U. of Arkansas shooting leaves 2 dead

**Since 1968:**

Online notes

**IRK progs**

**University** and *student* have mixed feelings on the notes, *UI* faculty are prohibited from selling them.

**By Jimi Tuddenham**

Online notes are illegal on the University of Iowa campus. The notes have been around for a long time, and many students have mixed feelings on them. Some students find them helpful, while others think they are counterproductive.

**Wednesday, May 18, 2010**

Vislack explains budget shortfalls to UI

**By Dr. Brian D. Sistak**

While UI students and faculty have been discussing the budget crisis, UI Departmental Chair Dr. Brian D. Sistak explained how the budget shortfall is affecting the university.

**By Mike W. Shank**

UI President Bruce S.勺lag, who is also the state's highest-paid employee, has been criticized for the budget crisis. Shank said that the university is facing a $110 million shortfall, which is due to a decrease in state funding and a increase in the cost of living.

**By Sara M. Davis**

UI students have been protesting the cuts made by the administration. Some students have organized protests and have been calling on the administration to reverse the budget cuts.

**By Steve W. Schaffner**

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Video documents SAS sit-in

• The group will use scenes from the Jesse Hall protest to try to educate people about sweatshop labor.

By Kyle Baie

Members of the United Students Against Sweatshops have been receiving a video containing footage from their sit-in in Jesse Hall, the university's administration building. The footage shows people about their fight against sweatshops.

SAS members are inviting students to attend a viewing of the video on Wednesday, Nov. 10, at 7 p.m. in the IMU in the western basement. The video was filmed during the protest on campus before the sit-in was broken up. The footage contains footage from both the sit-in and the protest. The SAS members are also inviting students to attend a discussion about the video on Thursday, Nov. 11, at 7 p.m. in the IMU in the western basement.

City to push ahead with transit center

The Iowa City City Council stopped and had a new building project in its agenda, but it will not be the last building project in its agenda for the next few months.

The council members have started to discuss the project, and they have decided to continue with the project.

The council members will discuss the project at their next meeting, and they will discuss the project at their next meeting.

By Megan Gault

The Iowa City City Council will discuss the building project in its agenda, but it will not be the last building project in its agenda for the next few months.

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L.C. man charged in assault

A man was arrested and charged in connection with the assault of a woman in Iowa City.

The incident occurred on the morning of Aug. 26 in an area near the University of Iowa campus. The man was arrested and charged with assault and battery.

The victim was taken to the hospital for treatment of injuries sustained in the assault.

The incident is under investigation by the Iowa City Police Department.

By Steve Landahl
I.C. man charged in bar robbery

Police arrest a local man less than 24 hours after Mike's Tap was robbed.

By Anne Webb

A few hours after an eyewitness allegedly recognized him, an Iowa City man was arrested Sunday night and charged in the robbery of a local business.

Ron and Linda Lassiter, owners of the Moonlight Lounge, said Monday that an employee saw a man at about 10 p.m. Sunday who matched the description of the suspect.

"We asked him to come inside, and he said he didn't want any drink," Linda Lassiter said.

From there, "it was just like he was on a mission," she said, and he tried to put something in the cash register.

The employee in the register prevented that, and when he left the area, the employee saw him exit the bar.

A short while later, police arrested the man.

While police were still in the bar, "there was a lot of excitement," Linda Lassiter said.

"The police were in the middle of the room at one time, and we were all standing in line, and we were talking," she said.

Several police officers and a detective questioned the bar employees.

Police have no comment on the case and are not releasing the suspect's name.

Police are still looking for a second man who was seen leaving the bar at about the same time.

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UI engineering dean calls it quits

Anthony Hines, who was appointed eight months ago, will return to teaching in January.

According to Provost Robert Smart, Hines was appointed on July 1 and has spent six months as a national search for a new dean in the engineering school.

"Dean Hines has done a good engineering school has enjoyed his service as dean," Smart said. "I am very pleased that he has agreed to serve as head of the engineering department for another year and to participate in the search for a new dean."

Hines will return to the UI in January 2001.

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Iowa trails in workers with bachelor's degrees

The low wages in Iowa are attributable to the low ranking in percentages of workers with college degrees.

In 1998, Iowa ranked 48th in the nation in the percentage of workers who had bachelor's degrees.

The low wages in Iowa are attributable to the low ranking in percentages of workers with college degrees.

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UI junior Jake Murphy works on a still before his Painting I class Monday.

Contact: Elaine Brown at (319) 335-5035
Spending soars, savings sink

(11) Joel Naroff

WASHINGTON — Analysts were buying large jumps in July, relating up spending twice as fast as their increases grew. That drove down the nation's personal savings rate to the lowest level ever recorded.

After spending continuously for five straight years, the overall rate that consumers spend on durable goods fell sharply last month, increasing their spending by a brisk 0.6 percent, the biggest jump since February, the Commerce Department reported Monday.

Spending rose a little bit faster than the 0.5 percent pace economists were anticipating. Income received, which includes wages, interest and government transfers, rose by a solid 0.7 percent in July, matching the median increase economists had expected.

New bioengineering opportuni ties

(12) Researchers transplant pig cells to restore nerve function

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2 killed in U. of Arkansas shooting

SHOOTING

Casey Jones, the shooting suspect, was born in Little Rock and raised in a family with a violent history, according to police and court records.

