**Library swoops into digital**

In the next year, library officials expect to digitize twice as many archival materials.

By ALLISON KELLY
allisonkelly@uiowa.edu

Greg Prickman, a University of Iowa Special Collections librarian, took an 800-year-old book out of a large box and placed it on a table.

Prior to now, students had to make a special trip to the Main Library to see the tome’s animal-skin pages, but with more than 400,000 pieces of the library’s archives digitized, students can access them online.

Now, library officials are pushing digitizing further, working on all of the 20,000 items in the Civil War collection in time for its sesquicentennial.

“We try to aim what we digitize to the areas as much as we can,” said Prickman, an assistant head of Special Collections and University Archives.

(With digitizing) we provide people another way of accessing collections.

Originally, digitizing projects weren’t nearly as functional on a scholastic level and were primarily used to support online exhibits of materials, highlighting the physical collection. However, as digitized archives become more comprehensive, they have also become more useful academic resources — particularly when physical documents are limited.

**Dance Marathon: Families**

Wrestling through the diagnosis

An avid hunter and fisherman, 15-year-old Dillyn Mumme has a passion for anything sports-related.

By ALLIE WRIGHT
alliewright@dailyiowan.com

Dillyn Mumme was set to be the first freshman in his school to wrestle varsity at Mount Pleasant Community High School. In both his seventh- and eighth-grade seasons, Dillyn was never pinned.

But before the rising star had the chance to take the mat, a cancer diagnosis two years ago put his athletic plans on hold.

After two years of treatment for lymphoblastic leukemia, the 15-year-old Dance Marathon patient maintains a passion for anything sports-related and jumps at any opportunity to discuss the University of Iowa wrestling team, fishing, or hunting.

**Council eyes housing plan**

The council is using models to more evenly spread affordable housing.

By EMILY HOERNER
emily-hoerner@uiowa.edu

Iowa City's Southeast Side may soon be una vailable for affordable-housing funding.

If Iowa City councilors don’t alter the model presented at a special work session Monday night, southeastern Iowa City — along with pockets near Roosevelt, Hoover, and Lamme Elementary Schools — likely won’t receive funding for affordable housing anytime soon.

The council is set to decide on the model at its Feb. 15 meeting.

Representatives from the city’s planning and community-development department unveiled a new computer program on Monday, which will allow city officials to use a number of variables in determining affordable housing locations.

**Officials bemoan courthouse security**

Officials likely won’t upgrade security until a new justice center is built.

By JOSH GUNN
Josh-quinnett@uiowa.edu

A loud crack from the courthouse doors sent Iowa City County Sheriff’s Deputy Sue Henderson to motion. She leapt from her desk, dashed around the corner, and gazed into the main entrance of the Johnson County Courthouse.

Nothing happened.

Henderson is one of two deputies assigned to the courthouse who act as daily security guards. Aside from a system of cameras, the deputies’ presence is the extent of security bemoaned by Iowa City councilors.

“We do the best we can for what we have,” Henderson said, returning to her desk. “We do the best we can for what we have to work with,” Henderson said, returning to her desk.

**Daily Break**

Let us know about your upcoming event. Submit information to the event calendar and we’ll publish it there and on the Daily Break page.

To submit a listing, visit dailyiowan.com/pages/calendar.

**WEATHER**

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Let us know about your upcoming event. Submit information to the 20th annual online event calendar and we’ll publish it there and on the Daily Break page.

To submit a listing, visit dailyiowan.com/pages/calendar.
New doctors examine a boom

The total number of deaths investigated in Johnson County has increased by between 3 and 5 percent of the last three years.

By KATIE MEIER

The hiring of two additional coroners has increased the work in a venereal issue, according to the Johnson County Medical Examiner's Office.

And taxpayers can take a look at the positions if they don't create another boom.

This is a huge bargain for Johnson County.

The Johnson County Health Department has approved the hiring of the two coroners, according to a news release from the city on Jan. 27. That both of the investigators are two coroners is a medically forensic pathologist is under consideration, the release said.

Dr. James M. Milam, 57, and Dennis W. Fisher, a clinical pathologist at the University of Iowa Hospitals and Clinics, one of the now employed medical examiner.

In the wake of more popu-


police force.

