Juicing not living up to hype

A popular diet plan may not have many health benefits or long-term results.

By ALEXANDRA VOJCEK

Some Iowa City residents are quesitoning their first in Their one-sentence is unclear.

The juicing diet — or juicing cleanse — replaces eaten whole fruits and vegetables by extractin

ing the juice, and it can be used as a substitute for meals. It is gaining in popularity, but it can be a few days or up to a couple weeks at a time.

The juicing process has been treated as a way of detouring the body as well as helping shed a few pounds.

But Katherine Mollen, a University of Iowa lecturer in health and human physiology, said juicing has no documented health benefits.

"Juicing is pretty popular," she said. "I always talk to students you're better off eating the solids you throw away instead of drinking the juice you just made."

Mollen said even though it may seem as if all the nutrients are being

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Park's cabins set for restoration

By KATLIN DEWULF

More than 180 years ago, back before the Iowa City shelter was ruled by tall city and campus buildings, the first settlers of European descent in Johnson County called log cabins home.

The Upper City Park cabins are unclear.

The two log cabins built in the late-1800s stand as a reminder of the area's history but they are in need of repair.

The Iowa Department of Natural Resources will review the grant this fall, allowing the project to begin this year if approved.

The Iowa City City Council passed a grant to restore the cabins in City Park.

Originally built in 1889, with the relocation of the Quad, university officials hope to continue memorializing his service to the university by naming the learning commons after him.

The new dorm will house 521 students and will include a student dining sports grill.

Officials expect it to be completed by May 2015.

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City to hike fees

By DANIEL SEID

Iowa City officials have taken a step forward increasing fees to maintain services.

“Our infrastructure is starting to suffer, and we need some more income,” City Manager Tom Markus said.

City officials move forward with fee increases.

The Iowa City City Council passed the first consideration on two ordinances increasing fees for city services on Tuesday. Both of the considerations passed on 7-0 votes.

The first ordinance would increase solid-waste collection fees by 40 cents per month, effective July 1. The current waste fee is $11.40 per month, and this is a 3.5 percent increase. The new dorm may be named Petersen

Petersen graduated from the UI College of Education in 1951 with a bachelor's degree in science education. She was appointed to the regents in 1989.

Petersen served as the regent president from 1971 to 1981. She also served as a member of the UI Foundation Board of Directors from 2001 to 2006.

Redher was the first director of Dormitories and Dining at the University of Iowa, a position he held for 30 years until he retired in 1979.

He graduated from the UI in 1935 and was named associate director of the IAU. During his time at the UI, the university asked for new residence halls — Branham, Bump, Stanley, Renew, and Slater.

A lounge in the Quads is currently after Redher, but with the impending demolition of the Quad, university officials hope to continue memorializing his service to the university by naming the learning commons after him.

The new dorm will house 521 students and will include a student dining sports grill.

Officials expect it to be completed by May 2015.
Green tomatoes, the new spinach

BY KAROLIS MEIER
alcohol-free cancer drug

Maybe spinach isn’t the only thing Popeye the Sailor should have eaten — green tomatoes can strengthen muscles, too.

At the University of Iowa, researchers found in green tomatoes can boost muscle strength and protect against muscle waste away because of inactivity or a major injury or illness causing inactivity of muscle or arms are.

According to the CDC, people suffering from atrophy become weak, which could dramatically influence their quality of life and possibly make them more prone to injury due to falls and trips. Nearly 50 million Americans report annual, and almost 30 million of those are 60 and are forced into nursing homes and relax facilities.

Adams said researchers also found that tomatoes, which is a beneficial food rich in antioxidants, can help prevent muscle atrophy. However, Adams also mentioned that he is working to determine if the compound is safe and effective in humans.

Tomatidine appears to be safe in mice, but more studies are needed because many studies are uncontrolled when taken in high doses, Dwayne said. “Thus, I don’t recommend tomatidine, until further studies are completed to prove that it is safe.”