Jones, 21, was arrested in connection with the shooting of two University of Arkansas students during a party at a sorority house on Saturday night.

A 21-year-old man was killed and another was critically injured in the shooting, which occurred just before 1 a.m. at a sorority house on the campus of the University of Arkansas at Little Rock, police said.

The shooting happened at a party at the Alpha Chi Omega sorority house, where about 200 people were gathered.

The victim who died was identified as a member of the Alpha Chi Omega sorority. The other victim was a member of the Chi Omega sorority.

The shooting came one day after a mass shooting at the University of Florida, where a student opened fire on campus, killing three people and injuring several others.

Online notes draw mixed reaction at UI

VILSACK

Outlook on Page 1A

USDA administrator Tom Vilsack said Monday that the agency hasnt yet decided on the new secretary.

Vilsack said he stood in line to vote for Barack Obama in the 2008 election.

He also said he hasnt ruled out a run for governor in 2014.

WASHINGTON, D.C. - The Department of Agriculture hasnt yet decided on the new secretary, USDA Administrator Tom Vilsack said Monday.

The agency announced Friday that it had nominated Sonny Perdue as the new secretary, but Vilsack said he hasnt heard anything yet.

"I have not heard from the new secretary," Vilsack said. "I am going to continue to serve as the acting secretary until we have a new secretary in place."
Students all over the country are changing the way students learn. The charter school at Chicago’s Young Lifestyles High School is starting something completely different. The charter school is the first public all-girls school in Chicago and one of the only all-girls schools in the country to focus on math, science and engineering. The school serves 10th-12th grade students in grades 10-12.

According to the New York Times, the school’s director began a school that was way more girls feel - the interior-dominated fields of study. They want to help girls succeed, but they’re going to do it in a different way. The school focuses on math, science and engineering, especially in the traditionally feminized fields of science and technology.

The school’s directors should certainly be commended for wanting to do what they way more girls feel - the math, science and engineering, especially in the traditionally feminized fields of science and technology. The school’s directors should certainly be commended for wanting to do what they way more girls feel - the interior-dominated fields of study. They want to help girls succeed, but they’re going to do it in a different way. The school focuses on math, science and engineering, especially in the traditionally feminized fields of science and technology.

Students in single-sex schools are deprived of the chance to interact with the opposite sex on an everyday basis. Students who attend single-sex schools are deprived of the chance to interact with the opposite sex on an everyday basis. Students who attend single-sex schools are deprived of the chance to interact with the opposite sex on an everyday basis.

Students learn many of the skills they need for success in the workplace, they do so in a classroom setting. They do so in a classroom setting. They do so in a classroom setting.

This is nothing more than a logical extension of a logical fallacy. If a couple was asked for public school, it’s not surprising that the couple would donate $5,000 to a school.

It seems the Dodgers went a step too far by forcing a fantastic “Survivor” island. Wouldn’t George W. Bush have been happier had the Dodgers simply ignored the great game they had put together? Or perhaps the Dodgers should have been asked for public school, it’s not surprising that the couple would donate $5,000 to a school.

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Surviving reality-TV reality TV in Iowa City

D oes it seem odd that a construction crew began working at 5 a.m. Saturday? At Mercy Hospital, no less? It’s true. This construction crew was working on one of the construction crews, either it was working on one of the construction crews, either it was working on one of the construction crews.

New cuts at Mercy Hospital include the removal of Iowan Kopp, who was the head chef. He lost his job over a controversy surrounding the hospital’s coffee service.

The construction crew was working on one of the construction crews, either it was working on one of the construction crews, either it was working on one of the construction crews.

This was the first Iowa hospital to be removed, so it is not surprising that the hospital’s coffee service is in need of improvement.

The students believe that Iowa City, in real life, is a “reality-based” TV show. They often say that the hospital’s coffee service is not great.

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Have you checked out www.huxleys.com yet? If not, do you plan to?
Columbia's neighbors wary of drug war

**South American countries prepare for the U.S. drug offensive**

By Andrew Bender
Associated Press

The view from Colombia's capital of a U.S. drug war — and some are even preparing for a possible spill-over by sending troops to the border. The offensive — to be carried out by planes and helicopters trained by Green Berets and other U.S. special forces — is expected to displace thousands of people.

The rebels, who now hold all of their supplies from the drug trade, have vowed to fight the Colombia government and the people who are in control of their buses, trains and other forms of transportation.

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Ingram: DOUBLE YOUR COUNTRY PLEASURE

Jack Ingram and the Beat-For-Band Band will play a 7:30 p.m. show at the Old Rock House.

By Aaron McAdams

The Daily Iowan

Country music from Jack Ingram. It's country.

Ingram and his band Beat-For-Band will be opening the evening with a set at 7 p.m., Music Emporium, 818 E. Dubuque St. From there, they will head over to Gabe's, 105 E. Washington St., for the nightcap of the show starting at 8 p.m.

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L. Bucky to exercise the one-year option, and I am hopeful we will still have a working relationship with the NFL's first time since 1966-71. With a provision contained in the deal, which went into effect in 1996-2000, players will have labor agreement after

No strike looming for 2001

Major League Baseball players and owners are nearing an agreement which could end the threat of a work stoppage and bring peace to the game for the foreseeable future. In a surprise move last month, owners had threatened a lockout if the players did not agree to extend their labor deal. The players, who have been fighting for higher salaries and better working conditions, agreed to the owners' demands and now both sides are working towards a new deal. The framework was established in 1996 to address revenue sharing and collective bargaining issues.

