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The Daily Iowan

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Panel delves into Muslim identity



A panel discusses various issues Muslims face in America, including racism and stereotyping in the Old Capitol on Thursday. The exhibit Have No Fear: Islamophobia in the 21st Century explores different perspectives of how Muslims have been affected by terrorism. (The Daily Iowan/Simone Banks-Mackey)

The Muslim American community members in Iowa City hold a panel discussion as Election Day comes closer.

By VIVIAN LE | vivian-le@uiowa.edu

With Election Day just four days away, community members came together to discuss Muslim-American identity in America in hopes to educate people and crush stereotypes.

A panel led the discussion, in the Old Capitol Senate Chamber on Thursday night, a panel led the discussion. The group consisted of Fatima Elbadri, a student at the University of Iowa; Alonso Avila, a UI librarian; UI law student Mo-

hammad Alamoti; and Shams Ghoneim, the director of the Iowa City Human Rights Commission.

"Regardless of who wins this, we have an aftermath of a horrific climate," Ghoneim said.

Many of the panelists said they felt as though the rhetoric in the past year has encouraged a negative environment for Muslim-Americans. Some discussed

SEE MUSLIM, 2

Groups join to put on Diwali

The University of Iowa Indian Student Alliance, South Asian Student Alliance, and the Pakistani Student Association will host a Diwali celebration on Saturday night.

By NAOMI HOFFERBER | naomi-hofferber@uiowa.edu

For Ravjot Viridi, the director of formals for the South Asian Student Alliance, Diwali is a celebration of family and community in her home in Des Moines.

"A lot of the Indian families in Des Moines will all make Indian sweets at their houses, and to celebrate the festival, they'll go to each other's houses and give sweets to each other," she said. "It's just the idea of sharing, and we always get together with a bunch of people and do fireworks at the end of the day."



Viridi director of formals

Diwali, also known as the Festival of Lights, is a cultural celebration as well as a religious celebration, and it is meant to emphasize the triumph of good over evil and light over darkness. This festival is often lit with lamps, lights, fireworks, and candles. Gifts are also exchanged during this holiday.

While Diwali does have a religious significance, it is also important culturally.

The Indian Student Alliance, South Asian Student Alliance, and the Pakistani Students Association has collaborated this year for the first time to put forth a Diwali celebration different from those in the past.

"It will definitely be a lot bigger, a lot fancier — we're going all out with decorations and food," Viridi said. "It's going to be really amazing that people from all three organizations will be there working together."

The Diwali formal celebration on Saturday will offer an authentic vegetarian Indian dinner, a cultural showcase performance, and a dance party that runs late into the evening. This year has seen

SEE DIWALI, 2

Love of animals, love of Hawkeyes

By GRACE PATERAS | grace-pateras@uiowa.edu

On Saturday night, 11-year-old Aaron Miller will get to experience two of his hobbies — raising farm animals and Iowa football.

While the Iowa football team plays against Penn State, Aaron and his dad, Zac Miller, will be at a cattle sale. But don't worry — Zac Miller says they will record the game and watch it on Sunday.

"It's his time away from everything, he spends it out there [with his cattle and sheep]," Zac Miller said. "It's just his focus or hobby."

This week's Kid Captain got diagnosed with Type 1 diabetes two years ago, but he still enjoys raising and



SEE KID CAPTAIN, 2

Contributed

METRO BRIEF

Man hurt in fall from pole

A man was injured after falling from a light pole on the Pedestrian Mall after the Chicago Cubs' World Series win.

The individual is reported to have climbed up the light pole outside of DC's Sports Bar, 124 S. Dubuque St. The incident is said to have occurred shortly after midnight.

The man was reported to have been celebrating the Cubs' victory when he climbed up the pole.

Following the fall, paramedics arrived on the scene. Iowa City police Sgt. Scott Gaarde said the individual was transported to UI Hospitals & Clinics but could not identify the man or comment on his condition.

Gaarde said the incident was an accident and nothing is being investigated further.

"There was no foul play or criminalization," he said.

Now, he said, the man is in medical care, and the incident is a medical matter. The Iowa City police do not have any more information to give out at this time.

— by Kayli Reese

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A STREET DIVIDED



A political sign in support of Donald Trump and Mike Pence hangs on the second story of a house in Iowa City while an opposition message hangs on the balcony of a house across the street on Thursday. With the presidential election just four days away, the race remains close in Iowa. (The Daily Iowan/Brooklyn Kascel)

MUSLIM

CONTINUED FROM FRONT

issues they believe have been pushed aside regarding the Muslim community by the country. Elbadri spoke out about being a black Muslim and how Muslims have been in America since the beginning of the country when West Africans were taken as slaves to America. "We talk about a lot of Islamic identity, but we never think to look at the majority of Muslims in the world do not exist in the Middle East," she said. "The majority of Islamic culture itself is very much non-Arab." Alamoti noted the

American media has twisted the term "jihad" to have a negative connotation. "Jihad" does not mean anything violent," he said. "It doesn't mean that at all. It means struggle." The topic of media influence came up frequently in the conversation. Some panelists blame the media for the negative depiction of Muslim-Americans. But Avila said he saw its potential to advance the conversation. "There's a lot happening in arts and pop culture," he said. "We're using them to show our resilience and to show people we do have a story, and it's not just whatever people may see in the media." The event ran in con-

junction with an art exhibit curated by UI M.A. student Rachel Winter called *Have No Fear: Islamophobia in the 21st Century*. The exhibit will be on display in the Old Capitol second-floor rotunda through Dec. 31. Winter said the current discussions about Muslims, foreign policy, and terrorism sparked the idea to create an exhibit. "I think when we start talking about foreign policy, and foreign relations and the Middle East, and Muslims, there's a lot of partisan beliefs on the issue ... it's clearly divided in that way," Winter said. "Art doesn't have some of those connotations. It's a different way to have the same conversations without the pressure." Kelsey Kramer McGinnis, a certificate adviser for the UI Center for Human Rights, was also an organizer for Thursday night's event. Kramer McGinnis hopes the event will help people to put faces to the issues. "A lot of Iowans have never met a Muslim person," Kramer McGinnis said. "Iowa is not a unique state in this way. So when they read the news or hear the news about the Muslim refugees or Middle Eastern refugees, it can become a faceless term that can so easily be turned into something scary or unfamiliar. But when you start to see that there are a lot of Muslim community members in Iowa, it helps people to not fear the unfamiliar, and I think that's really important."

