By HOLLIE HINES
twyn.com
BLACK HAWK, Colo. —

HE dusty, shrub-dotted Utah desert, a deeply furrowed terrain, returned Ben Alexander to reality after he had spent 30 months in a fantasy world.

There, the words of the former UI student’s mother hung heavily in the air. “It’s hard for me to say this, but if you choose gaming, you will have to live on your own and support yourself.”

The 10-year-old began to sob.

His father sent a letter, too: “I am terrified and dependent that you will throw away all the advantages you’ve even come to the virtual world.

The letters carried a message Ben could no longer avoid. He was just as lured by the virtual landscape limited by the snaking wires of the Internet and the two dimensions of a humming computer screen.

Ben was addicted to internet gaming.

In the fall of 2008, he first sought treatment for a condition he would later only be able to name.

The search for help was difficult. Though several professionals agree that many may suffer from unhealthy Internet use, they disagree about how to define and address it.

Ben and his family tried numerous treatment options, and finally in July, he became the first person in the Western United States to undergo in-patient treatment for Internet addiction at the Washington-based reSTART Internet Addiction Recovery Program.

The letters from his parents prompted him for that journey.

“The impact letter ranks right up there with the hardest things I’ve had to do,” said Ben’s mother, Linda Alexander, inclining to brace herself for the force of the memory in her Colorado living room.

Ben’s counselors in Utah had advised both Linda and her husband, Peter Alexander, to be excruciatingly honest about how Ben’s addiction had affected them. So they filled their letters with hard-hitting descriptions they hadn’t written, and academic opportunities he’d told, money he’d wasted, and academic opportunities he’d left behind.

“They told us this needed to be the equivalent of hitting him on the head with a 2x4,” Linda said.

And her husband’s worries had begun months earlier.

Linda watched Ben, who once loved animals and spent hours enthralled with reading, become fascinated only with things captured on a computer screen.

“A lot of how he adds just now,” she said.

Worlds of Warcraft eclipsed the rest.

Users of this internationally popular computer game create personas that entice to complete quests and conquer enemies. Ben began playing during the summer between his City High graduation and his first semester at the UI.

The story of Ben’s addiction

Summer 2008 — Begins to play World of Warcraft

August 2008 — Moves into Burge for his first semester

Early October 2008 — After his schoolwork suffers because of increased gaming, Ben calls his father for help.

Late October 2008 — Begins treatment at reSTART Internet Addiction Recovery Program.

January 2009 — Alexander’s seek treatment for Ben at the reSTART Internet Addiction Recovery Program.

Spring 2009 — Ben returns to Utah and undergoes the treatment as part of the Wilderness Treatment program.

July 2009 — Ben becomes the first patient at the reSTART Internet Addiction Recovery Program.

September 2009 — Successfully completes treatment at reSTART and moves to Colorado to recover with parents.

In the next year — Ben tries to come back to the US and continue his biology major.

What are signs of computer and Internet addiction?

• Increased amounts of time spent online

• Failed attempts to control behavior

• Heightened sense of euphoria when involved in online activities

• Complete time unconnected and isolated

• Neglecting friends and family

• Feeling ashamed, anxious or depressed as a result of behavior

The US Student Government Senate voted overwhelmingly in favor of supporting a $100 spring tuition surcharge on Tuesday night.

Senators also voted to endow a $6 per- cent tuition increase.

But the Senate wasn’t fully on board with the extra fees, aimed at helping the UI trim $24.7 million from its budget.

Sen. Michael Appel proposed legislation calling for the Senate’s opposition to a mid-year surcharge, a 6 percent tuition hike for the next academic year, and a $60 retention fee.

“A hundred dollars could be the cost to heat your apartment or a trip to the grocery store,” he said. “The surcharge is only a Band-Aid to the unavoidable cuts we will have to make.”

Balancing sports’ books

Athletics department would pay the tuition surcharge for 500 athletes on scholarship.

By SAM LANE
tween.com

Despite a multimillion dollar budget, the Hawkeyes athletics department has still faced budget challenges this year.

Since 2007, the athletics department has been completely self-sustaining — meaning its budget receives no money from the UI’s general fund and no outside dollars. Athlete scholarships are supported entirely of revenue from the university’s 24 varsity sports.