New secondary holds its own

Baker puts up 377 yards through the air—putting

Early Birds


Iowa notes

No strike looming for 2001

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Iowa's 12 games are over, but the TV ratings through the rail. He's fast in what and pretty thing good.

There's no need to see if Tiger Woods has revolutionized golf. He's created a new era in which the ratings through the rail. He's fast in what and pretty thing good.

No one disputes that Tiger Woods has revolutionized golf. He's created a new era in which the ratings through the rail. He's fast in what and pretty thing good.

Tiger Woods is the type of athlete that comes along every ten years or so to revolutionize and redefine the game. He's everything from swing technique to marketing the game, the face of golf mirrors Tiger Woods.

It is not even a debate whether Tiger Woods is good for golf; it is the best thing that has happened to professional golf. It is well known that some kids grew up wanting to swing like Tiger Woods instead of Muhammad Ali.

There is no new era in which the ratings through the rail. He's fast in what and pretty thing good. 

Is Tiger Woods' dominance bad for golf?

He's a young kid and I think he learned lesson. You can gain respect but not by dressing at a gray head.

—Dolphins starter Damon Runion, on San Diego's 15-19 loss, who once hit a home run off of B.J. Surhoff in Los Angeles 7-6, 10 inning victory.

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SPORTS

Victory pulls Mets even with Atlanta

NOTES

Continued from Page 2B

Iowa's 12 games are against 16 teams who made the NCAA Tournament in 1999, No. 1 Nebraska and No. 4 Oklahoma State. 

"It's tough," said Iowa's Kirk Ferentz, "but we're going to try to make the most of it." 

The Hawkeyes completed the record in the first half of the season, losing four of their last five. They are 5-1 in the conference. 

"It's obvious we just didn't get it done," Ferentz said. "It's our job to get the ball rolling from the start of the game and get the ball in the hands of our players." 

Iowa has run the ball well this season, averaging 210.5 yards per game. 

"We've got to get the ball rolling from the start," Ferentz said. "We've got to get the ball in our hands and make the big plays." 

The Hawkeyes are 5-1 in the conference and 5-2 overall. 

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San Diego turns up a new leaf at QB

After a risky two years in the NFL, Ryan Leaf takes ginning to play like the Chargers expected him to.

By Richard Voss

SAN DIEGO - Expectations for Ryan Leaf were high when he entered the NFL as a first-round pick in 1998. Instead, he has spent the last two years battling injuries and the loss of confidence that comes with them. But with the new season just around the corner, Leaf is hoping for a fresh start.

"I'm excited to get back out there and play football," Leaf said. "I've been working hard over the offseason, and I'm ready to prove that I'm worth the investment the Chargers made in me." Leaf has been out since the 1998 season due to an ankle injury. He had another injury to his throwing shoulder in 2000, which forced him to sit out the entire 2000 season. But he's back and ready to go.

"I've been working with the trainers and the coaching staff to get me ready for the season," Leaf said. "I'm 100% healthy and ready to go." Leaf is expected to start for the Chargers in the opener against Arizona on Sunday.

Preseason 'classic' games end with a bang

The fireworks that shocked just outside of Virginia Tech's field last night atmospheric pressure.

By Richard Voss

College football's season opener is always a special occasion, and the Virginia Tech-Miami game was no exception. The Virginia Tech Hokies and the Miami Hurricanes met up for the first time in the regular season, and it was a bang for the buck.

"It was a great game, and I'm proud of the way our team played," Virginia Tech head coach Frank Beamer said.

"We played well on both sides of the ball, and I'm excited to see how we perform in the future." The game ended in a 10-10 draw, and both teams will have to wait until next week to find out who will come out on top.

Leaf says goodbye to the Chargers

Ryan Leaf fires a pass during a drill at the team training camp on the first day of practice for the NFL's 2002 season.

"I'm excited to be back with the Chargers," Leaf said. "I've been working hard over the offseason, and I'm ready to prove that I'm worth the investment the Chargers made in me." Leaf has been out since the 1998 season due to an ankle injury. He had another injury to his throwing shoulder in 2000, which forced him to sit out the entire 2000 season. But he's back and ready to go.

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By Richard Voss

College football's season opener is always a special occasion, and the Virginia Tech-Miami game was no exception. The Virginia Tech Hokies and the Miami Hurricanes met up for the first time in the regular season, and it was a bang for the buck.

"It was a great game, and I'm proud of the way our team played," Virginia Tech head coach Frank Beamer said.

"We played well on both sides of the ball, and I'm excited to see how we perform in the future." The game ended in a 10-10 draw, and both teams will have to wait until next week to find out who will come out on top.

Leaf says goodbye to the Chargers

Ryan Leaf fires a pass during a drill at the team training camp on the first day of practice for the NFL's 2002 season.

"I'm excited to be back with the Chargers," Leaf said. "I've been working hard over the offseason, and I'm ready to prove that I'm worth the investment the Chargers made in me." Leaf has been out since the 1998 season due to an ankle injury. He had another injury to his throwing shoulder in 2000, which forced him to sit out the entire 2000 season. But he's back and ready to go.

"I've been working with the trainers and the coaching staff to get me ready for the season," Leaf said. "I'm 100% healthy and ready to go." Leaf is expected to start for the Chargers in the opener against Arizona on Sunday.

