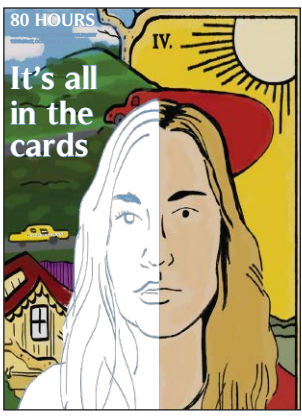


## INSIDE



**80 Hours: Diving into tarot in Iowa City**  
Tarot reading dates back to the late 14th century, but its use as a tool for divination remains alive and relevant in Iowa City today. *The Daily Iowan* spoke to tarot readers in Iowa City about their decks and what tarot means to them.  
**80 Hours, 4B**



**UI researchers work to find more effective responses to alcohol use disorder**  
Among the 14 percent of individuals who meet the criteria for an alcohol use disorder, only 10 to 15 percent will receive help. UI researchers aim to determine what the vast majority of other individuals do in response to this disorder.  
**6**



**UISG guidebook gives new senators important info**  
University of Iowa Student Government will now offer a comprehensive guide to the organization for first-year senators. Information in the guidebook includes important contacts, acronyms, procedural rules, by-laws, and funding.  
**6**



**Iowa secondary prowling for picks**  
Purdue loves throwing the deep ball, which will give Iowa a chance to rack up some takeaways. While the Hawkeyes haven't forced many turnovers this season, that could change in a hurry against the Boilermakers Saturday.  
**8**



**Soccer travels to Wisconsin, Minnesota**  
Iowa soccer faces a tough Wisconsin team in its final road trip of the regular season. The Badgers may be Iowa's toughest opponent of the season, and it will be a key matchup heading into the Big Ten Tournament.  
**8**



**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](http://dailyiowan.com).



## City Council candidates discuss affordable housing, transportation

The three candidates vying for two at-large Iowa City City Council positions and two councilors running unopposed in their respective districts had an opportunity to mingle with students and present their platforms at a forum held Wednesday in the IMU.



Nichole Harris/The Daily Iowan

City Council candidates Laura Bergus (left), Janice Weiner (center) and Megan Alter speak with potential supports at the UISG City Council Forum on Wednesday. Bergus, Weiner, and Alter are running for two at-large City Council seats.

BY CHARLES PECKMAN  
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Room 181 of the IMU was rife with conversations about affordable housing, transportation, and climate change Wednesday evening for the University of Iowa Student Government "Questions with the Candidates" forum, which gave five Iowa City City Council candidates an opportunity to mingle with students and present their platforms.

Despite the drove of Democratic presidential candidates cycling through Iowa City recently, the Nov. 5 City Council election — which includes two at-large positions and councilors from districts A and C — has a much more "im-

mediate" impact on Iowa's City of Literature, at-large candidate Janice Weiner said.

Weiner, who moved back to Iowa City after a 20-year career as a foreign diplomat, said affordable housing will remain a key issue for the council.

"I think we need to look at more systemic approaches to [affordable housing]," she said. "The council needs to make everyone more involved in the process — including developers and builders — to find out what changes need to be made. Maybe it's reducing setbacks, maybe it's creating smaller lots, but in any case, I think there are many ways to tackle this issue."

Regardless of potential perspectives of affordable housing in Iowa City, Weiner said it is

impossible to talk about housing without discussing other salient issues, as well.

"None of the issues impacting Iowa City are in a vacuum," Weiner said. "You don't talk about housing without including transportation, and of course these issues are related to climate change and the crisis issued by council recently. These issues are interconnected."

