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Cy-Hawk
A second-straight victory

By Jake Culhourn
iowastatedaily.com

IOWA CITY, Iowa — With enough drama and anxiety to make an opera, Iowa State’s win is the second straight for the Cyclones in the Cy-Hawk series.

ISU football players show off the Cy-Hawk trophy after winning against Iowa on September 8, 2012 (at Kinnick). Photo courtesy of Daily Iowan

The win, what the level of the ball was when he made the play, said ISU coach Paul Rhoads on the play made by Jake Knott after the game.

To do that after. It was good enough to win the Cy-Hawk trophy.

By Daniella Ferguson
iowastatedaily.com

Every student at Iowa State has the obligation of sitting or standing for the national anthem, just as part of college. For years, college education instructors carried on the “teacher sponge” method where information would rush in front of a class, spread as fast as a hurricane, and re-think the audience to cling to every word.

Students were the sponges of information consumption, assumed to absorb all the information thrown at them during lectures. That digital age, however, possesses new prospects for learners to participate in class preparation. This digital day in education technique consisted of the “teacher-sponge” method where the teacher would stand in front of a class, speak for an hour or so, and expect the students to take note and re-think the audience to cling to every word.

“Two teams that just hung around, persevered, waited for the opportunity to win a football game. No. 20 decided to go win the football game,” said Rhoads.

On Monday, Douglas Gentile, associate professor of psychology at Drake University, who has been dissecting the effects of video games on child development, will present a lecture: “Five Dimensions of Video Game Ment. The lecture called “The Effects on Players,” will take place at 7 p.m. in the Gold Room of Ames' Hilton Garden Inn.

His research will be available to the audience to cling to every word.

“TWO POINTS FOR SPEED, NO POINTS FOR SAFETY”

“Two points for speed, no points for safety” — Paul Rhoads

The first point would be the Cy-Hawk trophy after winning against Iowa on Saturday at Kinnick Stadium. The win is the second straight for the Cyclones in the Cy-Hawk series.

The second point would be the ISP's (3OT) — Iowa 41, Iowa State 3.

The third point was when he made the play said ISU coach Paul Rhoads on the play made by Jake Knott after the game.

To do that after. It was good enough to win the Cy-Hawk trophy.

The fourth point would be the Cy-Hawk trophy after winning against Iowa on Saturday at Kinnick Stadium. The win is the second straight for the Cyclones in the Cy-Hawk series.

The fifth point would be the Cy-Hawk trophy after winning against Iowa on Saturday at Kinnick Stadium. The win is the second straight for the Cyclones in the Cy-Hawk series.
By Cory Weaver

When Iowa State meets Eastern Washington in its first match of the weekend, the Cyclones can’t afford to think it would be the same re- sult for another upset against Iowa State, as the Cyclones have had two in recent weeks.

“I don’t know why we keep doing it to ourselves, because we’ve already tried it, and it takes a lot on you both mentally and physically,” said Rachel Hickok, senior in marketing. “A lot of times you can do the same thing over and over again and it doesn’t get better.”

If the Cyclones lose to Eastern Washington and Western Michigan over the weekend, that would be two losses in a row, something Hickok said is something she hopes to avoid.

Hickok said the team has to focus on the next opponent and not let this weekend’s loss affect them.

“We’ve got to go back and look at the film this week and get ready for the next opponent. ‘Things happen fast out there, and you just have to make some changes to your game plan, and if you don’t we’re going to get beat again,’” Hickok said.

Same thing as a year ago.

Earlier this season, the Cyclones played their second conference game in as many weeks. They played Eastern Michigan and Western Michigan.

“I don’t think we’re going to play any different games this weekend. It all comes down to being prepared, and that’s something we have to focus on this week,” Hickok said.

Hickok said the next two weeks will be crucial for the Cyclones as they prepare for their second conference game.

“We’re out to make sure the fans feel like they’re getting a good game this weekend, and we have a lot of young people sitting in the stands who really want to see us win,” Hickok said.

