Beef or Pink Slime?

By Tiffany Westrom
@iowastatedaily.com

Pink slime, a word fit for children’s clay or perhaps a fairly hefty word, is the nickname that was given to a type of product that is used in the majority of ground beef products that are sold in the United States, including Iowa.

McDonald’s, Burger King and Troy’s Deli, after publicly deciding that James Oliver has taken the consumer’s concerns into account and stopped using the product in their hamburgers. The product is a diluted mixture of the meat that is left after all the choice cuts and prime cuts have been removed, called trim, which is treated with an ammonium hydroxide solution to kill any bacteria that may have been present. The U.S. Department of Agriculture approved the process in 2007.

“The way these things get put online is that it’s come out as a shock to me at all,” said Melanie Fehan, junior in event management, of the latest food fad capable. “I think it’s very interesting to think about what our parents were exposed to when they were young and grocery stores related to us in ground beef."

Iowa State’s Connection

Beef Products Incorporated, a South Dakota meat processor with a strong presence in Iowa, invented the process of treating trim with ammonia over a decade ago. Michael Moss of the New York Times, said the process was “very hard to make that happen."

By Trevor Werner
@iowastatedaily.com

Three star shows shine for final performance

By Trevor Werner
@iowastatedaily.com

Varieties performed their final shows for Sweepstakes dancers.

Judging occurred on Friday night, with a follow-up show and ceremony occurring Saturday all in the Great Hall of the Memorial Union.

Carly Cast members of “A Picture’s Worth 1,000 Words” imitate the colorful Andy Warhol painting, “Marilyn Diptych,” during Variety’s. The production came in first place.

Coming in first at the Sweepstakes competition was “Pipe Dreams” performed by Sigmas Alpha Epsilon, Delta Delta Delta and Chi Omega. "Where the final awards were confirmed, everyone lost it," said Pollock, co-chair of Sigmas Alpha Epsilon. "It was especially exciting for us. Big Ege has been building up in Varieties for years, starting with just a few people a couple years back, to getting second place last year to finally winning it this year. It was amazing to finally have all our hard work pay off."

“Pipe Dreams” was directed by James Holman, former scientist for the USDA Agricultural Research Service. James Holman, did research that was partially funded by the state and partially by Beef Products Incorporated.

According to Food Safety News: 70 percent of ground beef in the U.S. has been beef trim.

Legislation

New law increases penalty for assault

By Alex Esh
@iowastatedaily.com

Gov. Terry Branstad signed into law a bill that significantly increases the penalty for cases of domestic violence.

The bill was introduced in January 2011, raises the maximum sentence of those convicted of strangulation of a domestic partner from 30 days in jail to a year in jail.

“The Bill was introduced to address the increase in violence against domestic partners, and the increase in violence overall,” said Sen. Steve King.

“The bill was a bipartisan bill that I think everyone could agree that needs to be passed,” said Sen. Tim Albrecht.

The bill increases the penalty for cases of domestic violence from up to 60 days in jail to a year in jail.

“This type of crime was out there, but people were not taking it seriously,” said Sen. Albrecht.

The bill will take effect in January 2013.
Weather

**Monday**

Sunny with a northwest wind between five to 10 mph.

Snow and freezing rain transitioning into rain with a southeast wind gusting to 10 mph.

Overcast and windy with a chance of snow.

**Tuesday**

****

**Wednesday**

| 25° | 35° |

**Thursday**

| 30° | 40° |

**Friday**

| 35° | 45° |

**Saturday**

| 40° | 50° |

**Sunday**

| 45° | 55° |

**Calendar**

Find out what’s going on, and share your event with the rest of campus on our website, iotsandaily.com.

**Monday**

**Linocut Printmaking**

With Lauren Swanson

Linocut Printmaking

Monday

| 8 p.m. | 9 p.m. |

**Workshop:**

Use Feng Shui to increase Energy, Prosperity and Peace in Your Graces

**World Records**

Certified practitioner Susan Radke will teach you how this ancient Chinese art can help you enhance the flow of all of life in your space.

**Location:**

Oak Rooms, Memorial Union

**Correction**

The front-page article about ActivUs and their Beyond Energy (previously written, edited, and published Monday through Friday) was written by Lisa Keierleber, sophomore in civil engineering, Alex Begle, right, freshman in forestry, and Lisa Keierleber, sophomore in civil engineering.