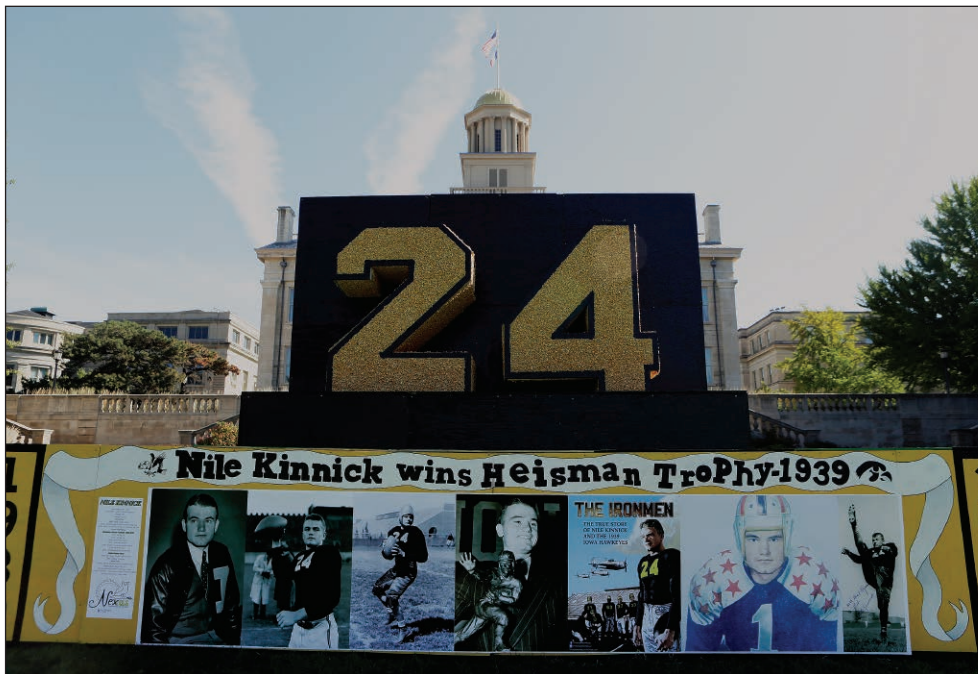
At-large candidate Megan Alter echoed the connection between various issues in Iowa City. Alter decided to make Iowa City home after moving to the Hawkeye State for graduate school.

"If we tackle these issues holistically, then

SEE COUNCIL, 2A

## Corn monument honors Kinnick's Heisman season

The corn monument, a Homecoming tradition spanning over 100 years, is a project led by a group of Iowa engineering students.



Emily Wangen/The Daily Iowan

The corn monument sits on the Pentacrest lawn on Monday. The monument has been a yearly tradition that is believed to have been started in 1919.

BY CORY TAYS  
cory-tays@uiowa.edu

The corn monument tradition lives on through the efforts of student engineers and volunteers who worked on building this year's two corn-kernel covered number 24s — Nile Kinnick's jersey number.

The corn monument has been a staple of the University of Iowa Homecoming Week for over a century. Though the monument experienced a decline in support during the

1960s and 1970s, the excitement and dedication toward this project is now stronger than ever.

The Iowa chapter of the American Society of Civil Engineers led the five-week group effort to build the monument. The project was aided by several other student organizations, including the Iowa chapter of the Female Alliance of Civil Engineers, the NEXUS Program, and IIHR — Hydroscience and En-

SEE CORN, 2A

## ETHICS & POLITICS IOWA POLITICS

### Candidates vie for Iowa's 2nd Congressional District

With the retirement of longtime Iowa representative Dave Loebsack, the future of the 2nd district is unclear. In the primary, parties are choosing their candidates and focusing their messages.

BY CALEB MCCULLOUGH  
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Republicans and Democrats are in the primary stages of the race to fill the open 2nd Congressional District seat in Iowa. While Democrats have solidified behind a candidate, the Republican nominee is less certain, and both parties say the general election will be a competitive one.

Rep. Dave Loebsack, D-Iowa, announced his retirement from Congress in April, vacating a seat that he has held for seven two-year terms.

Republican and Democratic office-seekers agree the prospects for the general election are uncertain. Although Loebsack has won

SEE 2ND DISTRICT, 2A



COMING TO TERMS



Abigail Wisecup/The Daily Iowan

University of Iowa student Lauren Willson works on her physics homework at the Java House in Iowa City on Wednesday. Lauren, who is in the process of switching her major to chemical engineering, is preparing for her midterm on Friday.

2ND DISTRICT  
CONTINUED FROM FRONT

the last seven elections, the district voted for Trump in 2016 after going to Obama for two terms. Registered Democrats still outnumber Republicans in the district, but no-party voters make up the largest share.

Rural and no-party voters will be a key demographic for candidates to win over in the general election, Johnson County Democratic activist John Deeth said. He said appealing to those voters was central to Loeb's long-lasting tenure.

