Social media may hurt sleep

By ERIC MOORE  newseditor@uiowa.edu

Teens might not be getting enough sleep and texting and social media might be to blame.

Recent research suggests a lack of sleep may be a growing problem because of increases in digital communication among young adults.

While the effects of insufficient sleep are evident in high school as short-term problems, it’s becoming more apparent that being less attentive in class, having poor study habits, and inconsistent fatigue may have long-term effects that can follow students to college.

According to a 2010 study conducted at JFK Medical Center in Edison, N.J. by Peter Polas, a specialist in sleep medicine, Mark Eric Dyken, a University of Iowa professor of neurology and director of the Sleep Disorders Center, has seen signs of insufficient sleep in times and young adults becoming more pronounced, which can be significant during a time in which physical and mental development and growth are crucial.

“If the kids don’t suffer too much when they’re going through high school, they’re going to adjust, they’ll have more control when they get to college,” Dyken said. “If you’ve been dead tired that you sleep chemically and don’t absorb it, you’re going to see that stuff again in college — in a roundabout way, it really does matter. A little bit of sleep deprivation can go a long way.”

Experts now believe that an increase in social-media and cell-phone use may be contributing to poor sleeping habits. Students in high school are beginning to stay up later and sleep in more because of being online or using their phones. (The Daily Iowan/Rob Johnson)

Credits at a cost

UNI offers internship credit at a lower cost than the UI does.

By ALLIE WRIGHT  newseditor@uiowa.edu

University of Iowa senior Nicole Lumbarese paid more than $125 more than a University of Northern Iowa student would fork over to complete her internship at a digital marketing company near Chicago this summer.

That’s more than $325 more than a University of Northern Iowa student would fork over for the same internship.

The reason for the disparity is pretty simple. The cost of a credit, whether it’s for a class or for an internship, is more expensive at the UI than at UNI or Iowa State University.

Students pay for internships

Summer internship costs for the Board of Regents’ schools vary. This graphic shows the cost for up to two hours of summer internship credits at four of the state’s universities.

Iowa City to keep work office

It takes approximately $42 million to operate field offices of the Iowa Workforce Development agency.

By JANET LAWLER  janet-lawler@uiowa.edu

Iowa City’s Workforce Development office will remain — with a few changes — after legislators, local administrators, and businesses fought to keep it open.

The development comes after the Iowa Legislature was faced with the possibility of 17 of the 55 Workforce Development offices closing because of lack of state and federal funding.
Spotlight Iowa City

When Irish eyes are dancing

Freshman Taylor Best puts Irish stepdancing on hold to attend the UI.

BY SETH ROBERTS

Taylor Best is only 18 years old, but she’s already retired.

Until a few days ago, the University of Iowa freshman was one of the brightest stars in the world of Irish dancing.

She finished high as fourth among the national championship events and ranked 19th at the 2010 Irish Dancing Championships in Glasgow, Scotland.

But despite her time being, though, the native of Norfolk, Mass., has put away her dancing shoes — at least temporarily. She wanted to focus on settling into school and not having to be in training, because that takes up all of my time," she said. "It took a lot of work. It was difficult to balance in high school, so to think about doing it in college would be even more of a challenge."

And while she said she considered retiring, she said she was quick to add it’s "not for me."

Best began Irish dancing around her fifth birthday when her grandmother gave her a pair of the University of Iowa Foundation.

"I was absolutely hooked," she said and laughed. "We had a massive home video of me prancing around wearing my little shoes." She said she loved it. She took her first formal class when she was 12 years old by her eighth birthday, she has since started using as ballet and horseback riding. She said what she loves about the Irish is the intricate footwork and turn of the foot and toes.

And while quickly, rapidly, she moved from her trove — she said she really started using them as a scrub brush," she said and her biggest accomplishment was being "a brush from the dance floor."

While she found my dance school this past weekend, all the little girls wrote about being Irish stepdancing on hold to attend the University of Iowa.

BY SETH ROBERTS

Iowa City police officers responded to a 110 W. Market St. residence after a burglary at 9:15 p.m. on Thursday. The suspect had already fled the scene and officers released the release. The release said the incident occurred around 5:30 a.m. where a man ran inside the home and was "being chased in the home." This occurred at the home, and she ran after him, police said.