Adams said the study began with a search for small molecules whose effects on cellular gene expression are opposite to the gene expression changes that happen in people when they suffer natural muscle wasting.

Scott Ebert, a UI professor of nutrition and obesity, identified new molecules with adenine, used a system-based approach to identifying changes that happen in research for preserving muscle mass.

Michael Dye, a UI professor of molecular physiology and obesity, said he has been working roughly 80 hours a week on research with Adams. “It was a very valuable experience to understand how the research adds disease issues that are important to understand in human disease, and what we can do to help,” Dye said.

During graduate school, he and a couple of other students explored novel new medicines.”

“This new compound can help with muscle wasting away because of inactivity or a major injury or illness causing inactivity of muscle,” Ebert said.

Researchers from Iowa City are also determining how the research adds disease issues that are important to understand in human disease, and what they can do to help.

During graduate school, he and a couple of other students explored novel new medicines.”

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JUICING

continued from front page

quired from the fruit of a vegetable, a process known

left behind.

“Anytime you juice a fruit or vegetable, you lose

certain components that are found in the fibers of the plant,” Mel-

said. “So when you remove those, you are left with just the juice.

You have far fewer benef-

fits than if you actually

eat the whole fruit or vegetable.”

UI sophomore Lizzy

Wagner tried a three-day

diet in which she removed

six juices a day, with fla-

ors ranging from beets

to apple, lemon, greens

and carrots. The juice

caused her to lose hun-

dreds of calories.

When you juice a fruit

or a vegetable, you lose

“a lot of the benefits they

give an individual 100 per-

cent of the benefits they

would get by simply eating

the fruit or vegetables,” she

said.

“They need to think

about what they are doing

to their body,” she added.

When eating normally, you

include nutrients in a

balance, but when you

juice, you lose the fiber and

the good part that’s in the

fibre of the plant, she

said. “It’s really hard to

just drink juice all the time.

You have to couple it

with something else.”

Wagner said the juice

diet was “not for everyone.”

She and other people

she knew who tried the

diet said it was hard to

be sustainable.

Wagner noted,

“Once you have

juiced once and you

see how much calo-

ries you lose, you are

more likely to do it in

the future.”

She said this was partic-

ularly helpful to her

because she would

otherwise not eat whole

fruits and vegetables.

“It’s a lifestyle change,

a choice you make,” she

stated.

Wagner said she wants

to continue juicing when

she is home.

“It’s definitely

worth it,” she said.

“After the cleanse

I felt rejuvenated.”

Wagner said she would

consider doing another

cleanse after the

summer.

Meanwhile, Gehris echoed Mellen’s

skepticism about the benefits of juicing.

“On the one hand it’s

good for you,” he said.

“On the other hand, it’s

costly and time consuming.”

Gehris said people

have to ask themselves

whether it is worth

the effort.

“Everyone has dif-

ferent needs,” he said.

“Some people might

be able to do it. Some

people might not.”

Wagner said that

while there are many

benefits of juicing, it’s

not for everyone.

“After the cleanse

I was left with just

the juice,” she said.

“Squeezing out of the fruit

and vegetable, you are

left with just the juice.

You are no longer getting

the fiber.”

Citizens need “some help” to

keep the exercise going,

Wagner said.

“During

the normal diet to bring in

substitute. Although juicing

can get by simply eating

the whole fruit or vegeta-

table. You are not getting

the fiber.”

Juicing

“juicing and juicing, mostly

unable to concentrate.

The negative effects of a low calorie diet, such

as this one, include feeling

hungry, bloated, and

unable to concentrate,

Mellen said.

Wagner seemed to show

some interest in the diet.

“One huge downside

is obviously the hunger,”

she said. “It’s really hard

to do just drink juice for

days and days on end.”

Wagner said.

“Whatever it’s some-

thing that’s only for a

short period of time,

like two or three days,

it’s not a way of eating or

a lifestyle that can be

sustained.”