"The thing about the 2nd District that people in Iowa City don't understand is that Iowa City is not the 2nd District," he said. "...the swing

votes are in places like the Quad Cities, and Ottumwa, Burlington, Fort Madison, places like that."

Bobby Schilling, a former U.S. representative from Illinois who moved to Le Claire in 2017, was the first Republican to announce a bid for the seat in July. Iowa Sen. Mariannette Miller-Meeks, R-Ottumwa, announced her candidacy Oct. 1.

Miller-Meeks has run unsuccessfully for the office three times before, in 2008, 2010, and 2014.

Fred Grunder, the chair of Muscatine County Republicans, said both Republican nomination candidates have high name recognition, and there isn't currently a clear favorite. Miller-Meeks has endorsements from former Gov. Terry Branstad and his son Eric, which could give

her an advantage, Grunder said.

Schilling hopes to appeal to a Republican base in the primary by focusing on abortion and second-amendment issues, he said in an interview with *The Daily Iowan*. He challenged Miller-Meeks' conservative record on those issues, describing himself as more of a "constitutionalist" candidate.

"The biggest contrast I think that people like is the fact that I've actually won a congressional seat, and I've been to Washington," Schilling said.

Miller-Meeks said she's enjoying the primary because she can meet with voters and improve her message in the months leading up to the primary election in June. Since announcing her candidacy

Oct. 1, she said she'd visited 23 of the 24 counties in the district.

"I really think it helps you to get out there and be around people and persuade them," she said. "You're trying to persuade your base, so in this case it's mostly Republicans, but I try to meet with as many people as possible."

On the Democratic side, the 2018 candidate for lieutenant governor, Rita Hart, is running virtually unopposed, Deeth said. Iowa City engineer Newman Abuissa announced his candidacy in June but has not filed with the Federal Elections Commission and Deeth said he hasn't been at recent campaign events.

Deeth said while there were other candidates rumored to run in the spring

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BREAKING NEWS

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— including State Sen. Zach Wahls, D-Coralville — the district's most prominent Democrats quickly supported Hart when she announced her bid for the seat.

"Rita was a strong enough candidate that she pretty much cleared the field," Deeth said.

Shortly after she announced her candidacy in May, Hart published a list of 73 endorsements from leaders in the 2nd District.

"It's a great compliment that many of the good people

in the district that thought about running for this seat have decided not to run and are being very supportive of this campaign," Hart said in an interview with the *DI*.

Though Hart faces an uncontested primary season, she said she plans to campaign as she would have if she had an opponent by going to events and meeting people in the district. She campaigned at a Johnson County event Oct. 13 with two U.S. Senate candidates.

CORN  
CONTINUED FROM FRONT

gineering.

The project also hosted many volunteers from around the community. Brian Shanahan, co-director of the UI chapter of the American Society of Civil Engineers, said the annual corn monument is a great representation of the university and state's identity.

"It symbolizes Iowa," Shanahan said. "Not many other universities have a monument for homecoming, and ours really represents Iowa as a whole — farming, football, and community."

Construction of the monument was completed in the UI Hydroscience and Engineering Hydraulics Annex. The monument was transported to the Pentacrest in a nine-hour process on Sunday.

The 2019 corn monument honors the 80th anniversary of Nile Kinnick's Heisman Trophy season in 1939. Both sides of the monument feature Kinnick's jersey number, 24, crafted out of 400 pounds of corn kernels.

UI student Collin Furlong was in charge of the monument's structural design and said that he's proud of the monument and the result of the long, difficult hours he put into the project.

"I worked on the ... 3D designs of the monument, so seeing it standing and completed was awesome," Furlong said. "There were some imperfections and hiccups that needed to be worked out, but that was part of the building process."

Cade McNeill, president of the UI chapter of the American Society of Civil Engineers, said community support is vital to keep the tradition going. The project

utilized the UI crowdfunding site GOLDRush for supplies and other materials required for completion of the monument.

"It wouldn't have been possible without the community, the fundraising on GOLDRush, and the student involvement," McNeill said. "We've had a lot of help and we couldn't have done it ourselves. Having a bunch of people involved in the project will keep the tradition going."

Community support, whether it be from donations or volunteer help, is the driving force behind the project, and this year's pool of volunteers was the largest the project has seen so far, McNeill said.

"We had so many people show up that had never held a drill before, and that's great," said McNeill. "We are open to everybody and we want this to make a big splash in the community and continue for years to come."