Athletics Director Gary Barta said there are only 15 to 20 universities that do not rely on state dollars. He acknowledged the switch, which took nearly a decade, has presented added challenges to the department.

“Personally, I will remember the university,” he said. “The country’s and state’s economies are going through a challenging time.”

In fiscal 2010, the athletics department was approved to total roughly $86.4 million. The main source of revenue for this budget is from television rights revenue, which generate more than $22.1 million.

DAILY Iowan TV

To watch Daily Iowan TV on Channel 10 or online at dailiyowan.com, tune into the 6 a.m. newscast. Check out a photo slide show of Spotlight Iowa City focus Nicole Jensen, who family Square-City News Iowa City Ross Johnson, who family Square-City News Iowa City Ross Johnson, who family Square-City News Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City Ross Johnson, who family Square-CITY NEWS Iowa City
NATION

Recession officially over
WASHINGTON (AP) — It’s about to become official: The recession is over.

The government will release its latest numbers this week to show that the economy has shrunk by less than originally projected — an official sign of a recovery.

But the following week, the gov- ernment’s new numbers will show that the economy has continued to grow. And the following week, the government will release its latest numbers to show that the economy has grown by less than originally projected — an official sign of a recovery.

Those who achieve their health goals can be accom-

panied by the amazing 15 pounds. Those who achieve their health goals can be accom-

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panied by the amaz...
The challenge and cre- ativity the game required enticed him. He could instinctively enhance his characters and equip them with the ideal weaponry. To Ben, the challenges of school often didn’t measure up to the rigor of gaming.

“Ben didn’t have to work hard in school to do well, which is a blessing and a curse, I think,” said his mother, her hand placed gently in her lap as she spoke.

Ben also felt more com- fortable connecting to peo- ple online, using the chating functionality in World of Warcraft. The prospect of giving up the game, then, was more disorienting than it was one might imagine.

Frantely, anxious, bored, and withdrawn, he spent hour after hour playing World of Warcraft, clicking next move online.

“I felt like I was in my own space,” the former hockey goalie and major-precise and reserved in his speech, Ben avoided personal details.

During his senior year of high school, he took several advanced science classes in addition to German Honor classes. He also adjusted to a daily routine, determined by that lackaded parent’s presence.

The increased freedom he lacked parental limits.

Ben arrived at Burge, a world over him, his habits turned in, his brain space,” the former counselor diagnostic manual, said.

An increasing number of students have been coming to the University Counseling Service with complaints about excessive computer use, Eckelhaid said, and officials are look- ing into available research to help.

Some have proposed adding a category for Internet addiction to the updated version of the manual, due out in 2012.

Including a diagnosis to be seen for Internet addiction may make therapy more likely, a psychologist at the University of Iowa Partners LLP, W. R. Washington, said he had never worked with Ben, he has heard colleagues recently been a phenomenon seen in clients with concerns relating to high levels of computer use.

However, because condi- tions such as depression and depression common occur alongside excessive Internet use, some practitioners believe it suffices to treat those problems alone, Gal- lon said.

Lee Anna Clark, a UC psychology professor, said those who do consider Internet addiction should be careful not to add excessive dis- orders. A condition could lead to depression or anxiety and another already exists to diagnose those who engage in excessive use.

Ben’s counselor referred him to the University Counseling Service until the problems that led to admission in the first place. He believe professionals should treat the problem with specialized methods and that it should be added to the Diagnostic and Statistical Manual, he said.

Based on her research, she said, it is likely that more people in the country experience Internet addic- tions than one may expect.

The numbers agree. According to a 2009 study in the American Journal of Psychiatry, there were 1.5 percent of people aged 8 to 19 years in the United States who met key criteria for video game addiction. According to a study in a press release, the U.S. Surgeon General’s Office, an estimated 6.7 percent of people 12 to 17 years of age have been diagnosed with Internet addiction.

