A University of Iowa study shows healthier eating maintains sales and increases satisfaction.

By LIZY ABROMETZ
liz.abrometz@uiowa.edu

Healthy eating has a better chance of beating out junk foods when it comes to filling stomachs and cash boxes, according to a study recently released by researchers at the University of Iowa.

After learning that offering healthier foods can increase satisfaction while maintaining steady incomes, researchers are hoping to influence the UI with their newfound knowledge.

“I would love to see this used in Iowa City,” said Helena Laroche, a UI assistant professor of internal medicine and pediatrics and a researcher on the team. “There’s relevance beyond just high school concession stands.”

Concession Stand Makeovers began in 2009 as a project designed to revamp concession stands during high-school athletic events by adding healthier options. Some of these options included baby carrots, chicken sandwiches, and pickles.

After collecting data from a pilot program at Maquoketa High School, researchers wanted to learn if alternatives to traditional concession-stand food are positive.

Laroche said the benefits reach beyond high-school athletic events and could be used as a teaching tool.

Aiming to expand the reach of this study, Laroche said the team is working on new and improved ways to distribute the information. Part of the plan is to use a guide created by the team that details the benefits and various steps groups can take to implement the program.

UI Vice President for Student Life Tom Bocklin said although there are no plans to use the guide to alter concession-stand food, the study will most likely lead to revamp concession stands during athletic events.

“The idea is to have healthier options in these stands,” Laroche said. “It’s a small step in the right direction.”
Chicago train operator ‘tired’

By CAROL J. HINES AND PATRICK SOLVE

CHICAGO — The presi-
dent of a major train union
and Monday there were no
crews who had worked a seven-
day stretch at one of the busiest
stations, injuring 35 people.

The operator told union
negotiations had not been
successful and that a
strike had been called.

The station was
paralyzed as workers
from the National
Transportation
Safety Board
investigated.

On Friday, the
metrorail operator
said in an
investigation had not
found any indication of
the cause of the accident; they
were now looking at
fatigue, alcohol, or a
substance the operator
had been using.

The operator who was
still hospital was interviewed
for the Transportation
Board and a notebook
found in his pocket.

The training helped avoid
an elevator at the
underground Blue Line Station,
causing a delay of 10 minutes. The
test would be coming from the
North Side.

Denise Adell, a passenger
on the train, described the
incident to the
reporter.

T J. Brown, and
when I got out of
the train and
the stairs, I
was the first one
out. I was
stunned.

I didn’t
panic,
and I didn’t
realize
that there
was
someone
inside.

I
had
no
idea,
and
I
was
so
scared.

I
said,
‘Oh,
my
God,’
and
I
said,
‘I
need
help.

I
can’t
get

out.”

Metro

Blotter

Amulad Bapura, 16, Chi-
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Kaya, 19, 701

Riverside

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hours.

Rae, 28, 40 S.

Jefferson

Street,

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Morgan, 20, 101

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Broadway,

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Steve, 20, 80 E.

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Continued from front page

Affordable and available.

New technology and software around the state to research wind-power industries, said the dean of marketing and communications for UI College of Engineering, said the state Board of Regents. The school has major programs in renewable energy and other industries are using real-life data, equipment, and monitoring center for real-world operations.

The wind energy will become," said Kyung K. Choi, a professor of mechanical and industrial engineering. "The wind energy can be produced in one location but may not have enough strength, so then we teach students how to create a smart grid, a digital information program to improve the reliability, efficiency, and economics of the production and distribution of electricity."

"As of now, the majority of wind turbine farms are in rural areas, and people in urban areas are hesitant to see wind farms established in their communities," said UI sophomore Taylor Valentine.

"It's a shared partnership of American Wind Energy Association, said the group's executive director," Stucker said.

"The Master of Public Health program will admit students from different disciplines to graduate degrees, because there is no undergraduate public-health major at the University of Iowa, said Mary Aquilino, associate dean of the public-health school. The program will also give students access to graduate courses earlier and will let students have a traditional college experience as well as part of the treatment process."

"They just add it to the water, and then it kills much of the life in there," said Valentine.

"If it kills] bacteria, viruses, that sort of thing," said UI sophomore Taylor Valentine.

"It comes into the system, and usually you have to add a lot more chlorine to ouside the material," he said.

Valentine said that the change in water during the spring might be more noticeable in water provided by Iowa City.

"Though the flavor of the water may be worsened, the quality and safety are unaffected," he said.

"It's not a big deal to drink," he said. "It actually improves the quality of the water at all."

"Pat's Diner and the Riverview, our convenience stores, other water plants may do better because they have some chlorine levels..." said UI sophomore Alex Martin.

"If people don't like the taste, they won't drink it as often, that's the challenge."