KID CAPTAIN

CONTINUED FROM FRONT

showing his animals. In fact, it was when Aaron was tending to his farm animals that his parents realized it was time to take him to the emergency room. Back then, at 9 years old, Aaron didn't understand the complexity of diabetes, mother Nicole Miller said. "He didn't realize that he needed an adjustment. He was out playing with the cattle when they [doctors] said he should have been in a coma," she said. "So, it didn't faze him. He didn't notice the changes. Even when we were taking him to the emergency room, he kept saying, 'I don't feel sick.'" The family, from an Iowa town called Hawk-

eye, wasn't too invested in much Iowa football until the day Aaron was leaving the University of Iowa Children's Hospital after getting diagnosed. He looked down onto Kinnick Stadium, Nicole Miller said, and stated he wanted to go to a football game. So his mom applied for him to be considered for the Kid Captain program and was surprised when hearing the news Aaron was chosen. "You don't think of diabetes as such a big thing," Nicole said. "I realized having this disease myself, some days you don't even feel like there's anything wrong with you. When he was in the hospital, he was in the cancer ward, so seeing all those kids and thinking how much worse it could be." Aaron's mother was also diagnosed with Type 1 diabetes after Aaron

showed symptoms. Now, two of his four siblings are showing high and low blood sugar levels. Now, the family bonds over watching each other and what they eat and also when they travel two hours every three months for doctor's check-ups. Day-to-day, Aaron is just like any kid. However, unlike most kids, he has to carry around a kit filled with glucose tabs, a finger piker to draw blood, a meter to tell test levels, and insulin to take before every meal. Compared to his friends, Aaron said, "I can't eat as much. I eat healthy." He tests his blood numerous times daily: when he wakes up, before a meal, two hours after a meal, and before bed. But sometimes, if he is more active, he has to adjust his insulin intake, his mother said. Constantly checking on

Aaron's blood levels is important, Nicole Miller said, because diabetes can affect every system in his body. Aaron might need a growth hormone because he's not growing, which is a symptom of the disease. Other symptoms include ketones (excessive blood acids in the body), diabetic shock, and kidney, thyroid, and eye complications. Since finding out about being a Kid Captain, the family has never missed a game. On kid's day, Nicole Miller said the Hawkeye football team was so good with the kids, it's hard not to like them. "We got to go in the locker room and get autographs on kid's day, then we got to go on the field and get autographs," she said. Aaron's favorite football player changes from game to game, his mother said. But lately, he's had one favorite: "Desmond King," he said.

DIWALI

CONTINUED FROM FRONT

the addition of a dance floor, and a DJ from Des Moines will perform at the event. "One thing that is great about this event is the emphasis of both the community members and the college students — all these different demographics — and how it appeals to all of them,"

said Jordan Samuel, the Diwali head for the Indian Student Alliance. "The event lights up the community as the Festival of Lights. "It's really exciting, and it definitely highlights how this event is more of a cultural celebration than a religious celebration, because people of all backgrounds worked together to make the event a success," Samuel said. "Each organization brings some-

thing new to the table." Usman Rana, the vice president of the Pakistani Student Association, said the collaboration among the groups allowed for easier and smoother planning, and it brings more diversity to the celebration. "We're attracting different groups of people with the different organizations," Rana said. Tickets for the event are \$10 for the first 100 individuals, \$12 for UI

students, and \$16 for general admission. The event will take place 5:30 p.m.-midnight. Diwali will showcase cultural aspects from all three organizations involved and provide UI students and community members an opportunity to celebrate that culture. "We want to tell everyone about our culture and spread awareness," Rana said. "With your culture, you want to be proud of that."

METRO BRIEFS

Children's Hospital to put on open house

The new University of Iowa Stead Family Children's Hospital will hold an open house Saturday and Nov. 6 from 11 a.m. to 6 p.m. each day. Those who work, learn, or volunteer with UI Health Care and their families are invited to tour the new facility from 8 to 11 a.m. both days, with the general public portion of the open

house event beginning at 11 a.m. The community open house will hold approximately hourlong tours of the hospital, light refreshments, and activities. Free parking will be available in Ramps 1, 2, 3, 4 and Lots 43, 46, 75, and 49. Any overnight accommodations can be made with the Iowa City/Coralville Area Convention and Visitors Bureau.

— by Jenna Larson

Show for vets heads for Coralville

The Coralville Center for the Performing Arts on Nov. 6 will present the "All American Family Show," which celebrates the great sacrifices veterans have made for our country. The event, which will be produced by FunRaisingaz, aims to entertain guests as well as honor veterans.

Highlights of the event include face painting, glitter tattoos, a balloon Olympics and even prizes. The event's webpage states "The goal of the event is to entertain, raise funds, and promote the communities of nonprofit organizations in our neighborhood." Standard child tickets start at \$10, while standard adult tickets start at \$20.

— by Charles Peckman

BLOTTER

Kevin Adams, 50, 2613 Friendship St., was charged Wednesday with third-degree theft. Christopher Garrett, 29, 2162 Taylor Road, was charged Wednesday with violating a no-contact domes-

tic-abuse protective order. Manuel Gomez Zelaya, 36, 1205 Laura Drive, was charged Wednesday with obstruction of an officer. Anthony Kurth, 19, 920 Longfellow Place, was

charged Wednesday with possession of marijuana. Sabrina Lacher, 36, 125 S. Lowell St., was charged Wednesday with public intoxication. Mindy Lovan, 24, Spencer, Iowa, was charged Tuesday

with driving with a suspended/canceled license. Levi McCurn, 22, Coralville, was charged Thursday with OWI. Trent Stastny-Perez, 21, Cedar Rapids, was charged Thursday with OWI.

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BREAKING NEWS

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Event explores Native cultures

By CHARLES PECKMAN
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Our Histories, Our Voices: Tribal Nations at the University of Iowa gave students of Native American heritage an opportunity to share their cultural identities.

The event, part of Native American Heritage Month, gave students of many tribal backgrounds the opportunity to share details about the food, traditions, and their experience with being a part of the Native American community.

Alex Romero, who was not at the event but talked to *The Daily Iowan* about his Native American heritage, said, "my Native American background is unique in that it is influenced by Spanish culture."

Romero is a member of the Juaneño Band Mission Indians of the Acjachemen Nation. Romero said because his tribe is small, he does not know many people at the UI who share his cultural identity.

"There are not many ways to 'get out of town,'" Romero said. "I am only the second generation to be going to college."

Adriana Peterson, who discussed her Navajo and Menominee heritage, said she is still learning both tribes' cultures.

"I don't necessarily know more about one tribe than the other, but growing up in both backgrounds was an interesting experience," she said.

In relation to her Menominee heritage, Peterson said this tribe has not always had it

easy. In 1954, in an assimilation attempt by the U.S. government, the Menominee Nation's recognition as a nation by the U.S. ended.