The police arrested a local woman after she allegedly tried to stab her ex-boyfriend when police became involved.

Ann Jones, 28, of Cedar Rapids, was arrested for third-degree assault.

Jones was arrested at 4:15 p.m. on Jan. 30.

Marie Remsen, 47, Cedar Rapids, was also arrested for third-degree assault.

Remsen was arrested at 4:30 p.m. on Jan. 30.

POLICE BLOTTER

in the guns when she allegedly tried to stab her ex-boyfriend.

in the car.

The report said the defendant, 24, of Cedar Rapids, had a gun at the scene and was about to shoot her ex-boyfriend.

The report also stated that the defendant's large size and strength made it difficult for police to take the gun.

The report said that the defendant's ex-boyfriend had been charged with third-degree assault.

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**Scott County Security measures: employed**

- **Metal detectors**
- **Bailiffs**
- **Secure entrances**
- **Uniformed bailiffs**
- **Metal detectors**
- **Employed:**
  - **Scott County Sheriff's Office**
  - **Johnson County Jail**
  - **Scott County Jail**

The Scott County Sheriff’s Office has deployed similar measures in other locations, such as the Scott County Courthouse, which has a renovated secure entrance and increased security at the courtrooms.

**Roommate Wanted**

**FEMALE STUDENT SEeks ROOMMATE.**

Must be willing to share...everything. Killer personality a plus. Call Rebecca 866-666-6001 In Theaters February 4
A welcome push to probe college-athletics training

Athlete injuries are unacceptable

Athletes trained to have the “boxer’s brain” — they leak into the blood — by the bones of their skull and other areas of the body. This is one of the most common causes of death in athletes, and it is a problem that must be addressed.

The flaw is that the “boxer’s brain” is trained to have the “boxer’s brain” — they leak into the blood — by the bones of their skull and other areas of the body. This is one of the most common causes of death in athletes, and it is a problem that must be addressed.

In addition to what we know about the “boxer’s brain,” there is another problem that we must address: the lack of adequate training and education for athletes on the risks involved in playing sports.

The National Athletes Trainer Association presented a consensus statement to raise awareness of the condition and recommend important steps to prevent serious injury.

In order to prevent such injuries, it is essential that we focus on education and prevention. The National Athletes Trainer Association has published a consensus statement on the prevention and management of sport-related concussion. This statement emphasizes the importance of education and prevention for athletes and coaches.

DI was off-base in its analysis of the U.S. Games

DI is not talking to our readers about what is happening on the ground, with the athletes themselves. It is not providing a voice of reason to enrich experiences and the understanding of a topic that is critical for our society.

For example, in the recent U.S. Games, DI reported on the lack of support for athletes and the challenges they face. However, it did not provide any meaningful analysis or critique of the events, nor did it offer any constructive suggestions for improvement.

In conclusion, DI’s analysis of the U.S. Games was off-base and lacking in depth. It did not provide a meaningful analysis of the events, nor did it offer any constructive suggestions for improvement.

Bachmann overdrive

Bachmann’s supposed status as a “phenotypical alteration in blood cell shape” and her personal experiences may have influenced her decisions, but it is not clear how relevant these experiences are to her role as a public figure.

In summary, Bachmann’s supposed status as a “phenotypical alteration in blood cell shape” and her personal experiences may have influenced her decisions, but it is not clear how relevant these experiences are to her role as a public figure.

Letter

Dear Reader,

I am writing to express my concern regarding the lack of coverage on the NCAA and its policies on college-athletics training.

Recent reports have highlighted the issue of college-athletes being overtrained, leading to injuries and even fatalities. The NCAA has been criticized for its lack of regulation and enforcement of these policies.

I urge DI to increase its coverage of this issue and hold the NCAA accountable for its policies. A thorough investigation into the NCAA’s policies and practices is necessary to ensure the safety of college-athletes.

Sincerely,
[Name]
UI revamps general education

The reorganized general education program will be implemented this fall.

BY ALISON SULLIVAN

Instead of entering through a laundry list of requirements this fall, incoming undergraduates will take a more orderly display of what they need to graduate from the University of Iowa.

The UI College of Liberal Arts and Sciences will unveil a reorganized general education program this fall designed to help better communicate graduation requirements to incoming students.

