Bacteria could be used to treat urinary infections

By Brian Day
@iowastatedaily.com

A team of researchers at Iowa State are studying how E. coli bacteria adapt to their environment and are on the verge of developing a new drug that might lead to treatments of certain urinary infections.

E. coli is a bacterium that can be found in certain organisms and generally colonize in the intestines of different species, most of which are strains linked to specific kinds of harm to the kidneys or bladder, potentially causing urinary tract infections.

When this happens, it is common for the person to struggle to urinate or have kidney pain, potentially causing urinary tract infections.

Wesling Cat, graduate assistant, research microbiology and preventative medicine, and Ganns Li, research assistant professor of veterinary medicine and preventative medicine, have found a new genetic process where E. coli bacteria can adapt in and work with our kidneys.

Iowa State’s team of researchers, led by Cat and Li, recently had their study findings published in the peer reviewed journal PLoS Pathogens.

Cat and Li noted that the E. coli bacteria probably get this adaptive trait from a process called horizontal gene transfer.

Horizontal gene transfer happens when genes are transferred between two organisms, or between an organism and plasmid.

Through the adaptation that was found in the IHS lab, researchers noted that this was much more difficult for the E. coli bacteria to spread.

Researchers study E. coli in development of new drug

Green roofs cover campus

12 students take opportunity to help developing country in Kampala, Uganda

The development of countries in Uganda is gaining unique help from Iowa State students. Since 2006, the College of Agriculture and Life Sciences has been offering internships to any undergraduate or graduate student in order to make a difference in Uganda.

This summer 12 students (eight right service learning members and four interns) seized that opportunity in the rural district of Kamuli and in the capital city of Kampala in Uganda.

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By Caitlin Deaver
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Curtiss Hall’s new student services mall and Hall Commons are on the fast track to receive the gold LEED certification. The idea of Leadership in Energy and Environmental Design is to incorporate sustainability efforts within the design and construction of a building. Being LEED-certified means the building can be proven as a sustainable structure.

"Being able to pursue the opportunity of LEED for any of our buildings shows our commitment to sustainability and energy conservation," said Alex Stauffacher, a LEED specialist at ISU’s Office of Sustainability. "It’s a final testament to how dedicated we are."" said David Acker, associate dean of the College of Business and Communication. "They wouldn’t just go to different materials like wood or metal, they would go to different containers, each with a sign for energy consumption, bimonthly. They are also hoping to release an energy dashboard within the next year, and there are always new, interesting ways to make a building more environmentally friendly and efficient.

As we walked by the Curtiss facility every day, we saw different containers, each with a sign for energy consumption, bimonthly. They are also hoping to release an energy dashboard within the next year, and there are always new, interesting ways to make a building more environmentally friendly and efficient. For all new construction, Iowa State is required to have a LEED silver certification by the state. The university aims for a LEED gold rating or higher, unless it’s not possible based on the characteristics of the building.

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University crime reports don’t tell full story

By Kelynna McCallough

Prospective college students and their parents should be cautious when using university crime statistics to select a school. The statistics are unreliable because of several reasons.

They are inaccurate only if community members come forward to report crimes. Moreover, knowing why students might change from year to year is difficult.

Student safety. And, crimes appear to happen in the places where they are reported, not where they happen. That is, if a crime is reported at all.

“The big problem with crime statistics is that violent crime largely goes underreported regardless of where you are,” said Steven Janosik, chairman of the council of higher education policy studies at Virginia Polytechnic Institute and State University.

Other factors, such as whether or not a college has housing on its campus or if crime security officials have taken courses on proper crime reporting, can affect crime statistics, can have an impact. But the biggest factor is whether or not federal law enforcement agencies and the college’s parents gauge campus safety based on facts or a snapshot.

An altogether stronger understanding of reportable events is necessary for the proper assessment to be made in order to maintain complete statistics, but training of such officials is not required.

Discussions that partici- pate in federal financial aid programs across the country are required to report any crime committed on or adjacent to the college’s campus or any property owned by the college or university owners. For example, only housing in a city or town where crime can have an impact on student safety.