Peterson said in 1972, the U.S. government once again recognized the nation.

Dawson Davenport, a member of the Meskwaki Nation who spoke about his cultural identity, said his tribe's history stems from Quebec, Canada. Davenport said his people have records of things that happened thousands of years ago — including records of mammoth hunting.

Davenport said upholding of Meskwaki culture is incredibly important.

"Especially when it comes to speaking our native language, you see more of an opportunity for

our language dying out today," he said.

Davenport attributes this death to the average age of the language's speaker climbing, while fewer and fewer young people are being taught the language.

But more important than the number of peo-

ple learning the language is the reason behind why the Meskwaki people do so.

"Our language allows us to communicate with our creator," Davenport said.

Davenport also outlined the history of the

Meskwaki people, saying they purchased their own land as opposed to living on land issued by the government. This is why, Davenport said, if you ask a Meskwaki person if they live on a reservation, they will "punch you clean in the face."

180 seconds or bust

By BRETT SHAW
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The general public will have many opportunities to hear about groundbreaking research happening today at the University of Iowa in under three minutes.

After many years of extensive research and tireless studies in their field, UI graduate students must condense their vast knowledge into a speech lasting no longer than three minutes.

The UI Graduate College will host its Three-Minute Thesis finals, in which graduate students compete and present their thesis research projects in the time limit. The competition will be held from 3-5 p.m. in 240 Art Building West.

"Trying to be able to consolidate down four years of research into three minutes and only one slide has been the greatest difficulty," said Vijay Permeswaran, a finalist in the competition.

Competitors must communicate their research in a non-specialist language that can be understood by someone with very little background knowledge.

"I am used to half-hour talks, and having to ram that information into three minutes makes you have to practice a lot more to be articulate," said Erica Ricker, another finalist.

The challenge of condensing years of research that is normally communicated in 200-page papers is not presented without purpose. The competition helps researchers learn valuable communication and networking skills.

"Three-Minute Thesis really helps [researchers] distill their research down," said Joseph Cannella, a program coordinator in the Graduate College. "That helps the researchers get people excited and helps them understand why they need to invest."

Last year's winner of the competition, Kawther Ahmed, said the competition helped her build confidence in communicating in English as her second language. She said this would be useful when pitching her research to potential investors.

Participants said he public benefits from this competition by getting to hear about research happening at the university in terms that they can understand. New discoveries are happening in our own backyard.

"We start to see science get more ivory tower, and being able to boil down the minutia of your experiment that you know very well is important," said Rachel Anderson, a finalist in the competition. "Some people forget that not everyone is as immersed as you are."

The competition strongly

encourages those interested in research happening at the UI to attend the event.

"It is an inspirational competition for aspiring researchers or young people thinking about research careers in any field," said Jennifer Teitle, an assistant dean of the Graduate College.

This is the third year of the competition and the first year the competition will include a division for Master's students. The winner of each division will receive a cash prize of \$500. There will also be a people's choice award in each division worth \$250, so members of the public are encouraged to voice their support.

Of the 40 students in the

preliminary competition, 16 were selected to compete in the upcoming finals.

"To be able to get this honor says not only is your research very important, but also, you are able to communicate it the best," Permeswaran said.

The winner of the competition will advance to the Midwestern Association of Graduate School Three-Minute Thesis competition, in which they will have the opportunity to share their research with a broader audience.

"I am surrounded by people who do incredible work," Anderson said. "Whoever wins is going to be a great representation of Iowa."

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COLUMN

Trump Trump with vote swap



VIVIAN MEDITHI
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I have looked at five election models today, and they all said different things. With days left until Nov. 8, the question of whether Democratic nominee Hillary Clinton or Republican nominee Donald Trump will take the Oval Office is one that weighs heavily on the American psyche. In an election driven by distaste, efforts to keep a candidate from the presidency seem more coordinated than those to elect one. Both “Never Hillary” shouters and Trump-haters are making political decisions from defensive positions out of fear rather than hope.

There is always voting third party, but your friends will ridicule you for “throwing away your vote.” But what if you could vote your conscience and support Clinton’s bid for presidency? If there was a way to vote for the candidate you most closely identify with, while still preventing the candidate you hate from winning office?

On the Democrats’ side, now you can. A website called trumptraders.org seeks to connect Democrat and third-party voters under a common goal of avoiding a Trump presidency. To this end, people are vote trading. Do not worry, it is not voter fraud, and it is perfectly legal.

Our elections are determined by the Electoral College, which means some votes invariably become worth more. Aside from Nebraska and Maine, states follow a winner-takes-all approach to Electoral College votes, meaning people who live in safely Republican or Democratic states have significantly less say in the election than those who live in swing states. *Trumptraders* aims to prevent a Trump presidency by trading third-party votes from swing states such as Ohio and Florida to static states such as California or Texas.

If this sounds suspect to you, no need to stress. Vote trading is essentially a specific form of political

lobbying between people. Talking someone into voting for a candidate you support is the foundation of democracy. We earn votes by persuading people it is in their best interest to vote the way we would like them to. Vote trading is simply two people making a non-binding agreement on how they will vote.

Vote trading is not a new phenomenon, either. In the U.S., *Trumptraders* follows in the tradition of the turn of the millennium Nader traders, which sought to connect supporters of Ralph Nader and Al Gore in a similar manner. Vote trading is protected under the First Amendment as ruled by the 9th Circuit Court of Appeals in *Porter v. Bowen*, in a case stemming directly from the 2000 election. And in recent history, vote trading helped shift more than 1 million votes in the 2015 Canadian election, ultimately leading to the election of Prime Minister Justin Trudeau.

Even with a legal mandate, some still find the idea of vote trading unsavory. Some would object on puritanical grounds, declaring voting a precious right that should not be bartered with. While everyone’s personal feelings about their right to vote are different, voting is ultimately just a political tool to be leveraged in your interest as best as you can.

But others would object on the grounds that it subverts the Electoral College altogether, the system put in place by the Founding Fathers. Is it not unfair to let a person who lives in California vote in Ohio? Does not that undermine the spirit of the electoral system? The answer to both of these questions is yes, but that is not a bad thing. The Electoral College is unfair by design, taking voting power from the people and giving it to secret electors. It was put in place because the Founding Fathers didn’t think the American populace could be trusted to pick the best president.

To undermine the spirit of the Electoral College is to reject the idea that the governed are too stupid to know what is good for themselves. And yes, vote trading is unfair. But so is a system that weights how powerful people’s vote are by virtue of their zip code. Vote trading simply gives people a way to control how unfair the system is.

