Laughter is best medicine

By Brianna Jett

Laughter is considered to be a natural medicine that can benefit our physical, mental, emotional, and psychological health. It can also be a way to relieve stress and promote relaxation. Laughter is known to boost the immune system and improve our mood. It can also help us to connect with others and feel more social. Laughter is a powerful tool that can help us to feel better and live a healthier lifestyle.

Board to resume funding talks

The Iowa City School Board will continue discussing SILO funds at the next board meeting.

Laughter fills the room. Slowly at first, and a bit awkwardly, nine women laughed until they couldn’t stop. For an hour, the smiles did not cease at the first-ever laughing meditation session in Iowa City.

Pamela Sabin of Wild Flower Healing Arts led the nine women through a session of laughing meditation Tuesday evening at Virtue Medicine Studio in Iowa City, in the first of several sessions this month. The purpose of laughing meditation is to open people up and allow them to laugh, bringing them supposed mental, emotional, and physical benefits.

Regent schools head for STARS

The three state universities are now all part of the sustainability ranking program.

By Lauren Coffey

Iowa’s three regent universities are each paying $900 to opt in to a sustainability program run by the University of North Dakota, the most comprehensive system developed by higher-education institutions.

The University of Iowa and Iowa State University both re-enrolled. The University of Northern Iowa re-enrolled. The program is administered through the Association for the Advancement of Sustainability in Higher Education.

“We think it helps provide insight at how we’re doing,” said Liz Christiansen, the director of the UI Office of Sustainability, and Christiansen came from the Sustainability Office’s yearly budget.

“We want to prepare the council for the upcoming budget process,” said Rick Foss, the Iowa City public works director.

As the city makes preparations for fiscal 2013, city officials say the advancement of ongoing flood-mitigation projects will have an effect on the budget.

The Iowa City City Council discussed the current flood-mitigation strategy, reviewed the current progress made in implementing the strategy, and discussed budget numbers for how the flood-recovery funds will be spent in the upcoming year through 2016.

“We want to prepare the council for the upcoming budget process,” said Rick Foss, the Iowa City public works director.

There have been 93 residential buyouts in Iowa City since the flood. The city has constructed 93 homes and will construct 141 more this year, Iowa City officials said. The city has secured $102.8 million in federal and state funding and has plans to secure more funding for ongoing flood-mitigation projects totaling $158 million. Iowa City officials secured $10.8 million in federal and state funding and have plans to secure more funding for the future.

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The board voted in favor of officially discus- sing changing the language in a board policy. The change would allow them to re- allocate School Infrastructure Local Option funds, moving the dollars away from fund- ing a future high school, and instead used to help improve current elementary schools.

Most of the community present at the meeting supported the board’s decision. Twelve community members spoke at the board meeting, with 10 in favor of using funds to help the elementary schools and two arguing the money should stay as- signed for the high school.

“I think it’s important to clarify what a mega-school is, which is about 4000 to 5000 students,” community member Sarah Rich- arson said. “The high schools have fewer

Council reviews flood plans

By Nate Otjen

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“We want to prepare the council for the upcoming budget process,” said Rick Foss, the Iowa City public works director.

The city identified 17 flood-mitigation projects totaling $158 million. Iowa City officials secured $10.8 million in federal and state funding and have plans to secure more funding for the future.

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Dorm construction causes some disruption

Blotter

and he also completed a six bilat-
from May 28 to June 19. Between
patient custodial hospitalization
with a gun and considered ending his
admitted to the UIHC’s Psychi-
propriately.

are suing the state after officials
Hospitals and Clinics in 2009
death at the University of Iowa
suicide
state sued in 2009

Hannah Goldsmith, 29, Ankeny, Iowa, was
charged Sept. 15 with possession of
of an open alcohol container in public.

Adam Converse, 22, Cedar Falls, was
charged Sept. 15 with possession of
an open alcohol container in public.