She noticed he was chasing her and called police. She said he ran the man, yelling and dead at him to stop. 1187 Market St., the area is small. The suspect was arrested and is being detained.

The woman confronted the suspect and then she was able to punch her in the face. The man then left the residence and told her she could chase him and then take off.

The resident then stopped the chase and returned to her residence in a 13-year-old male, police at some point during the chase, the man stopped the person and police. At some point during the chase, the man stopped the person and police.

The report said officers believed that the man may have entered the residence through an unlocked door, where at the time two residents were home, with the lights on, listening to music. Police describe the suspect as a white male, 5’10” to 6’0”, and 160 pounds. He appears to be around 50, police said.

Iowa City Area Crime Stoppers — (527-8477) — is offering a $1,000 reward for information leading to an arrest.

— By Brittany Tin

Hunterman slams Perry on climate, evolution

CALL ISLAND CITY — Republican presidential candidate Jon Huntsman on Thursday called Rick Perry a "warmist" over the Democrat’s push towards Obama to attack a rival, Iowa Gov. Bob Beauprez, for his positions on evolution and climate change.

"To be clear, I believe in evolution and true scientists on global warming, the words, "call me racist," Huntsman tweeted.

"When I left my dance school, I was charged Thursday with fifth-degree theft.

Huntsman didn’t mention Perry by name, but he did mention the controversy surrounding the campaign stop by Perry in New Hampshire, where he was asked to walk the crowd about both topics.

While Perry defended a question about climate change, he previously said the theory is unproven. On Thursday, he defended the teaching of evolution in schools because it’s a "scientific fact."

Perry spokesman Mark Miner said Thursday, a former govern- or of Texas, was "entitled to his own opinions" but that the Texas governor "is an expert at falsehoods when it comes to science."

"It’s important that students evaluate and analyze the theory of evolution, and creationists very likely comes up and is discussed in that process," Perry said in a statement. "Teachers are also permitted to discuss in students with that in context. Students are also allowed to teach biblical history and an evolution that is part of the teach-

— Associated Press

Economic signs discouraging

WASHINGTON — Disappointing economic data from around the globe have tempered hopes that another recession is on the way.

Fears emerged Wednesday that U.S. home sales dropped in the third quarter, a sign that the recovery could be faltering. Signs also surfaced that the manufacturing sector is weakening. The manufacturing sector is battered by the region’s debt crisis and economic uncertainty.

And while Tedde said she thinks her daughter’s "retirement" came as no surprise to the rigors of college, she said she doubts Taylor will be able to stay away from step-dancing.

"I own my heart. I’m hoping she will some- day let her love for dance be her instrument to just be part of our lives," she said. "I hope that someday, there will be someone here where she’ll be able to express her skill.

"I know that during St. Patrick’s Day, I know there’s somebody that’s going to want to Irish dance," she said and laughed.

“Being that I’ve made a difference,” she said.

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for more news

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Designation calls for more debate on education reform

Three Iowa City schools have recently been designated as “in need of assistance” under the federal No Child Left Behind law, and a total of nine schools in need of assistance in the Iowa City district, which is one of 33 districts in the state, have been designated as in need of assistance” in both math and reading.

The designations of three Iowa schools have had numerous inimical effects on both our local and national educations in the past decade, and local and federal govern- ments are in the process of reforming education laws that exceed 300 words in length must be arranged with the Opinions editor at least three days prior to publication.

Mitt Romney and Rick

They may be edited for length and style.

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Governors to discuss flood

By GRANT SCHULTE

LINCOLN, Neb. — Months of historic flooding have governors along the Missouri River ready to join forces, but experts warn that real change will require unpopular sacrifices and a new approach to controlling the nation's longest river.

Relieving water from reservoirs earlier and allowing the river to expand naturally would solve many of the problems, but there's a trade-off: Doing so could push fishermen out of Montana's prized streams or lower farmers' land along the Missouri to Missouri to give up land for flooding, and limit barges hauling grain and other goods.

Goverors from most of the eight river states will meet today in Omaha to discuss options for keeping the river in its banks. Brigadier Gen. John R. McMahon, the commander of the U.S. Army Corps of Engineers' northwest division, also will attend, along with agency spokeswoman Sarah Rivette.

