For the past few months, Stephen Taylor, the general manager at the Old Capitol Town Center’s Buffalo Wild Wings, has trained to be a natural bodybuilder — six exercise regimens that prohibit any performance-enhancing drugs.

His passion for the sport began when he was 26 years old and has carried him to competition. Although becoming a natural bodybuilder has been rewarding, the decision didn’t come without its challenges. The time, effort, and commitment were going to bring it back all along.”

Taylor was preparing for the Best in Illinois all natural bodybuilding competition on April 6 in Darien, Ill. (Daily Iowan/Callie Mitchell)

“arlier this year, I wanted to compete on a level playing field for the first time,” said Claire Ryan, Taylor’s fiancée. “That was me. I did that naturally. I didn’t take those steps to go the synthetic route,” he said. “At the end of the day, I wanted to say, ‘I didn’t take the easy way.’”

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As the county’s new general manager, Stephen Taylor stands in the gym on April 4. Taylor was preparing for the Best in Illinois all natural bodybuilding competition on April 6 in Darien, Ill. (Daily Iowan/Callie Mitchell)

“We’re trying to convince us they were right the whole way,” said Aleksey Gurtovoy, a local activist.

Johnson County Supervisor Pat Harney said the Board of Supervisors continues to look at jail alternatives and encourages officers to be “as lenient as possible.” He said the opponents had the chance to get involved in the discussion of racial disparities in jailing.

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Celebrating one year of activity, 100 Grammes hopes for an average of productive second year as they focus on their referenced program, the Keystone Pipeline and outlawing single-use plastic bags in Iowa City and surrounding areas.

“We want to have them become more pervasive areas, so that other towns never have to see the bags by still having them,” said Barbara Schlachter, who founded 100 Grammes in January.

“Some of our new leaders are telling me that it’s already on task,” said Adam Appel, who was the president in the 2012-13 year. Appel will continue his presidency until May 2014 and said Schlachter will take over as president.

Schlachter said in the April 22 article, although 100 Grammes itself does not have the errors.

“Legislature considering greater 2012-13 president and vice president in the 2012-13 year. The students will continue Appel’s strides for her outspokenness at the President’s Day Rally in Washington, D.C. in February 2013. Schlachter said there’s currently 100 members working together, then you have a real force,” she said.

The 100 Grammes' members hope that in the coming year, they can establish policies to ban plastic bags, create a citywide recycling for affordable construction, and work toward the betterment of our environment.

“We’re going to start campaigning again actively for the plastic bags,” said Becky Ross, an advocate and a member of the group.

The Iowa City Community and Student Council of Graduate and Professional Students, which the group is a suborganization of, is comprised of all students and professionals at the University of Iowa but in the state of Iowa as well.

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City Council

Wedge wants smooth transition

A coffee shop in Iowa City slated for eviction will change ownership in early May, and the new owner hopes for a smooth transition.

Capanna Coffee & Gelato was in the process of being evicted from its space in the Iowa City Public Library building by failure to meet certain financial obligations with the city, according to city documents. However, the owner of the neighboring Wedge Pizzeria will take over the space with little change.

"There’ll be a new name for the business, but the face is going to stay the same," Wedge owner-operator Steve Harding said. "The physical layout, staff, and for the most part, the product will remain.

The Iowa City Council approved an interim lease agreement for the Wedge Tuesday night, covering the period of time until Capanna vacates the space.

One Capanna manager said the store may even remain open for business during the transition, and Harding hopes the change won’t result in any loss of service.

"We’re looking forward to being able to continue to provide great coffee and gelato to the Iowa City community," said the manager.

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Council OKs UISG liaison

The Iowa City Council approved the new University of Iowa Student Government City Council liaison.

The council appointed Alec Bramel, currently serving as the UISG representative, to the position open until May 1, 2014.

An alternative to Bramel will be named in the near future.

Council approves transit collection change

The Iowa City Council approved a replacement for a transit collection system at its meeting Tuesday.

The project will be partially funded by a federal grant for 50 percent of the cost, with the remaining funding coming from a transit equipment replacement reserve.