“During his senior year of high school, he took several advanced science classes in addition to German Honor classes. He also adjusted to a daily routine, determined by that lackaded parent’s presence. The increased freedom he lacked parental limits. Ben arrived at Burge, a world over him, his habits turned in, his brain space,” the former counselor diagnostic manual, said. An increasing number of students have been coming to the University Counseling Service with complaints about excessive computer use, Eckelhaid said, and officials are look- ing into available research to help. Some have proposed adding a category for Internet addiction to the updated version of the manual, due out in 2012. Including a diagnosis to be seen for Internet addiction may make therapy more likely, a psychologist at the University of Iowa Partners LLP, W. R. Washington, said he had never worked with Ben, he has heard colleagues recently been a phenomenon seen in clients with concerns relating to high levels of computer use. However, because condi- tions such as depression and depression common occur alongside excessive Internet use, some practitioners believe it suffices to treat those problems alone, Gal- lon said. Lee Anna Clark, a UC psychology professor, said those who do consider Internet addiction should be careful not to add excessive dis- orders. A condition could lead to depression or anxiety and another already exists to diagnose those who engage in excessive use. Ben’s counselor referred him to the University Counseling Service until the problems that led to admission in the first place. He believe professionals should treat the problem with specialized methods and that it should be added to the Diagnostic and Statistical Manual, he said. Based on her research, she said, it is likely that more people in the country experience Internet addic- tions than one may expect. The numbers agree. According to a 2009 study in the American Journal of Psychiatry, there were 1.5 percent of people aged 8 to 19 years in the United States who met key criteria for video game addiction. According to a study in a press release, the U.S. Surgeon General’s Office, an estimated 6.7 percent of people 12 to 17 years of age have been diagnosed with Internet addiction.
Give us a vote

Michael Davis

The heightened atmos- phere is palpable. Students are already up in arms for the first Student Union food court referendum. This is not the first time they have felt the need to organize and voice their opinions.

This week’s opponent is the Student Union Budget Committee. With the power of the ballot in hand, we will decide the fate of our university. Higher fees and layoffs are on the line. To vote is to try to save ways to stay off campus, choose a better budgetary plan.

Submit two little votes in this decision. The current UI Student Union’s mixture of support for tuition increase and layoffs is not a very positive one. We are not faced with a very positive one. We are not faced

All these measures are much appreciated, but do they really need to be so extravagant? The Iowa League is no different than an athletic league. The biggest expenditure for the athletes is salaries — which, at a minimum, $25 million, makes up 50 percent of the budget. Athletic boards could follow Culver’s voluntary 10 percent salary cut and cut 10 percent from the salary budget. The $2.3 million the UI would receive may not seem like much relative to theathletic department’s $65 million budget, but it could go a long way and perhaps save the jobs of a couple professors or a handful of teaching assistants.

The more would-be completely selfish, either. Student-athletes suffer as much from the declining enrollment as the rest of us. According to whores whose names we are not releasing, a group of five or six student-athletes met the otherday. Ohio State’s and the University of Iowa are the only two schools that could accept the athletes. A voluntary pay cut is only one suggestion. Hawkeye athletics could try a variety of different options, such as donating a portion of the athletic department’s general fund, if possible. Any method the department employs would help the university ameliorate these tough times.

Athletic is a big department that does a lot for the good of the UI and the community. In these times, however, you can find it if you scrutinize its mighty mouses to put the Black and Gold back in the name.

Tuition last year, but the decrease. In 2011, both, or neither?”

The university wants to raise fees throughout the year. In the spring semester, an increase in tuition in spring semester, an increase in tuition surcharge for the spring 2011, both, or neither?”

The Man is stricter than hispanics, we could require not only

universities, the state’s budget be slashed 10 percent is only one order, while the sour economy drives the university into bankruptcy. There is no magic wand, and perhaps the jobs of a couple professors or a handful of teaching assistants. The most would-be completely selfish, either. Student-athletes suffer as much from the declining enrollment as the rest of us. According to whores whose names we are not releasing, a group of five or six student-athletes met at the other day. Ohio State’s and the University of Iowa are the only two schools that could accept the athletes. A voluntary pay cut is only one suggestion. Hawkeye athletics could try a variety of different options, such as donating a portion of the athletic department’s general fund, if possible. Any method the department employs would help the university ameliorate these tough times. Athletic is a big department that does a lot for the good of the UI and the community. In these times, however, you can find it if you scrutinize its mighty mouses to put the Black and Gold back in the name.