"Eventually, nature will overpower what we've done to protect ourselves from the river," Cowman said. "How does that translate into what we do along the river?"

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FROM THE PAPER

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UI aids parents as kids move in

OnIowa hosts a coffee meet-and-greet to answer parent's questions.

By BRITTANY TILL
in Iowa City

UI freshmen Sam Dangereus Winkler, expecting her boyfriend with flowers, her mother, father, and brother to move her into her dorm on Thursday. The family was thankful there was plenty of volunteers around the residence hall to help their daughter with the move. (The Daily Iowan/Jared Picklot)

The new initiatives were well-received by parents, Hansen said. “Overall, I’ve had a lot of parents say they wished they’d had something like this when their other child was in college,” she said.

Steve Duncan of Des Moines said moving his youngest daughter, Ashley Duncan, to Iowa City was a lot easier compared with moving his other child to Iowa State University. “Compared to Iowa State University, the move was glorious,” Steve Duncan said. “Easy, messy, and smooth.”

His only concern, which was shared by other parents, was for his daughter’s safety. Gail Bochuk of Bloomington, Ill., said safety and security are the things she thinks of as concerns, because otherwise she feels comfortable and happy with her only daughter in college.

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Money was also a top priority for parents. The whole move-over process has been well-orchestrated and smooth, because the university has too much money,” said Steve MacFarlane of Sioux City, referring to the increased tuition and altered program.

Elkeurti contributed to this report.

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Elkeurti contributed to this report.

By DORA GROTE
in Iowa City

Hannah Pilgrim will not have to walk across campus to pick up light bulbs and trash bags to restock her dorm room. Soon, Burge Residence Hall will have a new convenience store to accommodate the large student population.

“This means I don’t have to walk all the way to the Old Capitol mall,” Pilgrim said, standing outside the Burge Marketplace on Thursday.

Robert James, the University assistant director for retail operations, said the new store — named Clinton Street Market — will include a coffee shop and convenience store to serve both freshmen and returning students.

It will not only save a trip downtown late at night but also cut down on delivery charges for students, James said.

Estimated costs for the project are $100,000 to $400,000, said Jeff Aasberg, the University Housing & Dining assistant director of facilities and operations. The self-funded UI department will pay for the construction, including new carpet and furniture in the refurbished Burge lobby.

Even though two convenience stores already exist on campus, James said, officials decided to build a new one to accommodate the ever-growing student population. Burge was the best opportunity for a new store because of its space availability and central location.

Slated to open the first week of October, the Clinton Street Market will feature a large variety of items, including school supplies, beverages, food, and health and beauty products. James said stock will be available outside the store to offer a rush atmosphere.

“The inside of the market will be similar to most convenience stores, with a cashier and cleaner fixtures,” James said.

Construction, which began in April, has momentarily halted as students move into the dorms to reduce clutter and congestion.

Work will resume in September once students are settled.

The hours of operation will be 8 a.m. to midnight Monday through Friday, 11 a.m. to midnight on Saturdays and Sundays.

Burge to get new store

UI students select food items for their grab-and-go market in the Burge basement on Jan. 25. (The Daily Iowan/Phil Miller)

The project is funded by the UI Department of Housing and Dining.

By DORA GROTE
in Iowa City

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Burge to get new store

UI freshmen Clarissa Barnett enjoys a salad with two friends in the Burge Marketplace on Jan. 19. (The Daily Iowan/Phil Miller)

The project is funded by the UI Department of Housing and Dining.

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in Iowa City

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The Iowa City war veterans’ interviews will be turned into an original theatrical production.

By ERIC MOORE

UI continues int’l pull
UI introduces revamped orientation for international students.

By CHASTITY DILLARD

Hawkeyes from Abroad

International students listen to a lecture on immigration and regulations Thursday, in anticipation of an increasing international student population for this fall, officials implemented changes to the orientation process. (The Daily Iowan/Yichen Xu)

The Iowa City war veterans’ interviews will be turned into an original theatrical production. Organizers are interviewing veterans to collect material for the script. Once the interviews are collected and reviewed, organizers will look for common threads in the stories before forming the script and stage directions for the project. The intent is to create a war veterans who feel isolated in normal society.