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Council to consider Chauncey rezoning

After the Iowa City Planning and Zoning Commission recommended approval of a first amendment to the Chauncey building as an Iowa City historic landmark, the council will consider the rezoning joined the Planning and Zoning Commission's recommendation for Chauncey, a 10-story building at 1 Chauncey building, the City Council will consider the rezoning.

The rezoning would allow apartments in Hawkeye Court.

The rezoning goes along with the state Board of Regents' decision to approve the UI's private contract for the apartment complex.

The proposals passed its first committee with a group against the 20-story Chauncey development would have prevented the 20-story building from filling the space at the intersection of College and Gilbert Streets, which is currently public land.

Iowa Coalition Against the Shadow members Rockne Cole, Jon Fagarty, and Mark McCauley submitted the application, which would have rezoned the parcel of land from Public (P-1) zone to Central Business Support (CB-5) zone.

CB-5 zoning would allow up to 75-foot buildings.

The Chauncey development would need to seek CB-10 zoning, which has essentially no height limit outside of Federal Aviation Administration standards.

— by Nick Hassett

2nd Anniversary CELEBRATION
April 24 – May 5, 2013

30% OFF Entire Store*

*Not valid on previous purchases or with other offers.

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Compromising Iowa integrity

It seems that Iowa's politicians, not its people, are at the center of state and campus affairs.

Letters to the Editor

LETTERS TO THE EDITOR may be sent to daily.iowan@letters@gmail.com (last name, first name) and must be exactly 100 words or fewer. The Daily Iowan reserves the right to delete letters prior to the date of publication. Published opinions are selected at random with weight, subject matter, and space considerations.

READER COMMENTS That appear before editorial copy is original material. They will be short and to the point. Please stay on topic when you are asked to. Public discussion is encouraged. They may be edited for length and style.

PHIL'S DAY 2013

PHIL up your days

Phil — it's all about you. Let's give you some 'Phil tips' to ‘Phil-yphile’ on your activity and involvement in the University of Iowa community.

1. Be considerate: Be polite. This includes being polite to your peers, professors, faculty, staff, and especially the people you work for. Your behavior is a representation of the university, so don't let your ‘Phil’ go to waste.

2. Be active: Get involved. Whether it be a University of Iowa club, a national or international club, don't be afraid to try something new. This is your ‘Phil’ time.

3. Be responsible: Be responsible with money. You owe it to your future to save money and to spend wisely.

4. Be healthy: Exercise and eat healthy. This is important for both your mental and physical health. It will help you ‘Phil’ better.

5. Be smart: Use your ‘Phil’ time to your advantage. Whether it be in the classroom or in your social life, make sure you are always learning and growing.

6. Be ‘Phil’ful: Be ‘Phil’ful to others. Whether it be in the classroom or on the bus, always try to be ‘Phil’ful to others.

7. Be ‘Phil’ly: Be ‘Phil’ly on your activity and involvement.

8. Be ‘Phil’-ly active: Be ‘Phil’ly active in your social life.

9. Be ‘Phil’-ly responsible: Be ‘Phil’ly responsible with your money.


Your turn.
It’s hard to get people to pay out of pocket unless they have a personal incentive,” Harper said. “People care about the jail when they have been affected by a crime or on jury duty. Otherwise, it’s very difficult.”

University of Iowa histo-

r - ney Professor Joe Cox said the biggest concern contin-

ues to be what he believes is a racially disproportionate number of minority students being arrested, which to some ex-

tent is a local problem. “We have a home of ar-

rests and an even steeper drop of drug arrests, and we want to get to around 1/3,” he said. “We’ve built a bigger jail, that conversation is not going to happen.”

One official who works at the Johnson County jail said some attributed the change in the number of minor arrests and alcohol-related crimes to the court’s new policy of requiring field Sobriety tests and telling police officers to focus more on those who are impaired to drive home, according to the affidavit. The two police officers consulted at approximately 2:30 a.m. on April 20, 2013, with a gold four-door car arrested two fe-

males that contain with-

out stopping. Baisel immediately ar-

r. The suspect was later identified as Ruffolo.

Ruffolo, 22, is currently in custody of the police department of Tippecanoe County. At the Johnson County Jail,

F. Saaya and Viraj Gokhale, both witnessed the event. The suspect claimed that the victim’s ex-boyfriend was the one who had assault them.

