

METH

Iowa's most resilient crop

It's crazy, the toll it takes on people," University of Iowa junior Ally Lowe said. "My stepbrother was the most spontaneous, funny, and giving person I knew. Then he started using meth."

Lowe's family has been affected immensely by methamphetamine, one of the most potent and serious drugs on the market. For Iowa in particular, meth has been one of the most sought-after substances since the early 2000s.

Lowe's stepbrother wasn't the only one who fell victim to the devastating drug. She said her mother, cousins, and other loved ones have all used the drug, and the effects have been noticeable and prominent. One of her cousins dropped out of school at 15 years old and is now in an abusive relationship with a drug dealer. Another cousin, 25, has been using for 10 years and has a child, because of child neglect, the child will be taken from her care. Lowe's uncle sells opioids and started her mom's and her cousins' addictions.

"It's been about 15 years now since he's started using," Lowe said about her stepbrother. "He's clean as of right now and focusing on being a good father ... but the temptation is always there. He's still never been the same, he's paranoid and still gets angry out of nowhere sometimes."

The 21-year-old human physiology and Spanish major, while exposed to the drug and those who used it all her life, made different choices. She wishes her family had done the same.

"There's so much more to live for," she said. "There are so many other things out there besides meth. Live your life for yourself and your loved ones, not for a drug."

"You're not infinitely resilient. You're not all-powerful," said Peter Komendowski, the president of the Partnership for a Healthy Iowa which does outreach for current and potential drug users. "You're not going to become a superhero or press a button to reboot your life. When you take a bad risk, it can define your entire life, and many of those risks don't equate to a better definition."

Meth users are prone to having intense itching because of body sores, severe dental problems that can manifest into a recognizable condition some refer to as "meth mouth," and extreme weight loss. Violent behaviors, paranoia, and hallucinations often ensue as side effects of its use. So why would someone start using meth?

"Taking meth is like pressing the accelerator on your car until you crash down Washington Street," Komendowski said. "Any drugs can stimulate dopamine, but when it comes to a prizefighter in the ring, none of them stand up to meth."

Dopamine, responsible for activating pleasure and reward centers in the brain, is a major reason addicts continue to use drugs, the National Institute on Drug Abuse reports. Sugar, sexual activity, and caffeine can cause dopamine release as well, not just foreign substances such as drugs.

Komendowski said the human body was not made to have outside substances alter it, telling people that the world is better than they think.

"Meth just really gets you high," he said. "It fools you into thinking that everything is OK when really, it's not. The blinders we are born with

Since 2004, legislators and law-enforcement officials have attempted to regulate methamphetamine production and consumption. Despite the efforts, the drug remains rampant throughout the state.

BY JORDAN PROCHNOW | jordan-prochnow@uiowa.edu

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UI study links neighborhood conditions, mortality rate

Researchers in the UI Health and Human Physiology Department have found a correlation between neighborhood conditions and residents' health - mortality rates and the rates of colorectal cancer.



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Iowa football report cards are here

Pregame Editor Adam Hensley assesses the Hawkeye defensive line, while Sports Editor Pete Ruden grades the offensive line. The D-line was arguably Iowa's best position group in 2018, while the O-line made steady improvements from 2017, thanks to consistency.

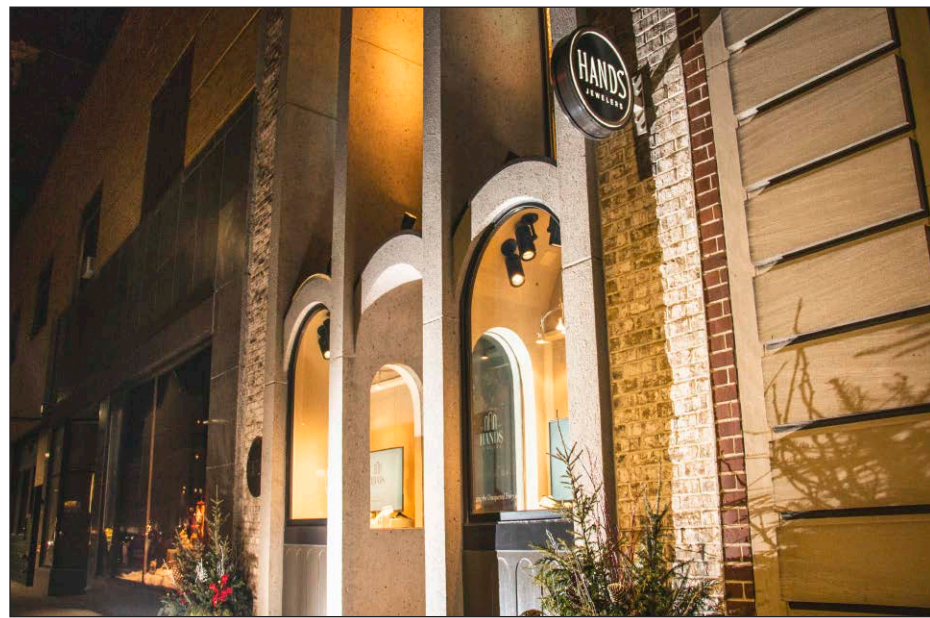


Tune in for LIVE updates Watch for campus and city news, weather, and Hawkeye sports coverage every day at 8:30 a.m. at dailyiowan.com.



Customer service, quality contribute to longevity

Attention to customers and having diverse businesses contribute to downtown businesses thriving, according to IC officials.



Katrina Zentz/The Daily Iowan

Hands Jewelers is seen on Monday. Hands is Iowa's oldest jewelry store.

BY CHARLES PECKMAN
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While walking around Iowa City, it is hard not to notice its landmarks — the Englert, Herteen & Stocker Jewelers, and the ever-present (and open) Mesa and Pancheros. But why do some businesses, such as the short-lived East Burlington Street Zombie Burger, seem to fade into obscurity in such a quick manner?

Nancy Bird, the executive director of the Downtown District, said a number of factors can contribute to a business's longevity.

"Downtown Iowa City is a combined college district and downtown area," she said. "Our strategy with the Downtown District is

to support a diverse mix, and of course, there are ideas that don't pan out. We want to make sure there is something for everyone."