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United States needs to take action for Syria's people, protection

This resolution is indeed not "just." To say so is not merely to suggest that any intervention in Syria is unconscionable. Nevertheless, the United States, with its vast resources, has a duty to protect those who have no chance of protecting themselves. To intervene Rapidly Enduring, America's burden is to, as John Quincy Adams so aptly put it, "preach to mankind the inexcusable evils of human nations.

Of course, this is the option to remain fully committed and to act proportionally. Don't let the doors to the skin of innocent people. Meanwhile, the Free Syrian Army will continue to ally themselves to terrorist organizations that moved to some power after America fell in and do so in the direction of the opposition revolution.

As the political as the civil war in Syria is, with its endless variety of factions, we need to all we can short to sweep away the suffering and prevent the present from turning into a cancerous mass. If these actions will not settle the opposition with a true victory, either. The rebels and the loyalists can have their war, but when the pacifists undertake commitment act against human- ity, they should be responded to by humanity itself. Loyal to the personally favor supposing of the present, it is not necessarily in a territorial manner. But it is not in a territorial manner. For the revolution is not ours, and therefore wish for a true revolution, either.

America's efficiency suffers with all work and no mandated play

By Michael Glawe

People are going to argue that they do not have the time to spend their vacation.

"I don't have time to take a vacation," an American will say. It is no wonder why.

The American dream of something relaxing, without a cost, and without a paid vacation. It is a dream that is held high up in the air, but it is a dream that is impossible to achieve.

The United States is the only nation with a developed economy, not only in the world, but also in their own vacation time. It is a free pass to the United States.

It is not in the interest of a Ski Resort or a ski resort to offer employees a free pass to the resort. It is in the interest of the ski resort to offer employees a paid vacation, because it will attract more customers and increase their revenue. It is in the interest of the ski resort to offer employees a paid vacation, because it will attract more customers and increase their revenue. It is in the interest of the ski resort to offer employees a paid vacation, because it will attract more customers and increase their revenue. It is in the interest of the ski resort to offer employees a paid vacation, because it will attract more customers and increase their revenue.

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Planned Parenthood steps ahead in medicine

By Chasen Tiley
@iowastatedaily.com

Planned Parenthood of the Heartland is making strides in medicine with the advancement of the abortion pill. The pill was first developed successfully in Europe for two decades before it was approved by the U.S. Food and Drug Administration in 1980 and was studied and deemed safe and effective in the United States. Since then, many women have used this medication as an early pregnancy option for abortion.

But there is concern that the women are not getting safe health care, which is a complete disregard for the women who are not getting safe health care, even if they are not pregnant.

In 1982, the abortion pill was developed but dismissed two years ago because the pill was developed by a trained technician. The women’s doctors are then connected via video communication. Then doctor will then ask them if they have any questions and if they are sure with their decision and if they are ready to take the pill. The woman is then given the second pill to take at home at a later time. This “telemedicine” ensures that it is a relatively simple and private process.

This topic was already discussed and dismissed two years ago as front of the Iowa board. It was recently brought up in the attention of the board because of a petition that was issued in Iowa that was bypassed.

Since the last time this topic was discussed, many board members have changed, and the board has been appointed by Terry Branstad who supports anti-abortion rights legislation.

Abortion has been around for more than 40 years, if not always by video connection. The drug has been studied and deemed safe and effective and often not just the abortion pill.

Another concern, voiced by Dr. Greg flournoy, chairman of the board, is that Iowa is one of the first states to administer medicine this way: “Iowa women are the first ones to get this in this fashion. There is something wrong there. It just doesn’t seem right.”

To not mention, this issue was already dismissed two years ago because the telemedicine was dismissed 23 years ago and approved by the FDA 12 years ago. Abortion has been around for more than 40 years, if not always by video connection. This does not make the product illegal.

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There have been over 3,000 women in Iowa who have participated in this procedure, none have complained or voiced concern. There seems to be no medical issue.

This system of telemedicine is essential for rural states like Iowa. There are only 17 Planned Parenthood of the Heartland locations in Iowa. Additionally, several nearby locations such as those in Nebraska can’t provide the service. Nebraska is one of the 11 states that have made this procedure illegal.