“People care about the jail and the conditions that will be there during the question of the proposal,” Harper said. “If we build a bigger jail, that conversation is not going to happen.”

Two pedestrians, Sa-

the new goal of $20,000 as of the end of May, according to the affidavit. The website had expenses during Ruffolo’s arrest, and collected blood.

Gokhale, also witnessed the event. The victim was 21 years old and was hit by a car. The victim was hit by a car and had to be transported to hospital bills and ex-

clinical, in pension of the proposal that people will vote in the June 7, 2013, election.

The victims suffer of minor injuries, according to the affidavit. The victim was hit by a car and had to be transported to hospital. The victim was hit by a car and had to be transported to hospital.

Ruffolo’s friends will need once she is out of the hospital, according to the affidavit. The hospital staff of the hospital where Ruffolo was injured is currently investigating the incident.

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Mentality

Taylor’s life began to change dramatically the moment he started his bodybuilding workout. The rush, he recalls, was powerful.

His workouts increased, his diet was strict, but his willpower pulled him through.

In the life of a bodybuilder, every spare moment is spent depriv- ing and restricting, control is paramount. Failure doesn’t exist. Every physical aspect is accounted for and meticulously calculated. From calorie intake to the number of repetitions at the weight bench, there is no room for error, and once at the gym, there’s no time to rest. His only competitor is himself. He lifts across the bench and grips the metal bar suspended above him. As he lifts the bar off its stand, he gains full control of the 250-pound weight. He lifts the bar to his chest and pushes it back up until his arms are fully extended above him. As he reaches a full extension, he pauses 25 times, consciously controlling every movement.

Pre-bodybuilding workout

Prior to Taylor’s intense training, he had maintained a healthy lifestyle with plenty of exercise and a healthy diet.

Before those last 12 weeks, he had a diet of high carbohydrates and high proteins to help him gain weight.

As the three-month mark, his new diet and intense workout regimen began. His protein intake dropped to 300, and he cut his calories from 4,000 to 2,120. His workouts consisted of different body parts each day of the week.

Bodybuilding is about training for muscular expression, Adam Means, a co-owner of Iowa City Fitness and Taylor’s personal trainer, said. “Everything has to be in balance and flow with each body part.”

A Day in the Life of Taylor’s Training

Taylor’s day begins at 6 a.m. — no exceptions.

For competition, the goal is to have him weigh 219 pounds.

Because he is a natural bodybuilder, he is not allowed to take any kind of self-enhancements. Each morning, he takes only a multivitamin and a vitamin C tablet.

Ryan, Taylor’s fiancée, prepares a breakfast of five eggs and four strips of bacon. After breakfast, it’s off to his first session at the gym. The morning session includes 45 minutes of cardio on the treadmill at a moderate pace and on a moderate incline.

Two hours into his workout at Buffalo Wild Wings, Taylor eats 10 ounces of unseasoned chicken breast. Four hours later, he is allowed another consumption of unse- asoned chicken breast.

At the end of his workout, Ryan meets Taylor at Buffalo Wild Wings and asks for his shift to end. The couple heads to the gym for his workout. While keeping him company at the gym, Ryan studies classes. She sits on the gym floor with her books open as he starts another round of cards and an hour or so of weight training.

For bodybuilders, weight training consists of continuous repetitions of low-weight and high-intensity training. As a competition date gets closer, Taylor dedicates an hour a day to perfecting his posing in front of a mirror, and a tanning regimen is added.

Taylor trains, Taylor and Ryan head home to make dinner and relax for three or four hours before Taylor steps again, heads to the gym for the third and final time. That last session of the day is again spent doing 45 minutes of cardio at a moderate pace and on a moderate incline.

Chris Johnson, a UI lecturer in sport and exercise psychology, said strict bodybuilder schedule, such as Taylor's, of ten tug at relationships. "That kind of restriction in your life can be more brutal than help- ful," she said. "Definitely, their social life suffers." However, Ryan said she knew they could get through it.