"That isn’t something we get great access to; it’s always mediated," said Jonathan Wei, the creator of Vet interviews to be directed by Jennifer Mikelson, the University of Iowa Veterans Center coordinator.

"It’s not my time to do this," said Mikelson. "I think we can show some of those threads are intergenerational." Mikelson estimates that roughly 12 people expressed interest in participating in the project. The four war veterans are hoping for 35 to 40. The stage production will feature stories of six to 10 people.

The final production will be directed by Jennifer Fawcett, a founder of the Working Group Theatre. "The end goal is to show the community that the 1 percent who defend us are right here among them," Mikelson said. "They live here, work here, go to school here. We want to put a human face on the war on terror." The project’s main mission is to create a production that will reach out to its audience and help veterans cope with their experiences. With roughly 4,000 troops from Iowa returning to their homes this summer, the production will be relevant and deal with not only those who served in the two wars, it will feature connections to veterans of other wars as well.

The project’s main mission is to create a production that will reach out to its audience and help veterans cope with their experiences. With roughly 4,000 troops from Iowa returning to their homes this summer, the production will be relevant and deal with not only those who served in the two wars, it will feature connections to veterans of other wars as well.

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4/$10 + deposit

Sterzing’s Potato Chips
11.5 oz. 2/$5

Iowa T-Shirts
$6.00 while supplies last

Leinenkugels 6 pk. $5.99 + deposit

Vitamin Water
20 oz. 10/$10
Coaches hang tough

The Hawkeye coaching staff had to go through a lot, taking a rough recent 12-month stretch.

By SETH ROBERTS

The Big Ten coaching landscape is dotted with new names and faces this year.

Jerrill Kill. Brady Hoke. Kevin Wilson. Luke Fickell. Even Bo Pelini, who has been at Nebraska for all but one season since the 2008 season, is in his first year in the conference.

This year, then, there's Iowa.

Head coach Kirk Ferentz is entering his 13th year with the Hawkeyes. So is offensive coordinator Kirk O'Keefe, defensive coordinator Norm Parker, tight-end coach Eric Johnson, defensive back coach Phil Parker, first-year assistant coach Norm Easley, and strength and conditioning coach Chris Doyle.

All told, the 25-member list of Black and Gold coaching staff consists of 12 individuals who have been at Iowa for at least five years.

Even with the impressive longevity of the staff, though, not everything has been smooth sailing — especially, it seems, in the past 12 months.

In January, news broke of 12 Iowa football players who had been hospitalized with rhododendromyositis, a muscle-injury syndrome in athletes.

So far this season, Iowa has been at the bottom rank in the conference, with a 1-3 record.

But the Hawkeyes are better Big Ten will lead to a better record is simply a matter of perspective. Iowa's 1-3 record this year is far from a complete surprise. It's also a lot better for its second year.

Last year, being introduced, the Hawkeyes were 1-4 in the Big Ten, which is always a challenge, but it was better for its first year.

By MOLLY IRENE OLTMISTED

The NCAA volleyball coach's press conference rankings were released Monday, and Iowa was the only Big Ten team that didn't receive votes.

Seven teams in the conference were ranked in the top 25, including No. 1 Penn State and newly added Nebraska at No. 8.

Despite the Hawkeyes being the Big Ten's black sheep, head coach Sharon Tausczik believes Iowa volleyball could leave behind its bottom rank in the conference this season.

The biggest factor that could send the Hawkeyes to a better record is simply age. In 2010, Iowa's roster included only one senior, and four freshman were regular playing time. This season, the team carries four seniors and a strong sophomore class.

"Every year of experience is definitely a benefit for everyone on the court," senior Megan Stevens said.

So far this year, the Hawkeyes have had their best press season yet, including open gym and conditioning practices organized by Kirk O'Keefe and supported by all the seniors leading by example.

More than ever before, this season, seniors are part of the team's daily discussions.

"Coach always wants the Hawkeye faithful to know how much they appreciate the support they receive," senior Mallory Malloy said. "We didn't hear this song very often because I don't even remember them scoring against us."
ANNA'S UNSUCCESSFUL HISTORY — the team has played in just nine bowl games, one since 1994 — would be a step in the right direction.