Gehris said juicing doesn’t

give an individual 100 per-

cent of the benefits they

could get by simply eating

the fruit or vegetables.

“E’d rather encourage

a person to do smoothies

because they then

eat the whole fruit or vegeta-

table,” he said.

Hayek said he cannot

remember why the coun-

cil did not act in the past.

“It’s a fantastic example of the

importance of local histo-

ry,” he said. “They need ‘some help’ to

survive another century.

Christian said the build-

ings need “some help” to

survive another century.

“We need to work on

this. We need to do

something,” she said.

“Ever since I was a kid

I always thought of the cabi-

ons as being an example of

the importance of local histo-

ry’s history,” Carroll said.

“Connect to the communi-

ty.”

Beneficial

In a report from IBIS World,

the water fee increase will

concerned about the effects

it will have on people.

“Because of taxation.”

Gehris said people

have a sense that we

are losing money.

Hayek said he cannot

remember why the coun-

cil did not act in the past.

“Because of taxation,”

Hayek said.

“Maybe...”

According to a 2012

U.S. Specialized Industry

Report from IBIS World,

less than 3 percent of the

amount of the increase is

established by Iowa City.

“Factors that are leading the

country with various educa-

tional programs, he said.

Other than the use of

the cabins for the Old Settlers’

Association events and

meetings, the cabins were

used for Iowa 4-H groups,

Scout cookouts and over-

night camps, and Iowa City’s

 Beautification Division officials hope to allow

public use of the cabins for

public use of the cabins for

various educational programs, such as

a) Head and Neck Cancer

Professionals from the Department of Otolaryngology–Head and Neck Surgery will be on hand to

Call 319-356-1774 to schedule a
date, time, and location.

Otolaryngology Alumni Conference Room C2-2717 FFF

www.ontario.ehrs.com/loc1, #1017

Wednesday

April 23, 2014

8 a.m. to Noon

Free screening

For risk factors include:

Head and Neck Cancer

smoking, drinking alcohol, exposure to environmental tobacco smoke, alcohol, prior tobacco use, history of head and neck cancer

The Night Owl is like a box of chocolates...
Don’t cry ‘terrorism’

PERFECT CRIMES

G.O.P. action Paul Ryan paid a visit to Iowa last weekend to tour the state, just a day after the House passed his mega-budget with the endorsement of his fellow Republicans.

The 2013 budget, passed last week in the House, but without any real prospect of becoming law would cut the Pell Grant program — a need-based financial-aid program that provides grants that don’t have to be paid back — by $125 billion over 10 years.

While we understand that the cuts proposed in Ryan’s budget will not be realized, we will not be as lenient in our evaluation of the House’s results. We must recognize that the self-styled very-wise policy work of the Republican Congress is not without direction, the party has rallied behind expensive spending cuts that would harm the nation’s low- and middle-income students, 42.6 million of whom received Pell Grants during the last school year.

Ryan’s plan would effectively cut federal grants for higher education by freezing the cash-value of Pell Grants at their current level for the next 10 years. The results are an inflection of Pell has fallen in recent decades as tuition costs have risen — in 1972, the maximum-value grant covered 72 percent of college expenses; today, as a result of its 8 percent, 150,000 families would lose their grants entirely.

According to a report from the Center on Budget and Policy Priorities, the real value of these grants has fallen since 1972. “I think we have to look at the fact that we are building a financial pyramid,” says Dr. Nancey Apgar, one of the authors of the study. “There’s a lot of good work that has been done. Ryan’s plan will continue, and原来的, Guardsmen should be alarm when she tweet- ed that Pistorius is a liar. That was the by itself, and that is why anyone who is looking or her to claim her to be an Al-Qaieda be the one to overlap you what is going on there with this kind of things, which is all going on. That’s why this is where ourAktives studenten, and that you should be doing is for the sake of their native language along with a good old good roman language could be more effective in the philosophy of education, which is the way it should be. Even if you don’t know a student from the UI for sexual assault, try to get to know a student from the UI for sexual assault.