EDITORIAL

Title IX, rights, and a vacant Supreme Court seat

The Supreme Court is set to hear a potentially landmark case in the battle for LGBTQ rights. This is the second major case the Supreme Court has heard with regards to the LGBTQ community in the past two years (the first being the mandate that all U.S. states legalize same-sex marriage).

The upcoming case deals with the increasingly ubiquitous debate over public restrooms. According to NPR, the case, *Gloucester County School Board v. Grimm*, involves a transgender boy who was able to use the boy’s restroom as a freshman in high school until some parents complained. As a result, the School Board adopted a policy requiring students to use the restrooms corresponding with their biological sex or a separate single-stall restroom.

In April, the U.S. Court of Appeals for the 4th District agreed to see the case.

Gloucester County then petitioned the court, and justices ruled (5-3) that the School Board did not have to follow the order of the lower court.

According to numerous sources, Grimm’s argument has been that Title IX (the federal law banning sex-based discrimination in schools) protects transgender people as well.

The case becomes interesting because, according to the *Washington Post*, Title IX may not apply to this scenario. Title IX does not make a comment on gender classification; rather, it comments on the ability of men and women to use specific facilities. Grimm’s case may, therefore, have some difficulty proving a connection to Title IX because Grimm would have to prove that as a male, he is being discriminated against (as opposed to the school debating how he defines his own gender). This is not to say that Grimm does not have a case, but that he

may not be able to win on the grounds that the actions of the Gloucester County School Board violated Title IX.

Regardless of whether this case is winnable for Grimm, federal legislation like Fair Housing and Civil Rights could also be affected by the decision.

While the case will not be heard until sometime next year, the implications of this case are massive and are only magnified by the battle currently going on over the ninth Supreme Court seat. This case — taken alone — will have effects on many future cases involving transgender individuals. But given that there may be an impending flip of partisan power on the Supreme Court, the precedent set by this case will inform all future cases involving public expectations, no matter how insensitive of transgendered people.

The weight of this case, therefore, cannot go unnoticed. The actual decision

may be several months away, but it is never too early for the Supreme Court to consider the long-lasting impact of its decisions. *The Daily Iowan* Editorial Board believes it is the Supreme Court’s duty to protect the rights of these Americans, as it finally did last year for other members of the LGBTQ Community.

Perhaps because of the vague language used in Title IX, this could not be the case that opens doors like the gay marriage decision of last year opened doors for other members of the LGBTQ community. But it is the beginning of a more serious national discussion of openness that has been coming for some time.

That said, we hope the case to rule in favor of Grimm. But it seems this all sits in limbo of who will sit in the ninth seat on the Supreme Court and how that person chooses to interpret Title IX.

COLUMN

Election has been an awful TV series

By HANNA GRISSEL
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Many of us tried to usher in a “radical” candidate, in a day and age where anti-neoliberalism is considered radical and corruption is all too commonplace in our political system. Some of us are pushing for a shift in power toward equality in every aspect of life. But with the election nearing, we need to come to terms with the fact that our ideas will not progress as quickly as we wish they would. If we are intending to be ethical “progressives,” we must compromise and vote for the candidate who is most likely to affect policy in manner most in line with our ideology.

We have made it through all the cringe-worthy debates. Debates in which quoting the candidates’ remarks has proven to be more comical than formulating our own jokes about them. Remember

Hillary Clinton giving a plug for Steve Spielberg’s film *Lincoln*? Or Donald Trump saying, “You can take the baby and rip the baby out of the womb” in reference to the Supreme Court’s landmark reproductive-rights decision *Roe v. Wade*?

In this season of “America: The Great Race to the White House,” we saw impeccable displays of character, to say the least. While at the most, their jokes exemplify the state of this election and present us with parallels to the candidates’ agendas.

Agendas that are as pungent as that overflowing Dumpster outside your apartment complex. I mean *Trumpster*: Wait, I mean reality-TV star “The Donald.” Why oh why has he been able to come this far? His rise to fame has been riddled with very poor rhetoric, which has been consistently violence-inciting and contradictory.

Yet, there is a lot of evidence affirming his corrupt business practices, lending them to surpass the realm of speculation. From numerous bankruptcies leaving his investors in the mud, while he came out nearly unscathed, to the revelation that since the 1980s, hundreds of contractors and employees have yet to be paid by The Donald. Thanks to a *USA Today* exposé, these small-business owners and working-class folks have been heard. Sadly though, not by his many supporters who represent this same class.

I figure since his slimy, barely legal, and possibly illegal tax-evasion practices can’t be proven (while we’re all still waiting on those tax returns), many are willing to believe his all denials.

Despite the sincere distrust I have for Clinton, there’s no doubt she will foster more progressive policies than the *Trumpster*. Though she has

aligned herself with oligarchs in the past, she claims her ideology has changed. I don’t believe her; but I’d rather be proven wrong than elect Trump, who is quite literally an oligarch.

Some argue that a vote for Trump will erupt a political revolution, while a vote for Clinton will only continue the neo-fascist globalist agenda. I just can’t bring myself to vote for a man who has behaved so belligerently.

If this season of “America” has reaped anything for the people, it’s a mass disillusion in our understanding of the way in which our country operates. Though taking this position has brought me an indescribable amount of torment, I’m willing to take the loss and the stress that will come with. Pragmatically, a vote for Trump is a vote to cancel the series, while a vote for Clinton might allow us to keep watching “America.”

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LETTERS TO THE EDITOR may be sent via email to

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GUEST OPINIONS that exceed 300 words in length must be arranged with the Opinions editor at least three days prior to the desired date of publication. Guest opinions are selected in accordance with word length, subject relevance, and space considerations.

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GUEST OPINION

At UI, your mental health matters

College is stressful. It is full of deadlines, expectations, and peer pressure. There are late nights, early mornings, and a usually less-than-great diet. Many students are far away from home for the first time and immediately get thrust into the world of “adulting.”

Then, add mental-health concerns into the mix. For students living with mental illness, college can feel daunting, sometimes impossible.

So what is it actually like to be a college student living with Post-Traumatic Stress Disorder? How about depression or social anxiety? An eating disorder?

Last year, the University of Iowa Student Government and Active Minds, a mental-health advocacy student organization on campus, set out to answer those questions by asking UI students to share their personal stories related to mental illness. For this video campaign, more than 20 brave Iowa students got in front of the camera to share their stories about mental health in an effort to destigmatize mental illness. The

results were a powerful video series called “True@theU,” which aims to encourage dialogue about mental-health concerns by sharing stories, thoughts, and advice from UI community members.