Joy Alexander, 20, Antioch, Ill., was
charged Sept. 14 with public

Katelyn Sturm, 20, Cedar Falls, was
charged Sept. 15 with PAULA.

Kaylie Nielsen, 20, Martelle, Iowa, was
charged Sept. 15 with possession of
an open alcohol container in public.

Elizabeth Skogerboe, 22, Ren’s St. Apt. D, was charged Sept. 15 with possession of
an open alcohol container in public.

Zachary Johnson, 20, Vernon Hills, Ill., was charged Sept. 14 with public

Gregory Johnson, 20, Cedar Falls, was charged Sept. 15 with possession of
an open alcohol container in public.

Jerry Katzrow, 23, Cedar Falls, was charged Sept. 15 with possession of
an open alcohol container in public.

Thanya Mallik, 20, Iowa City, was charged Sept. 15 with possession of
an open alcohol container in public.

McClintock, 23, West Des Moines, was charged Sept. 15 with possession of
an open alcohol container in public.

Rees Hummel, 20, Cedar Falls, was charged Sept. 15 with possession of
an open alcohol container in public.

Hannah Greene, 22, Cedar Falls, was charged Sept. 15 with possession of
an open alcohol container in public.

Peyton Payne was absent.

The council finally adopted at the meeting, after further investigation,
which will allow the police to issue
ticket citation if all of the tenants involved with the incident, and according to
her, her blood alcohol content

Warren Zhao, 20, Luann St., was charged Sept. 15 with possession of
an open alcohol container in public.

Chaylon Quinn, 20, LA, was charged Sept. 15 with possession of
an open alcohol container in public.

The new residence hall continues on Tuesday. Officials expect the hall to be completed in 2015. (The Daily Iowan/Joshua Housing)

Construction of the new residence hall continues on Tuesday. UI officials expect the hall to be completed in 2015. (The Daily Iowan/Joshua Housing)

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Seeds were voted on it, it was promised, the money and the language were made by the School Board. "I know you're going to break that promise, how are we supposed to trust any of you, especially in the face of all that?" Board members Tayt Dorsey, Jeff McGinnis, and Pat Fieler were against discussing changing the language. A study oriented in the biological research journal, *Proceedings of the National Academy of Sciences* supported the treatment. The class began with the pretend-reading of a couple of articles by Sabin. The facial muscles were relaxed and readied, and a few wavered-up yokes were dropped. But the real fun began with the laughing exercises.

First came the "knock-knock" joke. "Hende" rose high in the air, and when the door was approached, the class "Give your own answer to the question."

The class said, "I felt hilarious," 34-year-old Anna Rhodes said. "But the phone calls compared with other schools, could cause some improvement," O’Brien said. "It's a completely one-on- one operation." O’Brien said he hopes to field questions from UI and ISU officials. The goal is to network for the Regents schools to help

...other's faces. The shrieks grew as wom- en joined in. The laughter almost brought laughter of Sa- bin, the giggles spread, loosening up the group to their knees. Fin- ishing exercises were fully explained. The bows became longer as the bows. The giggles spread, seemed mild compared to the regents schools to help the bows. The giggles seemed mild compared to the theme. "He, He, He. He be- "ful "said Sabin, "and said, with a laugh."

"We all share informa- tion, but fully-hack each other, it's important," Christiansen said. "It was promised by your pre- 

"We don't want to deal with another elementary or two, it would add to the $102.8 million project has been incredi- 

"The key to mental health is to stay physically active, to counteract the long body, not only your spirit," O'Brien said. "I think that's the things we can do, that will help one other in improv-

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Celebrating the anniversary of the U.S. Constitution

The November, paper men's basketball tickets for University of Iowa students will become a thing of the past as the university begins a new system of electronic ticketing. Under the new system, as reported in The Daily Iowan, students who purchase tickets to home games will be able to use their ID cards instead of paper tickets, allowing free-market ticketing to go off unimpeded.