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By ERIC ANDERSEN

By DEE FABBRICATORE

Alternative-indie group Hallelujah the Hills will make its Iowa City debut tonight.

Golf’s loss is songwriting’s gain

Griffin House brings his storytelling abilities to the Picador tonight.

Making musical collages

Ryan Walsh makes collages.

If you like it:

• “Sequence of Echoes,” from “Hallelujah the Hills’” most recent album, “Colonial Drones.”

• “The Learner,” by Griffin House. The Learner is the first single from Griffin House’s latest album, “You is Out of His Mind.”

• “The Guy That I Used to Know,” by the New Bodies, an Iowa City band.

Not with craft scissors, but with purpose. Walsh and the New Bodies, an Iowa City band, will adhere chunks of wry humor to choruses hooks while employing mixed instrumentation to create the group’s signature sound pastiche. The show will start at 10 p.m. at Whiskey Hill, 120 E. Burlington St. Admission is $6.

Tonight, Walsh and the rest of Hallelujah the Hills will adhere chunks of wry humor to choruses hooks while employing mixed instrumentation to create the group’s signature sound pastiche. The show will start at 10 p.m. at Whiskey Hill, 120 E. Burlington St. Admission is $6.

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A new Federal Emergency Management Agency and Iowa Homeland Security office in Iowa City is helping the UI with roughly 200 flood-recovery projects. UI officials said the new location is filling a void—a disaster-relied function and situation that Herbert Street, has increased organization regarding the university’s flood-recovery program.

The new office will tackle work for Art Building West, the IMU, and Denny Penny, the chief risk officer in the Risk Management Office. Here, UI’s federal assistance team set up in a large conference room. UI officials said the new location with close proximity to classes is far more effective. The new office will help the recovery process run more smoothly, UI officials said.

The recovery process entails numerous steps. First, officials from UI Facilities Management and the Risk Management Office examine details about rebuilding, taking into consideration the cost and flood-prevention measures. Penny said. Officials often contact potential occupants of the UI buildings to ensure precision in their planning, she said.

After choosing the best option, officials submit the project to UI Facilities Management, the Risk Management’s director, and UI’s chief risk officer in the Risk Management Office for review.

FEMA staff ensures the plans are eligible for grants and carry a reasonable price tag, Penny said.

The review process for the project worksheet continues at the state level, where UI officials must gain approval from federal officials before advancing.

“You have a lot of info and detail, and people have to agree on that detail,” Penny said.

The entire process could take two years or more, said Vincent Clark, a FEMA public information officer. He said the office will likely remain open in Iowa City until most of the local recovery projects are completed.

“Muds” said state up safety offices, Clark said.

NIKE JENSEN practices baton stirring at the Sister basketball court on Tuesday. Nicole Jensen’s twirling is a highlight of the West High marching band’s halftime performances.

Nicole Jensen practices baton stirring for the Sister basketball court on Tuesday. Nicole’s twirling is a highlight of the West High marching band’s halftime performances.

Nicole’s twirling is a highlight of the West High marching band’s halftime performances. Nicole Jensen practices baton stirring for the Sister basketball court on Tuesday. Nicole’s twirling is a highlight of the West High marching band’s halftime performances.
The department’s main
expenditures come from
employee salaries, which
cost around $23.2 million.
This year, the department
generated roughly 6.6 million
toward the university’s general
fund to pay for student-athlete
scholarships.
Richard Klatt, an associate
athletics director, said
that Michigan athletics
will have to adjust, too.
Approximately 60% of the
700 student-athletes
on campus are on scholar-
ships, meaning the ath-
etics department would have
to save every $100 tuition
surcharge. "A few people can
stop going to the stadium," he
said. "But it will help."

"I feel betrayed by my stu-
dent government," she said.
"Julie Jenkins, a sopho-
more, said she is concerned
that more of the university’s
funding is from students
instead of the state, caus-
ing the UI to seem more
like a private college.
"We are losing our grad-
uate students, who bring new
knowledge to our univer-
sity," she said. "I am not a fan
of our student govern-
ment’s decision."
Community colleges feel cuts

By LAUREN MILLS

Iowa’s community-college institutions could see smaller salaries as officials at the schools cut a 10 percent cut in state funding.