**Wednesday**

**Police Blotter:**

Feb. 20

A patron reported the theft of a backpack at the Recreation Center.

Feb. 22

A resident reported the theft of a car from the 1100 block of Iowa Avenue.

A resident reported the theft of an iPod at Lied Recreation Center.

Feb. 23

A resident reported the theft of a backpack at the Recreation Center.

Feb. 25

A resident reported the theft of a backpack at the Recreation Center.

Feb. 26

A resident reported the theft of a backpack at the Recreation Center.

Feb. 28

A resident reported the theft of a backpack at the Recreation Center.

**Daily Snapshot**

**CINEMA:**

**Concessions create laughter**

Alex Begle, right, holds in inventory and Lorri Keifer, sophomore in business management, laugh up a storm serving concessions for Cinpeca Cinema on Saturday in Carver Hall.

**Isaac Toyosi**

**Photo:** Lyn Brayton/Iowa State Daily

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Sarah Clark

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Sarah Clark
In 2011, Ames Police Department received 441 domestic calls. "It’s refreshing to see common sense prevail," said officer Joel Congdon of the Ames Police Department. "I’m surprised the penalties for domestic abuse weren’t increased even further."

The bill received overwhelming support from the House and Senate, passing both with only one dissenting vote. Senate, passing both with only one dissenting vote.

The competition has seen many changes over the years, but regardless of the changes and additions continue to take part in the hopes of taking the "Woozle Trophy". The competition has been a showcase for Greek and non-greek students to display their talents for over 80 years at Iowa State. Students have been participating in Varieties since 1951. It was created as a chance for students to find some entertainment during the Great Depression.

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Development of personal hobbies and interests away from technology and public life are needed in today’s busy world.

Hobbies

T he vote identification bill proposed through the Iowa Legislature may seem at first glance to be one of great intentions: it was put forward in complete support of the bill, in order to allow the state to prevent voter fraud. As stated, it is an essential act to exercise our rights as citizens. The acts of prevailing fraud. Iowa Secretary of State Michael A. G. Schmidt introduced a bill that, if passed, would make Iowa the 32nd, by the bill that is at hand. We are not able to vote.

Policy

Voter IDs just another hoop

Editorial
Roommates must respect all privacy

If there’s one thing our college experience teaches us, it’s that we must learn to accept the differences we have with our classmates. Every roommate, whether it be differences in body language or personal traits, is open to change. The issue that arises is that we must be willing to change, to accept each other because we are too afraid of Ravi, humiliation. Instead, con-volve retaliation, or in the case that is who they are. If you are both-healthy relationships with the people that we interact with. It is imperative that we develop is an important stage in our lives, can accept that we have different life- styles and that conflict is normal.

Roommate relationships can range from the very friendly to the ex- cessive and the irritable and unpleasant. Eventually personalities clash, and it is up to the people involved to resolve the conflict as addressed early on, it can lead to horrible consequences.

Last month, Ravi from Rutgers, is currently dealing with the full force of these consequences: Ravi is undergoing trial for secretly filming his roommate, Tyler Clementi, in an act of affection with another man. Ravi posted the video online, which the prosecution say led to Clementi’s de-cision to commit suicide. Ravi never discouraged Clementi’s sexuality and according to his fellow classmate, did not even address the issue.

The prosecution has deemed Ravi’s actions as “malicious and criminal.” The defense claims this was merely a “stupid mistake,” and that Ravi is not homophobic. Ravi’s inten-tions may have been善意, but his actions had serious consequences.

Roommates must respect our personal privacy. This incident seems to be relatively indicative of a prevalent issue in universities. The issue that arises is that we should trust each other, and so if a roommate were to commit theft, harm or even murder, you should be the first to know.

Entering freshmen often are ran-domly paired with their first room-mate. This is a situation that con-tains and experiences, which may cause apprehension and discomfort. It seems reasonable to think that we can accept that we have different life-styles that contrast and conflict. This is an important stage in our lives, and it is imperative that we develop healthy relationships with the people we interact with. It is not a healthy process if immersion is reflected in the relationships that we form and the employees we will work with.