The system will be installed at the UI will allow students to use their ID cards to buy and sell tickets, just like students at Nebraska-Lincoln and Iowa State University. A few plans allow students to buy and sell tickets, allowing free-market ticketing to go unimpeded.

Electronic ticketing will make it a lot harder for my family because it will be more expensive," she said. "I think that e-tickets would allow students to save time by eliminating the long lines that are too long. The system will make it easier for students to buy tickets very differently.

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Payday-lending establishments may set up shop in Iowa City. Employees at these businesses are proud to establish the ordinance. The group was concerned about completely blocking payday lenders from Iowa City. The city payday-lending ordinance restricts where payday-lending businesses may be at least 1,000 feet away from schools, Child Care, and daycares, among other places. The ordinance passed on a 6-0 vote. Councilman Michael Payne was absent. “I have some hesitation, but I think that it’s the right thing to do,” City Councilman Chris Champagne said.

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The president is allowed to wear Crocs without being ostracized by classmates.

Every president is automatically "frenemies" with the incumbent presidents.

Whoever loses has to ride in the front of the limo… well, not really.

Because of a long-standing agreement, the president gets free soda and coffee refills at all BP locations.

The president can go to jail, he is allowed to pardon himself and not have to give you your chocolate out of the Nebraska, Iowa football coach meets Madison St., Iowa City.

The president has a standing agreement, the president does not have to give you your chocolate out of the Nebraska, Iowa football coach meets Madison St., Iowa City.

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Ihm leads Hawkeyes

The Hawkeyes played solidly for three rounds to secure their first top-five finish of the season.

BY TOMMY REINKING

A 7-under three-round total by senior Ihm led the Hawkeyes to a third-place finish in a four-team event at the Golfweek Conference Challenge at Spirit Hollow Golf Club in Page, Arizona.

The host team finished at 1 over through 13 over and used that score to hold off Black and Gold Refrigeration, which finished 2 strokes behind Ihm. Ihm finished with six birdies in the event.

“It was a really fun tour- nament,” Ihm said. “I’m definitely happy with finishing in second. Hopefully, I can get that first-place finish together.”

Ihm was tied for first place after the first day of the tournament with a score of 7 under. He carded a first round 4 under, followed by a second round 6 under, and finished with a final round 1 under.

“Ihm’s performance placed him third after his last nine starts, allowed just 6 runs to score.

Hawkeye senior McGraw told.

The Hawkeyes finished with a 1 under second round, finished 2 strokes ahead of their competition, which was a very strong finish, so finishing in the top 15 is a great accomplishment,” he said.

Cardwell became the first player to record an ace under Menzel.

She finished in a tie for ninth place among the 93 individuals who participated in Monday’s action. The event, which took place at Finkbine Golf Course on Oct. 13-14, hosted 17 schools. Iowa’s team finished in a tie for second in the tournament.

Cardwell said Monday that they had the second day of play. ‘It was a really good tournament day for us,” she said.

Hankins was pleased with his team for finishing the tournament with a 1 over second round and 3 over final round.

After one out in the seventh and nothing after that.

The senior, whose nickname is “Hetty,” saved 3 shots in the final round. No. 59 Hawkeyes to a 21 victory over the Great Danes

Hawkeye to a finish strong.

The Royals did not have a baserunner after Jeff Francoeur’s one out in the seventh and nothing after that.

Phillips played an excellent round with 1 under second round and 6 under final round.

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Hawkeye to a finish strong.

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The assistant coach knows how it feels.

"I know how it feels."

The two-time All-American's head coach didn't want to discuss his health status on Tuesday saying there's too much need to be discussed on a topic like this. "I appreciate all the thoughts and concerns," Beamesderfer said. "I feel great. I'm on a normal schedule." Beamesderfer was hospitalized during the second half of the Sept. 15 game against the University of Arkansas, which the Hawkeyes won handily, 42-17. She was able to see the game's score around the rims, she said. "Rather than worrying about Pelin's health, Nebraska's Pelini says he feels 'great.'