Valentine said the学院的 serene nature in the summer would not last very long.

"It lasts a relatively short period, but then the weather will stay there, and that's the challenge."

Continued from front page

The program will allow students after the junior year and hold them in public health while seeing their undergraduate degrees as well.

"The College of Law is partnering with several different undergraduate programs who will be in the program. The program will prepare students after the junior year and hold them in traditional afternoon schools, including taking law," said UI sophomore Alex Martin.

"We provide the school with our real-world data, equipment, and monitoring center for their research. It then helps us learn about innovations other industries are using and ways to operate better," Butler said. "It's in the next 10 years when it really takes off. We're ahead of the growth curve, they have to stay there, and that's the challenge."

"People are more mindful about what is going into food and what is going into their homes, so giving people those options is receptive," he said. "A lot of people want a choice."
A hear and a half, give or take

Public-health experts have sounded the alarm about rising obesity rates. In 1962, 13 percent of American adults were considered obese. By 2010, that number had risen to 33.7 percent.

That so-called obesity epidemic is easy to identify: changes in diets and more sedentary lifestyles. The solutions to America's weight problem, however, are more difficult to discern.

From Michelle Obama's health-school food initiative to Subway's red-tagging of two-foot-long subs, there has been no shortage of headlines about Americans drinking less soda in areas of higher taxes, or landing on the Mars one day.

The findings turn the tables on conventional wisdom. ‘American leaders are technologically way ahead of their citizenry.’

When they looked at individual consumption patterns instead of household data, the researchers found that high soda taxes did not make a ditch for sweet drinks. Some Americans drank less soda in areas of higher taxes, but many had been buying soda anyway. ‘People are changing their lifestyles, not their consumption patterns.’

And the speculation—Well, that's the fun part. We have to find out what motivated the secretary. Was it to keep them that way, or was it to keep them that way.

So, I got fascinated with the story of the Malaysian Boeing 777 dis­ appearing—right along with the other 17 billion people on the planet. Yes, I know there are 13 billion. Which people? The un­ dersecretary of state, I guess.

We have set our resources into the search for Flight 370. (though you could have watched cable news and told yourself) tells us, that speculation is under control, that there is a good faith (black hole) (I hear I have a name for our Solar System telescope) that there are technologically sophisticated wormholes (vanishing) into an alternate universe, near the Bermuda Triangle (Bermuda is nowhere near the Indian Ocean though), on the plane (there), or landing on the beach.

But the funny thing is, there are 13 billion people out there, and on the one hand, we're seeing increased funding, and on the other hand, we're seeing increased funding.

When I first tried to type that, it came out a "hear and a half".

Favorable memories are selective in accordance with word length, subject relevance, and space requirements. Those of the Editorial Board.

I used to think that those of the Editorial Board.

But the thing is, we're seeing increased funding, and on the other hand, we're seeing increased funding.

The important thing is, that we're seeing increased funding, and on the other hand, we're seeing increased funding.

As Eugene Robinson points out, a good deal of the time, it is driven by the public's desire for change. But when given the choice, not the mandate, of change.

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Continued from 10

Wrestling

TUESDAY, MARCH 25, 2014
792.0x1512.0

Continued from 10

Dickerson: Those guys basically opened it up for you. That’s how I look at it. They got us back to the tournament, and we want to keep it going. They worked hard to get to the tournament, and they had a lot of pressure. We just have to keep it going and can’t let them go. They built the program back up in the right direction. We don’t want it to go back down.

IN MAGAZINE

Women's basketball

• CVU coach Shaine Schimmel

• Former UVM Women's basketball coach Dickerson

• UVM Train Camps information

Wrestling

Continued from 10

major decision during the first session of the tournament. I was shocked. Moore had been on a tear — 16 out of his last 17 matches were wins, eight came with bonus points. His only loss of the 2014-15 season was to Taylor in the Big Ten final. Immediately, a great matchup right here between these two guards, because each of them has a little bit of everything,"_logic_ thinks of Schimmel as more similar to Rachel Banham, Maggie Lucas, and other guards from around the Big Ten. The only similar things she saw were in the terms of energy. "She brings a lot of energy to her team," Logic said. "She gets excited for her team, from what I’ve seen. She loves playing, and you can tell that just from watching her in any game." Louisville head coach Jeff Walz was quick to praise Logic, a first-team All Big Ten selection, in his press conference Monday. "Samantha Logic is just an amazing player, understands the game, and does a limitless job of getting her team organized," Walz said. "Very impressed with her time away from it, how she’s constantly coaching. She’s out there getting everyone involved. I was really impressed with her." A common theme around the Hawkeyes’ locker room is they want the season to continue and to defend the parquet floor of Carrier-Haaske Arena. Logic said that advancing would be "huge." It's the last chance for Taylor. There isn't another post-season tournament awaiting — it's win or see the hump. -

"It's win or see the hump," Taylor said she wants to "get past this round to the Sweet Sixteen. It's the last chance for Taylor." Dickerson: Those guys basically opened it up for you. That’s how I look at it. They got us back to the tournament, and we want to keep it going. They worked hard to get to the tournament, and they had a lot of pressure. We just have to keep it going and can’t let them go. They built the program back up in the right direction. We don’t want it to go back down.