The Cyclones have won five of their last six conference games and are currently in second place in the Big 12. They have a chance to move up in the standings if they can win the remaining games.

Hickok said the Cyclones will need to focus on their performance and not let the previous loss affect them in any way.

“We’re going to be focused this weekend, and we’re going to be ready to go out and play our best game,” Hickok said.

The Cyclones have a chance to improve their standing in the conference, but they will need to focus on the remaining games to ensure they can finish the season strong.

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ISU offers resources to keep stress at bay

By Leah Hansman
news@iowastatedaily.com

Learning to balance a social life with an academic life is a struggle all students have to face as they get older and begin to see classes more like a job. Stress comes in all forms, and while it is normal for students to have stress, it can be overwhelming for a college student who has to deal with a weekly or even daily basis.

“Stress is the collection of physical and emotional reactions to a situation. That situation is a stressor (the thing causing stress). If someone cannot be more or less or more or less stimulated, successfully,” said senior in kinesiology.

Stress comes from internal factors such as everything about homework, work, and time-management issues, to simply a new dorm or an apartment, being in new buildings and classrooms, and trying to find time to hang out with friends and still prepare for exams.

A common stressor for college students in college and across the country. Students have to try to balance all the expectations of college life.

“Academic demands, social life, relationships both with friends, family coworkers… all those demands are quite a bit and all of them can lead to a lot of stress,” said Adam Vilsack, junior in biological science.

Many college students like to go out on the weekends or hang out with friends, but for many students, this comes easily, but for many students, this comes with high levels of stress. "Blowing off steam" for some might include hangouts with friends and having a few drinks. What those students might not realize, is that alcohol is not a healthy way to deal with stress.

“Alcohol is a very funny form of coping. People think it will help them to deal with stress. However, once stress rises and if alcohol consumption increases as well, it may only bring more stress. It will lead to other effects, like driving skills and even a student’s GPA,” said Dr. Vilsack.

Students who drink up to four drinks a week can stay on course.

Academic Success Center

- Handout addressing stress and exactly what to do with it
- Online ‘Stress Quiz’ to help identify students who may have stress
- Biofeedback: The process of teaching students about stress in their life and if students go to Student Counseling Services, it would probably recommend first seeing medication
- Meditation, on the Recreation Services website.

- Exercise classes, including Whitehat Yoga and Mindful Meditation

- Student Counseling Services and Thielen Student Health Center can help students with stress reduction strategies.

“[Students] can see people and can help with medication although I would probably recommend first that all Student Counseling Services. They have to make an appointment. In our very busy lives, it is hard to physically sit down and cope with stress,” Vilsack said.

Academics

Find healthy stress to stay focused

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Involvement

Voting needs citizens to be enlightened

Our national philosophy informs us that our one citizen duty, and that it must be done with virtue. Being a citizen encompasses the idea of self-governance, or self-rule, as part of a government. Webster’s states duty is “con- duct based on... of properity,” and action “employ in... –position.” Properly, then, is “the quality of Being.” Thus, duty is defined as “general moral resolve,” right action and thinking. Accepting the call to a duty done with virtue, we can surmise citizenship entail action relating to governing ourselves, and we must be suitable to the task of self-government by being an educated, competent, and morally and ethically sound people. When broken down this way, it’s clear citizenship is a heavy burden, requiring constant commitment and attention.

The U.S Census Bureau’s recent survey found in 2010 that there was only 28 percent of American citizens aged 18 to 24 four years ago. Of this number, only 23.5 million were registered to vote, and only about 12.5 million actually voted. That means only 43 percent of the college age registered to vote, and only 40 percent went the distance and voted.

Recent Gallup polls suggest voter turnout in this nation is actually regressing. According to the bureau’s demographic is predicted to be lower than in 2008. This is not unusual for intéressant elections, especially one where many have given the many anecdotal reports we’ve received from those involved in campus governance, namely that Democrats seem unorga- nized and cocksure, and Republicans are sometimes disdainful, we aren’t surprised by these polls. No, it’s not surprising colleges are students are less interested in the election season this go around, but we’re still dismayed that few of them actually vote. For students, for Poll Grants to student debt, from your health care to getting a job after graduation.