Bird said the opening of new commercial bays, for example, can help expand the district's business diversity and offerings.

"Because of [new commercial bays,] we're seeing new businesses pop up," she said. "But there's also been businesses such as The Shop that have taken over spaces held by longtime Iowa City businesses, which shows how consumers are changing."

In terms of long-term businesses, Bird said, a prime example is Hands Jewelers, 109 E. Washington St.

SEE BUSINESS, 2

2020 initiative to bring in 'big ideas' met with barriers

The initiative to review the university's structure found barriers to thinking of long-term ideas that would lead the institution in the decades to come.

BY MARISSA PAYNE
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A committee tasked with brainstorming "big ideas" for the university's long-term future concluded several barriers get in the way of imaginative thinking: State funding for Iowa's universities has declined. The UI has seen administrative turnover in recent years with several positions still vacant. The institution is in the middle of its first fiscal year with a new budget model.

The 2020 initiative to review the institution's structure ended with the recent release of its final Phase 2 report — months after initially being slated for release in the spring 2018 semester. The report stated that, given the aforementioned barriers, "This was probably not the best time to ask the UI community to think long-term."

"We do not have a regular and efficient institution-wide process for soliciting, vetting, and funding long-term big ideas that span individual units," the report stated. "Without such a process, the immense creativity in the UI community will be primarily limited to ideas in individual disciplines, labs, centers, etc., where ideas can be realized. This is, indeed, where much of our creativity should be focused. But we should also have a process that encourages big-idea thinking."

The initiative stemmed from a charge by former UI Provost Barry Butler, who directed college leadership before his departure in March 2017 to study potential organizational changes that could be made to the UI to

SEE 2020, 2

UI study links neighborhood conditions, health

UI researchers conducted two studies that appeared to find a correlation between neighborhood conditions and high mortality and cancer rate.

BY KELSEY HARRELL
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UI researchers appear to have discovered that neighborhoods with worse conditions correlate with a higher mortality and the rate of colorectal cancer.

Researchers in the UI Department of Health and Human Physiology recently conducted two observational studies on neighborhood conditions and the correlation the conditions have to the residents' health. One of the studies looked at the general mortality rate in the neighborhoods, and the other looked at the rates of colorectal cancer.

In the mortality-rate study, the researchers found that when neighborhood conditions improved, it seemed to correlate with a decrease in mortality rate, said UI Assistant Professor Qian Xiao, the lead researcher. If the conditions deteriorated, there was an increase in mortality, she said.

For the colorectal cancer study, Xiao and postdoctoral research scholar Dong Zhang found that if neighborhood conditions became worse, there was an increase in cancer risk and diagnosis, Xiao said. However, if conditions improved, there was no observed improvement in cancer risk, she said.

Because both studies were observational, the researchers didn't actually go to the neighborhoods and improve the conditions, so they can't say worse neighborhood conditions are the cause of higher mortality and worse health outcomes, Xiao said.

For the colorectal cancer study, the researchers looked at previous studies that had shown a link between mortality and cancer rates and socioeconomic status, Zhang said. The UI's study looked at the long-term changes of



Assistant Professor of health and human physiology Qian Xiao poses for a portrait in the Field House on Dec. 3. Xiao published a pair of observational studies on the health of people living in neighborhoods with worse conditions.

status and observed how it was associated with cancer, he said.

Zhang said that, through his observations, he and Xiao were able to determine that long-term low socioeconomic status is associated with a higher risk of colorectal cancer. After seeing the correlation between cancer risk and lower socioeconomic status, resources can be provided to improve areas with higher colorectal cancer risk.

"I think [the study is] more to provide awareness to more people that there's a situation like this going on," Zhang said. "Even at the individual level, if you're living in a low socioeconomic community, it will still impact your

health."

Although the UI's study on neighborhood conditions didn't focus on Iowa City, the city has participated in previous studies on neighborhood health, one focusing on asthma.

The city also puts on events to encourage neighborhood residents to interact with each other, said Marcia Bollinger, the neighborhood outreach coordinator.

When the city partnered with the UI College of Public Health for a study on the occurrence of asthma in lower-income neighborhoods, they conducted surveys asking residents general questions about their living conditions, Bollinger said.

Through these surveys, the city discovered that residents of the neighborhoods don't feel comfortable talking to their neighbors, she said.

"Almost everyone said they wanted to have the opportunity to get to know their neighbors and that they didn't feel comfortable asking neighbors for help when it came to health issues," Bollinger said.

Since the UI's study was conducted over a longer period of time, there is stronger evidence for the relationship between neighborhood conditions and overall neighborhood health, Xiao said. After this study, if worsening conditions are seen, more monitoring or other health-related

interventions may be implemented to help the neighborhood, she said.

"I think that's a good piece of evidence to have, and maybe in the future, studies can look at specific interventions for getting different neigh-

borhoods to see if those will have an actual impact," Xiao said.

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Opinions

COLUMN

Prevalence of drug overdose calls for attention, action

The prevalence of drug-addiction and abuse among college students is astounding, and preventative measures must be taken in order to protect people from the devastation of overdose.



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With finals week in full swing, students begin to lean heavily on study drugs to deliver them through exams. And with college-age students making up one of the largest national groups that abuse drugs, addressing the prevalent problem is imperative in order to implement change through prevention.

In this last year, record-breaking death caused

by drug overdoses overwhelmed homes, families, and lives. According to the National Institute on Drug Abuse, more than 72,000 Americans died from overdose in 2017. Of that number, there were 99 overdose deaths and 202 drug-related deaths in Iowa.

The statistics are astounding — and what is even more profound is the group of people who make up one of the largest populations of drug-users. Research has revealed that people between the ages 18 and 24 are not only among the largest population of people using drugs, they are also at a heightened risk of addiction to begin with.

According to the Addiction Center, “Those who are enrolled in a full-time col-

lege program are twice as likely to abuse drugs and alcohol than those who don't attend college.”

In asking 25 Iowa college-students whether they have used study drugs during finals week, I found that 72 percent of them had. And of those who had used study drugs, 63 percent had used them more than once.