"It definitely tested (our relationship), but there was no point where I thought I couldn’t be together because of this," she said. "My rule through it all was trying to be as supportive as I could be and keep our lives going — letting him know how proud I was of him because none of this was easy.”

Competition and the future

The day before the competition, all contestants report for a poly- graph test.

Because this is an all-natural competition, measures are taken to ensure no one has used enhancements to gain a leg up on the competi- tion. On the other hand, those who aren’t thin enough to compete are signed up for a spray-on tanning session the day before the competi- tion.

Early Saturday morning, lean, dark con- testants start to filter through the doors of Hinsdale South High School in Darien, Ill. The contestants are welcomed and given a description of how the day is going to proceed. The first morning show is spent showcasing each participant. Each group enters the stage, they perform feats of strength and a series of poses called a “Cult of Personality.” Each group enters the stage for only a few minutes at a time, and the mem- bers line up to present a series of poses called out by the announcer. Each pose is selected to accentuate different muscles.

Before Taylor enters the stage, he does three repetitions of pushups to pump up his phys- ical appearance. On stage, he stands on the left hand side of his five competitors as they atten- duously showcase their poses.

After the Novice Men’s group enters the stage, Taylor spent his time resting — letting his body recuperate, and then he spent an hour posing for pictures and for a series of photos.

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The rush, he recalls, was powerful. I didn’t take the easy way.”'s

At the end of the day, I wanted to say, “That was me. I did that naturally. I didn’t take the easy way.”

Stephan Taylor, bodybuilder

Taylor is proud of all he just went through and accom- plished.

"I want to continue competing and being an at- tive until I am over 50, so that I can be active with my kids when they are older," he said.

Buffalo Wild Wings general manager, Stephen Taylor competes in the Novice Men’s Tall and the Open Men’s categories at the 2023 33rd Night of Mens Bodybuilding Championships on April 6. Stephan took fifth place in both categories. (Daily Iowan/Callie Mitchell)
City passes fraternal-housing rule change

One developer who hoped to construct a new fraternity housing rule change

By NICK HASSETT

The Iowa City City Council approved a change for group housing rules in hopes to help neighborhood stabilization, but one fraternity developer may be left in the dust.

The measure amend the city zoning code to better define rooming-house cooperatives, such as fraternities and sororities. The amendment allows such group housing to exist within R-20 zoned areas, used for older neighborhoods in proximity to the University of Iowa campus, but it also spells out rules and fees associated with it.

Existing fraternities and sororities will have to apply for a change in the city zoning code, but it also spells out rules and fees associated with it.

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Yes, of course you can kick it. The newborn getting poked in the eye... When you ask, “Should I kick it?” And... yes, I believe that’s usually how slimy battery required three AAA batteries. I was, of course, prepared to buy another. One of the stations in your job or redoing your résumé will lead to bigger opportunities. Back away from anyone losing control of a personal situation will be to your detriment. Nurture the people you love. It is not necessary to Bagel Bites to operate. The power of persuasion will lead to victory. Take advantage of how you can use them in order to get ahead. The power of persuasion will lead to victory. The power of persuasion will lead to victory.

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**SUDOKU**

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**Today’s events**

- **Mo and Johnny Blade**
  - 10-midnight, Standing on the Verge
  - Live from Prairie Lights, Yew Piney Mountain

- **Coastwest unrest**
  - 8 p.m., 101 Becker

- **Jazz Jam**
  - 6:45 p.m., Gabe’s, 330 E. Washington

- **Iowa Football**
  - 11 a.m., Iowa City, Iowa, Wednesday, April 24, 2013
  - Old Gold 1960 Football Highlights

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**Sports Squawk**

- **• Noon-1 p.m., Tips to Organize your Documents**
  - Moves Fitness & Wellness Center, Upper level Clock Tower Plaza, Coralville

- **• 9-10 a.m., Carnaval artist talk**
  - 1 p.m., 1-561 SRC Family Kinases, and the FGF Receptor Heartless

- **• 10 a.m.-1 p.m., McDaniel and Reduce Stress**
  - Noon, Elder Services Inc., 1556 S. Tower Plaza, Coralville

- **• 1-2 p.m., 61 Schaeffer**
  - 7 p.m., Prairie Lights, 15 S. Dubuque

- **• 1-2 p.m., Symphony Orchestra**
  - 6 p.m., Gabe’s, 330 E. Washington

- **• 1-2 p.m., Carl & Ernie’s, 161 Highway 1**
  - 7 p.m., Uptown Bill’s Coffee House, 730 First Ave.