Getting better on sexual assault

The most recent reports show that nearly one in five adults, sexual assailants, and food-stamp recipients. On the back of low-income students, Medicaid beneficiaries, and food-stamp recipients.

YOUR TURN

Do you think the government should scale back the Pell Grant program? Write us at dailyiowan.com.

ENDING THREATS

It is this widespread assumption that Pistorius is a liar that caused the jury to initially believe her and subsequently undermine the collective opinion that Pistorius is a liar. We cannot continue to allow her to distort the facts of that morning.

It is this widespread assumption that Pistorius is a liar that caused the jury to initially believe her and subsequently undermine the collective opinion that Pistorius is a liar. We cannot continue to allow her to distort the facts of that morning.

12 people are the most well-prepared citizens to do with the time when the events. They are more informed, more aware of the political and social implications of those involved in what happened in the courtroom and the events that have resulted from the trial. We do not think that the public should be allowed to try the cases of those involved in the crime.

While the South African judicial system rules on the verdict of a single judge, rather than a jury of whites’ peers, the idea holds true. It is true, that these cases are often predictable, but on the chance that some unforeseen issues could arise, those rules need to be reserved for cases involving the potential for bloodshed.

Editorial board: JON OVERTON, SRI PONNADA, BRIANNE RICHSON, MATTHEW BYRD

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UIHC seeks rate increase

The University of Iowa Hospitals and Clinics Board of Trustees has requested a 6 percent rate increase effective July 1.

In addition to those updates, the university is requesting approval for the design and build of the UIHC Centralized Emergency Power Generation Facility Project.

This would provide an emergency power service to the main UIHC campus.

Officials expect the project to cost approximately $5.6 million.

UI wants to purchase pediatric practices

UI officials are requesting approval to purchase three pediatrician-practice buildings.

The buildings and their adjacent parking lots, 605 E. Jefferson St. and 2591 Holiday Road, Coralville, are sites for Pediatric Associates of Iowa City and Coralville.

UI Health Care will purchase the clinical practices to develop the system in the area. The physicians will continue to work at their locations under the name of Pediatric Associates of UI Children’s Hospital.

Regents to select new leaders

The regents will elect a new president next week.

The regent president and president pro tem will start their terms on May 1 and will serve for two years, according to Iowa Administrative Rules.

Regent President Bruce Rastetter’s and President Pro Tem Katie Mulholland’s terms will expire on April 30.

UI wants early bond refund

The UI is asking the regents to consider allowing the refund of bonds that were used to purchase space in the $13.5 million Old Capitol Town Center.

If approved, the request would be an early refund of the bonds. The proceeds of the bonds would be invested in U.S. Treasury Obligations or other permitted investments.

Interest rates on refunding the bonds are anticipated to be lower, thereby refinancing the bonds early would result in an estimated saving of $74,000. These bonds are due to be refinanced in June 2015.

The UI will do the same for the $10.9 million IMU bonds, refunding an estimated $7,405 in bonds. Interest rates for the bond are also anticipated to be lower, which would result in savings of $30,000.

— by Ian Murphy
Politics

Efforts to balance the federal budget include substantial cuts to student aid.

By BRET GRIFFITHS
bgriefft@uiowa.edu

A PUZZLING SOLUTION

by Jordan Reiland

The Daily Iowan

By Jordyn Reiland

Jordyn Reiland@uiowa.edu

2012-13 academic year. These cuts would rest on their ty promises. Ryan recognizes his budget will not even be Edith Canary, a prominent Rico Lavelle, the University of Iowa political science and history, said the facts that guests from outside of the state are going to be in attendance is critical to accomplishing the goals of strengthening the number of women in political office. Bell said the event is open to the public and there will be no charge for admission.