Preseason 'classic' games end with a bang
SPORTS

Iowa City, Iowa

Henry Thomas, has made little progress toward an agreement. The two teams have been discussing since the Heat were eliminated from the playoffs. Hardaway has indicated he may sign with another team. "I deserve a lot more respect than I'm getting," said Hardaway. "I took the easy road out there. I'm not taking any chances." He is not happy with how the Heat have handled the situation.

Henry Thomas, president of the Pacers, called a team meeting after the Heat lost to the Indiana Pacers in the Eastern Conference finals.

Scottie Pippen, a key player for the Heat, is expected to be ready for the playoffs. The Heat have been discussing a possible trade for Pippen, but the team is not ready to make a decision. "We're not on that team," said Heat coach Pat Riley. "We're not going to talk about the move they made." Hardaway said.

A 12-month tenure and free-time All-Star, Hardaway has been a disappointment this past season. A deep bruise in his left foot forced him to miss the playoffs. The Heat have been discussing a possible trade for Hardaway, but the team is not ready to make a decision. "I'm not sure what's going on here," said Heat coach Pat Riley. "I'm not sure what's going on here.

Avon Meier has been working out with Hardaway all summer and has been in contact with Riley regarding the Hardaway situation. "Going into it, I knew he should have been signed. But it's like this: There's a wild, unpredictable business," Meier said.

AmeriCorps Member

Community-oriented citizens needed to work with neighborhood youth groups in Iowa City.

Salary: $29,000.00 per year

Primary duties: "...".

AmeriCorps Members must be committed to serving in the community for one year. Members must be willing to work with local organizations to achieve the goals of the program.

For more information, please contact: AmeriCorps, 111 Communications Center, Iowa City, IA 52242-0002.
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Nissian of Iowa City

Full time, part time, or commission.

1010 West 2nd Street

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Call 319-354-6221 for more information.

HELP WANTED

Do you have Asthma?

Volunteers are needed to participate in an Asthma research study. Must be 12 years of age or older and good general health. Compensation available. Call 200-185-9919 for more details.

HELP WANTED

Child Care Providers

Volunteers needed to participate in an Autism research study. Must be 12 years of age or older and good general health. Compensation available. Call 200-185-9919 for more details.

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JOB OPENINGS

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Our rapid growth means we need the best servers & cooks at Applebee's.

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TODAY'S CALENDAR

**TUESDAY, AUGUST 29, 2000**

**Aires (March 21-April 19):** You will meet someone who will knock you off your foundation. Don't be afraid to use all your charm.

**Sagittarius (November 22-December 21):** You may be on a rampage of hate. It's best to stay away from anyone you dislike.

**Capricorn (December 22-January 19):** You may have a tendency to lose your patience when talking to others.

**Aquarius (January 20-February 18):** Cancer (June 21-July 22):

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**Horoscopes**

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**Crossword**

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**Daily Iowan**

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**Doonesbury**

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**Dilbert**

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**Rise and Shine with The Daily Break**

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**The Ledge**

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**things of the week**

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**Calendar**

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**Forth Floor**

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**运营小提示**

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**平日日历**

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**The Daily Iowan**

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Recreational Services

Volume 6, No. 1

2000-2001

Field House

The University of Iowa Field House is located at the west end of Campus Avenue. It houses the offices of the departments of Exercise Science, Sport, Health, Leisure & Physical Studies; PT Skills and the Division of Recreational Services.

The recreational facilities available for men and women in this building are the swimming pool, fitness room, free weight room, racquetball courts, martial arts areas, and softball complexes. Reservations for racquetball, handball, and squash courts can be made by calling Fitness East (335-5038) or by stopping at the Field House.

Other programs and activities offered by Recreational Services include:

- Aerobics
- Squash
- Sports Clubs
- Golf
- Racquetball
- Fitness
- Other programs

Recreational Services offers a variety of programs for the University community. Check the schedule for times and type.

FIELD HOUSE FEES

Racquetball / Squash Fees

<table>
<thead>
<tr>
<th>Fee</th>
<th>Per Hour</th>
<th>10-Punch Card</th>
<th>26-Punch Card</th>
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</thead>
<tbody>
<tr>
<td>Student</td>
<td>$4.00</td>
<td>$12.00</td>
<td>$10.00</td>
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<tr>
<td>Faculty/Staff</td>
<td>$6.00</td>
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<tr>
<td>Public</td>
<td>$8.00</td>
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<td>$22.00</td>
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</table>

Field House Pool Swimming Fee

$1.00 per use

Student/Staff $12.00, other $20.00

Reservations for Volleyball Courts & Other Recreational Areas

Call Recreational Services (335-6290) for information on schedules, procedures, and fees. $5.00 reservation fee for volleyball.

Fitness Loft Fees

<table>
<thead>
<tr>
<th>Fee</th>
<th>Daily</th>
<th>Semester</th>
<th>Summer</th>
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<tbody>
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<tr>
<td>Faculty/Staff</td>
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<tr>
<td>Public</td>
<td>$8.00</td>
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Halsey Hall

Halsey Hall is an east side recreation facility located between Calvin Hall and the Iowa Memorial Union. Recreational Services: Fitness East can be accessed from the alleys between Halsey Hall and the IMU. Parking Ramps: Men’s and Women’s locker facilities are also available.

Recreational Services: Fitness East & Recreation Building Weight Rooms

Annual Passes are available for Faculty/Staff and Public.

