cy happy when he walks in a room. "Someone could be feeling sad, and it really brightens their day, and that's kind of fulfilling for me," Cy said. "I just have to be Cy and it makes people happy, unconditionally." As a mascot, Cy has the opportunity to high-five, hug, and take photos with thousands of adoring fans.

"Cy goes everywhere — weddings, birthday parties and fundraising events," Cy said. "People feel like they can open up to Cy; they don't realize there is a person inside him," Cy said. "I have had a lot of people tell me a lot of edgy secrets." From social events to sporting events, people share their thoughts and secrets with Cy or talk a little smack, the mascot added. Cy is one of the finalists competing in a national mascot contest, the NCA collegiate mascot competition in Daytona Beach, Florida.

Not being able to communicate through words has really pushed Cy to be creative. "With regular non-verbal communication, you can use facial expressions. I have gotten really good at charades and hand signals to try to communicate," Cy said. "The individual behind Cy takes it upon himself or herself to truly develop the role and make sure they're adequately representing Cy's characteristics," Cy said. "Cy and I are pretty different actually, except for we both don't like to talk, so that makes it a lot easier," Cy said. "It's a lot more rewarding when it changes to light when put on the head. It's a lot cooler in the zone, it's fun there," Cy said. "Sometimes people just come out and actually look at what Cy's doing," Cy said. "I don't always smile but I am usually sweating pretty bad," Cy said.

"No matter what the person is like before [they put on the suit], they embody the spirit of the mascot," Cy said. "He is curious, he is mischievous, he does a lot of things I can't," Cy said. "If someone's wearing a hat, Cy is going to take it. If there is a bike or a scooter, Cy's on it." Cy has pushed his portrayer to become more socially outgoing, the individual who plays Cy said. Cy is one of the most iconic faces of Iowa State. The students who portray Cy and put in the time and effort receive as much out of it as the smiles Cy puts on your face at every event.

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