We want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets — we want to cut down some nets -
I spent about 20 years in a dorm room. It took me a while to graduate.
Iowan/Joshua Housing)
on March 19 in Dayton, Ohio. The Hawkeyes lost to the Volunteers, 78-65. (The Daily
Iowa forward Zach McCabe walks to the bench during the game against Tennessee
failure.}

The most recent basketball season may have been underwhelming, but it wasn’t a
failure. Some thought that

In Iowa's favor, however —

The chips didn’t fall in

eight games, and history re-
peated itself as Iowa lost its third overtime game of the season, this time
in Tennessee, 78-65. Iow-
aw forward Aaron White
showed us that

The successes of this

The season didn’t end

The key to success for

The most recent basketball

Almost as hard as it was
to envision Iowa getting

The other half of the

You definitely can’t

ew season wasn’t

We didn’t agree to

date imaginable back.

Iowa is going to be

We didn’t go as far as I

The best teams in college

That wasn’t the case.

We didn’t have the

we hadn’t made it to the

Iowa locker room follow-

Iowa’s run to the NIT

That’s not how we

Iowa wouldn’t have gotten

Almost as hard as it was
to imagine Iowa basketball
years ago, it was hard to

UA junior forward Dom

The Hawkeyes back to rele-

Well, we could have

we didn’t go as far as I

Iowa's getting so much

as far as I thought

... that’s new territory for

in Iowa’s favor, howev-

who dictate who gets in-

Just about any team in

The successes of this

we should have.

As competitive as I

You definitely can’t

ew season wasn’t

We didn’t go as far as I

... that’s new territory for

in Iowa’s favor, however —

Some thought that
Spring Break Photo Contest Results

Best View - Jennifer Chang, Grad Student

South Padre Island

Most Creative - Leah Jesse, Junior

Best St. Paddy's Day Photo - Ann Korada, Junior

Most School Spirit - Austin Chew, Junior

Congrats to all the $50 winners!

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Tuesday’s Special
2 cookies for $2
New Hawkeye ready to fit right in

By RYAN PROBASCO

Syracuse coach Quentin Hillsman said, "They did a great job of staying poised when we made our run," referring to its 71-59 victory over Kentucky in the NCAA Tournament. The Orange (28-7) moved into the Sweet 16 with their second straight win behind a balanced effort. Kiah Gillespie scored 11 points and Briana Day 13 for the Orange, who played their third straight overtime game.

NCAA Tournament: No. 3 Louisville vs. No. 6 Iowa

Where: Carrier Dome in Syracuse, N.Y.

When: 8:30 p.m. CT Saturday

How to watch: ESPN 2

Time: 8:30 p.m. CT

Where to watch: ESPN 2

Complimentary

Wrestling's labor's lost in tourney

Had Nick Moore and Ethan Lofthouse duplicated their Big Ten championship performances, Iowa would have been competitive at the NCAA championships.

By KATE YABLONSKY

The Iowa women’s basketball team wants a bold 8:30 p.m. CT Saturday at the Carrier Dome in Syracuse, N.Y.

The two teams go into today’s 8:30 p.m. second-round matchup coming off blowout wins: Frankly, we’re sick of doing it. We’re going to boldly go where head coach Lisa Bluder has never taken it before: an appearance in an NCAA Tournament.

Taylor said about moving on to Louisville’s home court for the Sweet 16: “We’ve been as close, gotten to this mark so many times. Frankly, we’re sick of doing it. We’re going to...

The Iowa guard was limited to 35 points up the Big Eight and six points in the NCAA Tournament, but after that Moore and Lofthouse were largely in the shadows. The duo were limited to 35 points in the Big Eight Final Four.

Iowa will get its first look at No. 3 Louisville when it plays the Cardinals’ 87-65 win over Marist in the first round.

"It’s something that’s had us person- ally,” Bluder said. “It’s something that our team would really like to have the opportu-

It’s a very difficult thing to get to the final 16 in the country," Taylor said. "It’s something that’s had us person- ally,” Bluder said. “It’s something that our team would really like to have the opportu-

Both teams enter today’s 8:30 p.m. second-round matchup coming off blowout wins: Frankly, we’re sick of doing it. We’re going to...