You may dislike or hate, your roommate’s habits, but remember that is who they are. If you are both-healthy relationships with the people that we interact with. It is imperative that we develop is an important stage in our lives, can accept that we have different life- styles and that conflict is normal.

We violate the trust we have in our roommate, or that we have in each other and the employees we will work with.

If, on the other hand, you find that your roommate is not respecting your personal privacy, then you may consider discussing the issue with your roommate or seeking help from a counselor or administrator.

# Roommates must respect all privacy

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**Racism remains alive, thriving at ISU**

This letter was submitted by a collection of 53 students, faculty and staff members of Iowa State University.

We are撰写ing this letter to our constituents, students and Asian Americans, following our publication of a letter to the editor in the Iowa State Daily. The letter’s content has been widely discussed and we believe it is important to bring this issue to the attention of the ISU community.

We want to express our concern that the racist and sexist comments published in the “Just Sayin” column on February 21, 2012, are not representative of the majority of students at ISU. We understand that students can have differences of opinion, but we believe that the comments need a crash course in respecting others and the comments need a crash course in respecting others, especially those who are different from us.

We are worried that these comments are racist and referring to an entire group, a group that is not perfect. We will not fare well in the real world and need to be active in approaching senators, hold them accountable and come to the ISU residence hall community by working with the Planning Board, the Campus Housing Board and ISU Housing.

We are responding to the online assessment on racism towards Asians and Asian Americans. We believe that students should look over future “Just Sayin” columns and the editors should not be allowed to publish in a meaningful manner.

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ONLINE:

GYMNASTICS BRINGS OUT SENIORS’ BEST

iowastatedaily.com/sports

SOFTBALL:

Team finishes Cathedral Classic 2-3
By Tara Greenfield Daily staff writer

The ISU softball team moved to 2-1 in the season by going 2-1 at the Cathedral Classic this weekend. The Cyclones finished the top half of the Classic with two wins against San Diego State and one loss to Arizona State.

In the loss, junior Tennessee pitcher and sophomore first baseman, lefty, allowed her hits and runs in a season-low 2.0 innings. She allowed only one run on two hits.

The Cyclones were out-hit 8-2 in the game.

The Cyclones will finish their season this weekend in Nevada against Nevada State.

Basketball

ISU forward Royce White passes the ball behind his back to guard Scott Christopherson in the first half of the Cyclones’ 65-61 win over Kansas State on Tuesday morning at 8 a.m., when he decided to stay.

Junior forward Royce White said he felt more comfortable staying at Iowa State and just finishing up and also because his NFL career.

“I felt more comfortable staying at Iowa State,” White said. “I really felt like I was more comfortable and knew with the way they were playing and how they take them.”

White said he was looking for reassurance so if you bring up White, a pre-liberal studies major, had focused on the weight room and film study.

“I just think we’re going to try to solidify it with these next couple games,” White said. “We need to score to defend her.”

ISU basketball team passes from 2002 to 2011.

Iowa State has beaten four NCAA teams, the NCAA tournament sweep from 2002 to 2005, which was the first since 2005 for the Cyclones.

In a season of milestones, this game was kind of a slap in the face.

ISU forward Royce White passes the ball behind his back to guard Scott Christopherson in the first half of the Cyclones’ 65-61 win over Kansas State on Tuesday morning at 8 a.m.

On Sunday, Johnson measured a 40 time of 4.56 seconds. It was the second fastest time in NCAA history.

Defensive back Leonard Johnson, a pre-liberal studies major, had focused on the weight room and film study.

“I just think we’re going to try to solidify it with these next couple games,” White said. “We need to score to defend her.”

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Cyclones bring home fourth place finish

By Stephanie Koenigshoff

After two years of competition, the ISU swim and dive teams came home with a fourth-place finish of 76 points at the Big 12 Championship meet, tying the Cyclone men's team for fourth.

These ISU distance runners — Betty Saina, Morgan Kitchens and Smokey Hartke — earned their team a total 42 points as only two events remain on the schedule. The women covered two 5000-meter events for the Cyclones this weekend and finished third and fifth in those events.

“Our women finished high and we are happy for that. We have had some good performances. Betty was very consistent and really good this weekend,” coach Cory Hartke said in a news release.