"It will make the requirements easier to understand," said Helena Dettmer, an associate dean of the UI.

The current requirements — which include rhetoric, humanities, natural sciences, distributed education, and five or fewer electives — will all still be a part of the requirements for the program, but simply grouped differently.

Students transferring out of the UI will be better able to see what requirements they have already completed.

In recent years, the UI has had feedback about transferring to the university because the programs such as Transfer of Liberal Arts and Sciences are not part of the program.

The program will be designed to start at local community colleges, transferring later on status and credits.

The change comes after former Provost Michael Hooker gave Dettmer, along with university staff, students at the university, the task to reorganize course requirements in the liberal arts school as part of a 10-year review.

One of the biggest issues identified, said Hooker, is that the current structure isn't cohesive.

The new program is "a grouping of all the courses to make a more cohesive program that aligns with the community colleges to ensure the general-education requirements would transfer to the UI," Hooker said.

After 12 UI officials administered a student survey, they received feedback from students who mentioned the confusing format of the requirements. But now, Pat Folsom, the associate provost for enrollment and the provost, said the new program has been put in a language that students can understand.

"The courses were very heartening," Folsom said.

"Both faculty and students mentioned that the program wasn't cohesive." Folsom said the new program will result in a grouping of all the courses and a new category called a shift from what committee members called a "lengthy checklist."

The three categories are communication and literacy, a grouping of all the humanities and social sciences, and cultural, societal and the arts.

The committee has had feedback that the category is ready for the past three years, and it has been approved by the Educational Policy Commission, the Faculty Assembly, and the provost.

The changes won't cost the UI anything. Folsom said.

"We are not creating a new format; we are creating a new visual display of the breadth of the knowledge that students need to know," she said.

The new format was created as part of a more efficient program for its students. Inaugural

Kathy Whiteside

Kathy Whiteside plays with 3-year-old cancer patient Khane Neagle on Jan. 29 in the University of Iowa Children's Hospital.

Whiteside has helped pediatric inpatients adapt to the hospital for 27 years.

She said her goal is to make sure the kids don't remember the bad parts of cancer but the fun times.

"I feel happy that I can help them be the person that they are and not the illness," she said.
Beating the cultural drum

Abby Ballain works to connect the community to the arts and culture of the Corridor.

BY MAGGIE CUNNINGHAM

Abby Ballain is the star of the Iowa Cultural Corridor Alliance’s one-woman show.

“We are the Corridor Alliance’s only employees, Ballain, 27, Jones above the Backstage Bar and beyond the requirements of her position as executive director and connected the arts and culture of the Corridor area with the community. The alliance is a nonprofit organization that promotes varied cultural activities of its partners to ensure that the community has access to many opportunities. The 152 organizations include large institutions such as the University of Iowa’s Art and Art History and the Bijou, as well as individual artists.

“I have taken the reins of the Iowa Cultural Corridor Alliance Aug. 1 and immediately affected the 153-plus-member organization by her position to ensure that her passion prevails,” said Marcia Hughes, the president of the Iowa Cultural Corridor Board. “She has such a sense of the community, of extension, of such an active tour of duty.”

Play by play

Ballain has upped the ante in the arts and culture of the Corridor. She has been raised more than $1 million since taking the reins of her position as the Corridor Alliance’s executive director last year. “She has not only to meet but to exceed the requirements of the job description,” Ballain said. “As board president, I could not be prouder of this having or this individual.

“I have always enjoyed the arts, and Ballain never has a typical day. From morning until late afternoon she ensures that the community is connected to the arts and culture of the Corridor. She has such a sense of extension, of such an active tour of duty,” Hughes said. “As board president, I could not be prouder of this having or this individual.

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"All [approved requests] are important in different ways," said committee member Kyle-Dale Walters. "Research is just as important as day-to-day funds such as patient comfort care, which are more longstanding. The UI Children’s Hospital hopes to have the research lab completed sometime in 2013, but the exact date is unknown. The development of the lab depends on the depopulation of the donation — some of the federal funds were dispersed in 2010, and the rest of the funds will be dispersed after the $1 million UI Dance Marathon’s 2010 funding.