A 21-year-old said her intention in using Adderall was to help her stay up and study during finals week. But in using Adderall, she found just how detrimental it was to her mental health.

“When I was at my serving job [a fast-paced environment], I found myself pacing and fidgeting,” she said. “I couldn't even stand in one place. That's when I know it was an issue.”

And where the problem of drug use among college students can appear to only pertain to weeks in which final exams and writing assignments are coming in waves, addiction and abuse appear far more frequently with more critical consequences.

Recently, the *New York Times* released a study revealing that the problem of the overdose epidemic has increased in such large volumes that it has contributed to the reduction in an American's life expectancy in the last three years.

And yet, to ground these growing numbers, Centers for Disease Control and Prevention data offer the notion that the overdose epidemic leveled out in these earlier months, and with

that, perhaps the overdose epidemic has also reached its potential peak.

Paralleling the leveling of overdose death rates and combating the rapid rise of addiction, there has been an increase in the effort to reach people who battle drug-addiction and drug-abuse. With the intention of limiting the number of lives lost to drug overdoses, policies and bills have been put in place to protect people and prevent any further harm.

In Iowa, near the beginning of the year, House File 2377 was made law to limit the distribution of prescriptions for addictive drugs that have been dished out in the past.

With that, House File 2377 ensures the safety of

people seeking treatment for drug-related issues for themselves or on behalf of others. The bill protects them from the prosecution or arrest because of drug-related circumstances.

While the overdose epidemic overwhelms the American population, officials implementing policies to protect people and prevent an increase in the number of lives lost because of drug-abuse, with the hope of helping those who are hurting, should continue to be exemplified in other areas in the country.

If you or someone you know is battling addiction, don't hesitate to ask for help. Call the free 24-hour Drug Abuse Hotline at 855-705-5606.

COLUMN

The importance of stories about women

Ariana Grande's 'thank u, next' is one of many successful songs about female empowerment.



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Growing up, I didn't hear a lot of empowering songs about women, for women, or by women. Later down the road, I distinctly remember listening to “Born This Way” by Lady GaGa, and thinking about how that was one of the first songs I'd heard in my short lifetime that wasn't talking about female beauty specifically.

I'm not sure whether it's because it's more accepted for female narratives to be shared now or if I've just become more aware of them, but female artists have voiced their perspectives lately, and they have been successful across all artistic media. Specifically, the song that comes to mind is “thank u, next” by Ariana Grande.

2018 alone has been dominated with successful stories by

women. Janelle Monáe released “Pynk” and celebrated sexuality and the female body. The attention that video got is bound to resonate for quite some time. Kali Uchis came out with “After the Storm” about her own story and being one's own hero. Here on campus, we had Lizzo perform for Homecoming, and all her songs are about women being comfortable in their own skin.

Obviously, Ariana wasn't the first artist to share her story — a slew of artists paved the way for her. However, she has been one of the most successful ones and her “thank u, next” music video broke YouTube's record of most views in 24 hours at 55.4 million views. Given the hype surrounding her relationship with Pete Davidson, it's not hard to understand the success of the song and video, but the genius of the song goes beyond that.

Freshman Demi Oo said, “Although ‘thank u, next’ at first sounds like a breakup song, I feel like it's been a hit with the female audience in particular because it's not a breakup song. The message it provides is overcome the obstacles that come in your life and use that

experience to better yourself and live your best life.”

The song itself is about heartbreak and breakups on the surface, yet it somehow managed not to be about men at all. It wasn't disparaging or attacking but rather a celebration of Ariana's growth as a person. That detail itself is huge and shows that female narratives can be commercially successful despite what we have thought in the past. The music video paid homage to all the strong ladies in classic 2000s movies, further supporting the focus on stories about women.

“Listen to ‘God is a Woman’ or all of her *Sweetener* album; Ariana has a lot of empowering words for her audience, and honestly, being an empowering female role model is the new wave,” Oo said.

The honesty in this song and many of Ariana's others on the *Sweetener* album, have made an impression on many people. These stories are important for women to hear so that they feel seen. That is why it's important that we build on this and continue to add more diverse voices across all media.



Laura Thompson/New York Daily News/TNS

Ariana Grande attends the “Heavenly Bodies: Fashion and the Catholic Imagination” Costume Institute Gala 2018 on May 7 at the Metropolitan Museum of Art in New York.

IN THEIR OWN WORDS

Where would you rather be?

UI students tell *The Daily Iowan* where they would rather be as finals week is upon them.



VRUNDA PATEL

“I would rather be somewhere around a beach, maybe Dubai, because I want to go skydiving there.”



ABBEY CARTER

“I would rather be in the Bahamas.”



KODY NICELY

“I'm fine where I'm at right now.” — he said this while flipping burgers at the River Room Cafe



ELISABETH NERUDA

“I would rather be at my home on my couch.”

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METH
CONTINUED FROM FRONT

are the blinders that allow us to see reality and to feel it. When things promise more than reality can allow, life falls into destruction.”

The Partnership for a Healthy Iowa, previously known as Partnership for a Drug Free Iowa, delivers educational and outreach programs to decrease high-risk behavior and influence potential users. The organization primarily focuses on drug and alcohol abuse, but it also raises awareness on internet use and positive parenting.

Despite focusing on other subjects, meth use is still a high priority for the organization.

Methamphetamine will always be available, Komendowski said. Calling it a “persistent drug,” he said there is no medical purpose for meth; it is not a prescribed substance, but users will still find ways to access it. In addition, because of the drug’s parallels to Adderall, people who need that form of medication may turn to meth as a cheaper option.

According to the American Addiction Centers, a gram of methamphetamine typically costs around \$100. In comparison, 100 tablets of Adderall can cost nearly \$700.

Komendowski said a big reason some young people use methamphetamine is to cope with harsh aspects of life.

“We have a generation of young people who are being bred on more dreams than reality can allow,” Komendowski said. “Taking drugs is a way to approach life with a dream. We have no capacity to live that impaired. It’s completely artificial, it’s not sustainable, and [it’s] destructive. If the context for success has been defined by something that is not obtainable, people try to find a shortcut.”

...
In 2004, the number of busts of meth labs was the highest in Iowa history.