Nile Kinnick stands with his Heisman Trophy after he won the award in 1939.

The Daily Iowan Archives

COUNCIL  
CONTINUED FROM FRONT

we will be able to deal with things like walkability, for example," Alter said. "There's an inherent tension with government — government doesn't move quickly, not that you would want it to, but when you look at the puzzle pieces that make up the city, the council has the ability to implement real change."

The third at-large candidate, Laura Bergus, agreed that affordable housing and transportation remain important issues, but said that her experience as an attorney and moderator has allowed her to sort through copious amounts of data and mediate conflict when discussions become contentious with a level head and can-do attitude.

"I think the main thing that my training as an attorney has given me is that it has enabled me to take in a lot of information at once

and process it efficiently," she said. "I focus on issue spotting, so if there are one or two people voicing a concern, let's say, I can truly say I'm hearing you, let's talk about this, let's come up with a solution."

Bergus said she is "fully supportive" of the City Council's progressive agenda, but often becomes frustrated with the gridlock and drawn-out discussions that can block a resolution, for example, from moving forward.

Although the councilors from districts A and C, Pauline Taylor and John Thomas, respectively, are both running unopposed in the upcoming election, Taylor said this does not impact her intention to bring about "real change" on issues pertinent in the "town/gown split" of Iowa City.

"I'm looking forward to what the next four years hold," Taylor said. "[The council] has to continue bringing attention to the issues and what we can do to enact change."



City council candidate and District A representative Pauline Taylor talks with students at the UISG City Council Forum on Wednesday. Taylor is running unopposed.

Nichole Harris/The Daily Iowan



# Opinions

## COLUMN

### Fortnite shows us how the future of games is changing

The conclusion event for the game's 10th season demonstrates how video games are capturing more attention worldwide.



Jenna Galligan/The Daily Iowan

Dylan Montigney, a UI Esports community manager, speaks during an interview at the Iowa Memorial Union on Dec. 10, 2018.



PEYTON DOWNING  
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When I was younger, I distinctly remember my father telling me not to waste time on video games. They were just a flimsy distraction, he said, and I should do something productive with my time. While my shot at e-sports was erased with my joining the baseball team, that market has only increased in size since my childhood.

and journalism is here because it always goes to the most powerful media available," Dowling said.

It's not just your stereotypical gamer bro that's getting involved in this now, either. Plenty of celebrities have openly talked about and streamed Fortnite, among them entertainers Drake and Roseanne Barr, and even Major League Baseball pitcher David Price.

There are no signs of e-sports or video games slowing down — quite the opposite in fact. Almost everything related to them is growing more popular.

"It's the biggest entertainment industry in the world, hands down," Dowling said. "No one's going to argue with that."

'You might not share someone's history, ethnicity, or even language, but you could just as easily enjoy the same game.'

Recent events have shown that the mainstream is gradually accepting what was once considered nerd culture. What once sounded absurd five years ago is now a reality — video games have wide-reaching audiences, and severe real life consequences, as well.

Fortnite has just recently ended its 10th season. To celebrate the end of this remarkable milestone, the developers held an event called The End, which drew over 6 million viewers across streaming platforms such as Twitch, YouTube, and Mixer. Several of these platforms were slowed down and sometimes even crashed from the traffic.

This event drew so much attention that even major news networks are reporting on it. The article from *Forbes* even got editor's pick along with almost 140,000 views.

Another growing phenomenon of video games becoming popular, as well, is that non-fiction storytellers are becoming more interested in it.

University of Iowa professor David Dowling has researched how games can be used not only to entertain, but to educate. He pointed to the UN's release of virtual-reality documentaries regarding the situations of refugees as an example of games' abilities to provide rich narratives.

"It's media hybridization. Game mechanics are at play,

The greatest part is that it's not just in one country. Not just one continent. It's a global phenomenon, and it's not just quirky games and competitions that are important in this newfound growth. These are platforms that carry with them significant responsibility.

These competitions and events aren't just solely for pleasure. As with anything else with an audience, the people everyone is watching have the power to produce a message for good or bad. With the next generations having grown up with video games since day one, it is important to understand the significance that video games will hold in their eyes until the end of time.

As funny as it sounds, video games might just be a foundation for a new era of global culture. You might not share someone's history, ethnicity, or even language, but you could just as easily enjoy the same game. But even more importantly is the way in which they can be a shared factor by which to draw attention to issues.