Six swimmers earned All-American honors. Hartke said they allowed the Cowgirls to catch up to us in the second 100 meters on the 200 medley relay. Williamson said, “That was the number one thing on the scouting report: They had some difficult matches throughout the meet. We had a very-up, down-down meet for our team. Our women ran some races that I think show the potential of what we could be. We were expecting to be able to finish much higher.”

“Mr. Loy set a very good time for ISU. He surpassed the finish line before the finish line,” said ISU assistant coach Travis Fennelly.

The Cyclone men finished fifth in the Big 12 Championships in Columbia, Mo. Texas A&M finished first, claiming its fourth Big 12 title in six years. The Cyclones didn’t finish second, third or fourth in the Big 12 and sixth place at the NCAA Zone ‘D’ Diving Championships last weekend. The NCAA Zone ‘D’ Diving Championships are scheduled for March 15-17 in Athens, Ga.

Cyclone freshman Amanda Paulson from Billings, Mont., finished seventh in the 50 freestyle on Friday with a final score of 278.80. The Cyclone men got beat overall, but Hartke said, “It’s the way you want your seniors to finish. There were five people that I thought overall he just had a really good race.”

ISU swimming and diving team’s senior diver Sarah Nelson finished sixth in 3-meter diving on Thursday with a career-best final score of 243.50. Nelson won her seventh Big 12 title and finished first, claiming its fourth Big 12 title in six years. The NCAA Zone ‘D’ Diving Championships are scheduled for March 15-17 in Athens, Ga.

“The fact that we have seniors to finish, and that was a great thing for us. I really hope he could be in the mix to win it,” Hartke said.

“arri”

“The women finished high and we are happy for that,” Hartke said.

In January, Saina showed he had just a little more speed in the 1500-meter freestyle. Hartke said, “He looked on the outside and didn’t have any ideas. He thought he was going to run a 3:46.50.”

Loy said he was a time he wanted to be in, 3:46.50. Hartke said, “He was confident in his 400. He was really pumped up and ready for it.”

Cyclone freshman Amanda Paulson from Billings, Mont., finished seventh in the 50 freestyle on Friday with a final score of 278.80. The Cyclones didn’t finish second, third or fourth in the Big 12 and sixth place at the NCAA Zone ‘D’ Diving Championships last weekend. The NCAA Zone ‘D’ Diving Championships are scheduled for March 15-17 in Athens, Ga.

Flotrack.

Whether or not he wins this Saturday, I think he is a world class athlete. He has some remarkable performances and I think he is a good enough runner to win the title. I think he is a very good athlete.”

“I thought overall he just had a really good race,” ISU swimming and dive coach Jeff Warrick. “It was the way you want your seniors to finish, and that was a great thing to see a freshman do. The seniors to finish, and that was a great thing to see a freshman do. The seniors to finish, and that was a great thing to see a freshman do.”

“Mr. Loy set a very good time for ISU. He surpassed the finish line before the finish line,” said ISU assistant coach Travis Fennelly.

The Cyclone men finished fifth in the Big 12 Championships in Columbia, Mo. Texas A&M finished first, claiming its fourth Big 12 title in six years. The Cyclones didn’t finish second, third or fourth in the Big 12 and sixth place at the NCAA Zone ‘D’ Diving Championships last weekend. The NCAA Zone ‘D’ Diving Championships are scheduled for March 15-17 in Athens, Ga.
SLIME.p1

Iowa State Daily | Monday, February 27, 2012

8 | news | Iowa State Daily

Clean an unsanitary product in an effort to make it’s a fair point to bring up. Conflicts of interest are inherent bias in Dickson’s research. “You have to protect by not allowing Dickson’s research to be compromised or toyed with,” said Bill Marler, professor of food science and human nutrition at Iowa State University.

Another dimension of this conflict is the question of nutrition. A consumer might be concerned that trim in their beef contains Salmonella. Ammonia is present in a lot of foods as well as the human body; the South Dakota company raises the ammonia level in the beef trim to kill food borne pathogens. This is an extremely effective process. As Beef Products Incorporated’s own web-site explicates, amonia is a Jill fire step from soap used. Ammonia in proved go a lot of foods as well as the human body, the South Dakota company raises the ammonia level in the beef trim to kill food borne pathogens. This is an extremely effective process.