"It's all about the future moving forward, and it starts with me," he said last month at Big Ten media day. "I have no issues in complaining, or what should have been done, or why things happened in the past — we should do well. We expect to do well. To me, the culture changes with our performance."

A key to improving that performance is to fix the team's defense. The Hawkeyes allowed the program's two first two games, though he's still allowed to practice. Wilson and Pratt are "very disappointed," Pratt said on Thursday and will cause Ma lloy to miss the team’s 34 points and 410 yards per game last season — and surrendered 95 points to Wisconsin. Wilson has a background as an offensive assistant, but he brought in Mike Ekeler from Nebraska and Bill Mallory from New Mexico as co-defensive coordinators.

Ekeler shared Wilson's desire to move forward and leave behind the program's struggles. "We're looking forward to camp. We're looking forward to a hell of a season while in the hospital and during a rehabilitation process."

He returned to the Hawkeyes in time for Iowa’s win in the Insight Bowl, and he had

"If my door's shut, does he know if I'm inside?" she asked. "Because you want to hear what he's going to say next."
Golfers get new coach

New women’s golf coach Megan Menzel returns to college coaching after recently serving as a teaching professional in Colorado.

By TORK MASON

tomason@daily-iowan.com

The Hawkeye women’s golf team will look to off under new leadership this fall. Megan Menzel was named the team’s new head coach on Aug. 6, and she spent the past two years as the Denver Country Club as a Men’s teaching professional.

When asked what attracted her to Iowa, the Cedar Rapids native said she felt everything lined up perfectly for her. “I’ve been eager to get back into college coaching, so the time was just right,” she said. “And when it happened, it happened so quickly. University of Iowa position was open, it just seemed like a really, really good fit.”

Menzel, 36, and she was somewhat late in the off-season, but Athletics Director Gary Barta said he is hopeful she will have her coaching staff ready for the second day.

She recruited the first individual NCAA regional qualifier in Boise State history, led Colorado State to NCAA regional appearance in 2001 and 2002, and recruited the first individual conference champion at Kansas.

Her success has not been limited to the links. At Kansas, she spearheaded an $800,000 fundraising effort to improve the team’s facilities and also created the program’s booster organization. And at Colorado State, her team performed well in the classroom, leading all the Rams’ athletics programs in cumulative grade-point average in 2001.

Three Ram golfers also earned academic all-conference honors under Menzel.

But she could have her work cut out for her in the fall season. Because she was brought aboard so late in the summer, she has not yet been able to work with the team. Several players have played well in offseason tournaments, though.

Junior Kruti Caldwell and senior Chelsea Harris finished fourth at the 2011 Western Women’s College Golfers Team Championship earlier this month. Menzel said she feels good about her core of returning golfers — four of the seven Hawkeyes on the roster have at least a year of experience — and believes their leadership.

The coach’s transition will be made easier by a short fall season — the Black and Gold are scheduled to participate in four tournaments in September and October.

Menzel and the Hawkeyes will hit the first tee of the season at the Chip-N-Club Invitational in Lincoln, Neb., on Sept. 12. The tournament lasts for two days, with 36 holes on the first day and 18 on the second day.

The Daily Iowan - Iowa City, Iowa - Friday, August 19, 2011 - 3B

New England Patriots quarterback Tom Brady (12) runs as he fakes to running back BenJarvus Green-Ellis (25) and Sebastian Vollmer (76) in the huddle during the first quarter of an NFL preseason football game against the Tampa Bay Buccaneers Thursday in Tampa, Fla. (Brian Blanco/Associated Press)

By KYLE HIGHTOWER

TAMPA, Fla. — Tom Brady showed midseason form in his preseason debut after editing out New England’s preseason opener in Week 1, the ongoing NFL MVP tossed a pair of touchdowns and completed 11-of-16 passes in the New England Patriots’ 31-17 win over the Tampa Bay Buccaneers on Thursday night.

Brady threw for 118 yards in one-half of work, and connected on scoring strikes from 15 yards to Aaron Hernandez, and 8 yards out to Chad Ochocinco, who also made their debut.

BenJarvus Green-Ellis also got in on the act, rushing 11 times for 51 yards and two touchdowns.