"Games can be that cultural glue, that cultural experience, that soccer has been. It does connect cultures," Dowling said.

In the end, there's no assurance as to what the future holds. But what is certain is that video games and their relevance to society is not going anywhere anytime soon.

## COLUMN

### Big Mouth deconstructs serious issues, using flippant vulgarity

Even with its endless crude humor, the Netflix cartoon has meaningful discussions.



KRISTIN LANGER  
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The third season of "Big Mouth" was released Oct. 4 on Netflix and has proven to be even more shocking and promiscuous than the preceding seasons.

The show features the voices of actors such as Nick Kroll (who voices several of the characters), John Mulaney, Maya Rudolph, and Jordan Peele. The plot revolves around pubescent teenagers that are "going through changes," as narrated by the show's catchy opening tune.

The show about middle school may masquerade as a children's cartoon, but this season of "Big Mouth" discusses issues that are meant for a much more mature audience.

The show does a thorough job of touching on certain relevant issues in an impudent and humorous manner, even though a portion of each episode's content is baseless humor.

In particular, this season of "Big Mouth" has specifically focused on some controversially obscene topics. With episodes that revolve around subjects such as sending risqué pictures and masturbation — it seems that the writers of the season have left no boundaries uncrossed.

A *Vulture* review praised the show for its portrayal of the growing pains that come with the early teenage years.



Netflix/TNS

"Big Mouth"

"This is a show that understands and depicts puberty in all its uncomfortable shades and colors, it gets how awkward it is that your body constantly plays practical jokes on you," the culture site said.

gags to illustrate the complexities of identity.

Another episode touches on a pertinent issue regarding the over-sexualization of girls by using the storyline of a dress code meant only for girls

ever, the underlying message of the episode shows how body shaming and rape culture is still evident.

While the use of talking genitals, such as the one voiced by Kristen Wig, may seem to be meant for an immature audience, the open discussion throughout the show regarding sexuality and discrimination is surprisingly informational.

Although I am hesitant to promote something as vulgar as a coming-of-age story, this season of "Big Mouth" has proven that maybe nonsensical humor and sexual education can come together to form a successful TV show.

The crude jokes may at first seem like simple, gross-out humor, but the underlying messages take social conversations to a much deeper level than they otherwise could.

'The show does a thorough job of touching on certain relevant issues in an impudent and humorous manner.'

One episode from this season broadly discussed different sexual orientations. A leading character, Jay, decides to come out to his friends as bisexual after he is inspired by the new girl at school who has recently come out as pansexual.

The episode goes into further detail about the difference of gender and sexuality, using an array of the shows animated

imposed upon the school by a misogynistic character, Mr. Lizer.

One of the main characters, Jessi, starts an uproar in response to the new code and gathers her fellow female peers to participate in a "slut walk" to protest the discrimination.

The use of crude humor throughout the show gives it a much more flippant tone; how-

## COLUMN

### Iowa City downtown needs a Waffle House

We could all benefit from the Southern-based restaurant's first location in Iowa.



CONNER HANKE  
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Iowa City is home to a lot of restaurants, but there's one thing our town is missing: Waffle House.

Hear me out. First off, who doesn't like breakfast food at any hour of any day? Sure, Io-



Ricardo Ramirez Buxeda/Oriando Sentinel/TNS

People have lunch at the Waffle House in Cocoa Beach, Fla., on Sept. 3.

wa City has plenty of breakfast options downtown, including Hamburg Inn No. 2 and the Bluebird Diner — both phenomenal places in their own right — but neither are open at night. Not to mention I don't think it's possible for another business to generate as long a line to sit down to eat as Bluebird does. You may as well bring a cot and nap while you're waiting for a table.

We even have a location for our new Waffle House. After years of bringing in bands and musicians from every corner of the country, The Blue Moose is closing its doors for good. Now

the bar is nothing but history from this time forward.

When formulating an idea of the best business to replace Blue Moose, two things come to mind: what is absolutely foolproof and what would differentiate itself from the plethora of other bars and restaurants that inhabit the area?

Just as all Waffle House patrons know through experience, the restaurant has mastered the art of immediate service. There really aren't many things better in the world than sitting down to eat and having your food on your table in less than 10 minutes, especially when it tastes as good as Waffle House's.