The Iowa Department of Public Safety reported 1,500 labs that year. To combat methamphetamine use and decrease the risk of coming into contact with potentially explosive labs, Iowa passed the Iowa Pseudoephedrine Control Law in 2004, which regulates and tracks purchases of medications with the chemical. In subsequent years, the federal government and several other states passed similar laws including the Combat Methamphetamine Epidemic Act of 2005, which regulates over-the-counter sales of pseudoephedrine, ephedrine, and phenylpropanolamine products.

Dale Woolery, the assistant director for the Governor’s Office of Drug Control, said the control law moved pseudoephedrine — an active ingredient in many cold medicines — from over-the-counter availability to behind the pharmacy counter. While the law did not make pseudoephedrine a prescription drug or a controlled substance, similar actions were taken to control user consumption.

The law requires pseudo-

ephedrine buyers to be over 18 years old and to present valid forms of IDs. The buyers must also sign a log-book, which coincides with a pseudoephedrine-tracking system implemented by the Governor’s Office of Drug Control. The tracking system, the National Precursor Log Exchange, tracks purchases of pseudoephedrine in real time and flags both buyers and pharmacies that might allow for over-consumption or suspicious purchases. There are also lim-

which makes it more accessible and available,” he said. “There’s more of it and is relatively inexpensive, so buying that on the black market for someone who is addicted may be a lower-risk proposition than making it.”

Even in 2004, he said law enforcement officials told him that more than 80 percent of the meth in Iowa came from Mexico. Most is for personal use in small labs, but big volumes are transported into Iowa by different methods of transportation.

“Meth is symbolic of a lot of other threats in the country,” Komendowski said. “We’ve done everything in Iowa we can to reduce the availability of meth, and yet it still finds a way here. It’s nefarious.”

But Johnson County is distanced from areas with heavy drug trafficking. Tyler Schneider, who works for the Johnson County Sheriff’s Office and serves on the Johnson County Drug Task Force, said that while Iowa City and surrounding areas rely on foreign suppliers for meth, the location has decreased the amount of drugs being smuggled in. Counties closer to the Mississippi River and the Chicago area have a higher risk of drug trafficking.

Still, Schneider noted that the majority of crimes committed in Johnson County done while under the influence of methamphetamine revolve around burglary and theft. Users acquire goods that they can sell in order to have money to buy more drugs, and often pawn and sell items to support the habit.

Lowe’s step-brother ended up in jail several times because of selling methamphetamine.

“We found out he was hiding meth behind our house because he resorted to selling it,” Lowe said. “We had to ask him to stay away. He went back and forth to jail, got another user pregnant, and was homeless for a while.”

While the numbers of arrests and methamphetamine busts have decreased, the drug remains a concern.

Woolery said around 90 percent of harm reduction, or stopping the use and production of methamphetamine, has taken place in Iowa, but the ultimate goal is to hit total reduction.

“We are pleased that we’ve had that degree of progress on this front,” he said. “The big challenge that remains is the addiction piece.”

...
“You can’t cure your own addiction,” Komendowski said. “Nobody is really defined as an addict until they’re busted for it.”

But for meth users, treatment options are not as accessible.

According to the Iowa Public Health Department, from 2011 to 2017, methamphetamine-related deaths increased from 12 to 96, an eight-fold increase. From 2016 to 2017 alone, deaths increased by more than 23 percent.

Anthony Miller, a UI clinical professor of psychology, said that with opioids, medication-assisted treatment can be implemented, as methadone and Suboxone can be used to regulate cravings and withdrawals.

‘Taking meth is like pressing the accelerator on your car until you crash down Washington Street.’

— Peter Komendowski, president of Partnership for a Healthy Iowa

its set on how much of the product one can purchase; no more than 7.5 grams may be purchased in a 30-day period.

According to second-quarter data from 2017, log exchange stopped 93,027 illegal sales of medicine containing pseudoephedrine that year. That equates to 245,097 grams in 33 states.

“The point of the law was to tighten control and monitor inventory so that individuals with legitimate needs could access and use pseudoephedrine without any interference,” Woolery said. “While at first it was a change, and a lot of peo-

23%
Increase in meth-related deaths from 2016 to 2017

ple thought it was a hassle, I think most Iowans have gotten used to it and appreciate that it has made a difference in the number of potentially flammable and explosive labs that could be near them.”

The form of methamphetamine production in Iowa has shifted to the one-pot lab. This allows producers to take their products mobile by putting chemicals into disposable plastic bottles. Woolery said producers can use chemicals from hardware stores, in-

‘We have a generation of young people that are being bred on more dreams than reality can allow. Taking drugs is a way to approach life with a dream.’

— Peter Komendowski, president of Partnership for a Healthy Iowa

cluding ammonia, acetone, and other corrosive materials.

So now, labs are not a danger to the community. Law enforcement has set its sights on the current suppliers of Iowa’s meth — foreign manufacturers and drug cartels.

...
While the number of labs has significantly decreased from 1,500 in 2004 to 36 in 2017, danger still lurks. The Legislature reduced the demand for homemade and domestic supplies of methamphetamine, Woolery said, but this caused users to search for illicit drugs from other outlets.

“The foreign supply smuggled into the state is the purest form it’s ever been,



Anthony Souffle/Minneapolis Star Tribune/TNS

Pure methamphetamine in rock form, known as ice, was photographed at the DEA’s North Central Laboratory in Chicago.

Currently, such treatment is not offered for methamphetamine users.

“Lots of things have been tried, and nothing that’s available makes a difference in terms of addiction,” Miller said. “The treatments are more psychotherapeutic, and we could probably do more to develop that.”

Data from the Iowa Public Health Department show that more Iowans were admitted to hospitals for methamphetamine treatment than ever before. While treatment for cocaine users has declined steadily since 2012, nearly 10,000 Iowans were treated for meth use last year.

According to these data, that makes Iowa the national leader for meth treatment. Data from the Public Health Department, released in June, showed that Johnson County had the second-lowest rate of admissions for methamphetamine treatment with 28.5 per 100,000 people. In comparison, Wapello County saw 613.4 per 100,000 people.