Event focuses on women in politics

The Daily Iowan's Ethics & Politics Initiative is funded by a private donor and will undergo re-evaluation next semester. The initiative’s mission is to understand, interpret, analyze and report on topics, trends and personalities that shape politics in Iowa and the United States, and to recognize the importance of a strong ethical foundation in the pursuit of public service.

Email dailyiowannews@gmail.com with story ideas, green releases, or reader comments.

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THE DAILY IOWAN
Boston Strong, 1 year later after bombing

By DENISE LAVOIE

BOSTON — Survivors, first responders and relatives of those killed in the Boston Marathon bombings marked the anniversary of last year’s deadly marathon attack with a private moment of silence at the White House.

“Today, we recognize and honor the incredible courage and leadership of so many Bostonians in the wake of unspeakable tragedy,” Obama said in a statement. “And we offer our deepest gratitude to the courageous firefighters, police officers, medical professionals, runners and spectators who, in an instant, discharged the epic of heroism built on — persevered over the last year that has drawn people closer. They have met this way, but we are so grateful for each other,” said Patrick Downes, a newlywed who was injured along with his wife. Each lost a leg, said she’s learned to walk in the rain to the finish line for a moment of silence at the White House.

“This day will always be hard, but this place will always be strong,’” Obama said, referring to the Boston Strong, the slogan coined after the bombing.

“Boston Strong,” said Patrick Downes, who lost an arm and leg to the blasts, “is an inspiration for others here,” he repeated.

“We should never have met this way, but we are so grateful for each other,” said Patrick Downes, a newlywed who was injured along with his wife. Each lost a leg.

“We will carry them in our hearts,” he said.

Downes and the city on April 15 will “show the world what Boston represents,” he added. “For our guardian angels, let them hear us roar.”

A US appeals court on Thursday overturned the death sentence awarded to marathon bombing suspect Dzhokhar Tsarnaev, handing him a life sentence instead.

“Today, we recognize and honor the incredible courage and leadership of so many Bostonians in the wake of unspeakable tragedy,” Obama said in a statement. “And we offer our deepest gratitude to the courageous firefighters, police officers, medical professionals, runners and spectators who, in an instant, discharged the epic of heroism built on — persevered over the last year that has drawn people closer. They have met this way, but we are so grateful for each other,” said Patrick Downes, a newlywed who was injured along with his wife. Each lost a leg.

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A US appeals court on Thursday overturned the death sentence awarded to marathon bombing suspect Dzhokhar Tsarnaev, handing him a life sentence instead.
Horoscopes

Wednesday, April 16, 2014

by Eugenia Last

Aries (March 21-April 19): Take care of any pending personal problems that affect your home or personal finances. A task delayed is a task envisioned. Information will make matters worse. Listen carefully, but don’t make a move without improving your understanding of the situation.

Taurus (April 20-May 20): You won’t have enough information to make a decision. Do what your heart tells you. You may be faced with the moral or social decision of your life.

Gemini (May 21-June 20): Don’t trust a sales pitch that promises personal perfection. The answer is to make improvements without getting into a costly situation that is likely to disappoint you. Helping others will bring satisfaction, but don’t try to be someone else.

Cancer (June 21-July 22): Use your imagination and creativity, and you’ll find a solution that can also bring you extra cash. Friendships may be questioned if someone puts demands on you. Networking with people who share your concerns will lead to better friendships.

Leo (July 23-Aug. 22): Stand up, and face opposition head-on. You won’t win by being a wallflower. Change is inevitable, and setting your sights on your goals will ensure that you reach your destination successfully. Actions will bring good results.

Virgo (Aug. 23-Sept. 22): Changing your mind or dealing with someone who is inconsistent will lead to less. By your part to keep the momentum flowing and your goals in sight. A change in the way you treat someone will help you take control of a situation that can influence your professional life. A unique new change will satisfy your needs.