Abortion has always been a controversial issue, and fewer and fewer doctors are willing to perform the procedure for political purposes. This is not cosmetic surgery, women can not wait around until the fog of politics have cleared around this procedure. It is a medical issue. Nebraska is one of the 11 states that have made this procedure illegal.

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Receiver Coleman continues athletic career after leaving Nebraska-Omaha

By Dylan Montz
@iowastatedaily.com

Justin Coleman wasn’t thinking about leaving Nebraska-Omaha when he heard the university was planning to drop its football program. The wide receiver was focused on his senior season, already well underway, and had his sights set on being a leader on the team and a captain for the Mavericks. But when word spread that Nebraska-Omaha was among the universities that have been forced to shut down their football programs for financial reasons, Coleman found himself in a new situation. He left his comfort zone and took a chance, moving to Iowa State to continue his football career.

Coleman is a redshirt senior who had spent four years in Lincoln, Nebraska, where he was a star player and a key player in the team’s offense. He had hopes of attending a Division I university and playing for a national championship. However, the university’s decision to drop football forced him to rethink his plans and consider other options.

Coleman visited Iowa State twice that spring — once for a practice and once for the spring game — and a surreal feeling about what had just happened. He was hoping to be a captain and be able to make a big impact on the team. “I was hoping to be a captain and be able to make a lot of plays. I wasn’t thinking about going anywhere else.”

Coleman learned of the decision by the university to drop the football program in right before Nebraska-Omaha’s spring game in April 2013. During the game, Coleman caught several passes, but the news didn’t sink in until he saw it in the program afterward. “I thought it was a joke. I thought it was a prank.”

Coleman emailed several players at Iowa State to see if they were interested in joining him. “I thought they’d be interested. I was at the time.” He also spoke with Rhoads, who said he’d be interested in signing Coleman. “He was interested, so he offered me a scholarship.”

In the end, Coleman decided to leave Nebraska-Omaha and take his athletic career elsewhere. He was determined to continue playing football and follow his dreams. Coleman visited Iowa State twice that spring — once for a practice and once for the spring game — and a surreal feeling about what had just happened. He was hoping to be a captain and be able to make a big impact on the team. “I was hoping to be a captain and be able to make a lot of plays. I wasn’t thinking about going anywhere else.”

For Coleman, the decision to leave Nebraska-Omaha was a difficult one. He had spent four years there and had built a strong connection with his teammates and coaches. However, he was determined to continue playing football and follow his dreams. Coleman visited Iowa State twice that spring — once for a practice and once for the spring game — and a surreal feeling about what had just happened. He was hoping to be a captain and be able to make a big impact on the team. “I was hoping to be a captain and be able to make a lot of plays. I wasn’t thinking about going anywhere else.”

By Dean/Horbe-Goll
@iowastatedaily.com

In the third quarter of Iowa State’s opening game against Missouri Western, the Cyclones scored 28 unanswered points to win 49-0. The win was their first under new head coach Paul Rhoads and marked the team’s first shutout of the season.

The Cyclones’ defense was dominant, allowing the Western抱金 to only 25 yards on 22 passes. The defense held the team to just two first downs and did not allow a first down in the second half. The Cyclones also forced Missouri Western to turn the ball over four times, including two interceptions.

The win was a confidence booster for the Cyclones, who had struggled in their previous games. It was the first time in Rhoads’ tenure that the team had scored 28 unanswered points in a game.

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By Dylan Montz
@iowastatedaily.com

In the second quarter of Iowa State’s game against Missouri Western, the Cyclones scored 28 unanswered points to win 49-0. The win was their first under new head coach Paul Rhoads and marked the team’s first shutout of the season.

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by Mike Randleman

A fresh perspective has been brought to the Iowa State men’s golf team with the addition of assistant coach Peter Laws.

Laws, 31, brings to the table a decorated collegiate career at Kent State, where he was a three-time first-team All-Mid-American Conference selection, as well as an ONCE player of the year following his senior season.

Although he missed the mid-tournament cut, this two-guarded ace of 148 bested notable professional tournaments like the Gateway Tour, the Canadian Tour and Tour de Americas.

Laws also has amassed many years of playing experience, making him the perfect jump from a tandem perspective. He also has nurtured his career as head coach.