In October, UISG and Active Minds celebrated this campaign and the individuals who made it possible with a “month of mental health.” The month included the launch of “True@theU” in addition to other mental-health advocacy efforts. Our work ranged from large, powerful events such as the Field of Memories on the Pentacrest to raise awareness about college suicide to smaller, more personal activities, such as volunteers handing out compliments and candy on the T. Anne Cleary Walkway.

This month also included more formal action including UISG proposing a new student mental-health fee to the state Board of Regents, which will keep our university on track to hiring eight new counselors for the University Counseling Service by 2018. This new fee will help us address issues such as students waiting

weeks for counseling appointments and allow us to expand the footprint of the Counseling Service beyond the West Side of campus.

After all this work, we think our efforts are working. We have seen more people talking about mental illness on this campus recently than we have in the past. These discussions help students feel more comfortable asking for help, and they empower the entire community to be supportive when they do.

The statistics remind us why we need to remain committed to making progress. Approximately one in five American adults experience mental illness in a given year, according to the National Alliance on Mental Illness, and that isn’t even the most sobering statistic concerning mental health on college campuses. According to National Data on Campus Suicide and Depression, more young adults die from suicide than all other medical illnesses combined, and one in every 12 college students make plans to take their lives. These numbers are far too high to not have a

serious conversation about mental health and its impacts on our community.

We encourage UI students to use campus and community resources for mental-health support. The Counseling Service offers free counseling for all UI students and can also help students find counselors in the Iowa City community, if the student prefers. The Women’s Resource and Action Center and the Rape Victim Advocacy Program also both offer free counseling services. Student Disability Services can help students arrange academic accommodations if their mental illness prevents them from participating regularly in academic activities.

Overall, if this month made just one person feel a little less alone, then it will have been worth it. Each UI student deserves a community that supports them through the good times and the bad. That is why you matter at UIowa, and your mental health does, too.

— Kelin Silber and Rachel Zuckerman

FOOTBALL

CONTINUED FROM 8

That said, the head coach isn't worried.

"He's what you want at quarterback. He's wired right," Ferentz said. "He's

a tough-minded guy. That's really, at the end of the day, what it takes to be successful. You really have to be a mentally tough guy to do this and to do anything that's hard and competitive."

If Beathard can do a little bit more with his arm, it

will help out running backs Akrum Wadley and LeShun Daniels. There's been talk of getting both of them on the field at the same time, which could have some interesting consequences.

Wadley has been working a bit split out and seems to be going well.

"Whether I'm in the backfield or the slot, any way I can help the team out best, I will," Wadley said.

Wadley works best in space, which is why he is fed so many outside run ning plays. When he breaks free, watch out. If you need a reminder, take

a look at any one his runs against Northwestern a season ago.

To pull an upset against Penn State (which sounds weird to say) it's imperative the running game gets going early. The Nittany Lions are going to want to run the ball with Saquon Barkley,

especially if they feel there's a chance to exploit weakness in the Iowa defense.

It's going to be interesting to watch and may just help decide Iowa's fate.

Follow @JordyHansen for Iowa football news, updates, and analysis.

TENNIS

CONTINUED FROM 8

up against conference foes.

"I would say it's a really big tournament because it's our conference," junior Josh Silverstein said. "Every single player who's playing this

tournament is going to be on the teams that we play against during season when we enter our conference. Not only is it a good preview, but it's just great competition.

"Winning this tournament or going far in this tournament means a lot, and it shows other teams and other coaches that

you're a serious player and you're a threat."

With its being the last tournament of the fall, this is the time to gain confidence. After this weekend, there will be a two-month break until the Hawkeyes compete again, meaning the momentum from a big win now can carry over in-

to the spring.

Iowa assistant coach Matt Hagan experienced that when he was a senior on the team.

He finished the fall off on a high note, being the No. 1 player on the team as well as being ranked. When the spring season came around, he knew that

he could do well at the No. 1 position in the Big Ten.

Hagan also believes that anyone on the team can carry over the same confidence he had in the final year of his playing days.

"If you get a couple good wins in the fall, then I think it's just kind of a belief that it gives you motivation to

keep working hard over the next two months in the break between the fall and the spring," he said.

"I think if you finish that fall off strong, then it just gives you that motivation and kind of belief that you can have a really good year and you can play with all the players in the Big Ten."

PREVIEW

CONTINUED FROM 8

those best pieces, because we have so many to work with," Bluder said. "When you don't have as many to work with, it really is

easy, right? Just put in what you have."

Doyle, who was named last year's Ms. Basketball in Illinois, believes the team's workouts this past summer have helped her get ready for the beginning of the season and her Iowa career.

"I feel great, and I'm excited to go out and contribute in any way I can," she said. "Our strength and conditioning coach really got all of [the freshmen] ready over the summer. It's been a grind, but it's also been a lot of fun."

While there is a lot of hype surrounding the Hawkeyes' youth, Disterhoft will be the team's go-to option. She was named to the preseason All-Big Ten team on Oct. 24 and understands what she needs to do to help develop this team.

"It's nice to have one year as captain under my belt, and I know the other seniors are ready to step up as well," Disterhoft said. "Being a leader has always been in my personality, even in my first two years here. It was just in a different capacity. That

will help me this year to get things done."

The Hawkeyes preseason exhibition matchup will begin at 2 p.m. on Nov. 6 in Carver-Hawkeye.

B-BALL

CONTINUED FROM 8

es to the 3-point line, which McCaffery has to love.

Regardless of who plays a lot of minutes against Regis and who gets the bulk of the minutes this season, the team will look different.

There is only one play-

er shorter than 6-4 who will get playing time, and no one taller than 6-9. It's going to be fast, it's going to be frantic, and it's going to be fun to watch.

"It's super exciting," Cook said. "It wasn't [fun] trying to get into shape, but it's really exciting. We have a super long and athletic team. So watching us run and

get a bucket in three seconds, five seconds, it's ridiculous. So the biggest thing for us is getting in shape and getting used to it."