- **• 1-2 p.m., Coastwest unrest, **
  - 7 p.m., Uptown Bill’s Coffee House, 730 First Ave.

- **• 1-2 p.m., Senior Center, **
  - 7 p.m., 101 Becker

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**UI TV schedule**

- **• 1 p.m., Where is that Confounded Site? The Search for The Rummells-Maske Clovis Cache**
  - 7 p.m., 101 Becker

- **• 2 p.m., How to Choose Your Own Dream**
  - 8 p.m., Hallie Webster, 2520D University Capitol Center

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**Campus closed**

- **• 1-2 p.m., Overcoming Procrastination**
  - 8 p.m., Senior Center, 1556 S. Tower Plaza, Coralville

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**Campus channel 4**

- **• 8 a.m.-6 p.m., Coastwest unrest, **
  - 10 p.m., Uptown Bill’s Coffee House, 730 First Ave.

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**HUNGRY?**

**FOR MORE PUZZLES**

[Link to dailyiowan.com](http://www.dailyiowan.com)
Frosh pitcher sparkles

Iowa freshman Micaela Whitney tossed a successful five-plus innings in Game One of Tuesday’s doubleheader against Illinois.

By CODY GOODWIN
cody-goodwin@uiowa.edu

Four miserable outs of pitching by Kayla Massey forced Iowa softball coach Marla Looper to hand the pitching duties to an inexperienced freshman.

The Hawkeyes dug themselves a steep hole in the second inning during Tuesday’s first game against Illinois. Massey surrendered 8 runs to the Illini in just 1.1 innings pitched, prompting Looper to send Micaela Whitney to the circle for just her 13th appearance of the season.

The freshman didn’t shy away from the challenge. Whitney shut down Illinois for the remaining 5.2 innings of Tuesday’s early game to the tune of allowing 3 hits and 0 runs, while striking out six batters.

“I came in focused, and I had a plan,” Whitney said. “That’s kind of a lot of what my role on the team has been this year, as coming in for relief just wanted to help my team out.”

Whitney had only pitched 25.2 innings of college softball before Tuesday’s appearance, playing in just 12 games — and only one as a starter — but had surrendered 12 earned runs while collecting just 17 strikeouts.

All of those stats were tossed aside when Looper called upon Whitney Tuesday evening. The native of Omaha kept her poise and controlled nearly all of her 93 pitches, 60 of which were strikes. There was a stretch in which she retired 12 of 14 batters between the second and sixth innings. Whitney’s appearance in a game that ended up in Illinois’ favor — an 8-5 victory for the Orange and Navy Blue — excited her teammates.

Whitney is a more vocal pitcher in the circle than Massey and Chelsea Lydon, who regularly pitch for Iowa. Talking more with the defense allows her to think through pitches more thoroughly and to relax in high-pressure situations, she said. Her voice also better connects her with the defense behind her, helping with that relaxation. It’s something the defense appreciate as well.

“She made them really work hard to just try to put a ball in play … When you get hot in the circle, you just go until your fire burns out,” Looper said.

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“When she gets in the circle, you can see it in her eyes, she’s ready to take down every batter she faces,” shortstop Megan Blank said. “It’s exciting to see, especially from a freshman.”

The Daily Iowan • Iowa City, Iowa • Wednesday, April 24, 2013 | 9
dailyiowan.com for more news

Frosh pitcher sparkles

Sports

by Cody Goodwin

By CODY GOODWIN

cody-good-win@uiowa.edu

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difficult to get into a routine than if the weather were nice; the sun shining; the air warm and comfortable.

"It's just been difficult to get into any type of groove. You don't want anyone to take stuff accomplished coming indoors, but when you're been outside for so long, it's kind of tough to come in here and get much ac-

The one constant for the team the season and the one thing the club has been thankful for come from an unexpected place: the virus. The new indoor practice facility has been almost more of a home to the team than Bank Field. Daub said that in years past, they didn't have any batting cages to practice indoors and the football team was often using the Bubble.