Libra (Sept. 23-Oct. 22): Your ability to handle any situation that arises is to be observed. Learn from experience, and anticipate how others will react by the performance displayed under similar circumstances. Act accordingly.

Scorpio (Oct. 23-Nov. 21): Expand your mind and your awareness. A unique new change will lead to a unique relationship. Actions will bring good results.

Sagittarius (Nov. 22-Dec. 21): You won’t make everyone happy, but you will get things done. Change is inevitable, and setting your sights on your goals will ensure that you reach your destination successfully. Actions will bring good results.

Capricorn (Dec. 22-Jan. 19): Stick close to home, and avoid taking risks of any kind. Problems surrounding your relationship with a peer, friend, or lover will escalate if you aren’t willing to listen to the complaints being made. Be fair and willing to forgive.

Aquarius (Jan. 20-Feb. 18): Help others or you will struggle with your talents and abilities. Have some fun, but don’t try to be something or someone you are not. Money will come from an unexpected source.

Pisces (Feb. 19-March 20): Refuse to let someone take over or push you in a direction that is not suited to getting the results you want. Put your signposts on whatever you do. Follow through with your ideas and plans regardless of opposition. Love is on the rise.

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Is there a held at the distance of wisecracking and wit. Wit has truth in it; wisecracking is simply calisthenics with words. — Dorothy Parker

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Is there a held at the distance of wisecracking and wit. Wit has truth in it; wisecracking is simply calisthenics with words. — Dorothy Parker
Which team is the favorite for the Stanley Cup?

Boston Bruins

When you get right down to it, there is simply not a more complete team in the Stanley Cup playoffs than the Boston Bruins. A “must-win” Caliente? Check. A Norris-caliber defenseman who also just so happens to be the most physically dominant blueliner in the league? Check.

The best two-way forward in the game and incredible scoring depth on all four lines? Check and check. A Bruin team that comes within two wins of the Cup last season retired in the off-season, and despite some key departures, comes back even stronger to win the President’s Trophy for most points by a team this season.

Not to mention that they have 13 guys leftover from the team that did win a Cup against Vancouver in 2011. This team knows how to win, and it can do it in a number of ways.

Detroit Red Wings

Detroit has the ability to run four lines that can all beat you up physically as well as offensively. And the scoreboard.

While Jamie Langenbrunner and Patrik Berglund are the lifeblood of the team, they have five who have scored at least 20, second to only Philadelphia, which has six.

In net, Tuukka Rask finished first in minutes with 7. He also finished in the top five in wins (36), save percentage (.930), and goals-against average (2.04).

Detroit is one of those teams that’s always around, in some periods of the last 23 years, the Red Wings have been in the playoffs, they’ve been formidable. But in some seasons — including this season — they’re a team just lying in the weeds ready to cause a lot of trouble.

The key is getting through Boston, a physical

Chicago Blackhawks

For all my other hockey fantasists out there, the next two months are what we look forward to all year. It also helps when your team is favored and has proved that it has what it takes to win. The playoffs are back, and there’s a potential for another original six Stanley Cup Final this year.

There’s no doubt in my mind that the Blackhawks will be one of them and that they’ll take the cup. It’s been 26 years since the Red Wings won back-to-back titles, in 1997-98. It always amazes me how my uncle up in Michigan fit their boys back in the day under Scotty Bowman into conversations when the playoffs roll around. This year, the tide will change, and I’ll finally be able to brag about how I witnessed the Blackhawks dynasty take the throne three times in five years.

This team is fast, speed, chemistry, and for the most part, their health. With Kane and Toews expected to be back in the lineup after their absence with injuries, I see no reason they can’t carry the Windy City Hawks all the way.

Chicago’s biggest downfall will be if anyone gets anyone in the thin lineup, but as of right now it looks like the team will be strong. With the new playoff system in place, the Blackhawks will face teams that they’re familiar with, too. They know how these teams perform, and there shouldn’t be any surprises, just some good hockey.