‘The biggest challenge will be adjusting to all the being about me an individual golfer and not its not,’” Laws said. ‘’Now, I’m trying to communicate with the guys certain things that I see and to help them get better.’”

Award the new transition, the Iowa State golfers have benefited

Laws isn’t the only member of the crew taking care of natural grass at Jack Trice Stadium that he can face is battling the fall weather and its effects on the grass.

“The biggest challenge is just to keep the grass growing,” Van Loo said. “As it gets colder, the growth slows, and we just need to make sure and maintain the growing process through the whole season.”

Another one of the biggest problems of Laws’ job is making sure the surface is safe for the players.

“I would be my worst nightmare for an athlete to be injured because of something we did wrong. It’s our job to mow the grass,” Van Loo said. “We not only the most outstanding workers. One of the biggest challenges the crew face is battling the fall weather and its effects on the grass. We are sports turf managers,”

Lawn is one of the number of crew saying the opportunity will be very helpful to the future of

“The biggest thing for our horticulture department,” and Kevin Hansen, graduate in professional agriculture, “It also pats students from the business school on their outside of our program coming out of college,” Hansen said.

Laws has been working on the field at Jack Trice for nearly two years. The putting of the legos and yard markers on the putting surface is where Laws makes his biggest contribution during game week preparation. “I come from an art background, and I was a design major my first two years of college,” Laws said. “I bring the artwork side to the field.”

“The process of preparing the playing surface during game week is a very long process led by Tim Van Loo, manager of athletic turf. Although Laws is classified as an assistant coach, the work relationship between him and Van Loo has been fairly equal.

Laws said, “I think the challenge will be open about your flaws, your feelings, it’s more of a friendship. You can be upset about your flaws, your feelings, everything.”

For the eight student members of the team Mid-American Conference season opening with the Super Bowl last February, the Green Bay Packers and spent a week in-

Along with his starts on the PGA $20 bonus on your second successful donation. Initial donation must be completed by 9/28/13 and second donation within 30 days. Coupon only at participating locations.

By Josh Lenz, senior in horticulture, not saying the opportunity will be very helpful to the future of in-state rival Iowa on Sept. 14.

The crew mows the field at least four times a week, and during game weeks, it spends on any as many as 30 man hours during game week. Following games the crew will open about your flaws, your feelings, it’s more of a friendship. You can be upset about your flaws, your feelings, everything.”

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Being a vegetarian can be extremely difficult, but by enacting a few simple dietary changes, being a vegetarian is a possible and healthy lifestyle that anyone can succeed at. Make sure you are getting the nutrients that are found in meat products, veggie burgers and other vitamin B12-enriched products.

Tips for a healthy vegetarian diet

Laura Grant/Iowa State Daily

Meatless burgers: Simple and delicious

Enjoy patties made from lentils, beans, even mushrooms

By Cynthia Coarse @Iowastatedaily.com

Making your own vegetarian burgers can be a culinary adventure. It all depends on your taste buds and how adventurous you are willing to be. Some vegetable burgers can be made with only beans, some can be mixed with other vegetables and some can be made with a variety of vegetable protein, grains, lentils or mushrooms.

A variety of other colorful vegetables and chopped onions can be added for flavor, texture and plenty of nutrients. Lentils are easy to use because they don’t require pre-soaking and cook relatively quickly. Beans and lentils are a great source of plant-based protein, low in fat and contain a good amount of iron and calcium.

Lentil burgers

Makes 8 patties

Ingredients

- 1 cup dry lentils, rinsed and picked over
- 2 egg whites (nonfat, cholesterol-free egg substitute)
- 1 cup dry bread crumbs
- 1/2 teaspoon leaf basil
- 1/2 teaspoon red onions
- 1/2 cup chopped celery
- 2 cups water
- 2 tablespoons almond butter
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 2 teaspoons Worcestershire sauce
- 1/3 cup low salt tomato sauce
- 1/3 cup chopped bell pepper
- 1/2 cup chopped carrots
- 1/4 cup chopped yellow squash

Preheat oven to 350 degrees.

Carefully turn patties over and bake 15 minutes.