“By its nature, addiction is not as visible as fires and explosions,” Woolery said. “A lot of people who suffer from addiction are not inclined to publicly talk about it, but

we know that there’s a pretty significant demand and use of meth in Iowa.”

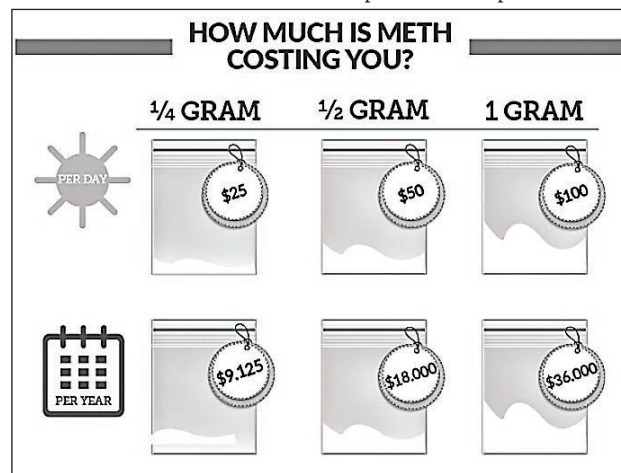
Komendowski said addiction needs to be treated from a holistic view; methamphetamine addiction does not come from any one given source, and addiction will never be curbed unless demand is stopped.

“Addiction is a disease, and we have to protect people from that,” Komendowski said. “But if we don’t look at the mental health and underlying disparities that may drive people to the point of looking for drugs, then they will find some drug. Whichever one is the easiest to find, they’ll do. Humans are creatures

of habit, and dopamine is a very powerful way to get people to do that.”

If we cannot protect youth from the dangers of drugs, he said, it is necessary to teach the risks to shift their attitude toward substance abuse.

“Iowa is No. 1, or somewhere near No. 1, in corn, beans, cattle, hogs,” Komendowski said. “When farmers spot invasive weeds, they put every resource they have to keep that crop free of them. And yet, when invasive things like methamphetamine or illegal opioids affect our culture, we don’t show the same passion. We don’t think of children as important a crop as corn.”



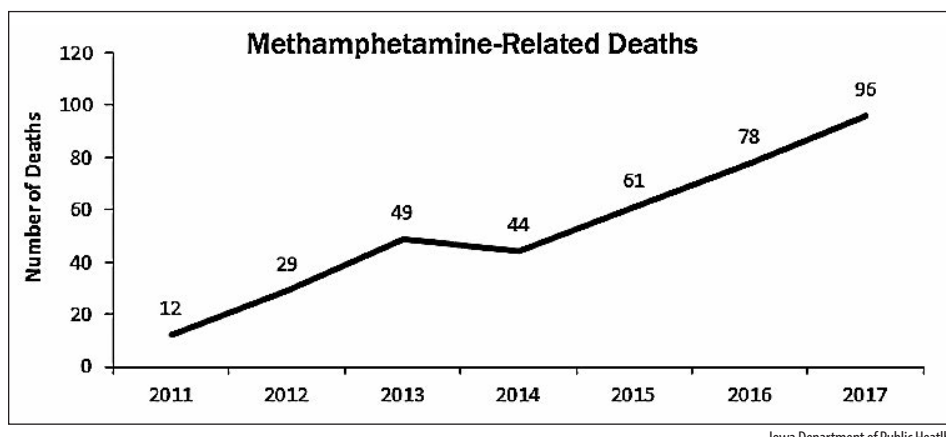
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Consistency is key for men's gymnasts

2019 means a new season for the Iowa men's gymnastics team and also hard work and determination to achieve the team's goal of consistency.

BY JESS WESTENDORF
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As the new season approaches, the Iowa men's gymnastics team has a young roster with seven freshmen who will make their college debuts on Jan. 19, 2019, at the Windy City Invitational in Chicago.

Although the Hawkeyes might have a young team without much experience at the college level, the one thing they have focused on and drilled into their daily routine is consistency.

"We have a young group right, so we have a lot of freshmen, a lot of sophomores, but we still have some good leadership," head coach JD Reive said. "Our theme for the year is consistency — that has kind of been a challenge for us getting out there. Our gymnastics is great, we have the talent, our workouts and practices have been very efficient, but we have to be able to perform."

Last season, the Hawkeyes showed tremendous potential by placing in the top three in five meets, but they fell short in the Big Ten Championships with a seventh-place finish.

This season, the goal is to be able to take the routines that are learned in practice and transition them to a meet with no issues at the end.

Gymnastics is a performance-based sport, so the team has to be able to perform at its best.

Reive said confidence and repetition is the key to success.

"Confidence is a huge piece of what we do," he said. "We are a performance-based sport, so we have to be able to hit a lot of different routines in practice, which takes a lot of time to get used to. The big



Jake Brodarzon competes against Nebraska in Carver-Hawkeye on Feb. 23.

Katie Goodale/The Daily Iowan

piece is what we do, we have to do well, and we cannot miss it."

This starts not only with great leadership but with practice and the knowledge that failure will come at some point. But it depends on what the gymnasts do with that failure that defines whether they can move on from it.

"It is challenging, there is a lot of failure in what we do," Reive said. "You start with something, and you fall five times as you are doing

it, then you do it enough times to where it becomes four, and then three, and then two, and then you

to serve in the position. On board with Reive's plan, he described what consistency means to him this season.

"When you get elected by your team, seeing that they see you as that role and they want you to push them from your success and give it to them it is

humbling," Brodarzon said. "But for consistency, the biggest thing is that we have been re-enforcing that it is not about what you are doing, it is about how you are do-

ing it."

This has been a key factor in making sure the freshmen and younger gymnasts are prepared for what is to come in the season.

It seems to be working, too. Standout freshman Stewart Brown has stepped up his role as a first-year and is taking the knowledge from his coach and captains to heart to impact the team.

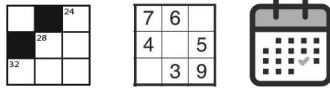
"Consistency, to me, means hitting routines the cleanest and best you can as often as you can," Brown said.