The committees also approved funding for several recurring projects over the past several years, including the Do-Iowa Pay Program — which gives UI students up to $1,000 to families for use toward medicine co-pays, which may not always cover — and summer family trips to Adventureland Theme Park. "An important question is, how will Dance Marathon be recognized through this contribution?" Nelson said.

While the possibilities for requests are endless, he believes research, services, and emotional support should be the focus of the requests.

"We are waiting, and we have been students who have requested mone-

y to follow them to the university to serve as mentors and to be roommates, Nelson said.

According to the university statement, Dance Marathon creates and sustains special needs and financial support for those students and families treated at the Children’s Hospital. On Friday, the UI will host its 20th annual Dance Marathon event, raising money for students and their families treated at the Children’s Hospital.

Tickets online at www.hancher.uiowa.edu. Call 319/335-1160 or 1-800-HANCHER. Todt and access services are available.

ADDITIONAL ACTIVITIES / ADVANCE AND OPEN TO THE PUBLIC

Open House: "Mercy Cunningham: Exploring the Landscape" Other events:

• Dance Marathon’s 2010 funding (4 percent) • Food service support (4 percent) • General educational resources (1 percent)

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DILLYN MUMME

Dillyn Mumme, 15, tries on his letter jacket at his home in Mount Pleasant on Monday. Dillyn participated in wrestling, track and cross-country in school.

Dillyn Mumme

Age: 15
Hometown: Mount Pleasant
Year in school: High school sophomore
Favorite book: “Let It Rock”
Favorite sport: Wrestling
Favorite color: Brown
Favorite food: Chicken
Favorite hobby: Acting
Favorite thing to do after school: Hang out with friends

28 Days of Heart Health

Sign up now to receive tips on how to live a healthy heart life. As part of American Heart Month, UI Heart and Vascular Center is offering daily tips and expertise to help you live a heart-healthy lifestyle.

Sign-up for access to:
- Heart healthy recipes and cooking videos
- Exercise tips
- Facts about your heart
- Ways to reduce your stress
- Inspirational stories
- Information on heart screenings, free screenings coming soon
- A way for you to share your personal story about heart disease

Get a daily e-mail with a new tip presented in an interactive fun way on the web.

Sign up for your daily e-mail at uihealthcare.org/heartmonth.
the ledge

NATHAN WULF

Today is National Freedom Day:

• It’s finally here. National Freedom Day is my second favorite holiday based on its constitutional amendment. A Civil War event, it’s kind of Walking Day. But only because I love history re-enactments where I get to tell soldiers to get the hell out of my path.

• When I was first told about National Freedom Day I was excited that I would be on April 16, and considered that a dandy of a reason. Once it was pointed out to me that Freedom Day was—in fact—real, I was not as impressed, perhaps Labor Day, Memorial Day, President Day, Constitution Day, Independence Day or Independence Day neighbors undergone new management. The current management’s desire to commemorate the signing of the 15th Amendment. ONLY Freedom Day needs to get your nose holidays and stop pushing Freedom Day Page人为.

• Many Americans are either unaware of Freedom Day or call it by its more common name, Freedom Day. Establishing National Freedom Day is not listed as one of the three notable events of Franklin’s presidency. The third one being

• is a more ironic American than Feb. 1. It is the day we elect our first Miss America, the day the first U.S. Supreme Court convened, the day the first unarmed cow was killed, and the day the first time the American flag was on the moon. On that day, our nation has seen a lot happen. And this day is a day to remember.

• But a day to remember with a purpose. Make your own personal contributions to the cause. Of course, if you believe in celebrating something, you should celebrate it.

• LORI on Stop procrastinating. You need to make your voice heard in every stage of the process. You need to show the world what you can do, and what you want to do. Be a leader in your community. Be a leader in your life. Be a leader in your hometown. Be a leader in your country.

• Make choices that will improve your surroundings. You don’t have to be a superhero, but you can be a hero. You can be a leader. You can be a part of the solution.

• Stop procrastinating. Stop putting things off. Do it now. Today is National Freedom Day. Make the changes you need to make. Make the choices you need to make.

• Don’t let others know how you feel about a situation. Don’t let others put you in a box. Don’t let others tell you what to do.

• You have the power to make personal changes. Make sure you take the time to make the right choices. Make sure you take the time to think about what you want to do.