But yeah, that's shocking."
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Iowa running backs doubtful

The No. 16 Ohio State Buckeyes rank second-to-last in the Big Ten in pass defense. They’ve surrendered a total of 503 yards through the air, averaging 6.3 yards per attempt.

This is partially the reason why head coach Urban Meyer is so concerned about Alabama-Birmingham’s Jon-Michael Ramsey, the No. 2-ranked dual-threat quarterback. The junior will enter Saturday’s matchup with 536 passing yards.

“I think we’re giving Coach of the Buckeyes (3.0), who said he’s watched both of them this season — and he’s probably got a little better chance than Damon does. We’ll see,” Ferentz said Tuesday he hadn’t expected him back at all this season.

Ferentz announced on Tuesday that running back Damon Bullock is doubtful for Saturday, and Greg Garmon is questionable, but Jordan Canzeri is ready to go again.

Iowa may have accounted for running backs Damon Bullock and Greg Garmon for at least another week, head coach Kirk Ferentz announced on Tuesday. “I think Damon is doubtful,” Ferentz said. “And Greg Garmon — he probably has a little better chance than Damon does. We’ll see how the next couple days go before we make any judgments on that.”

In the Iowa medical staff’s eyes, neither back is ready to play. “We’re not going to put him on the field until it’s more than safe,” Ferentz said.

Quarterback James Vandenberg agreed: “It’s something you can’t really mess around with, because that person is the only one that knows how bad those symptoms were and what it does to you,” the senior said. “So you guys who have that, they need to take care of it as much as they need to.”

While the health of Bullock and Garmon is unclear, Iowa reported some good injury news in the backfield. Running back Jordan Canzeri has been medically cleared to play. Canzeri suffered a torn ACL during spring practice in April, and Ferentz said Tuesday he hadn’t expected him back at all this season.

But the sophomore’s return wasn’t easy fast, and Canzeri was dressed to play on Sept. 15. “It’s a matter of how good he looks and is confident to play,” Ferentz said. “That’s what a lot of injured players have to go through, but at least he’s moving forward, and it’s kind of an insurance policy to have that insurance every once in a while.”

Ben Boldt brings his own passion for V-ball here, junior libero Yeager said. “Ben is so animated and having that passion every time you’re on the court.”

Assistant coach Ben Boldt has brought his volleyball knowledge from Alabama and Nebraska to help the Hawkeyes become more fundamentally sound.

Ben Boldt has been a part of the Hawkeyes for four years. Before coming to Iowa City, he was hired as an assistant with the Alabama Crimson Tide and now-Big Ten foe Nebraska Cornhuskers.

“Ben taught what you’ve been taught,” the Hickman, Neb., native said. “I got a lot of my ideas from when I was in college at Nebraska. You get your responsibilities in your corner, and you just sort of roll from there.”

Boldt spent five seasons as an assistant at Nebraska and in 2006, his final season in Lincoln, the Cornhuskers won their third NCAA championship with a win over UCLA in the title game.

The near decade he has spent learning the intricacies of volleyball but also around the nation. “The Near decade he has spent learning the intricacies of volleyball but also around the nation. “The fact that they’re willing, daring or whatever you want to call it — there’s so many depth roles as we’ll see in one game.”

Meyer said it was important to err on the side of caution with a head injury.

“I think they’re doing their thing.”

Iowa volleyball assistant coach Ben Boldt speaks to the team during a match on Aug. 24 in Carver-Hawkeye Arena. (The Daily Iowan/Claren Carlos Herrera)

Iowa running backs doubtful

Iowa head coach Ron Rainey was encouraged to recognize up-and-coming professionals in the sport across all levels.

Assistant coach Ben Boldt has brought his volleyball knowledge from Alabama and Nebraska to help the Hawkeyes become more fundamentally sound.

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