Fitness East Fees

<table>
<thead>
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Recreation Building

The Recreation Building is located just west and one of the football stadiums. In the main deck area there are 60,000 square feet of Putt Court; coastal area for recreational activities such as ping pong, and outdoor tennis. Call 335-3010 for information, and reservations.

REC BUILDING FEES

<table>
<thead>
<tr>
<th>Fee</th>
<th>Per Hour</th>
<th>10-Punch Card</th>
<th>26-Punch Card</th>
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<td>Student</td>
<td>$3.00</td>
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<td>Faculty/Staff</td>
<td>$5.00</td>
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<td>Public</td>
<td>$7.00</td>
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Free Weight Room Fees

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Under the balcony are the recreational locker facilities. There are space baths in the locker rooms.

iNFOline 333-3000

Your 24-Hour Source for Information or continue at http://www.uiowa.edu/~infosp
The University of Iowa Sport Clubs is a group of individuals organized for the purpose of furthering their interest in a common sport or recreational activity and designed to accept members at any and all skill levels and to provide recreational fun and/or competition depending on the desires of the membership.

Sport Clubs

To be recognized as a sport club under the sponsorship of the Division of Recreational Services, a club must first be recognized as a student organization by the Activities Board.

Clubs are encouraged to expand within themselves to accommodate the various skill levels from recreational fun to extramural competition.

Final recognition is subject to the approval of the Recreational Services Committee.

The University of Iowa and the Division of Recreational Services DO NOT provide insurance for club members and cannot be held responsible for injuries incurred through participation in sport club activities.

Current Clubs

- Aikido
- Chess
- Skiing
- Mountain Biking
- Racketball
- Ice Hockey
- Kayak
- Canoe
- Women's Lacrosse
- Rowing
- Women's Rugby
- Sailing
- Water Polo
- Cross Country
- Skiing (downhill)
- Snowboarding
- Soccer
- Synchedronous Swimming
- Table Tennis
- Men's & Women's Ultimate Frisbee
- Volleyball
- Waterpolo
- Water Sports
- Windsurfing
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The University of Iowa Division of Recreational Services offers various aerobic and exercise programs for students, faculty/staff, and the public. Classes are geared for the many fitness levels of the participants. Instructors stress the importance of working at your own level and "listening" to your body. Making each class safe and effective for the participant is the number one goal. These classes are a great way for total fitness improvement. Regular attendance will benefit your cardiovascular fitness, flexibility, muscle strength and endurance. A wide range of exercise classes are offered to enhance participants' program goals and quality of life: cardio party, hilo/lo, step, sculpt, kickboxing, and cycling (Cycle Reebok).

Aerobic Classes are held at noon, 3:00, 5:30 and 7:00 P.M. (These times remain the same, however, instructors and workouts will vary. Consult the schedules or call the Fitness/Aerobic information line 353-3000 for more information.)

Aerobic/cycling/workouts are $4.00 per workout. A FITNESS punch card may be purchased (10 workouts for $32 or 20 workouts for $64). There is no expiration date for the punch cards; however, Recreational Services is not responsible for lost or stolen punch cards and no refunds are given. Programs that differ in cost will be noted in their description. If you work out 3 or more times a week, consider buying a quarterly punch card for unlimited aerobic/cycling for the entire semester. ($75 for students, $90 for faculty/staff & $110 for public). A Fitness Combo Package is also available each semester ($10 for students, $117 for faculty/staff & $125 for public). This combo package permits usage of Fitness Loft, Fitness East, Re Building, and East Hall Weight Room, PLUS unlimited Aerobics.

Each class varies as do instructors' styles, yet techniques are consistent: safe and effective. The instructors may incorporate exercise equipment that reduces monotony or incorporates a certain fitness aspect. Equipment includes boxing gloves, resistance tubing, jump ropes, hand weights and other props.

As with any exercise program, if you have any medical concerns or history of medical problems, or if you have not participated in an aerobic class, you should consult a physician to obtain approval for participation. Any recommendations or limitations from your physician should be communicated to the instructor before class. This is to assure you that the class will be modified, if need be, to make it safe and effective for you. Before beginning an exercise program, participants are encouraged to have a physical exam and in certain programs (i.e. Upper Class, Balanced Choices, etc.) they are required to get medical clearance from their physicians.

**Cardio Party**
A challenging cardiovascular conditioning class includes but is not limited to: follow impact step aerobics, kickboxing, and cardio circuits. This is a ten-week program designed to provide students, faculty, and staff with the optimum cardiovascular and lower body workout. Cycle Reebok is an exciting program that utilizes the most innovative sports psychology, including guided imagery, motivational techniques and exercise physiology to prepare both mind and body for ultimate performance. The instructor takes the class through a workout that is fun, challenging and additive. This workout welcomes newcomers and challenges even the most seasoned athletes.

**Life**
In the Cardio Party class, the safety of a low-impact class has become a hallmark of an effective aerobic challenge needed by many highly fit individuals. To respond to a need for proper balance between safety and effectiveness, instructors are exploring the integration of high and low impact choreography.

**Fitness East**
Fitness East is our entertainment center found in both fitness facilities where you can enjoy your favorite TV shows.

**Fitness Loft**
Recreational Services Fitness Loft is located on the fifth floor of the Field House. Cardiovascular equipment includes: stairclimbers, treadmills, rowing machines, EFX elliptical crosstrainers, strength and resistance bikes and various pieces of selected weight equipment. Also in this facility are Hammer Strength, Pro-Power and free weight equipment.