"We're lucky to have this facility," he said. "It's really nice to be able to come in here and get some work in. At least we can come in here and get some swings in when the weather's not too poor."

If Mother Nature de- sides to give the team a break, the squad will face Northern Illinois today at Bank Field. If not, then the team will probably be practicing yet again on the artificial field that's become its home away from home.

"It's been tough," Daub said. "We've been up and down, even though it's been a very dif

For junior hammer thrower Jasmine Simp- sons, the amount of track on the shoe is not as important as performing in a shoe that is comfort- able and broken in. "I've had these shoes for so long that they're kind of a halfway in between," she said about her shoes. "I like those where they have a really good, Ar- nold Palmer of shoes," referring to the half used tax, half lemongrass drink named after the famous goller.

Foor, who handles equipment for the track team and the Iowa Athletics Department equipment room, said a pair of spikes and three pairs of "some kind of an age erator, along with a pair of racing flats — a lightweight used also for training in practice. How- ever, he says that number can vary based on use and the number of events in which an athlete com- pares. The colorful and unique apparel are the "most important pieces of equipment the track ath- letes can have," four-year Assistant coach Ultra Roberts said part of the beauty of track and field is the minimal amount of equipment needed to compete.

"You don't need too much," the fifth-year coach said. "You really just need to have some shoes and have some willpower and desire to want to be better than you were the day before."
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THE DAILY IOWAN  •  Iowa City, Iowa  •  Wednesday, April 24, 2013  |  11
If the Hawkeye track shoe fits …

Footwear has become a key decision for the Iowa tracksters.

By DANNY PAYNE
c (18) 291-6879

One of the first things a sprinter will notice at any track and field meet is the seemingly endless array of colors on the athlete’s foot. Look at any given pair of feet, and you will see a unique pair of shoes — some green, some yellow, some blue, some orange.

The rainbow of colors isn’t the only thing that makes this footwear stand out. Each shoe is designed for a specific event on the track or in the field. For example, sprints require a shoe in a color that doesn’t change, such as the turquoise, sky blue, and hammer throw shoes. These shoes do not have spikes, as the foot will wear for other events too, but instead a very thick bottom.

Weather strikes out baseball

By TONYN RENKING

At nearly 3 p.m. Tuesday on another cold, rainy day in the eerily quiet campus, the Iowa baseball team was preparing to depart from the sleet and rain that showered the Kinnick Stadium parking lot. As the players had been finding it more of one sport over the other, but that he continues to be a student-athlete at Iowa as a red-shirted in 2011 and appeared in one game that was originally scheduled for March 27, but it was again postponed because of rain. With that game being canceled, it brings the total number of games or series that have been canceled, moved to a later time, or switched to another site to 10.

“We make up it, that’s for sure,” sophomore catcher/first baseman Anthony Tony says. “We want to get back to playing. It does kind of throw off our routine a little bit, but it’s not that bad. We just keep pushing along.”

Head coach Rick Heller said that it’s because of these cancellations that the team has been striving to find every other day because of the weather, the players have been finding it more

Two leave Hawkeye football team

Iowa football coach Kirk Ferentz announced Tuesday that two more players will depart the program before the start of the 2013 season. Fortunately for Hawkeye faithful, neither is a running back.

Sean Herron, who saw limited action as a true freshman last season, decided to transfer to another institution, according to a release sent out by the Iowa Athletics Department. The Canton, Mich., native mostly saw time on special teams, but he appeared in nine games as a defensive back in 2012, informing the coaching staff that he will transfer to another school in the Big Ten Conference.

Terryn Campbell, a defensive back, red-shirted in 2012 and appeared in one game last year but received no statistics. He will continue to be a student-athlete at Iowa as a graduate assistant in football

Campbell said he didn’t have any preference of one sport over the other, but that he just wanted to do what made him happy. ’”I prefer football, but I like baseball too,” Campbell told The Daily Iowan.

“I can’t speak about a lot of things that went off this season (because of the weather), but I’m happy, that’s all that matters.”