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WRESTLING
CONTINUED FROM 14
Cael Sanderson’s squad featured the experience of the past couple seasons, although without the national champion Doyle since last week’s New Jersey trip. This past season, Doyle, who had bested the Hawkeyes in the 2009-10 meet, stepped on the mat in January vs. No. 1 Cornell on Jan. 4 and surprised everyone. The junior, who was the Big Ten top wrestler in 2009-10, took an undercard title vs. Matt McDonough and then later lost by decision. The Hawkeye 141-pounder lost by decision, 4-1, in the top six in their regional meet.

That wasn’t unfair to the opinions of Cornell’s coach, who said that Doyle’s close victory to that date was a 21-17 victory over Lehigh — a squad that beat then-No. 1 Cornell on Jan. 20. Other than that, Sanderson and Company had been dominating all who stepped on the mat with the No. 1 ranked squad.

But then Iowa arrived in State College, Pa., and Doyle continued his outstanding form and showed why the program was one of the top three national champions.

One hundred twenty-five-pound Matt McDonough set the tone with a pin, and Tony Varela followed with an upset over No. 5 Andrew Long — last year’s runner- up to McDonough at 125.

McDonough scored another upset in his return to the mat, an 11-9 come-back triumph over No. 5 Andrew Alton.

In the process, Iowa coaches said, "We showed people the program.

Vandervelde (2006-10), "He's just another kid in the weightroom.

That doesn’t always mean they don’t want to be there, but that’s what the grind is all about, and the way you practice in the past three national championships.

"Not on the mat, my son.

"Don’t tell me to go in there and tell you to work harder, "Vandervelde said. "I’m going to give you a pride-filled community," Bowen said. "I’ve never seen him go to practice or go to a game without a grind mentality." Bowen credited Doyle’s early-season confidence.

"Now, we’re getting into the NFL draft," Angerer said. "We’ve glad to have him here, but there’s nothing that can’t be changed."

"He’s just another kid in the weightroom.

"I’ll have a talk with him, and tell you more about by the national media," he said. "It’s just another kid in the weightroom." Angerer pointed to two ex-Buckeye and former Hawkeye coaching staff as "tall and lanky." The staff is getting.

"I’ve never seen him go to practice or go to a game without a grind mentality. I think that’s a fantastic indicator of an athlete’s character," Angerer said. \"[Doyle] took an undercard title vs. Matt McDonough on Jan. 4 and said he ‘takes nothing for granted.’ He’ll shake hands with the football players, he’ll work as hard as he can."

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DOYLE
CONTINUED FROM 14
The Glen Ellyn, Ill., native, who is also a 2010 football recruit, is also a 2011 recruiting class, he'll play football scholarship. As Rudock puts it, she's an indicator of an athlete's character. He'll shake hands with the football players, he'll work as hard as he can.

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RUDOCK
CONTINUED FROM 9
attend the University of Iowa majoring in physical medicine interests. Weight: 185. Height: 6-2. Speed: 4.6/5.5 40-yard dash. 2010 season: The Hawkeye was a starter in 13 of 29 games in 2009-10. He had 10 passes for 113 yards and 2 touchdowns. Also had 32 tackles. 2011 expectations: By the end of his senior year, Rudock wants to be a first-teamer.

"I’m really confident going into this year," Rudock said. "I’m really confident going into this year."

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The one who really’s on his butt about school.

"My mom3 demands me to go to school and say ‘You have to do these certain things because in the end, that’s all you got,’" he said.

Routine: Rudock’s daily schedule revolves around classes and football. He is a second-year graduate student in a graduate program in English.

"He’s just another kid in the school at St. Thomas," Bob Rudock said.

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Ask any member of the Iowa men’s track and field team about his goals for the season, and odds are it won’t take long before a pattern starts to develop.

Although the Hawkeyes are only about halfway through their indoor season, they know what awaits them at the end of their outdoor season.

The 2011 outdoor Big Ten meet will be held in Iowa City on May 13-15. That is the goal.

This group of Hawkeyes wants to be Big Ten champs. They want to do it at home.

But before that can happen, head coach Larry Wieczorek knows that his squad’s core group of guys must grow.

“We have the people there,” Wieczorek said. “But it’s a question of, Will they catch that fire?”