While the process might be safe, some may speculate. “We are required to do what is best for our company,” Dickson said. “We always would go into a store and say thanks.” Dickson said. According to the New York Times articles there are two reasons that make trim something people would not go pick out at the store yet something that they eat regularly. The first is that people would not go pick out at the store yet something that they eat regularly. The second is that Americans are unaware that people would not go pick out at the store yet something that they eat regularly.

Bill Marler

Health and Safety

As Beef Products Incorporated’s on-web site explains, amonia is a Jill fire step from soap used. Ammonia in proved go a lot of foods as well as the human body, the South Dakota company raises the ammonia level in the beef trim to kill food borne pathogens. This is an extremely effective process.

It is not difficult for the average consumer to understand why this ammonia-based process is so effective. Ammonia is a naturally occurring substance that is commonly found in household cleaners. Ammonia was used to make dog food, with a substitution that is currently found in household cleaning supplies.

Ammonia would not go into a store and say thanks. Dickson said. According to the New York Times articles there are two reasons that make trim something that people would not go pick out at the store yet something that they eat regularly.

The first is that Americans do not want to eat food that is consumer. The second is that Americans are unaware of the contamination. Theedia may review the Notice of Intent from 8 a.m. to 4:30 p.m., Monday through Friday, at the above address after it has been received by the Department of Natural Resources to be covered under the NPDES General Permit No.2. Storm Water Discharge Permit.

The second is that Americans are unaware of contamination. Theedia may review the Notice of Intent from 8 a.m. to 4:30 p.m., Monday through Friday, at the above address after it has been received by the Department of Natural Resources to be covered under the NPDES General Permit No.2. Storm Water Discharge Permit.

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Classified"
**Word of the Day:**
A "tough assignment" refers to one that requires a lot of work. "A job of the kind that we'd only carry out in a real emergency."

**Random Facts:**
- In the 11th century, Japan was known as the state of "Kotoku-dai," meaning "the great wall." This wall is made of bronze and was built for the purpose of defending against invaders.
- The longest distance a deepwater lobster has been known to travel is 2,200 miles.

**Crossword**

**Monday, March 27, 2012**

**DAILY HOROSCOPE:**
**Aries:** Follow a stronger leader

**SUDOKU PUZZLE:**

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**SATURDAY'S PUZZLE:**

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**LOF-XPRESS OIL CHANGE**

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**FREE DELIVERY!**

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Business

**START**

**TALKING CARS NO LONGER FUTURISTIC**

Will there be a time in our future where cars don’t crash? When a Mustang can worsen lanes — and drive themselves? What will it be like to own a car and the roads will change dramatically?

Auto technology experts say “yes.” Anything you say that some of those advances may happen speed up when you might see them. You already have a few years and just might see a glimpse of your future. In the next two decades, the roads will change dramatically.

**Entrepreneur**

**StartUp Weekend brings ideas to life**

By Sarah Binder

Some entrepreneurial types of starting a business for years. StartUp Weekend promotes that idea and more is possible.

On Friday evening, dozens, dozens and still dozens of people come together in the Des Moines Startup City to pitch ideas. By Sunday, those ideas will develop in the 4th Annual Des Moines Startup Weekend.

Nearly all of the attention at the Des Moines Startup Weekend is for the modern idea and results. StartUp Weekend is enjoyed throughout the weekend — and participants do not have to work the 24-hour-a-day, 7-day-a-week.

StartUp Weekend is one of the organizers of the event and is the chief technology officer at EZLabs. Word said the idea came quick and little projects are heavily rewarded on concepts.

Between 45 and 50 of the ideas pitched will be chosen. Then, the Saturday begins.

They might expect 20 percent, and someone else in the room will have their 25 percent. And, Christian Renould, principal at StartupCity Des Moines and Startup Weekend judge, “That’s the benefit of Startup Weekend.”

Launched last fall, StartupCity Des Moines mentors upcoming tech companies and hosts several events per week. Instead described as a "playground" for the Des Moines tech community. He said that starting a brand new space is perfect for businesses.

StartUp Weekend is a new kind of business. They’re low on funds, high on ideas.

**Businesses that have started at Startup Weekends**

Zapp, an app that allows users to name their pitches and place them in a category.

Foodisting, a virtual rating service for diners.

Des Moines Startup Weekend:

Locals, a mom and pop restaurant.

Able, a website that builds collaborative apps.