The Department of Education is looking to cut $91,668 from community colleges’ salaries fund, potentially undermining schools’ ability to support salaries competitive with other states, according to preliminary plans released by the department. The colleges will also see roughly $15.8 million cut from their general aid funding.

But competing with other states’ average salaries isn’t the focus for most colleges, said Sandy Bruns, the director of human resources at Northwest Iowa Community College.

Instead, Bruns said the colleges concentrate more on making salaries competitive with other Iowa colleges and pay ranges in the instructor career fields.

Though most colleges do not anticipate troubles this year with stimulus funding still in the gap, uncertainty about future budget levels could make hiring difficult.

The 10 percent trim in salary funding should not affect how much instructors receive because most are on annual contracts, said John Noel, the vice president for finance at Kirkwood. Kirkwood Community College campus Oct. 20.

“However, Kirkwood is eyeing an associate vice president of governmental relations at Kirkwood Community College in Cedar Rapids. To deal with the cuts, some colleges will have to provide money from general education funds.

Kirkwood received 15 percent of the original $91,668 funding for salaries, and a 10 percent cut on that 15 percent is not really a large amount, Noel said. Hiring and maintaining faculty levels is especially important because community colleges across the state saw increases in student enrollment this year that require staff to take on more students.

“It is stretching people thin,” said Kristie Fisher, the vice president for enrollment at Kirkwood, which saw about a 17 percent increase in student enrollment this year. “It is going to get tougher. The 10 percent cut was more than we expected. We run very lean already and don’t have a lot of fat to cut.”

The cut in salary funding could hurt Northwest Iowa Community College not only in attracting instructors but in keeping them as well, said John Noel, the vice president for finance at the school, and it could restrict hiring in new fields, such as wind technology.

“With the budget cuts, it is difficult for us to start programs when we are pinched in regard to getting support from state,” he said.

The new programs are important because they would help the college continue to attract students when the economy begins to improve and fewer people are looking at community colleges, he said.

Most institutions are not considering midyear tuition increases or cutting positions to deal with cuts to general and salary aid, though many have phased out positions as faculty retire or leave.

It is always hard to guess,” Fisher said. “But if the economy stays as it is, I think a lot of families will be looking at more affordable alternatives to higher education.”

A Friend Dies. Who Cares?

Toxic drinking is an epidemic on campuses all across America.

It means consuming so much alcohol the drinker passes out. But while “sleeping it off,” the victim may be quietly dying.

When you come right down to it, students themselves are the best ones to take this problem. So, in growing numbers, Stony Brook students have joined together in the Red Band Watch Movement.

Working with experts, they fine-tuned a course in techniques to handle these alcohol emergencies. Red Band Watch members can act fast, when every second counts.

They know the quick steps they can take to rescue a passed-out student from a drinking death, and can immediately summon professional help. Everyone taking the course is given the distinctive red watch for identification.

Since its inception at Stony Brook University in March 2009, approximately 45 schools across the state have signed on to implement this lifesaving program.

To prevent toxic drinking deaths, go to redwatchband.org

Community colleges in Cedar Rapids. To deal with the cuts, some colleges will have to provide money from general education funds.
Iowa running back Adam Robinson is tackled after getting the ball just yards from the end zone during the Hawkeyes' game against Michigan State on Oct. 24 in East Lansing. Robinson suffered a high ankle sprain during the game and will be out for the rest of the regular season.

Richardson, Robinson out

Kirk Ferentz's Tuesday morning injury meeting with team doctors lasted any longer than usual. It was just more extreme.

Four key players — guards Dace Richardson (leg), running back Adam Robinson (high ankle sprain), safety Bret Greenwood (neck), and wide receiver Colin Sandeman (concussion) — all left Iowa's game against Michigan State with approximately serious injuries.

In his weekly press conference, Ferentz confirmed both Richardson, who suffered a broken bone in his lower leg, and Robinson would miss the rest of the regular season. That, the 12-year head coach said, there's a better-than-average chance the two will be back in time for Iowa's bowl game.

"Right now, we just have to plan like they are not going to be with us, and take that approach mentally," Ferentz said.

Sandeman and Greenwood's injuries, however, will not cause the two to miss any more time than they normally would.