Heading into the season, Iowa knew who could be counted on from last year’s team. All-Americans Erik Sowinski, Patrick Richards, Chris Barton, and Steven Willey all returned.

Justin Austin and Troy Doris transferred to Iowa, and each has had an instant effect. They hold three school records between the two of them. “Expanding the core as much as we can is what ultimately will get us to the Big Ten championships,” sophomore Ethan Holmes said during practice last week before the Razorback Invitational.

The sophomore was one member of the team Wieczorek hopes would step up, the coaches talked about with him about that before the season started.

Now, he appears to be a part of that nucleus. The native of Clinton has posted personal best times in the 60-meter hurdles (8.13) and 400-meter dash (47.99). Holmes also filled in for Barton on the 4x400 relay team that posted the second-fastest time in the country at 3:07.84.

“When coach told me I was running the ‘A’ 4x4, that was just, oh man,” Holmes said. “Nerves started flowing right then.”

“This weekend proved it,” assistant coach Joey Woody said. “I think he can still improve quite a bit these next four or five weeks over the hurdles to set himself up for the Big Ten level.”

Wieczorek and other coaches are still looking for more guys to step up. Matt Banse was one name the 15-year head coach mentioned as someone who the team needs in continue to improve. During this past week of practice before the Razorback Invitational, Banse backed off his work a bit in the weight room.

The move paid off for the junior, who threw a personal best 55 feet, 9 1/4 inches in the shot put last weekend.

“Seven feet is something that believ is within reach,” he said. “Every week has been a step closer and a step closer. It’s just a matter of putting it all together on the day.”

Iowa’s core group of athletes must grow for the track and field team to reach its ultimate goal.
Justin Austin had to slow down to become faster.

As technical as short sprints can be, one false step can cost a runner valuable time, maybe one-tenth of a second.

That 0.10 of a second has been exactly what the sprinter has shaved off his 60-meter time each of the past two meets en route to a school record.

And yet Austin isn’t satisfied.

“It’s never enough,” he said. “When you finish and you see the time and your coaches, you’re happy. But the next day, you’re back trying to improve.”

That’s an interesting prospect considering what the sophomore has accomplished. In not even a month’s time, Austin has etched his name in the Hawkeye record books.

The Milwaukee native needed only two meets to establish himself as one of the most exciting athletes to watch on the track.

At the Jack Johnson Minnesota Classic on Jan. 21-22, the sprinter broke the 12-year-old school record in the 60-meter with a time of 6.72 seconds. That performance, paired with his 200-meter time (21.73), broke meet records as well.

Austin was back at it again this past weekend in Arkansas. For the third-consecutive meet, he improved his 60-meter time with a new mark of 6.71 seconds.

But that wasn’t all that had in store for his business trip south. Austin broke the 18-year-old school record in the 200-meter dash with a time of 20.83.

Those times in the 60 and 200-meters rank 6th and 22nd nationally, and both rank first among Big Ten sprinters.

“All that came after he was voted the male Big Ten Athlete of the Week following his recent Big Ten meet at Illinois on Feb. 5.

If it’s tiring to read Austin’s long list of accomplishments, realizing it’s only comprised in three meets as a Hawkeye.

Further down the road, he’s chasing a time of 6.64 in the 60 meters — his goal time for the season.

To get there, improving his form out of the blocks has been Austin’s latest concern. While his first step was good, his second step needed work. He needed to slow it down.

Enter assistant coach Joey Woody, who, Austin said, had him making gains after only a few practices.

“He was getting a big push out of the blocks on the first step,” Woody said. “But then his second step, he was trying to rush it a little bit. We had to get him to focus on not being at top speed on his second step.”

Woody said he felt the Hawkeye sprinter had the best start of anyone at this past weekend’s Razorback Invitational.

Austin also got a little help from the women’s sprints coach Clive Roberts. Roberts talked with the men’s top sprinter, comparing his technique to shifting gears in a car.

“The goal for the first part of the race is build momentum,” Roberts said. “It just seemed like he wasn’t doing that effectively. If you look at shifting gears, he was trying to go fifth gear right in the beginning instead of building up to it.”

Head coach Larry Wieczorek, who is in his 24th year at Iowa, said he knows he has something special on this year’s team.