Now that the tone has been set, it is time to see if the Hawkeyes can achieve the consistency they are working so hard for.

'Confidence is a huge piece of what we do. The big piece is what we do, we have to do well, and we cannot miss it'

— JD Reive, head coach

The Daily Break





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Across

1 Like many internships

7 Place for a massage

10 Hybrid citrus fruits

15 "Just my luck!"

16 Ripken with a record 2,632 consecutive games played

17 Identify someone without speaking

18 Superman's fist?

20 Wee

Down

1 New edition of software

2 Snickers bar filling

3 Hot rods?

4 "Am not!" reply

5 Text message qualifier

6 Go against

7 Aroma

8 Scathing review

9 Secondary identity ... or what can be found in 18-, 27-, 40-, 54- and

Across

21 Forever and a day

22 Yang's opposite

23 Forever and a day

25 Fortuneteller's deck

27 Iron Man without any clothes?

32 U.F.O. pilots

33 Sounds at doctors' checkups

35 Shape of a plunging neckline

36 Symbol of saintliness

37 Finish, as a cake

38 Profoundly wise

Down

10 Wharton's school, familiarly

11 Proceeds

12 Broadway's ___-Manuel Miranda

13 Networkers' goals

14 Digs for pigs

19 Meet face to face?

24 "Cow's Skull: Red, White and Blue" artist

26 Phrasing so as not to offend, say

28 Nautical "Stop!"

29 Perry with the 2010 hit "Firework"

30 Flair

31 Loser to Clinton in 1996

34 Colorful image in a weather report

37 No matter what

38 Crept (out), informally

40 Baby deer

41 Spanish "other"

42 Pac-12 team about 625 miles from the Pacific

43 How the Quran is written

44 Cry

50 Kellogg's Raisin ___

51 Leisurely strolls

52 Yankees' division, in brief

53 Savviness

55 Lecterns

56 Young's partner in accounting

58 Greet someone cordially

61 Silicon Valley specialty

63 Lunch order that might be grilled

64 Title role for which Jamie Foxx won an Oscar for Best Actor

65 Paranormal ability, for short

67 Hoopla

68 Aussie animal

SOLUTION ON PAGE 2

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SOLUTION ON PAGE 2

WHAT'S HAPPENING TODAY

- **Finals@IMU: Carbs & Caffeine Breakfast**, 6:30-10:30 a.m., South Lobby
- **Finals@IMU: Healthy Snacks**, 2-3 p.m., throughout IMU
- **Finals@IMU: Make Your Own Trail Mix**, 4-6 p.m., First Floor
- **Take a Study Paws, Therapy Dogs of Johnson County**, 4:30-6:30 p.m., 2032 Main Library
- **Finals@IMU: Free Pizza**, 7-8 p.m., First Floor
- **Finals@IMU: Yoga**, 9 p.m., 179 IMU
- **Finals@IMU: Free Snacks**, 10 p.m., Welcome Center
- **Finals@IMU: Free Coffee**, 11 p.m., Welcome Center

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TUESDAY SCHEDULE

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| DITV Crossover 8:45-9am | News @ 4 4:43-5pm |
| Mid-Morning Drive 10-11am | Off The Ivy 6-7pm |
| Michael Minus Andrew 11am-12:15pm | Good Bad with Jake Jacobs 7-8pm |
| Ask a Lawyer! 12:30-1pm | Goon Town 9-10pm |
| Debatebabble 1-2pm | Local Tunes 10pm-12am |
| Four Star Show 2-3pm | |

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Lily Smith/The Daily Iowan

Iowa defensive end Anthony Nelson tackles Nebraska running back Maurice Washington in Kinnick on Nov. 23. The Hawkeyes defeated the Huskers, 31-28, on a last-second field goal.

D-LINE
CONTINUED FROM 8

Two sacks for either of those linemen would tie them with Clayborn for the most in a single season in the past 10 seasons.

But in the now, all of Iowa's top-four players on the sack list registered at least 3.5, and all of them were defensive linemen. In total, 4.5 sacks came from linebackers or defensive backs. The other 29.5 came from Iowa's defensive line.

The line plays a huge part in setting the defensive tone as well — when Iowa's defensive line has gotten to the quarterback more, the Hawkeyes have won.

Iowa's eight wins resulted in 27 of the Hawkeyes' 34 sacks. That's 3.38 sacks per win. In the four losses, Iowa's only had 7 sacks, or 1.75 sacks per game — essentially half of the per-game mark in victories.

The rush stepped up against ranked opponents, too, averaging 3.5 sacks per game against teams ranked in the Associated Press top 25 (in terms of sacks per game, there were only 20 teams in the country ranked ahead of

Iowa in that department). Also worthy of note is Iowa's sack progression over the years. In every season since 2013, the Hawkeyes' sacks per game rose.

While Nelson and Epenesa led the way for Iowa, Parker Hesse and Chauncey Golston followed, notching 4 and 3.5 sacks, respectively.

Half of Hesse's sack total came in the season-opener against Northern Illinois, and while he had just 2 sacks through the remaining 11 games, he had 7 tackles for a loss during that span.

Golston registered back-to-back games with 1 sack once, and he also tied Hesse with 9 tackles for a loss.

In total, Iowa's defensive line finished with 48.5 tackles for a loss — 73.4 percent of the team's tackles for a loss.

Head coach Kirk Ferentz pointed to one reason his defensive line has done it all — sacking the quarterback, tackling backs in the backfield — while staying consistent.

"Those guys, they're literally together all the time," he said. "... It's genuine. They care about each other. They look after each other. They have fun together, but they also work hard together."

O-LINE
CONTINUED FROM 8

for 56th in the country, allowing 25 sacks through 13 games for an average of 1.92 a contest.

Iowa took a huge step forward in 2018. The Hawkeyes only gave up 13 sacks in 12 games, ranking 10th in the nation and first in the Big Ten. It came out to an average of 1.08 a game, which is almost a full sack fewer than the year before.

There was a lot less movement and rotating on the line than there was in 2017, and the consistency showed in the stats. Because there were minimal injuries, the core group of Alaric Jackson, Ross Reynolds, Keegan Render, Cole Banwart, and Tristan Wirfs gelled, allowing for solid production.