The Census Bureau’s 2008 elec- tion report also informs us that 77 percent of college students who vote their degree and 63 percent of those who are currently registered to vote. Both of these numbers greatly surpass the national average. Specifically, a graduate degree held the percent of people with a bachelor’s degree with a graduate degree pulled the percent of people with a bachelor’s degree with a graduate degree pulled the percent of people with a bachelor’s degree. With an average person, one doesn’t need to know an election, and perhaps doesn’t even understand what an election is. For us there are few frequen- tly cited reasons why people don’t go to the voting booth. At a point of account of time. Making

By Alexander Maxwell

With Obama as president, the Affordable Care Act and its successor, the Affordable Care Act, have been under attack. It’s easy to see why. The law is complex, and the language is difficult to understand. While many people have been able to access care through Medicaid and the Children’s Health Insurance Program (CHIP), the law has also made it more difficult for some people to access affordable care.

One of the biggest challenges faced by the Affordable Care Act is its implementation. The law was designed to help people get coverage, but it was not written to be a part of the government’s health care system.

There are some things that will hopefully be available for a long time, and as things develop, you may want to learn more about health care and the Affordable Care Act. This is something that we are constantly trying to learn more about.
The Shops at Target

Make Their Fall Debut

By Molly Shirley 

ISD Style writer

The wildly popular Shops at Target will make their second round this fall with the debut of their 60-piece collection with designer Derek Zabête. "We love prints and patterns. Everyone looks good in them," Zabête said. "We love teal because it is really a basic color. We love teal along with other colors like salmon and orange."

The fall installment will debut at Fashion Week, which takes place Sept. 6 through 13. Fashion Week will mark the debut of Marc by Marc Jacobs’ 2013 spring collection.

Charipar shared with ISD Style her dreams of landing an internship for the famous designer. She applied for 16 internships and even though she was offered a position with a several other companies, she longed to be a part of Marc Jacobs’ team.

“I like Marc by Marc Jacobs specifically because it’s an innovation,” Charipar said. “The items, style line and construction of the garments are creative and new. Marc by Marc Jacobs is accessible for the average person.

Not only is it fast paced, it is mainstream and easy to move. It is a good fit for you style perfectly.”

Charipar is a firm believer in networking and the positive benefits it can have for college students.

“This OUtcomes, an IDT advisor, and Marc Zabête. An advisor in advertising, merchandising and design, good govt., in keeping with this internship. Charipar attended a college fair in high school, and had to call an interview with Marc Jacobs.

“Talking with her about my options was very beneficial and helped me with my decision. I think I want to go into advertising and marketing because she told me it modules a great opportunities.”

In the competitive fashion industry, securing an internship of college students is difficult to get. Charipar began by sending her resume to Kelly Thompson, vice president of marketing at Marc Jacobs.

“In the beginning of our conversation she mentioned her interest in the senior of technical design, who called her with an interview to the senior of technical design, who called her with an interview to

Charipar said. “Erin and I actually graduated from the same high school, and had to almost at an internship with Marc Jacobs.

Charipar shared with ISD Style her dream of landing an internship for the famous designer. She applied for 16 internships and even though she was offered a position with a several other companies, she longed to be a part of Marc Jacobs’ team.

Last May, Molly Charipar, senior in apparel, merchandising and design, was offered in the position of technical design for their collaboration with Marc Jacobs. Thompson then forwarded her resume with Marc Jacobs.

Charipar lived in New York for 11 weeks and will continue working for the company during New York’s Fashion Week, which takes place Sept. 6 through 13.

“I was surprised to see them developed. During the show, she will be backstage fitting and styling the models. Afterwards, Charipar gets to enjoy the after-party where she can even meet Marc Jacobs.