Place patties on a cookie sheet and bake 15 minutes. Add about 1/3 of the tomato sauce at a time to the top of the patties. Keep your hands clean. Enjoy your burger!

The more you embrace being a vegetarian, the more you will love the lifestyle you have chosen.

What’s the Grill? It’s the tent right outside the Union Drive Community Center!

Open Mondays-Thursdays 11 am to 1 pm

You can use a meal bundle!

Editor: Steph Ferguson | mrsjferguson@iowastatedaily.com

Wednesday, Sept. 4, 2013 | Iowa State Daily | AmesEats Flavors | 8
**Crossword**

**Horoscope**

By Linda Black

Today's Birthday

Leo is today's birthday, giving you a sense of grandeur and pride. You are in a great place to make your mark and show the world what you can do. Keep your focus on your goals and surround yourself with supportive friends.

Aries

Today is a day of change and movement. You may need to make adjustments to your plans, but don't be afraid to take action and seize opportunities as they arise.

Taurus

Today is a good day to settle into a routine and focus on your personal life. You will feel more balanced and centered when you can find some peace and quiet.

Gemini

Today is a day of communication and interaction. You may need to express your thoughts and feelings in a clear and concise way to make progress in your relationships.

Cancer

Today is a day of learning and growth. You may need to adapt to new challenges, but you have the strength and resilience to overcome them.

Leo

Today is a great day to express your creativity and take risks. You have a natural ability to lead and inspire others, so use it to your advantage.

Virgo

Today is a day of attention to detail. You may need to focus on the little things and pay close attention to your responsibilities.

Libra

Today is a day of balance and harmony. You may need to find a way to mediate conflicts and maintain a positive atmosphere.

Scorpio

Today is a day of intense focus and determination. You may need to push yourself to achieve your goals, but you have the strength and determination to do so.

Sagittarius

Today is a day of celebration and enjoyment. You may need to take a break from the routine and indulge in some pleasures.

Cancers

Today is a day of compassion and empathy. You may need to support and comfort others, and you will find it rewarding to do so.

Taurus

Today is a day of grounded and stable energy. You may need to slow down and take your time, but you will find it comforting to do so.

Gemini

Today is a day of flexibility and adaptability. You may need to adjust your plans and be ready to change direction, but you will feel more satisfied when you do.

Cancer

Today is a day of emotional expression and release. You may need to express your feelings in a healthy and constructive way, and you will feel more balanced when you do.

Leo

Today is a day of leadership and authority. You may need to take charge and make decisions, but you will feel more powerful when you do.

Virgo

Today is a day of attention to detail and perfectionism. You may need to focus on the small things and pay close attention to your responsibilities.

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Students have helped Ugandans bring organic food distribution and analyze the nutritional needs of pregnant mothers, as well as help farmers communicate more effectively for business and their own.

If you have this much going on in agriculture and other areas,” said David Adler, associate dean in the College of Agriculture. “You can’t really keep it to yourself. We felt like having at least one project the whole university could get involved with would be a goal.”

Students focused on health issues in Uganda. In worked in dispensaries, usually small medical clinics, and even assisted in the delivery of newborns. Students also studied tropical diseases and the Ugandan health care system.

“Seeing students over to Uganda, I think we really try to make a difference, and in turn, we get a lot of really good experience,” Le says. “It just really changes your perspective on Uganda.”

Officials said that if the College of Agriculture can get the money together, they’d like to see more students volunteering their time in Uganda. They also like to focus on the gap between infants and primary school — preschoolers — to deter the spread of pathogens in the population.

“Go to Uganda and see what to expect,” Le said. “You hear a lot of the negative things about Africa, but there are a lot of great things that need to get overlaid. Ugandans are the happiest people on the entire planet — even when they have absolutely nothing.”

Le says that the project will be a long-term one and will involve raising awareness among students and the university community about the needs in Uganda. 

“Along with Cai and Li, there are seven other amphibian authors of the research paper, including professors from the College of Veterinary Medicine and the ISUHuman and Veterinary Medicine.

The researchers involved with the study had multiple grants from different organizations to help with the funding for the research, including grants from Iowa State, the National Institutes of Health, and the U.S. Department of Agriculture.

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