Banwart started Weeks 1 and 2 but didn't play in Week 3. The Ottosen, Iowa, native didn't get his starting spot back until Week 9, then finished the season in the lineup.

In his absence, Dalton Ferguson and Levi Paulsen were called upon, but even those changes didn't affect the unit nearly as much as when

things shifted in 2017.

The personnel in the run, however, was a complete reversal from what it was last season.

Akrum Wadley was the workhorse for the Hawkeyes on the ground and racked up 1,109 yards alone while working behind an injury-plagued offensive line that rotated all too often.

But this season, the line remained steady for the most part. The running backs were the ones rotating.

It's also worth noting that when run blocking, the line blocked for three different backs, who all played with different styles.

Whether it was the powerful Toren Young, the shifty Ivory Kelly-Martin, or the do-it-all Mekhi Sargent, the Hawkeyes consistently made it work.

The improvement in pass protection led to Stanley throwing for 2,638 yards and 23 scores with a completion percentage of 58.6.

Under less pressure this season, those numbers were up from 2,437 yards and a 55.8 completion percentage in 2017.

It wasn't perfect, but one thing is clear for the 2018 Iowa offensive line: Consistency was key.

B-BALL
CONTINUED FROM 8

85.9 points per game

Despite facing fierce defense from the likes of Florida State and Notre Dame, Iowa has still been able to score the ball. The team has put up nearly 86 points per game this season, good for 12th in the nation and second in the Big Ten.

Its ability to score is not only centered on field-goal percentage, either — the Hawkeyes have been extremely effective from the free-throw line, leading the conference at just over 82 percent.

Of course, this has been largely because of the efforts from Gustafson. She has put up 23.4 points per game this season, with numerous 30-point outings. She leads the conference in this category and is seventh in the nation.

Other players have put up big numbers as well. Forward Hannah Stewart is 14th in the conference at 13.2 points per game.

With guard Kathleen Doyle finally at full-strength after an injury, fans should not be surprised to see the team's averages go up.

Minus-2.6 turnover margin

It's no secret that Iowa has had turnover problems this season.

Following the disappointing loss to Notre Dame just a few weeks ago, ball security was one of the most obvious flaws of the Hawkeye offense.

On average, the team has turned the ball over 2.6 more times than opponents this season, putting them at the bottom of the conference.

It was a problem last season, as well. The Hawkeyes averaged 4.1 more turnovers than opponents last season.

It is important to note the Hawkeyes are second in the conference this year in assist-to-turnover ratio. They have no trouble sharing the rock, though head coach Lisa Bluder has emphasized that sharing the ball is much more effective when done cleanly.

In the end, the only statistic that matters is winning percentage. For the Hawkeyes to continue to raise that particular number, they need to focus on both the strong and weak parts of their game.

WRESTLING
CONTINUED FROM 8

open by wrestling hard for seven minutes. If he does that, then he's going to have a successful career."

Young agreed that his focus this season would be like that of the team's major goal — wrestle for seven minutes and get bonus points.

In the six matches on the season, Marinelli has scored 13 bonus points, 31 points total. Young has added 25 points of his own. Between the two, they have combined to score approximately 32 percent of Iowa's total points — 56 of 177.

Marinelli has commanded the mat this season, registering 3 pins, a technical fall, and 2 major decisions.

Marinelli posted his first pin of the season over Kent State's Isaac Bast in 2:16. The All-American helped the Hawkeyes big time in their 19-18 win over Iowa State when he pinned his opponent in 4:45, adding a key 6 points to the team score.

"Every single dual meet, I try to get bonus points for my team, whether it's a major, a tech, or a pin," Marinelli said. "I knew this dual meet would be electric and that I had to have bonus points. Every week, I try to pin my guy, and last week it didn't happen. This week it did, and I'm pretty pumped about it."

Marinelli is a Hawkeye wrestler who always puts up a fight until the third-period buzzer goes off, and that is noticed by his teammates. He plays a major leadership role for the Hawkeyes.

"We all have to wrestle like [Marinelli] does, a full seven minutes," 141-pounder Max Murin said.

Although he didn't wrestle against Purdue, Spencer Lee is also undefeated this season. Lee has a record of 5-0, including a win over Princeton's No. 14 Patrick Glory, and he has racked up 4 technical falls, and a major decision while outscoring opponents 82-6.

The three will travel to Northwestern and compete at the Midland Championships, where Marinelli will try to defend his title. Lee and Young will attempt to improve on their respective sixth and fifth-place finishes.

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HAWKEYE UPDATES

Hawkeye football announces awards

Iowa tight end T.J. Hockenson and defensive back Amani Hooker were named second-team AP All-Americans on Monday, and tight end Noah Fant earned third-team honors.

Hockenson

Hockenson, who won the John Mackey Award as the top tight end in the country, led Iowa with 46 receptions for 717 yards and finished second on the squad with 6 touchdowns. He also rushed for a score.

Hockenson was also named an All-American by the Football Writers Association of America on Monday.

Hooker, the Tatum-Woodson Big Ten Defensive Back of the Year, ranked second on the team with 59 tackles and shares the team lead with Geno Stone with 4 interceptions, putting him second in the conference.

Fant, a first-team All-Big Ten by conference coaches and second team by conference media, led the Hawkeyes with 7 receiving touchdowns and finished second with 39 receptions for 519 yards.

Kelly, Nelson honored as Academic All-Americans

Hawkeye football junior Anthony Nelson and Iowa volleyball senior Molly Kelly earned Google Cloud Academic All-America honors, the College Sports Information Directors of America announced Monday.

Kelly was named Team Member of the Year as a first-teamer, and Nelson was a second-team selection.

An international relations and religious-studies major, Kelly posted a 4.06 grade-point average en route to her fifth Academic All-American honor and second-consecutive first-team recognition.

"We are so proud of Molly's achievements as a student-athlete," Iowa volleyball head coach Bond Shymansky said in a release. "She put in so much work on and off the court to become her best as a Hawkeye, and we know that she will impact the world in the future."

Nelson boasted a 3.86 grade-point average as an accounting major.