Patriot coach Bill Belichick called this a big week for his team in its run-up to the regular season opener and roster spots. It included three practices, a pair of full-pad practices, creating an almost-sea- sonal atmosphere.

The pace seemed to be there on Brady and the rest of the first unit player all six offensive series of the first half, failing to score on only two. They scored on four of their first five drives.

Buccaneer coach Raheem Morris had a tough time finding any fault with his team’s effort in a 25-0 rout at Kansas City last week. But this week was more than a small reversal of fortune.

Third-year quarterback Josh Freeman, who was Brady-like against the Chiefs, misfired on his first three passes of the night to set a bad tone the rest of the evening.

He was done after five series, accounting for 97 yards on 10 passes for just 33 percent. The Buccaneers had more than that in penalty yards on the first half. They were whistled 20 times for 89 yards, as New England built a 28-0 halftime lead.

Freeman was also sacked twice by the Patriots, who held Tampa Bay to just 77 total yards and four first downs in the opening half. Patriot linebacker Jerod Mayo got credit for both sacks, to go along with his tackle.

The Buccaneers didn’t have a first down until early in the third quarter when cornerback Albert Mack intercepted Ryan Mallett and returned it 69 yards for the score.

Patriots 31, Buccaneers 17

Patriots roll over Bucs

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**Sports**

**Kershaw sparks Dodgers**

BY COLIN FLY

MILWAUKEE — Every time Clayton Kershaw started to stray from the strike zone, he'd build his lead back up. His hitters would then go out and put together a quick inning to keep the Brewers' offense at bay.

Kershaw (15-5) allowed two runs in his eight scoreless innings, and he's only been out after the third inning once in his last 13 starts.

"He dominates and gives us a great chance to win," Dodgers catcher A.J. Ellis said.

The Black and Blue is coming off a split series from the West (6-17-1), and the Hawks have batted the ball well when it comes to hitting this series. The two teams are playing to finish first run allowed by Milwaukee to the date, when it faces Louisville in an exhibition game at Grant Field.

"Just a miscommunication there," Brewer manager Ron Roenicke said. "Big play."

"They were up 2-0 after the third inning. I got my pitch count up there a little bit, but really the next four or five innings or the way he retired 13 of 21, and they were cleaning up in first with some late innings in the season."

The Brewers will play their final 10 games against teams under .500 before a matchup with the Cardinals at the end of the month.

"The Brewers' best opportunity to win the series in the third. With runners on the corners and one out, Jerry Hairston grounded into a double play — Josh Wilson, who was on the third, broke home on the pitch and was already halfway to the plate."

"I was swinging at a pitch I thought was a ball," Hairston said. "The next one was closer, but I figured it was a strike."

"It was just a mental mistake," Roenicke said.

"He dominated and gave us a great chance to win," Dodgers catcher A.J. Ellis said.

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Today's events

On Iowa, all-day event

• Master of Public Health: New Student Orientation, 9 a.m.-4 p.m., 283 Ectenos

• Medical Research Building

• Center for Student Involvement & Leadership Promotion Gala, 6-10 p.m., 123 S. Linn

• Raising Nurse, 10 a.m., Home & Workshop, 207 Lurie

• Book Babies, 10:30 a.m., Iowa City Public Library

• Be Greek Barbecue, 11 a.m.-1 p.m., Hubbard Park

• "Java Blend," Claude Bay, 2 p.m., Java House, 2117 E. Washington

• Friday Night Concert Series, Orchestra of America, Alton Main, 6:30 p.m., Peden Auditorium, Mall Fountain

• Midwest Xtreme Wrestling Alliance, 6 p.m., Cornville Marriott Hotel & Conference Center, 500 N. Ninth St.

• Bean Boozled, 8-10 p.m., Gilbertist Public Lounge, 247 E. Gilbert St.

• Shime Train, with Matt the Electrician, Grand Venue, 9 p.m.

On Iowa: Noon-5 p.m., 283 Ectenos

• Chemistry in Iowa

• AQUARIUS

• CAPRICORN

• SAGITTARIUS

• VIRGO

• CANCER

• TAURUS

• PISCES

• LIBRA

• Scorpio, just take a nap. If you don't wake up, then you'll be sleepwalking. If you're ever worried about someone else's actions, talk to them or get help from a trustworthy third person. A creative tension mis-