Fitness East
Fitness East is located on the east side of campus in Hal李 Hall (by the Mall). Cardiovascular equipment includes: stairclimbers, treadmills, rowing machines, EFX elliptical crosstrainers, weight and resistance bikes and various pieces of selected weight equipment. The Cardio/Theater is our entertainment center located in both fitness facilities where you can "walk or run on a treadmill, ride a bike, climb a step, or even do an exercise routine while enjoying your favorite TV show!".

**Recreation Building Workout**
Recreation Building Workout offers various pieces of Hammar Strength, Pro-Power and free weight equipment. A 3.5 hp Divo-flex sport flooring was installed for secure and comfortable footing. Cost per semester for the weight room only is $33 for UI students, $50 for UI Faculty/Staff and $66 for the general public. Daily walk-in is $3.

**Personal Trainer Services**
The goal of every personal trainer is to develop a balanced exercise program that fits your specific needs, goals and lifestyle. The fee includes your initial fitness consultation/assessment and one-on-one training. Each session is a minimum of 30 hours. Fitness assessments are available each month at no charge. Body composition, cardiovascular endurance, blood pressure, flexibility, and muscular strength/endorsement are assessed. Dates and times will be posted in the Fitness Loft/Fitness East or call the Educational Program Line.

**POLICY REQUIRES ALL PASS HOLDERS TO SHOW THEIR PASS PRIOR TO WORKOUT!**
The University of Iowa Field House is located at the west end of Grand Avenue. It houses the offices of the departments of Exercise Science; Sport, Health, Leisure & Physical Studies; PE Skills and the Division of Recreational Services.

The Field House has a storied history. It has served as the site for the U of I’s intercollegiate and intramural sports. The original Field House was built in 12 months at a cost of $620,000.00. Upon its completion, in 1927, it stood as the largest facility of its kind in the world (5.5 million cubic feet).

The original Field House had a dirt floor, cinder track, gymnasium, swimming pool, squash and handball courts, as well as coaches quarters, classrooms, offices. The adjacent armory housed the Reserve Officers Training Corps.

A remodeled Field House was reopened in the fall of 1984 and serves as the main recreational facility on campus. The south gym addition was completed in February of 1989 to replace the armory. The recreational facilities available for men and women in this building are the swimming pool, fitness room, free weight room, studio cycling room, mat room, martial arts, table tennis room, aerobics room, climbing wall, and 3 activity areas, 5 badminton courts, 10 basketball/volleyball courts, 18 racquetball courts, 3 squash courts, and a one tenth of a mile raised track.

North and west of the football stadium, is the Recreation Building. It is home to the Men and Women’s Intercollegiate Track and Tennis teams as well as for recreational use. The main deck is made up of 68,000 square feet of Proturf surface. Participants can choose to walk/jog on the indoor track or play tennis on one of the six indoor tennis courts, (4 doubles & 2 singles). The upper deck contains a weight area with free weights and Hammer Strength. There is a locker room with full and ½ size lockers, rented by the semester, plus coin lockers for drop in use. A small concession area is also available. Tennis leagues, clinics, and private lessons are held for all ages. Call 335-9308 for more information and to make tennis reservations.

Located on the east side of the Iowa River, between Calvin Hall and the Iowa Memorial Union, is the home of the new Fitness East workout facility. The new facility entrance is located on the north side of the building in the alley across from the IMU Parking Ramp. In addition, Aerobics classes are held in the gray room (check aerobics schedules for time & type). Men and women’s locker facilities are available.
Hawkeye Recreation Fields

Located on Hawkeye Drive, the Hawkeye Recreation Field complex has eight fields 120 feet by 300 feet. Four of these fields are lighted and will be used primarily for intramural flag football. There are four multipurpose fields, 225 feet by 330 feet, that will be used for soccer, rugby, lacrosse and ultimate frisbee clubs. One field, 225 feet by 390 feet, is currently being used as the Women's Intercollegiate Soccer field.

A concession/storage building houses the men's and women's restrooms. Adjacent to the building is a 225-car parking lot.

Highway 6 and Mormon Trek Road bound this field complex. The Hawkeye Softball Complex is located on the Southwest corner of the area and has three fields that are 275 feet to the fence and one women’s intercollegiate field. These fields are available on a scheduled basis from approximately April 1 - October 14.

Three sand volleyball courts, a 1.1-mile fitness trail, a soccer field and the intercollegiate track are also located in this area.

A bike trail runs through the area that contains native prairie grasses, a wetland area and a heavily forested hillside. This combination makes a pleasant atmosphere for relaxation and recreation.

Klotz Tennis Center

The University currently has a total of 16 outdoor tennis courts for use by students, faculty/staff, the public and their families. They are available on a scheduled basis from approximately May 1 to Oct 1. The courts are the hard Laykol-surface type, and are located on the corner of Melrose and Woolf avenues near the south end of the University football stadium. A tennis center, with a pro shop and concessions, is located at the west end of the courts. Tennis leagues, clinics and private lessons are held for all ages. Call 335-9293 for more information.

Softball Complex and Lower Finkbine

Facilities...
There are six large picnic areas located throughout Macbride Nature Recreation Area. Each area has its own distinctive feature. CEDAR Shelter is private, while CAMPING Groups: picnics. Exclusive use of picnic areas is possible by making paid reservations in advance (see Reservation Policy).

