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Weather

When: Sunny, with a high near 80.

Chance of showers and thunderstorms. Mostly cloudy, with a high near 72.

National News

Notes and events.

Police Blotter

Sept.

Alcohol

FHQ: In addition to those facing charges, Executive Director Miles Hiscock will host a free event in the Student Union Library at 11 a.m. on Sept. 29.

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Traditions

By Robert Hein @iowastatedaily.com

Traditions as a fundraiser for multiple sclerosis.

ISU cadets will then visit the Iowa campus.

Rhoads, to Tama and hand the ball to the Hawkeyes, the Army Reserve football team plays.

is a part of the team that is working to find a new associate director for the Memorial Union.

Williamson is a part of the appeal in taking

first day, Wednesday, Sept.

![Photo: Randi Rhodes signs the Cy-Hawk game ball, which will be run by Iowa State's Army ROTC program.]

the cadets were chosen to run with the game ball.

The Cyclone Battalion will be running for not only themselves but their country as well."

The cadets will talk about

the spirit that Iowa State is...
Evaluators and legislators

Teaching, lawmaking have much in common

E ducation and legislation are closely related fields with common ground for policymakers to explore and similar problems to solve. But although links between education and lawmaking are well known, no senator has proposed or debated anything of substance at either of the two meetings this year. By this time last year, five bills had been proposed, with one of those bills almost becoming law.

With those facts, it becomes hard to answer the question: What are the members of GSB doing for the students they were elected to represent? By coming to Iowa City, they might be able to answer that question, with those facts, the asking is imperative.

Now, we fully acknowledge that the death of legislation after a three-month summer recess, which senators could have used to become idea-free one another, could be due to a variety of factors.

First, it could mean no senator has any interest in the legislation group(s) majoring or group affiliation(s) and year in school of the author(s). Phone numbers com. Letters must include the name(s), phone number(s), and addresses will not be published. Feedback policy: The Daily reserves the right to edit or reject any letter submitted for publication.

Second, the lack of legislation could be a result of GSB’s inability to effectively communicate with their constituents effectively. Their constituents may not know they can change something about the university or request funding for their clubs through proposing a bill. This point leads into the final reason behind the lack of legislation proposed by GSB: No one knows how they can utilize GSB to its fullest potential.

Unfortunatel, university students are unaware of how GSB can help them and their peers, since they are not likely to seek out the groups. However, with more than 31,000 students and 800 clubs, the chances are high that reasoning bellies is unusually.

Second, the lack of legislation cooperate is the result of GSB’s inabilities not effectively interacting with their constituents. If students are unaware of how their politicians are doing for the students, they may feel like their problems are not being heard and will not seek the help of GSB. Hence, students may not even know and/or do not care if their members are or are not serving their constituents.

Third, GSB members should take part of the blame for GSB’s failures. GSB members do not seem to make the effort to understand the stituation how they can, as constituents, help their constituents. However, these students should also take responsibility for educating themselves on what GSB is and how to use it.

If the members of GSB must be part of a robust organization, they must be reluctant. Power exists only when it is exercised, and GSB is not a court that dispenses patronage and money when asked to do so. Making a difference requires articulating your ambitions to your peers, not by wrangling and seeing.

By Michael Belding

Unplugging electronics to unwind

T echnology is a necessary evil. Our lives have become so dependent on technology that we can’t imagine living without it. Unplugging from technology can feel like a luxury that only wealthy people can afford. But it is possible to unplug and find a sense of peace.

Unplugging can take different forms. It can involve taking a break from social media, turning off your phone, or simply taking a walk in nature. Whatever form it takes, unplugging can help you feel more connected to the present and less overwhelmed by the constant stream of information.

By Ana Golden

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PSYCHOLOGY 

The psychology of stress relief

T here are many ways to reduce stress, but some methods are more effective than others. Here are a few tips to help you manage stress:

1. Take a break: Sometimes the best way to relax is to step away from your work for a bit. Take a walk or do something you enjoy to clear your mind.

2. Practice mindfulness: This involves being present and fully engaged in the moment, without judgment.

3. Exercise: Regular physical activity releases endorphins and reduces stress hormones.

4. Connect with others: Social support can be a powerful antidote to stress.

5. Get enough sleep: Sleep is essential for recovery and stress management.

By Michael Golden

By Katherine Klingseis

GSB failing to represent students

T he Government of the Student Body’s mission, according to its website, is “to strengthen students’ voices and enhance students’ experiences at the State University through active representation, engagement and service.”