“I stepped back and looked at it this weekend when he broke the record of Anthuan Maybank, who was an Olympian in 1996,” Wieczorek said. “[Maybank] was one of the best athletes at the University of Iowa in anything.

“Austin has the chance to be the best sprinter at Iowa ever.”
Libby looks to Canada

Canadian-born head coach Larissa Libby will continue the strong tradition of recruiting from her home country.

By MOLLY IRENE OLSTEAD

Out of the 14 gymnasts on the Iowa women's gymnastics team, three of them — freshman Nicole Pineau, sophomore Kaetlyn Urano, and senior Rebecca Simbhadus — were recruited from Canada. And on Jan. 28, the team added another Canadian to the mix.

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**Sports**

**Ex-Hawks defend training**

Many ex-Hawkeyes have rave reviews for Iowa football head strength and conditioning coach Chris Doyle.

By JORDAN GARRETTSON

Ask Matt Bowen his first impression of Iowa football head coach and conditioning coach Tom Brands. Even 12 years after his final season with the Hawkeyes, the former Iowa safety still speaks with a hint of awe in his voice.

“This guy was not only a strength coach, he was also an academic,” said Bowen, who played safety at Iowa from 1991-93 and for seven years in the NFL. He is currently a columnist for the National Football Post and the Chicago Tribune.

“Chris did things that we never saw before, and it took me a while to even grasp that he was doing those things that we never saw before, and it took me a while to even grasp that he was doing those things that we never saw before,” said Bowen, who was the starting safety for his junior season in 1993. “He was so dramatically different in his techniques and the way he trained us.”

Bowen said he and his teammates didn’t need long to see results, which were “eye-opening.”

“Even 12 years after his playing days, [Bowen] still speaks with a hint of awe in his voice.”

The second is another ex-Hawkeye, Jake Rudock, who played quarterback there from 2010-12, and is now a junior at Princeton.

“[Rudock] did things that we never saw before, and it took me a while to even grasp that he was doing those things that we never saw before, and it took me a while to even grasp that he was doing those things that we never saw before.”

Bowen said safety was never an issue when he was in the program.

“One thing never got my teammates in danger.”

Bowen also knowing how to push your limits and push you past that threshold, but he doesn’t put you in danger.”

**TUESDAY, FEBRUARY 1, 2011**

**THE DAILY IOWAN**

**GYMNASTICS**

Larissa Libby continues to lay into the Gymnastics’ recruiting pipeline to Canada.

**Frosh sprinters opening some eyes**

Iowa sprinters Erin Jones and Ashley Liverpool are improving times and contributing to team successes.

By AMY TIFFANY

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Iowa sprinters Erin Jones and Ashley Liverpool are improving times and contributing to team successes.

**RECRUITS**

Star QB stars at academics, too

Jake Rudock

Declined Harvard and Princeton to come to the UI. He turned down offers from both Harvard and Princeton to come to the UI.

**COMMENTARY**

Wrestlers cast off ‘rebuilding’

Iowa wrestling makes a statement: The Hawkeyes are contenders.

By J.T. BUGOS

This wasn’t supposed to be a rebuilding year for Iowa wrestling, but it felt like one. Eight starters were gone — seven of whom were All-Americans. Two-time national champion at 141 Brant Boyett? Buck. National champion at 174 Joe Borsellino? Sayonara.

National runner-up at 153 Daniel Dennis? Adios.

Instead of those experienced seniors, redshirt freshmen and sophomores were plugged into the lineup. The Hawkeyes still had “firepower in the stable” as head coach Tom Brands said at the end of last season, but Iowa was no longer a cut above.

Through the Northern Iowa dual on Dec. 9, 2010, though, the Hawkeyes had steam-rollered opponents. The only “blip” on the radar was a 22-13 loss to Iowa State, Iowa’s closest match to date.

But then the Hawkeyes grapplers finished fourth at the Midlands Championships as Borsellino had what was the event the past two years. They tied with Oklahoma State on Dec. 16, ending their 69-match winning streak.

Two weeks — and two blowout wins over Ohio State and Northwestern — later, Iowa traveled to top-ranked Penn State.

Wrestlers cast off ‘rebuilding’

Iowa wrestling makes a statement: The Hawkeyes are contenders.