There are approximately 10 miles of hiking and skiing trails on MNRA. Most of them are groomed for cross-country skiing in the winter months. Maps of the trail system can be found around the park.

Picnicking
There are six large picnic areas located throughout Macbride Nature Recreation Area. Each area has its own distinctive feature. CEDAR Shelter is private, while CAMPING Groups: picnics. Exclusive use of picnic areas is possible by making paid reservations in advance (see Reservation Policy).

Running water can be obtained from pumps located throughout the area. Campsites may be reserved in advanced at Recreational Services (see Reservation Policy).

CAMPING IS PERMITTED ON DESIGNATED CAMPSITES ONLY

Reservation Policy
Paid advance reservations may be made in the Recreation Services Office, Room E216 Field House, Monday-Thursday 8:00 a.m. to 5:00 p.m., AT LEAST 24 hours in advance of desired time. The list of advance reservations is posted daily at MNRA. Sites unreserved in advance may be reserved on a first come basis by filling out a reservation form located at MNRA. Campsite reservations begin at NOON and end at 11:00 a.m. the next day. Picnic sites are reserved from OPENING to CLOSING each day.

Hayrides
Hayrides are available in the fall Sept.-Oct. The cost is $50.00 per wage load. Maximum number of people per wagon is twenty (20). Reservations are necessary and the key is payable in advance. Reservations may be taken in the Recreation Services Office, E216 Field House.

Sailing Club
The University of Iowa Sailing Club operates from the SOCIAL CENTER on MNRA. They have approximately 45 boats and members is open to students, faculty, staff, and public. Membership dues may be paid by the semester at fairly inexpensive. Children first grade through sixth grade are attend the wildlife camps during the summer. The camp features exciting hands-on activities for the children that expose them to the diverse plants and animals found in our area. Activities such as crafts, art, games, and field trips allow the children to learn first-hand about the native plants and animals found in Johnson County. Some specific activities include flower and tree identification, natural identification, bird banding, butterfly rearing, and soil collection. Firewood can fill all of the kids. See information may be obtained from Recreational Services.
TOUCH THE EARTH provides opportunities for members of both the UI community and the local City community to become involved themselves in a variety of outdoor activities. Through a list of outdoor activities, students can participate in the necessary technical skills to become involved. In order to ensure these activities are carried out in a manner that is safe and enjoyable for both the participant and the environment, our program strives to provide both the confidence and the expertise to continue to enjoy the outdoors. Our program acts as a constant and comprehensive resource.

REGISTRATION:
Registration for all Physical Education classes costs $20.00, and all activities are located in Room 131 of the Field House. Registration for all trips and seminars takes place in the Recreational Services Office located in Room 121 of the Field House.

COST:
The cost for each Physical Education class includes instruction and materials only ($20.00). All trips include transportation, some meals, instruction, and guiding, and fees of $50.00.

CANCELLATION POLICY:
All classes taught by the Physical Education Department are contingent upon enrollment. Students are advised that failure to attend registration will result in a forfeited charge of 100% of the listed fee. A refund, minus a $15.00 administrative fee, will be issued if the Recreational Services Department can locate a replacement participant.

JUMP START:
TOUCH THE EARTH offers both non- and off-campus biking trips and excursions. Emphasis is on safe riding practices, efficient riding techniques, equipment familiarity, bicycle repair and trip planning. Participants will increase their level of bicycle riding knowledge and riding enjoyment. Current trip and class location range from the Iowa City area to remote areas of Wisconsin and Utah.

Please note that the maximum number of students for each class is listed and the minimum is listed first.

Fall 2000

September 9

Introduction to Rock Climbing (Wild Iowa), Introduction to Bicycle Repair, Rope Course

September 16-17

Introduction to Rock Climbing (Wild Iowa), Introduction to Bicycle Repair, Rope Course

September 23-24

Introduction to Mountain Bicycling, Introduction to Rock Climbing, Rope Course

October 7-9

Introduction to Rock Climbing (Wild Iowa), Introduction to Bicycle Repair, Rope Course

October 14-15

Introduction to Mountain Bicycling, Rope Course

October 21-22

Introduction to Mountain Bicycling, Introduction to Rock Climbing, Rope Course

October 28-29

Introduction to Rock Climbing (Wild Iowa), Rope Course

November 4-5

Introduction to Rock Climbing (Wild Iowa), Canning, Rock Climbing (Wild Iowa)

November 11-12

Introduction to Rock Climbing (Wild Iowa), Canning, Rock Climbing (Wild Iowa)

November 18-19

Introduction to Rock Climbing (Wild Iowa), Canning, Rock Climbing (Wild Iowa)

PREFERENTIAL REGISTRATION:

Fall 2000 WEEKEND ELECTION CREDIT CLASSES

September 9

Introduction to Rock Climbing (Wild Iowa), Introduction to Bicycle Repair, Rope Course

September 16-17

Introduction to Rock Climbing (Wild Iowa), Introduction to Bicycle Repair, Rope Course

September 23-24

Introduction to Mountain Bicycling, Introduction to Rock Climbing, Rope Course

October 7-9

Introduction to Rock Climbing (Wild Iowa), Introduction to Bicycle Repair, Rope Course

October 14-15

Introduction to Mountain Bicycling, Rope Course

October 21-22

Introduction to Mountain Bicycling, Introduction to Rock Climbing, Rope Course

October 28-29

Introduction to Rock Climbing (Wild Iowa), Rope Course

November 4-5

Introduction to Rock Climbing (Wild Iowa), Canning, Rock Climbing (Wild Iowa)

November 11-12

Introduction to Rock Climbing (Wild Iowa), Canning, Rock Climbing (Wild Iowa)

November 18-19

Introduction to Rock Climbing (Wild Iowa), Canning, Rock Climbing (Wild Iowa)

PREFERENTIAL REGISTRATION:

Labs for 28091 will be held on
September 30, October 1, 7, 8.