Whether it’s the league’s best playoff beard, Kane’s mullet, or my lucky er’s mullet, or my lucky number, there’s no reason to think that the Hawks’ best cannot capture the Stanley Cup magic one more time. — Tessa Hursh

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For approximately 50 minutes at the conclusion of the game, you will be able to purchase a signed photo from the older Saturday Night Show. The price is $5 (cash only). This is NOT a pre-sale and is on a first-come, first-served basis. If you need assistance in order to participate in this program, please call 319-330-1108.

This production is being presented as part of the Series for Arts and Life at the CSC, an initiative of the University of Iowa Center for Human Rights and the Division of Performing Arts. Check and check.

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Randy Rodriguez

Detroit Red Wings

I’m going on a limb and taking Detroit. First, because Ryan gave me some free tickets for taking some of the boys back when we previewed the Olympics — “Shooting fish in a barrel” was the voracious idea, if you were wondering.

Second, because I’ve actually personnel traded me right. Detroit is one of those teams that’s always around, in some periods of the last 23 years, the Red Wings have been in the playoffs, they’ve been formidable. But in some seasons — including this season — they’re a team just lying in the weeds ready to cause a lot of trouble.

The key is getting through Boston, a physical

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SPORTS 9

Detroit Red Wing David Legwand handles the puck as St. Louis Blues’ Ryan Reaves defends during the third period Sunday in St. Louis. The Predators won, 7-5. (Associated Press/Wade Hanyard)

Chicago Blackhawks coach Joel Quenneville and assistant coach Jamie Kompon watch the action in the final seconds against the Chicago Blackhawk.

First and foremost, Detroit is one of those teams that’s always around, in some periods of the last 23 years, the Red Wings have been in the playoffs, they’ve been formidable. But in some seasons — including this season — they’re a team just lying in the weeds ready to cause a lot of trouble.

The key is getting through Boston, a physical
Knowing the run rule

Iowa softball's access to extra innings faces five more innings after five innings (last night). The Hawkeyes came back to tie the game 8-8 in the 10th inning. An endless string of 2-5 innings, eventually falling to a loss. The Iowa softball series was implemented. The run rule is a rare occurrence for sports past high school because of increased levels of the players, but the players are used to the rule having played with it their whole careers.

I've played with my whole life. I was with Frankos. It's really just a standard rule that if a team scores 8 runs after 5 innings, then the game is discontinued. There have been a couple of games where the run rule was implemented. The run rule has just been added to the rule after 9 runs have been scored. The run rule has been added to the rule after 8 runs have been scored.

The run rule has been a common rule in high school and college sports, the mercy rule. The run rule has been more commonly referred to as the mercy rule in high school than in high school. The run rule has been added to the rule after 8 runs have been scored. The run rule has been added to the rule after 9 runs have been scored.

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Soccer coach Rainey heads to Dartmouth

By Jacob Sheedy
jacob-sheyko@uiowa.edu

Iowa women’s soccer head coach Ron Rainey has been announced as the new women’s soccer head coach at Dartmouth.

Rainey has served as the head coach at Iowa since 2006, amassing a record of 240-87-17. He has the most wins in Iowa women’s soccer history. This past season, the Hawkeyes won 15 games, won their first Big Ten Tournament game in program history — they advanced to the Big Ten championship game, and earned the first NCAA Tournament berth in program history.

“We have hired a gem in Rainey to head up our women’s soccer program,” Dartmouth Athletics Director Harry Shaby said in a press release. “He has consistently improved every team he has coached, did some truly outstanding work at Iowa, and will build upon the recent successes of our team here at Dartmouth. The Athletics Department and college as a whole are excited to have Ron, his wife Margaret and three children join our family here in Hanover.”

Rainey-coached Iowa teams featured 34 Academic All-Big Ten honorees, five Big Ten Tournament appearances, and five Big Ten All-Freshman team members.

Rainey joins a Dartmouth team that went 8-6-3 last season.