How successful would this prospective business be? As far as I'm concerned, the place would become something of a tourist destination. The closest Waffle House is currently in Kansas City, Missouri. With a Waffle House in Iowa City, we would be the only place in the Hawkeye State with a Waffle House. We'd firmly grasp the title of best breakfast food options in the state, with Bluebird, Hamburg Inn No. 2, and Waffle House all residing within the same few blocks.

This place would do just fine throughout the course of the week, but Thursday, Friday, and Saturday nights between 11 p.m. and 2 a.m.? Look out. Envision how packed Dumping Darling (delicious in their own right) gets on those nights, then apply that visualization to a place as spacious as the building Blue Moose used to be in. Honestly, they may as well just turn it into the world's first Waffle House buffet.

I don't know why this is just now crossing my mind, but going to a breakfast buffet after leaving the bars would be equivalent to passing through the gates of heaven. I just can't think of a single negative to all-you-can-eat breakfast food after a night on the town.

Here's another perk of getting a Waffle House in Iowa City — we can do our part to reverse the incorrect belief that eggs, bacon, hash browns, sausage, and waffles are only meant for consumption before noon.

Iowa City is all about standing up for important causes. We may as well try to reverse society's accepted times for breakfast food consumption to the list while we're at it.

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# Telepsychology to treat substance abuse in rural Iowa

A UI project funded by the Health Resources and Services Administration will work to treat and prevent substance and opioid abuse.

BY LAUREN WHITE  
lauren-white@uiowa.edu

As conversations about how to solve the U.S. opioid crisis continue to be prevalent, a University of Iowa project will look into ways to better treat substance abuse, including opioids.

Mental health care for rural Iowans suffering from substance abuse disorder will be provided through telepsychology—a form of technology that is used for face-to-face counseling communication.

Martin Kivlighan, assistant professor in the University of Iowa College of Education, recently began a new Graduate Psychology Training in Telepsychology Initiative. The project will provide training in prevention and treatment of substance abuse and work to develop a telepsychology clinic in the College of Education, Kivlighan said.

“Our primary value is to serve communities in Iowa that lack the necessary resources to address mental health,” Kivlighan said.

This project was funded by a \$1.3 million grant gifted to the College of Education in August by the Health Resources and Services Administration, a federal

agency within the U.S. Department of Health and Human Services.

Administration spokesperson Scott Kodish said the Bureau of Health Workforce in his organization works to improve the health of underserved and vulnerable populations by strengthening the health workforce and connecting skilled professionals to communities in need.

The bureau operates and funds programs that expand and improve access to quality opioid and substance use disorder treatment in underserved areas, Kodish said.

One of the administration’s newest behavioral health programs is the Opioid Workforce Expansion Program for Professionals and Paraprofessionals, he said.

“[The program] enhances community-based training for students preparing to become behavioral health professionals and paraprofessionals focused on opioid use disorder and other substance use disorders,” Kodish said.

The UI received \$1,341,925 in funding to work towards the creation of an Opioid Workforce Expansion Program Professionals Specialty Track, Kodish said.

Kivlighan said there is a large

need for the state to make resources accessible and effective.

Marie Adams, a UI doctoral student, was one of eight awarded a training fellowship on the project. Adams and her colleagues continue to develop clinical training sites within rural spaces to help improve accessibility of quality mental-health services.

Together, faculty and students are collaborating on incorporating new service modalities, such as telepsychology, to broaden the scope and reach of services they can provide to rural populations, Adams said.

Substance abuse is a mental health issue, Adams said, that has unique physical and psychological symptoms and therefore requires a comprehensive treatment approach. By including counseling into treatment plans, individuals experiencing substance abuse concerns have a better chance of achieving long-term positive outcomes and maintaining sobriety, Adams said.

“There are psychological, social, and cultural factors that go into substance and opioid use. This grant will allow us to train doctoral psychology students to address these multiple factors in the prevention and treatment of



Mason Childs/The Daily Iowan  
University of Iowa professor Martin Kivlighan poses for a portrait Oct. 10. He received a \$1.3 million federal grant to enhance substance use prevention and treatment.

substance and opioid use disorders,” Kivlighan said.

Adams said it’s important to focus the project on rural Iowa because that area is in need of mental-health services and treatment options for substance use.