SPRING 2001

WEEKEND ELECTION CREDIT CLASSES

February 17-20, 2001

Cross-country skiing, Devils Lake, WI

February 21-24, 2001

Introduction to Rock Climbing, Devil's Lake, WI

Introduction to Rock Climbing, Devils Lake, WI

Winter 2001

WEEKEND ELECTION CREDIT CLASSES

January 27-30, 2001

Introduction to Rock Climbing (Wild Iowa)

February 3-4, 2001

Introduction to Rock Climbing, Devils Lake, WI

February 10-11, 2001

Introduction to Rock Climbing, Devil's Lake, WI

February 17-18, 2001

Introduction to Rock Climbing, Devil's Lake, WI

February 24-25, 2001

Introduction to Rock Climbing, Devil's Lake, WI

March 3-4, 2001

Introduction to Rock Climbing, Devil's Lake, WI

March 10-11, 2001

Introduction to Rock Climbing, Devil's Lake, WI

March 17-18, 2001

Introduction to Rock Climbing, Devil's Lake, WI

March 24-25, 2001

Introduction to Rock Climbing, Devil's Lake, WI

April 7-8, 2001

Introduction to Rock Climbing, Devil's Lake, WI

April 14-15, 2001

Introduction to Rock Climbing, Devil's Lake, WI

April 21-22, 2001

Introduction to Rock Climbing, Devil's Lake, WI

April 28-29, 2001

Introduction to Rock Climbing, Devil's Lake, WI

May 5-6, 2001

Introduction to Rock Climbing, Devil's Lake, WI

May 12-13, 2001

Introduction to Rock Climbing, Devil's Lake, WI

CANCELLATION POLICY:

Check with the supervisor of the trip or class in the following situations with the supervising instructor in person.

All Physical Education courses and classes include a comprehensive trial and recovery period. If a student becomes injured and unable to participate in class or trip activities, the student must inform the supervising instructor in person. This policy is necessary, TEAMWORK IS THE KEY. The HIGH ADVENTURE CHALLENGE COURSE staff is trained to ensure participants meet all challenges in a safe, supportive environment. A minimum of 9 people and a maximum of 20 are required to organize a course.

Programs can be organized from 1-2 days in length. Reservations must be made 2 to 3 weeks in advance. Please contact 848-5403 for more information.

September 24-25, 2000

Hiking with Canoe, Devils Lake, WI

September 29-30, 2000

Hiking with Canoe, Devils Lake, WI

October 6-7, 2000

Hiking with Canoe, Devils Lake, WI

October 23-24, 2000

Hiking with Canoe, Devils Lake, WI

November 6-7, 2000

Hiking with Canoe, Devils Lake, WI

December 4-5, 2000

Hiking with Canoe, Devils Lake, WI

ROCK CLIMBING:

Rock climbing opportunities in the midwest are surprisingly varied. Our hiking and backpacking trips take participants to such beautiful locations as Teton National Park, the Wind River Range and the Big Horn Mountains of Wyoming, Rocky Mountain National Park, Indian Peaks Wilderness Area, Mammoth Rock/Devil's Head Wilderness Area, and Knobstone Mountain, as well as many other natural wonders in Minnesota. Not only will participants enjoy the splendor of these areas, but they will also learn the fundamentals of backcountry travel and return with a renewed appreciation for our natural environment.

Since 1977, the TOUCH THE EARTH OUTDOOR RECREATION AND EDUCATION PROGRAM has been a part of the University of Iowa Division of Recreational Services.
WHO IS ELIGIBLE?
All students, faculty and staff of the University of Iowa are eligible for the program. In order to compete in the residence hall division, you must live in a residence hall. In order to compete for a fraternity or sorority, you must be a member or pledge to that organization. You may only compete for one team in a sport, but may switch to other teams in other sports if you are eligible for more than one team.

HOW TO ENTER A TEAM
If you are interested in entering a team in an intramural activity, stop by the Division of Recreational Services Office, E216 FH, at 335-9293 for more information.

INSTANT SCHEDULING vs TRADITIONAL SCHEDULING
If a sport is instant scheduled, teams are given their playing times at the time they sign up for the sport. They then play at the same time each week. It is in their advantage to sign up at the earliest opportunity if they have a certain time that is best for them. In traditional scheduling entries are accepted until a deadline. Teams may or may not be given an option of preferred time. In any case, it is to no advantage to come in early as all teams will have the same chance of obtaining their preferred times. Instant scheduled activities include: Flag Football for men, Golf, Frisbee Golf, Volleyball & Basketball.

FIGHTING POLICY
There is a policy in place to discourage fighting and encourage sportsmanship. Participants are urged to become familiar with these rules and policies before participating in the program. All eligibility rules and policies governing participation in the program may be picked up in E216 of the Field House.