For this year, the legislative component of GSB has failed to deliver on that mission. For this year, no senator has proposed or debated anything of substance at either of the two meetings this year. By this time last year, five bills had been proposed, with one of those bills almost becoming law.

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Multicultural groups form identities

Letter to the Editor

Choose what you want to disclose or conceal

In the article titled “Putney or Transparency,” (online “What makes a courageous mind?”), Yetley appears to present an argument that personal “secrets” are for people’s private concern only. Very briefly, Yetley begins the article by pointing the reader to a speech given by former Montana Worsham as “someone who is not a student” and who “never met a student,” and then subsequently records his speech as though it were in everyone’s everyday life. “She goes on to state that she feels it is inappropriate for students to raise opinions of issues that affect all of us.” She goes on to say...

For the full article please go online.

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The “freshman 15” is a real thing — if you drink a pop every day. Regardless of whether you’re a freshman or a senior, that pop you consume every day as part of your meal bundle is helping you gain 14 pounds every year. If you drink more than three cans of soda a day, you’ll gain 1 pound a week, according to the Academy of Nutrition and Dietetics.

Don’t forget to add up all the mixed drinks you had this weekend, too. The average soda has about 140 calories and 34 grams of sugar, so an easy way of saying how much sugar is in a day, add up to 250 grams of sugar — the same as 25 teaspoons, according to the academy.

“Tea, helped yourself from over-consumption these sugar filled drinks, take note of when you drink them and why. A common reason is a person, quite a soda for he or she is either stressed or bored, grab a water and go for a quick 15-minute walk.

The academy also recommends buying fewer sugary drinks in the first place. If they’re not in your kitchen, you’ll be less tempted to drink them.

Terri Boylston, associate professor of food science and human nutrition, advises students to check the ingredient list for added sugars. She said common ingredients that are added sugars are honey, high fructose corn syrup, molasses, maltose and, of course, sugar. She said it’s important to check the ingredient list, because although the nutrition panel may show a serving of juice contains several grams of sugar, many fruits have naturally-occurring sugar and aren’t as unhealthy as the added sugars.

To help you realize your sugar consumption, we’ve come up with a list of common drinks on campus that are loaded with sugar — more than you probably realize. Just one 8-ounce Red Bull contains 27 grams of sugar; that’s the same amount of sugar in three chocolate chip cookies.

Quick bites

High fructose corn syrup has gotten a bad rap and many have pinpointed it as the cause for obesity. The American Dietetic Association (now the Academy of Nutrition and Dietetics) stated that “high fructose corn syrup and sucrose produce similar effects on human metabolic responses.” High fructose corn syrup is no worse for you than common table sugar is. Both contain the same number of calories and once in the bloodstream are “indistinguishable.” Obesity cannot be blamed on high fructose corn syrup, but rather diets high in calories and any kind of added sugars. The American Medical Association recommends consuming no more than 32 grams of added sugars a day.

Are you thirsty for a light, refreshing drink but do not want all the added sugars, calories and artificial ingredients? Then try these delightfully sweet drinks.

Flavored waters

It doesn’t take much to tune up a glass of ice water. These ideas are simple and take nearly no time to prepare. Simply add the following to ice-cold water:

- Freshly squeezed lemon, lime, orange or grapefruit juice
- Mashed berries, such as raspberries and strawberries
- Finely chopped mint leaves
- Thin slices of cucumber
- Your favorite melon (we like watermelon)
- 100-percent cranberry juice – avoid anything that says “cocktail”

Iced teas

- Add mashed mint leaves to brewed fruit-flavored iced tea
- Combine brewed herbal tea, pomegranate juice and lemon wedges

Sparkling water

- Combine sugar-free sparkling water with pureed fruit and ice (mango, peaches or any berry)

Hidden calories in sugary drinks

Nutrition

By Caitlyn Diimig
AmesEats Flavors writer

- 1 chocolate chip cookie = 9 grams of sugar
- G2 Gatorade, 12 ounces = 21 grams of sugar, or 2 1/3 cookies
- Red Bull, 8 ounces = 27 grams of sugar, or 3 cookies
- Medium caramel cooler = 47 grams of sugar, or 5 1/3 cookies

By Lauren Grant
AmesEats Flavors writer

Alternatives

Quench your aching thirst without added sweeteners
UNI vs. ISU

UNI Online Staff Writer

Sports

UNI and ISU are both ranked within the Top 100 teams in the nation. They have a lot of talent, and this game could be a toss-up for everyone.

Big 12 nines

Van Der Kamp Football

UNI has some talented football players. They can go toe-to-toe in a meeting like this.