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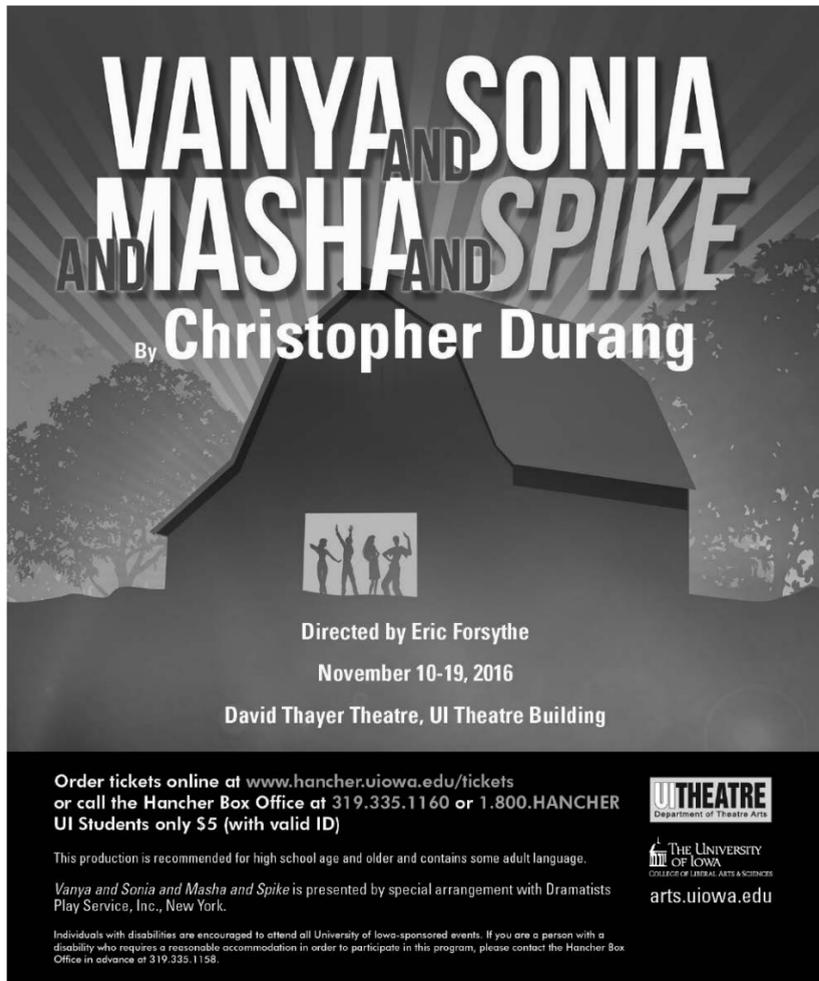
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Vanya and Sonia and Masha and Spike is presented by special arrangement with Dramatists Play Service, Inc., New York.

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The Iowa City Press-Citizen is the proud media sponsor of Dance Gala 2016.

PCmedia

DAILYBREAK

A fool and his money are soon elected. — Will Rogers

the ledge

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Ways to stay occupied during a boring class

- Doodle what the lecturer would look like naked, only change the sex.
- “This is the song that never ends. Yes, it goes on and on, my friends ...”
- Pass a large bag of gummy bears around the whole class. When it gets back to you, exclaim with a horrific shrill, “YOU BASTARDS. WHY DID YOU EAT MY FRIENDS?”
- I believe it was Dame Judy Dench who once remarked, “One can really never go wrong with diarrheal flatulence.”
- Gesture to the lecturer that they have a crumb on the side of their face. Don't let them believe it's gone unless someone produces a mirror.
- Schedule a dozen roses to be delivered halfway through the class to “Professor. D. Baggins.”
- Suggestively eat an entire jar of whole dill pickles.

Andrew R. Juhl uses his boring class time to write Ledges. What about you?

today's events

- **Witching Hour 2016: Forrest Meggers**, 3 p.m., FilmScene 118 E. College St.
- **Witching Hour 2016**, Aimee Groth (4 p.m.), Arish Singh (9 p.m.), Blake Burkhart (9 p.m.), Cleveland Anderson (9 p.m.), Fran Hoepfner (9 p.m.), Nicky Martin (9 p.m.), Steven King (9 p.m.), Psalm One (10:30 p.m.), Mill, 120 E. Burlington St.
- **Witching Hour 2016: Jason Sole**, 5 p.m., Iowa City Public Library 123 S. Linn St.
- **Witching Hour 2016**, Pussy Riot Conversation (7 p.m.), Wu Fei (9:30 p.m.), Low (11 p.m.), Englert, 221 E. Washington St.
- **Dance Gala**, 8 p.m., Space/Place
- **Ghost Limb**, 8 p.m., Theater B
- **Writers' Workshop Reading**, Josh Bell & V.V. Ganeshananthan, 8 p.m., Dey House
- **No Shame Theater**, 11p.m., 172 Theater Building
- **Witching Hour 2016**, NE-HI (11 p.m.), White Lung (midnight), Gabe's, 330 E. Washington St.

SUBMIT AN EVENT

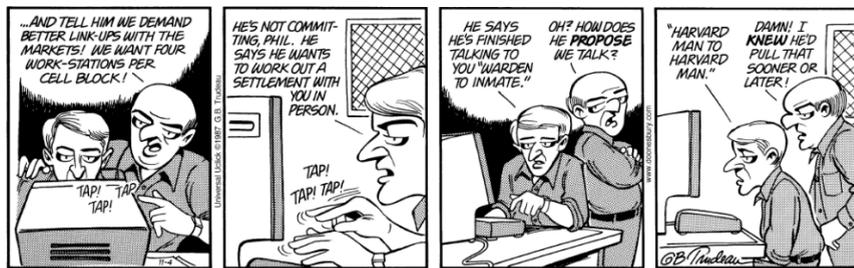
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KRUI programming

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- MIDNIGHT-1 A.M. CROWE'S NEST
- 1-2 A.M. RADIO RE-LOAD
- 8-9 A.M. MORNING DRIVE
- 9-10 A.M. NEWS @ NINE
- 10:30-11 A.M. LOCAL ON THE ARTS
- NOON-12:15 P.M. NEWS @ NOON
- 12:30-1 P.M. BUSINESS UPDATE
- 1-2 P.M. COLLEGE FOOTBALL FRIDAY
- 2-3 P.M. FULL COURT PRESS
- 4-5 P.M. DECOLONIZE YOUR MIND
- 5-6 P.M. NEWS @ FIVE
- 6-8 P.M. SMOKIN' GROOVES
- 8-9 P.M. TRADEMARK JOYRIDE
- 10-11 P.M. SPEAK EASY
- 11-MIDNIGHT PIXEL HUNT

DOONESBURY by Garry Trudeau



DILBERT® by Scott Adams



NON SEQUITUR by Wiley Miller



horoscopes Friday, November 4, 2016 by Eugenia Last

ARIES (March 21-April 19): Watch your back. You'll face opposition that can mar your reputation if you aren't diplomatic. Think matters through, and take a reserved approach when dealing with peers and superiors. Personal gains will result if you are astute and articulate.

TAURUS (April 20-May 20): You will accomplish a lot if you travel, initiate a meeting, or discuss what you are doing with a business or personal partner. Your ability to get your point across in a persuasive manner will pay off.

GEMINI (May 21-June 20): You'll be tempted to overspend. Take a moment to check prices and hunt for bargains before you complete payment. You can make all sorts of positive personal changes without going into debt. Start by working out and improving your diet.