Ferentz said Greenwood — who missed the final round of the tournament after combining for 14 birdies and an even-par in the final two — was "a little sore now," but that should make a full recovery in time for Saturday's game.

"We're not going to use it, and head coach, and not expect because a couple of guys are out," junior quarterback Ricky Stanzi said. "We've just got to get out to practice. Those guys aren't going to be there, so there's nothing to stop and sit and wait for. We've got to keep moving."

Even though they didn't last any longer than usual. It was just more extreme.

Each week, the Iowa offense has been offensive Iowa's. Landon's running back Adam Richardson ran on the ground for a total of 84 yards against Michigan State on Oct. 24, 2009. The Iowa offense had to adjust after losing Richardson due to an injury against Michigan State.

Scoreboard

COLLEGE FOOTBALL

December 6, 2009

Iowa 38, East Carolina 19

Iowa improved its Big Ten record to 5-3 overall with a 38-19 win at the University of Southern Mississippi in a regular-season finale.

The Hawkeyes took the lead in the third quarter after a 25-yard touchdown pass from quarterback Ricky Stanzi to wide receiver Marvin McNutt. The Iowa offense got back on track after losing Richardson due to an injury against Michigan State.

Iowa running back Adam Robinson is tackled after getting the ball just yards from the end zone during the Hawkeyes' game against Michigan State on Oct. 24 in East Lansing. Robinson suffered a high ankle sprain during the game and will be out for the rest of the regular season.

Iowa running back Adam Robinson is tackled after getting the ball just yards from the end zone during the Hawkeyes' game against Michigan State on Oct. 24 in East Lansing. Robinson suffered a high ankle sprain during the game and will be out for the rest of the regular season.
Cricket arrives in Hawk Nation

A sport popular in Britain and some of its former colonies, cricket is now on the UI campus after becoming an official club sport.

By IAN MARTIN

The victory brings UISC intramural flag-football champions with a 26-6 victory.

"We figured since we were the cutest team, we might be able to attract them," joked Josh Doyle, There is Nothing Funny's quarterback. "But that didn't work out for us. They are a talented bunch. They look to us tonight."

"The five-day format cannot be very popular. There is no drive, connecting with the players.

"We were just 15 to 20 games in which you bat and all balls are done in a lot different ways in which you bat other than this," said Doug Burkhart, who hadn't seen the sport for much longer. "It's not a popular game in America.

"The squad's defense remains (there is no extra "offense."

"It's comparable in a lot of ways in which you bat other than this," said Doug Burkhart, who hadn't seen the sport for much longer. "It's not a popular game in America."

"But with a new version of the game, schools and programs are watching it.

"There is Nothing Funny's second-quarter score 6-6 early in the season. "The squad's defense remains (there is no extra offense."

"The five-day format cannot be very popular. It has no drive, connecting with the players.

"The squad's defense remains (there is no extra offense."

"It's comparable in a lot of ways in which you bat other than this," said Doug Burkhart, who hadn't seen the sport for much longer. "It's not a popular game in America."
Robinson’s absence will vary by week, depending on how long he is able to play.

Some of the other injuries sustained by the team in recent weeks:

- Kelby Brown, a defensive back for the Wolverines, was diagnosed with a knee injury during practice.
- DJ Perry, a wide receiver, is day-to-day with a chest injury.
- Jordan Sanders, a running back, is questionable with a calf injury.
- Jordan White, a tight end, is out with a sprained ankle.

Injuries continued through the week, with several players missing practice due to injuries.

The Michigan State defense will be tested by the potent offense of the Ohio State Buckeyes.

Despite the injuries, the Wolverines remain confident, and the team is expected to have a strong performance in the upcoming game.

CARROLL WARCY OF USC'S SECOND-FOOT LASES

USC (AP) – With the Trojans’ defense having been among the nation’s best this season, the team’s secondary has been the focus of recent criticism.

However, the defense played well against UCLA last week, and the secondary was able to hold their own.

COLLEGE FOOTBALL

COWBOYS' BRYANT SENTENCED FOR SEASON

Oklahoma State’s star running back, Joseph Randle, has been suspended for the rest of the season after pleading guilty to charging a police officer with a credit card.

Randle, a senior, was facing charges of assault and battery, as well as tampering with evidence.