“Now we’re excited to go to it literally such a dream of mine to attend Fashion Week. But at the same time it is nerve-wracking. I will be a little nervous, to make sure it’s not for nothing,” she said.

As for Fashion Week, Charipar is excited to get back to the fall and fall fashion weeks. She has already seen all of the designs and is excited to see them developed. During the show, she will be backstage fitting and styling the models. Afterwards, Charipar gets to enjoy the after-party where she can even meet Marc Jacobs.

“Now we’re excited to go to it literally such a dream of mine to attend Fashion Week. But at the same time it is nerve-wracking. I will be a little nervous, to make sure it’s not for nothing,” she said.
The most crucial moment in the game came when the Iowa State defense stopped the Hawkeyes in a goal-line stand.

Rosenthal says, "That was huge for us."
Fun Facts

While an Oscar is a hummed value to someone who wins (or loses) one, the actual trophy is estimated to be worth about $150.

Because of the number of creepy-crawlies that make their home in the rivers and streams of Alabama, it’s sometimes referred to as “The Lobot State.”

The highest spot on earth is Mt. Everest. If we define the “highest spot” as that which is closest to the moon, stars, etc., then Mt. Chimborazo in Ecuador is an incredible 1.5 miles higher due to the oblate spheroid shape of the earth.

From 1894 to 2000, Martin Luther King was honored in Virginia on the same day as two guys who have very different legacies: Robert E. Lee and Stonewall Jackson. The state holiday was known as “Lee-Jackson-Day.”

“Drag,” in reference to cross-dressing, first appeared in the dictionary in 1870. The term originated in the theater.

The Rose Bowl was originally known as the Battle of the Flowers.

The song “L.A. Woman,” is an anagram of the vocalist’s name.

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IOWA STATE STUDENTS:

HAVE FUN. LEARN. BE INSPIRED.

SEPTEMBER 13–14

BE A PART OF IOWA STATE UNIVERSITY HISTORY BY CELEBRATING THE INSTALLATION OF OUR 15TH PRESIDENT, DR. STEVEN LEATH

HAVE FUN.
Student Celebration
Students, lock off this historic two-day installation celebration with a free picnic lunch with President and Mrs. Leath, a brief program at 12:20 p.m., and special appearances of the ISU Pep Band, Cy, and Cyclone cheerleaders.

LEARN.
Public Lecture: A Conversation on the National Debt
En route to Bowles, president emeritus of the University of North Carolina, and appointed by President Obama to co-chair the National Commission on Fiscal Responsibility and Reform, will discuss how to improve our nation’s fiscal health. Bowles will play a major role in Dr. Leath’s installation Friday morning.

BE INSPIRED.
Installation Ceremony
Join your students, faculty, staff, state and federal officials, representatives of academic societies and professional organizations, and dignitaries representing colleges and universities across the state and nation as this historic ceremony is officiantly install Dr. Leath. He will unveil his vision and plan for the directions he sees the university to follow in his address, FOCUS, INNOVATE, ACHIEVE. A reception with free food will follow in the Stephens Celebrity Café until 7 p.m.

Learn about presidential installations, their history, the regalia, and more at www.president.iastate.edu/install.

IOWA STATE UNIVERSITY

THURSDAY, SEPTEMBER 13 at 11 A.M.-1:20 P.M., CENTRAL CAMPUS
Sponsored by Government of the Student Body and Graduate and Professional Student Senate

THURSDAY, SEPTEMBER 13 at 6 P.M., GORDON QUAIL HALL, MEMORIAL UNION
Sponsored by Committee on Lectures, funded by CyBall

FRIDAY, SEPTEMBER 14 at 10 A.M., O. Y. STEPHENS AUDITORIUM

ALL EVENTS ARE FREE and CYRIDE WILL BE MAKING SPECIAL STOPS AT STEPHENS AUDITORIUM FOR THOSE WISHING TO ATTEND THE INSTALLATION CEREMONY AND RECEPTION.