Current micro-systems — comprised of rural hospitals,

businesses, charity organizations, and community agencies — can and do exist within rural spaces, yet these systems often have very limited resources available to them, Adams said.

“The geographic placement of these limited resources creates service gaps within the state, fur-

ther limiting access and choice of primary and preventative health-care for Iowans,” Adams said. “Serving these populations and addressing these service gaps are essential if we are to develop long-term, sustainable solutions for addressing mental health and substance use issues in Iowa.”

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# UI researchers investigate new responses to alcohol use disorders

UI researchers received \$2.27 million to study the strategies and success rates of alcohol abuse disorder treatments.



Photo Illustration by Ryan Adams

BY SARAH ALTEMEIER  
sarah-altemeier@uiowa.edu

Whether because of work, housing, or a simple unwillingness to go, not everyone with an alcohol use disorder makes it to a treatment facility. University of Iowa researchers aim to discover new recovery processes that are more efficient and effective for these individuals.

Paul Gilbert, assistant professor of community and behavioral health at the UI College of Public Health, is in charge of this study. Gilbert said 14 percent of the adult population in the U.S. meet the criteria for an alcohol use disorder any given year, but only 10 to 15 percent of those people will seek help.

Data collection for the study will begin after Jan. 1. The National Institute on Alcohol Abuse and Alcoholism awarded the UI research team a \$2.27 million grant to carry out the study.

Despite various efforts and interventions to boost treatment use, these numbers don't seem to budge, Gilbert said.

"There's also an acknowledgement that most of the people with an alcohol use disorder will resolve it, overcome it, deal with it at some point," Gilbert said. "There's a big question — what is this large group of folks, folks who don't get any formal help, but do manage to resolve their problem. What exactly are they doing?"

Gilbert will try to answer three main questions: how individuals define or understand recovery, what behavior change strategies they use and how it relates to their understanding of recovery, and how successful their behavioral change strategies are, he said.

Two ways to define recovery could be quitting alcohol altogether or simply reducing consumption, said Anne Helene Skinstad, UI clinical professor of community and behavioral health.

There are many different recovery processes, Skinstad said, including reduction in consumption, use of self-help and peer support groups, therapy, medical and/or psychological treatment, or quitting without any help at all.

"No recovery process is wrong or right," Skinstad said. "The main thing is that it is right for the person going through the process. I think we've just scratched the surface when it comes to what recovery really means."

Grant Brown, UI assistant professor of biostatistics, worked with Gilbert to design the study and determine what data is necessary to build a compartmental model, which describes a complicated process that occurs over a long period of time.

Gilbert said he will follow up with a group of individuals from their national sample who were less than five years in recovery when initially in-

terviewed. These individuals will be studied for stability of recovery, any redox episodes, or any strategies they switch to over the next three years.

Gilbert will gather information about what they are doing to maintain recovery and how their understanding or definitions of recovery shift, he said.

"One of the questions that we have is whether or not those transitions between states, the recovery and maintenance process, whether those are predictable, and whether we can learn anything about how those occur," Brown said. "We are starting with some basic comparisons, but then building a more nuanced compartmental model to help us understand that recovery process."

Gilbert said he wants to know if more low-burden responses can be developed, as well as those that are easier for an individual to accomplish alone or with a small group of supporters, especially when they are earlier in the course of the problem, he said.

"The overall motivation for this study is to expand the repertoire of possible responses that we have," Gilbert said. "We know that lots of people drink, and a good number of those people will have some sort of problem. Right now, we just don't have a whole lot of responses to help folks who have some sort of [drinking] problem."

# Guiding new senators in UISG processes

UISG recently created a guidebook for incoming senators to increase the knowledge they need to be effective members.

BY MITCHELL GRIFFIN  
mitchell-griffin@uiowa.edu

Incoming members of the University of Iowa Student Government recently received a new tool to offset the learning curve within the organization.

UISG leaders compiled the information they believe members need to be effective senators into a "UISG Guidebook," including important contacts, acronyms, procedural rules, by-laws, and funding — which UISG Cabinet Director Colin Lakadat said is one of the most difficult aspects of the organization to learn.

"We don't ever expect anyone to know all the ins-and-outs of UISG in their first month, or even their first semester," Lakadat said.

Lakadat said UISG built the new guidebook based on previous collections of internal documents.