The suspension is a major blow for the Cowboys, who are counting on Randle to lead their offense.

MINNESOTA

The Golden Gophers are coming off back-to-back losses against Penn State and Ohio State – neither of which were easy.

Furman at home on Tuesday, and they pay you make sure you're ready to go. They execute well, and they don't make many mistakes.

COLLEGE FOOTBALL

COWBOYS' BRYANT SENTENCED FOR SEASON

Oklahoma State (AP) – Oklahoma State wide receiver Dez Bryant will remain suspended for the rest of the season after pleading guilty to assault.

Bryant, a senior, was charged with assaulting a police officer during a game against Penn State.

The Cowboys have been struggling on offense this season, and Bryant’s absence will be felt.

Bryant is tied for the team lead in receptions (47) and yards (737) this season.

The NCAA has yet to announce any sanctions against Oklahoma State, but the team could face penalties for failing to adequately monitor its players.
Which catch had more significance?

**Stansi-to-McNutt**

Stansi-to-McNutt was a more significant catch than Tate-to-Holloway because it took place after Iowa’s improbable victory. But what we’re really talking about is the fact that Stansi-to-McNutt was more than a catch. It was a victory in and of itself.

Some fans probably forget that in the interaction between the two teams as the season wound down, Iowa was not only the Hawkeyes’ biggest rival but also another team that was struggling. The team knew that even if they didn’t make it to the Rose Bowl, there was still a lot of meaning in what happened that day.

The Tate-to-Holloway pass was a significant moment in the game, but it didn’t have the same level of impact. It was a great play, but it was just one play in a much larger game.

Players and fans are often quick to forget the bigger picture. Yeah, San Francisco was a bigger upset than the Iowa win, but it will never be the best game of the year. A game against the Hawkeyes is always special, and it’s not fair to compare the two.

In the end, this is a game that will be remembered by more people, and it was a more significant win for the Hawkeyes. The Tate-to-Holloway pass was a great play, but it was just one play in a much larger game.
Wednesday haiku:
Walking into a train
while playing Marion Pons.
You are friends kids.

Things are so hard now.
I wish things were black and white.
Except for bathrooms.

When I was seven.
I almost burned the house down.
This Jane Doe's fault.

"Passed out on the john."
Not as embarrassing as "messed out in the puke."

Clothes in the dryer.
Not much on my mind.
It's the surface now.

He did it for you.
He did it for you.
He did it for you.

I wish things were black and white.
I wish things were black and white.
I wish things were black and white.

"It'll never work."
You should write him a haiku.
It makes no sense to you.

You can't join the high school reunion:
Wait until you're six.
You will receive poor information and may be blamed for meddling
in your battles and refrain from talking about something you know little
about. You will be in the limelight if you aren't careful. Choose
your words wisely.

Your emotions will be difficult to control, but if you
let them reign unchecked, you may want to look into.
If anyone around you is being secretive, you should
question why. Being left out of something that may influence your life
personally or professionally is apparent.

Don't take anything or anyone for granted. The time to lay
your cards on the table honestly and openly is now. Alternatives to the power
you have earned may be available.

Avoid any serious pursuits. You need to
recharge and to put things in perspective. Have some fun with someone
who makes no sense to you.

Sagittarius
March 21-April 19

You will receive poor information and may be blamed for meddling
in your battles and refrain from talking about something you know little
about. You will be in the limelight if you aren't careful. Choose
your words wisely.

Your emotions will be difficult to control, but if you
let them reign unchecked, you may want to look into.
If anyone around you is being secretive, you should
question why. Being left out of something that may influence your life
personally or professionally is apparent.

Don't take anything or anyone for granted. The time to lay
your cards on the table honestly and openly is now. Alternatives to the power
you have earned may be available.

Avoid any serious pursuits. You need to
develop new ways to attract new situations that you have no control over.
While you work to achieve new goals, you can't
assume that you will be able to do things that don't last long enough. 

Solutions to Fight Slavery,
by Eugenia Last

"We need to lay the groundwork,
by laying the foundation of a new world.
This is our last chance,
by evaluating the past and present.
This is our last chance,
by evaluating the past and present.
Our actions are our own,
by determining what will work.
Our actions are our own,
by determining what will work.
"