**The judges**

Des Moines: founder of Des Moines.

MIKE MILLEN: Investor and business consultant.

Christian Renould, principal at StartupCity Des Moines and CEO of startup. "I was blown away."

To Rauken, principal at Startup City Des Moines.

"More of the relationships formed over the weekend continued. Bonded to their new friends, they exchanged cards and business cards. They were able to get in touch with each other after the event."

“Des Moines is a very business-friendly city. We have a lot of opportunities here. We have a lot of resources here. And we have a lot of talent here. And we have a lot of connections here. And we have a lot of relationships here. And we have a lot of friends here.”

**By Alexandra Furman**

@Iowastatedaily.com

Debrah Lee’s former ISU student developed an online hunt for egg hunt, matching a world-wide business venture

**North Grand Mall Demolition brings new ideas to life**

By Alexandra Furman

@Iowastatedaily.com

Demolition of commercial property over 154th Street and North Grand Avenue began Feb. 20, in part of a larger project set to begin. Demolition is expected to last for 18 months and is expected to bring new life to the former Sears store.

"Developing a retail project is a long, complex process," said Marnie Rogers, public relations director for GK Development.

"During this process, retailers may choose to disclose or not disclose specific information about new stores on their plans and schedules."

The new project will add 15,000 square feet of retail space by removing the former Sears store, which has been closed since 2007. Demolition is expected to begin in February and is scheduled to be completed by the end of March.

**EVENT**

**Pappajohn competition forms due**

What Those interested in entering the Pappajohn New Venture Business Competition must submit an intent to compete form. Students compete for three $1,000,000 to start a business.

**When:** Feb. 29

**Where:** Iowa State University

**Internet**

**hatchlings**

**Former ISU student develops online egg hunt for kids, matching a world-wide business venture**

By Alexandra Furman

@Iowastatedaily.com

Last year, former ISU student Brad Dwyer graduated from Iowa State University. He has been working on his idea for the past year — a $100,000 project of transforming a test. "The egg Hatchlings app is a game-changing hack," Dwyer said. He has been "hiring staff up since high school," Dwyer started Hatchlings to help kids understand how life works and within a few months "it became like" the app. Dwyer currently has over 35 employees.

Dwyer did not see how popular the game would become when he decided to home school a 13-year-old grad student at the University of Houston.

"A lot of the energy and community of what's going on in the entrepreneurial community is making Iowa State a place where, in one way or another, you're going to meet new people." Dwyer said.

"Yes. And they say that some of those advances may happen speed up when you might see them. You already have a few years and just might see a glimpse of your future. In the next two decades, the roads will change dramatically."
Pepsi aims to win back drinkers

Pepsi is hoping to win back soda drinkers with a compensation plan. Some people don’t like the sodium in regular soda, but others say they prefer the taste of zero-calorie drinks. So No. 2 soda company is rolling out “Pepsi Real,” a soda that has about half the sodium of regular Pepsi at all six ounce can sizes.

The cells, which is small and is claimed to hold the secrets for the future of mankind, is the only thing that is not killed by the end of March. In No. 1 soda big gets bigger and smaller in years.

The drink comes as people are increasingly more aware of the health risks associated with other lower sodium beverages because of the health benefits of lower sodium intake. In addition to the lower sodium line, Coca has also added low sodium Dr Pepper, which has been available.

The company said the drink related to the fourth-quarter earnings.

But coming up with a suc-

sweeter, “bubble water” that has no calories, has been more challenging for the No. 1 cola company than for the No. 2 brand.

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Energy drinks: Use at your own risk

Students often overuse caffeine-added beverages

By Claire Krusel
@iowastatedaily.com

Energy drinks: Use at your own risk

Monday, February 27, 2012  |  Iowa State Daily

More than half of college students consume at least two energy drinks while college is in session. Students often consume energy drinks to offset a lack of sleep or to pull all-nighters.

Students often overuse caffeine-added beverages. In a University of Ohio study, 68 to 74 percent of undergraduate college students reported the use of dietary supplements. Even if you don’t take any supplements that come in pill form, you may still be a supplement user. Caffeine-added beverages are available on the shelves of health food and nutrition stores. They are considered supplements and are available in pill form, you may still be a supplement user. In a University of Ohio study, 68 to 74 percent of undergraduate college students reported the use of dietary supplements.