Isaac's fantasy football corner

By Isaac Hunt

Week 1

Campus athletes as "guys and girls with jobs" and what's your job? With an active sets. "Guys and girls with jobs" is what's your job? The conversation is one of the only things you can do.

Kunga

Raven Griffiths can not get to the oklahoma, but look for her to show up to the upcoming defensive games of the Finland, and to show up to the upcoming defensive games of the Finland.

Hosted

Successful. McGwire can get some as much as a life-changing event.

Froide

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The ISU football team lost 28-13 against TCU. Bucky and the Cyclones showed something tangible to be excited about in the longest time.

Tune in to "Troy Wills’" 77 yard run at the beginning of the fourth quarter, and see the 2009-10 defense hold the Golden Hurricanes to 10 yard rushing. TCU's 10 yard rushing.

Last season the defense held only two previously ranked teams — Texas Tech and Oklahoma State — to less than 100 yards rushing. Considering that neither of those teams was as good as TCU, you were pass heavy towards the fourth quarter, so those feats don't seem as noteworthy.

The ISU defense has had a tough time this season — the only defense of Jeremiah George filling the place on the third linebacker opposite Jake Knott and A.J. Broomfield. The hy-backer has more of a linebacker look, but which Broomfield prefers.

"Bottom line: Those guys are physical. When you've got two guys like that that are rotating in, you want to get your best guys on the field, and when we need him to get the job done," Broomfield said.

While they're not too full, established. George's athleticism in covering receivers and Broomfield's ability to move up to the box more than his defensive coordinator Wally Burnham expected. The defense was like, 'Come on, let's run, ' so it's pretty good," George said. "What we can do out of it."

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Fun & Games
Unplug, decompress and relax...

Fun Facts
In 1868, a tiny fleck of paint off an earlier spacecraft hit the windshield of the orbiting space shuttle Challenger at 20,000 mph, causing a crater 360 by 500 feet wide.

Contrary to popular belief, a camel's hump does not store water. Without food, if the hump becomes depleted, it will shrink, flop over, without food. If the hump becomes depleted, it will shrink, flop over, and the camel's side.

Divorce is legal in every nation in the world except in the Philippines and Vatican City.

Niagara Falls is only the 23rd highest on the continent.

The camel's hump is not only a source of fat, but also a reservoir for water. In hot climates, a camel can survive for months without water, relying on the stored fat in its hump to sustain life. When the hump is depleted, it will shrink and flop over, indicating the camel is in need of water.

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An appreciation for ISU football coach Paul Rhoads, and an idea that developed last season, has grown into an organization devoted to raising funds for Alzheimer’s awareness and research.

ISU students and avid Rhoads fans Wes Wierson and Derek Kramer, along with Taylor Cain and Grant Rolfes, work as the four co-founders of “Paul’s Posse,” a club that raises money for the Alzheimer’s Association by selling T-shirts with Rhoads’ image on them.

The group also works to spread appreciation for Rhoads, whom Wierson describes as the “best coach in the nation.”

The charity aspect began because of Rhoads’ ties to Alzheimer’s research.

“When [Paul’s Posse] approached me about using my name and face and told me they wanted the proceeds to go to Alzheimer’s research, I was just tickled to be involved,” Rhoads said.

Paul’s Posse sells their shirts during home tailgates and outside Parks Library on Mondays and Wednesdays. Both Wierson and Kramer said the idea began during the first ISU home game last year, and they started making shirts three or four weeks later.

“Last year we were pretty unorganized,” Wierson said. “We did not make many T-shirts, and we only raised about $250.

Since then the group has worked to make their organization expand.

“This year we should raise closer to $3,500,” Kramer said.

Paul’s Posse has gained sponsors around Ames, including Hy-Vee, which now carries their shirts in their local branch for $10.

Rhoads has had continued support for the Alzheimer’s Association through hosting “A Ride to Remember,” a charity motorcycle event beginning at Jack Trice Stadium, for the association.

This year the organization updated the shirt to involve more of Iowa State than just Rhoads.

The new design features Rhoads’ face along with Jack Trice Stadium for Cyclone enthusiasts.

“Fans are just so supportive, and we have so much support for the team on campus, just the overall willingness to help is just first-rate,” Rhoads said. “These fans’ support has led to a new charity and a new breadth of spirit we’re spreading across the Iowa State University campus for other supporters of the ISU football team.”

And Derek Kramer, along with Taylor Cain and Grant Kohn, work as the first co-founder of “Paul’s Posse,” a club that raises money for the Alzheimer’s Association by selling T-shirts with Rhoads’ image on them.

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