NFL HAWKS

George Kittle, tight end (San Francisco) - 7 receptions, 210 yards, 1 touchdown

Micah Hyde, defensive back (Buffalo) - 2 tackles

Josh Jackson, defensive back (Green Bay) - 3 tackles, 2 pass breakups

Anthony Hitchens, linebacker (Kansas City) - 9 tackles

Adrian Clayborn, defensive end (New England) - 1 tackle, 0.5 tackles for loss

Desmond King, defensive back (Los Angeles Chargers) - 3 tackles, 2 kick returns, 66 yards, 1 punt return, 0 yards

Greg Mabin, defensive back (San Francisco) - 2 tackles

QUOTE OF THE DAY

"Guys on the team like Marinelli, DeSanto, they do it every match. They wrestle a full seven minutes, they wrestle hard with their pace, their pressure."



- Iowa 141-pounder Max Murin after picking up a bonus point with a major decision

STAT OF THE DAY

Iowa football is tied for the national lead with **18 interceptions.**

18
interceptions

Sizing up the linemen



Nick Rohlman/The Daily Iowan

Iowa defensive lineman A.J. Epenesa returns a fumble for a touchdown against Illinois at Memorial Stadium in Champaign on Nov. 17.



Lily Smith/The Daily Iowan

Iowa offensive lineman Keegan Render waits at the line of scrimmage during Iowa's Homecoming football game against Maryland in Kinnick on Oct. 20.

Iowa's defensive line kept opposing offensive coordinators and quarterbacks awake at night.

BY ADAM HENSLEY
adam-hensley@uiowa.edu

A+

Well, this one was a no-brainer. Iowa's defensive line wreaked havoc on opposing offensive lines week after week, and the numbers back it up — the Hawkeyes averaged nearly 3 sacks per game.

Leading the charge were A.J. Epenesa and Anthony Nelson, who each finished with 9.5 sacks (there's also a bowl game to be played, FYI). No Hawkeyes have had more than 8 sacks in a single season since Adrian Clayborn secured 11.5 in 2009.

Epenesa, who doesn't even start on the Iowa defensive line, tallied 4 sacks in Iowa's first three games. He ended the season on a high note as well, getting 2.5 sacks in the

Hawkeyes' final two games (both wins) over Illinois and Nebraska. He finished with 15.5 tackles for a loss. Nelson had three multi-sack contests this season (3 against Minnesota, 1.5 against Penn State, and 2 against Nebraska). His outing against the Gophers stands as his best of the season — he racked up 19 yards lost on his hits to the quarterback. He finished right behind Epenesa with 11 tackles for a loss.

SEE D-LINE, 7

The continuity in personnel throughout the season helped the Hawkeyes improve on the offensive line.

BY PETE RUDEN
peter-ruden@uiowa.edu

B

Death, taxes, and Iowa's running game being effective. The Hawkeyes' ground attack posted some impressive performances with a breakout game here and there, and it posted better numbers than it did in 2017.

After losing James Daniels, Ike Boettger, Sean Welsh, and Boone Myers, the offensive line was lacking in terms of on-field production and leadership in the locker room. Throw in three talented but inexperienced running backs, and it was essentially a tossup on how well Iowa would run the football.

It turned out to be pretty good, for the most part.

While the running game wasn't

as impressive as had been in 2015 or 2016, the 2018 Hawkeyes racked up 1,944 yards on the ground and 4.2 yards per carry, as opposed to 1,810 yards and 3.8 yards per last season.

What was even more impressive than the offensive line's improvement in helping the running game chug along was its ability to keep quarterback Nate Stanley from going down.

In 2017, the Hawkeye front tied

SEE O-LINE, 7

Marinelli, Young push wrestlers ahead

No. 4 Alex Marinelli's and No. 5 Kaleb Young's dominance over their opponents have led Iowa to an undefeated season (so far).



Shivansh Ahuja/The Daily Iowan

Iowa's Alex Marinelli wrestles Lehigh's Cole Walter in Carver-Hawkeye on Dec. 8. Marinelli, No. 4 at 165, defeated Walter, 20-5, and the Hawkeyes defeated the Mountain Hawks, 28-14.

BY SARAH ALTEMEIER
sarah-altemeier@uiowa.edu

As the No. 4 Iowa wrestlers extended their so-far undefeated record to 6-0 after beating Lehigh, two Hawkeyes have won every match they have competed in so far — 157-pounder Kaleb Young and 165-pounder Alex Marinelli have made their presence felt by starting 6-0.

Including wins over two top-15 opponents, Young has tallied 2 pins, 1 major decision, and 3 decisions. One of the pins was over No. 14 Griffin

Parriott in 3:37 in Iowa's dual win over Purdue.

Young spent time in the lineup at 165 and 174 last season, going 9-7, and he has dominated at 157 this season. Head coach Tom Brands considered Young a "new face" this year after moving down a weight and believes with a few adjustments, Young will thrive.

"We need more of a seven-minute match out of him, probably," Brands said. "That's the knock. Blow those matches open, blow those matches

SEE WRESTLING, 7

Strong offensive numbers propel women's hoops

Heading into exam week, the Iowa women's basketball team has several ways to examine its performance.

BY PETE MILLS
peter-mills@uiowa.edu

Exam week is in full-force for University of Iowa students, but the Hawkeye women's basketball team has been facing tough tests all season.

The players have statistics and percentages to compare themselves with their peers in college basketball.

As Iowa nears Big Ten play, it gains a good perspective of what it does well and what it needs to do better. So let's see where the Hawkeyes fall on the bell curve of the college-basketball world.



Gustafson

52.2 field-goal percentage

We are just nine games into the season, but the Hawkeyes are picking up right where they left off in field-goal shooting. Last season, the Hawkeyes ranked right up at the top in field-goal percentage in the Big Ten.

Iowa is hitting 52.2 percent from the field this year, placing it among the most elite teams in the country when it comes to shooting — first in the conference and third nationally.

Center Megan Gustafson, who led the nation in field-goal percentage a year ago, has spearheaded the effort. This season, she has been able to shoot 75.7 percent from the field, which puts her second behind Naz Hillmon of Michigan.

SEE B-BALL, 7