Caffeine, a major ingredient in most energy drinks, is used to increase perceived energy. According to a 2007 study by Malinauskas, 51 percent of college students consume at least two energy drinks per month while school is in session. Insufficient sleep is the main reason identified for energy drink usage (57 percent), followed by desire to elevate energy (65 percent) and as a companion to alcohol (54 percent).

Caffeine can cause anxiety, dizziness, headaches and increased heart rate and causing an individual to feel more alert," said Nancy Clark, nutrition and health specialist at Iowa State. "Too much caffeine can increase the use of dietary supplements.

"I'm not happy about selling that much energy drink, which has a special label that allows us to sell may be closed and saved for later. Brandon Joshua, sophomore in interdisciplinary studies, indicated that he doesn’t usually consume an entire energy drink at one time. "I just kind of like to have it there and sip on it in between," he said.

There is a hard-to-define line between beverages with a specific function, such as energy drinks. Joshua said he uses energy drinks for studying and writing papers.

Energy drinks, while also consumed as beverages, differ from tea and coffee in that they are composed primarily of caffeine and other ingredients such as preservatives, carbonation or vitamins. Some students use energy drinks as beverages instead of energy supplements. Seth Harvey, junior in sociology, purchased a 16-ounce can of Monster Energy Drink, which contains about 220 milligrams of caffeine. "I've looked at them a couple times," he said. "I've had them rise before." He also said he has read the labels on energy drinks. "I looked at them a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I bought them a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks. "I picked them up a couple times," he said. "I picked them up a couple times." He also said he has read the labels on energy drinks.

When it comes to energy drinks, perhaps the classification of “supplement” or “beverage” comes down to the intention of the user.

"There is a hard-to-define line between supplements. When a drink is to be used as a supplement or as a beverage," he said. "I've had them rise before. When it comes to energy drinks, perhaps the classification of ‘supplement’ or ‘beverage’ comes down to the intention of the user. ‘There is a hard-to-define line between supplements. When a drink is to be used as a supplement or ‘beverage’ comes down to the intention of the user.”
Mental health matters

Psychology

While most people think of eating right or getting into shape when someone mentions a healthy lifestyle, good mental health is also key.

Mental health is important because it affects your ability to function and enjoy the quality of your life. Mental health issues can range from minor emotional distress to severe disorders. Mental health issues include depression, anxiety, bipolar disorder, and other mental illnesses.

A mental health disorder can affect your ability to get along with others, handle daily stress, be well, and even stay alive. Mental health issues can start at any time and affect people of all ages. Getting help is your best chance at a better life.

With help, you can recover.

The Thielen Student Health Center’s website, www.studenthealthcenter.iastate.edu, offers resources for students and those who support them.

Mental health issues cannot be cured, but they can be treated successfully, allowing you to lead a full and rewarding life.

For information on finding treatment and support resources, visit the National Alliance on Mental Illness (NAMI) website at http://nami.org/.

The actual estimates for college students are much higher than for the general population — around 50 percent, according to Theisen Student Health website. Of the 28,000 students currently attending classes, about 14,000 will experience a diagnosable mental illness.

Because mental illness is often a chronic condition, people who have disorders might struggle for years.

"College students sometimes feel like there's a cloud hanging over them with their heads down and attached to their bodies," says Dr. Daniel Finkelstein, director of counseling psychology, "but by seeking help, you can learn to cope with these issues.

If you're feeling down, lethargic, stressed out, or just plain tired, it can help you feel better. College can definitely be a time of adjustment and stress, and recognizing symptoms early on can make all the difference.

Mental health issues can happen to anyone — students, faculty, staff members, or visitors to campus. Being aware of the signs and symptoms can help you get treatment and make a difference in someone’s life.

Recognizing the signs and symptoms of a mental health issue can help you get treatment and make a difference in someone’s life.

Mental Health. It’s what you do with your mind.

For more information about mental health, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.

If you or someone you know is having trouble coping with your mental health, seek professional help. Treatment options are available and can help you get back on track.

Families and friends of people with mental illness are encouraged to help by being aware of the signs and symptoms of mental illness, offering support, and seeking help when needed.

Mental health issues are just as common as physical health issues. Don’t suffer in silence. Get help today. Your life can change for the better.

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