CANCER (June 21-July 22): Navigate your way to the top. Look at every situation from different angles, and you will find the best solution. Your diligence, insight, and ability to articulate your vision will lead to victory.

LEO (July 23-Aug. 22): Discipline and hard work will pay off. Set up a new workout routine or diet plan, and aim to bring about positive changes to your health and competitive drive. Problems at home will escalate because of emotional manipulation.

VIRGO (Aug. 23-Sept. 22): Make an unusual change to the way you handle domestic affairs, and you will grab the attention of someone who's not paying attention. Sign up for something you can enjoy and learn from at the same time. Protect your assets and possessions.

LIBRA (Sept. 23-Oct. 22): Keep life simple, to the point, and free of drama. Moderation and sticking to basics will help you avoid a dispute. Don't let emotions cloud your common sense. Physical activity and pampering will help ease stress.

SCORPIO (Oct. 23-Nov. 21): Gather information, and put together a plan that will encourage you to turn your dream into a reality. Change will do you good and help you find new ways to use your skills and expertise to reach your goals.

SAGITTARIUS (Nov. 22-Dec. 21): You'll have plenty of good ideas, but if you haven't thought them through, you will end up paying the price. Research carefully every aspect of what you want to do before you make promises you cannot keep.

CAPRICORN (Dec. 22-Jan. 19): Hidden matters will be revealed. Weigh the consequences of the information you receive, and plan carefully to ensure you come out on top. You can outmaneuver anyone if you put your mind to it. Take action before it's too late.

AQUARIUS (Jan. 20-Feb. 18): Concentrate on how you can get ahead, not how you can help others. Find a way to make your skills and knowledge marketable. Don't overspend or invest in something you can't afford. The upgrades you make don't have to be costly.

PISCES (Feb. 19-March 20): The contributions you make will encourage others to step up and help. Your intuition will help you make good choices when it comes to financial, medical, and contractual affairs. Don't let emotional demands hold you back.

The New York Times Crossword

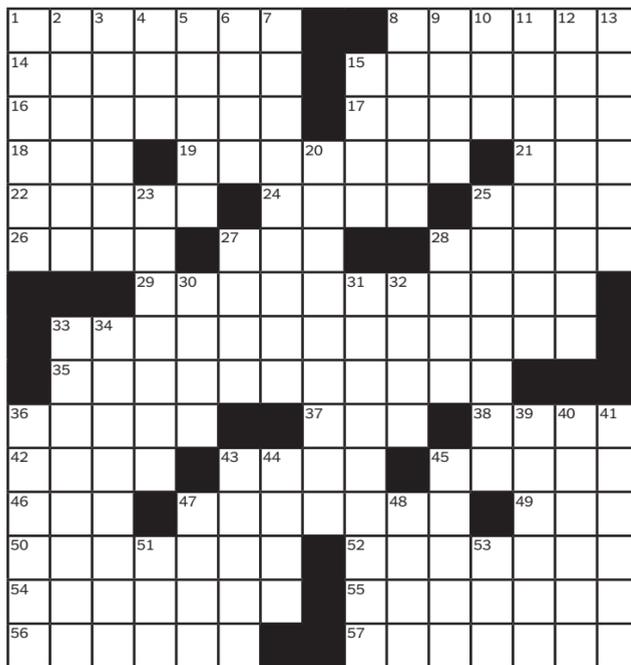
- ACROSS**
- 1 Golf handicap of zero
 - 8 Like some garages
 - 14 Where Forrest Gump played college football
 - 15 Everything included
 - 16 “Funky Cold Medina” rapper
 - 17 Gives a walk-through, say
 - 18 Fig. on a quarterly report
 - 19 Test pattern?
 - 21 Certain flight pattern
 - 22 1970s TV spinoff
 - 24 Some mouse cells
 - 25 Broadway score?
 - 26 Weigh station sight
 - 27 Place to go when you're not going to the races, for short?
 - 28 Joneses (for)
 - 29 Creamy chilled soup
 - 33 Source of break-dancing beats
 - 35 N.B.A. M.V.P. who has hosted “Saturday Night Live”
 - 36 Inroad
 - 37 New Agey sounds
 - 38 Facial option at a spa
 - 42 “Everyone's private driver” sloganeer
 - 43 Kind of walk
 - 45 River of forgetfulness
 - 46 Jerk
 - 47 “The Chalk Garden” playwright, 1955
 - 49 Shipload
 - 50 1983 hit song that mentions Santa Monica Boulevard
 - 52 Arcane matters
 - 54 Lazy bum
 - 55 Access
 - 56 Playwright Eve
 - 57 Pinch-hitter
- DOWN**
- 1 Figures in ribald Greek plays
 - 2 Make a decent person out of?
 - 3 Stochastic
 - 4 Vigoda of “The Godfather”
 - 5 Shire of “The Godfather”
 - 6 “Get outta here!”
 - 7 Collaborative computer coding event
 - 8 Plants sometimes used to make flour
 - 9 Letter of the law?
 - 10 Not you specifically
 - 11 Exchange words
 - 12 Creature that Dalí walked on a leash in public
 - 13 Puts back in the original state
 - 15 Weapon that's thrown
 - 20 Swedish-based maker of infant carriers
 - 23 Seedy place to drink

ANSWER TO PREVIOUS PUZZLE



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OBJECTS OF ART



- PUZZLE BY JAMES MULHERN**
- 25 “I'm down with that”
 - 27 Quattuor doubled
 - 28 Rip off
 - 30 Reply that's a bit of a humblebrag
 - 31 Contestants in a war of words?
 - 32 BJ's competitor, informally
 - 33 Major blood protein
 - 34 Cry before taking the plunge
 - 36 Pointless
 - 39 Make it
 - 40 What it always starts with?
 - 41 College where Rutherford B. Hayes was valedictorian
 - 43 Less tanned
 - 44 “OMG!,” old-style
 - 45 Component of the combo drug Sinemet
 - 47 Actress Daniels or Neuwirth
 - 48 Practice exam?
 - 51 ___ d'Isère (French ski resort)
 - 53 Spam's place

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Running is the Hawkeye game



Iowa running back Akrum Wadley runs in for a 54-yard touchdown during the Iowa-Minnesota game at TCF Bank Stadium in Minneapolis on Oct. 8. The Hawkeyes defeated the Gophers, 14-7. (The Daily Iowan/Margaret Kispert)

By **JORDAN HANSEN**
jordan-hansen@uiowa.edu

Against Wisconsin, the story of Iowa's running game was much as it had been throughout the season: up-and-down.

The Hawkeyes ended with just 83 yards rushing, a total far below what head coach Kirk Ferentz wants to see. Now to be fair, the Badgers have perhaps the best linebacker group in the Big Ten, which played no small part in the Heartland Trophy heading back to Madison.

Iowa's going to have to be better against Penn State, owners of the 10th-ranked rushing defense in the conference.

"The way we're built, we're not built to play off schedule," offensive coordinator Greg Davis said last week. "We are built to play hard-nose-run football."

Davis was responding to a question about what issues were plaguing the offense. He immediately brought up getting into third-and-long situations, which has been a huge issue for the

Hawkeyes this season.

Getting production on first and second down is critical, and there have been points where this simply hasn't happened.

Iowa is currently eighth in the Big Ten in rushing yards per game, with 167.88. Not terrible, but when C.J. Beathard isn't putting up quite the passing numbers he did a year ago, this starts to become a little bit of an issue.

Passing opens up the running game. It makes opposing defenses do things differently, moves them around, and can sometimes get them out of position. The Hawkeyes also live on play-action passes, another wrinkle they love to use.

Beathard hasn't been bad, per se, but he only averages 171 yards passing per game. That's 10th in the Big Ten. He does have 11 touchdowns against just 4 interceptions, but his 58.7 completion percentage is less than what Ferentz would probably like.

SEE FOOTBALL, 5

Hawk hoops set for NCAA return

By **JAMES KAY**
james-kay-1@uiowa.edu

It is that time of year again. The Hawkeye women's basketball team begins its quest to get back to the NCAA Tournament when they take on Lewis on Nov. 6 to start the preseason.

Last season, the Hawkeyes went 19-14, which for most teams would be a success. For Iowa, anything less than a chance to compete in the NCAA Tournament is viewed as a failure. The Hawkeyes didn't make the tournament for the first time in eight years last season.

This is a different team, however, and the players seek to start a new chapter this season. They have begun that process by adding on to their already youthful squad.

"You would think that with four starters returning that we would have a real veteran team. The strange thing is we are still pretty darn young," Iowa head coach Lisa Bluder said. "The difference between this year and last year is that our youth has gotten some good playing experience. I think that is going to reap us some good benefits this year."

Bluder welcomes five freshmen in Mackenzie Meyer, Kathleen Doyle, Alexis Sevillian, Amanda Ollinger, and Bre Cera. Out of those five, Meyer and Doyle are most likely to get significant minutes this season.

With that in mind, Bluder has yet to set her starting lineup. The projected starters include senior Ally Disterhoft, sophomore Tania Davis, sophomore Megan Gustafson, and junior Chase Coley. There is speculation that Doyle and Meyer could fill in that final spot heading into the regular season.

Bluder, however, has yet to commit to a starting lineup and wants to see what pieces fit on Nov. 6.

"With our team, we're kind of going to evolve all year in finding

SEE PREVIEW, 5

Different look for Hawkeyes

By **BLAKE DOWSON**
blake-dowson@uiowa.edu

Not much is known about what starting lineup Iowa men's basketball head coach Fran McCaffery will trot out tonight against Regis University.

After losing four starters from last year's squad, it's not exactly easy to predict who will get some time after the ball is tipped.

It's not like it really matters, though. McCaffery has said on numerous occasions this fall that he has a rotation of about 13 or 14 guys who can play legitimate minutes, and those who start won't necessarily hog the minutes.

Although there's no Jarrod Uthoff to score the ball anymore, McCaffery says he feels like this year's team is the deepest he's ever had at Iowa. That means something.

For one, it eases the pain of losing Uthoff and the other three senior stalwarts from last season when you bring in a top-40 recruit in Tyler Cook, who McCaffery and the rest of the team say can rebound, run, shoot, dribble, sell popcorn, and wipe the floors when someone slips.

He will be the main attraction tonight for the fans in attendance.

"I'm going to give everything I have," Cook said at the team's media day. "One thing I really can control is my effort. So [the fans] are going to see that from the first second to the final horn."

While exhibition games



Iowa forward Tyler Cook palms two balls during men's basketball media day in Carver-Hawkeye on Oct. 5. The Hawkeyes will play their first regular-season game on Nov. 11 in Carver-Hawkeye at 8:30 p.m. against Kennesaw State. (The Daily Iowan/Margaret Kispert)

such as tonight's are a good opportunity for fans to see the shiny objects in the system, including Peter Jok and Cook, they are really about ironing out some sort of rotation that gets narrowed down to around 10 guys.

Certain guys are shoo-ins for playing time. Jok, Cook, Dale Jones, Nicholas Baer, Dom Uhl, Ahmad Wagner, Christian Williams — you know these names, you will see them play.

That leaves two or three open spots up for grabs.

Isaiah Moss, a redshirt freshman, will certainly get a long look during tonight's contest. Moss lit up the scoring column this summer during the Prime Time League and has continued that into the fall in practice.

Jordan Bohannon, a true freshman from Marion, may find himself in the starting point-guard position, McCaffery said. It's his or Williams' spot, and the two have duked it out in practice quite a bit.

"We can each score in it

different ways," Williams said. "I can get to the rim more ... Jordan kind of goes behind the arc."

That leaves minutes at the forward position up for grabs. A couple freshmen, Cordell Pems and Ryan Kriener, seem to be the leading candidates.

Both are Iowa preps, and both bring different skills.

Pems is more of a bruiser in the low post who shows some flashy moves on the block.

Kriener can stretch defens-

SEE B-BALL, 5

Men's tennis heads to Big Tens

By **PETE RUDEN**
peter-ruden@uiowa.edu

The whole fall season has been leading up to this for the Iowa men's tennis team.

The Hawkeyes will compete at the Big Ten Singles and Doubles Championships this weekend in Madison, Wisconsin, today through Nov. 7.

This will be the first time the entire team will travel to a tournament and play together, meaning junior Lefteris Theodorou will compete for the first time this season.

Theodorou had wrist surgery early in the year, and after a long break from being able to play other teams on the court, he will finally get his chance.

"I want to see a good, competitive attitude from him," head coach Ross Wilson said. "It's his first tournament since July. He's been practicing a lot over the last couple weeks. He's hitting the ball great, moving great. Win or lose, I want to see him go out, and play as hard as he can play, and just see what happens."

This is also the perfect time for Theodorou to return to the Hawkeye lineup.

The Big Tens are arguably the biggest tournament of the fall season, so Wilson wants his team to peak.

This weekend in Madison, Iowa will get a sneak preview of the teams and players they will face throughout the spring season.

While it's a chance to get a great scouting report, it's also a good measuring stick to see how the Hawkeyes stack

SEE TENNIS, 5