"Rather than reinventing the wheel, we wanted to build upon what we already had," Lakadat said. "Taking a past guide, adding to it, changing what needed to be changed and then formally institutionalizing that into something that we're going to add on to every single year instead of totally re-doing it every year, which used to be the case."

UISG is also creating a second guide that will serve to educate anyone that wants to run for a leadership position in the organization.

"The goal is to have a document where if you literally don't know what UISG stands for, but you know you want to represent students, you know you want to improve student life, you can read it ... and [you will] know how to run and [your] options," UISG President Noel Mills said.

Mills added that the guidebook part of a greater effort to make UISG as transparent as possible to its constituents.

Before the guide can be published, Mills said, any election reforms this semester will have to be passed to be included in the updated book.

"I would certainly hope to have it published by the end of the semester," Mills said.

Her time on the Senate floor in her first year in UISG was reflective of the knowledge she had at that point, Mills said.

"I can probably count on one hand the amount of times that I spoke during Senate my freshman year," Mills said. "I was nervous and anxious about speaking, mostly because I didn't really know what the culture was."

Kevin Drahos, a new UISG senator, said he has already used the UISG Guidebook to help him understand how legislation is passed and other inner workings of UISG in his first few weeks.

"The executive team, leadership team, and the Senate have been super helpful in planning a lot of activities and retreats for us to get accustomed to this really large learning curve," Drahos said. "There's definitely still a lot to learn, and I'm definitely working on that."

Drahos said his fellow new senators are ambitious and eager to beat the learning curve and he knows the UISG Guidebook will be a great tool along the way.

The retreat helped the new members learn the "nitty-gritty" of UISG and helped prepare them for an intense start to the year, Drahos said.

"The first night, our very first meeting as new senators, we had to do some pretty contentious votes on funding," Drahos said. "That was definitely pretty overwhelming, but it was super humbling to be able to represent students in that meeting and jump right in. We got a first taste of that overwhelming amount of initiatives that have to be taken care of."

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Presidential candidate John Delaney has announced the upcoming Heartland StartUp Tour through Iowa focusing on jobs, innovation, entrepreneurship, trade and access to capital, with a particular focus on rural and struggling communities.

The Heartland StartUp Tour starts Friday, October 18th at Moxie Solar in North Liberty, Iowa. Delaney will meet with small business and community leaders and lead discussions on bringing jobs and opportunities to communities that are struggling economically and help them craft and refine their business. He will also discuss the enormous economic opportunity that exists in America's heartland.

Delaney founded two successful companies that went public and his second business was awarded the Bank Enterprise Award for ethical lending to disadvantaged communities by the Obama Administration.

As the only candidate for president who was both a successful entrepreneur and Member of Congress, Delaney is uniquely qualified to speak on the policies that will help entrepreneurs succeed.

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MOXIE Solar, Delaney's first stop on the tour, was founded in 2008 in North Liberty out of a desire to bring new energy options to the Midwest. MOXIE has grown to be the United States' leading provider of solar energy solutions for commercial, residential,

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Iowa columnist Chuck Offenburger says of Delaney, "There's not been any other candidate who's come even close to Delaney in how he's worked Iowa in this election cycle. I believe former Maryland Congressman John Delaney is the 'Real Deal' Democrat in this wild scramble for the presidency. And he now has my endorsement."

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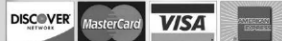
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**SOCCER**  
CONTINUED FROM 8A

"Minnesota is better than their record for sure," DiIanni said. "I think they have a very good coaching staff, and they're young. I love their mentality, as well. They've been a little bit unlucky. I think they've lost five or six one-goal games. They do struggle to score a bit, but they defend really well."

The Big Ten women's soccer standings are far from set in stone. Currently, Iowa is 5-3

in the Big Ten, meaning they have 15 points, which is tied for third with Penn State. The top eight teams make the Big Ten Tournament.

Though Iowa is in a good position, each team has three to five games to go in the conference, and a lot can and will be decided in that time.

"We haven't guaranteed ourselves a bid into the Big Ten Tournament yet," DiIanni said. "So, I don't think anybody has. Nobody's been eliminated, nobody's been guaranteed a spot yet, so I think that will happen after Thursday or Friday. For us,

we're really trying to just take it one day at a time to win as many games as we can so if we can control our own fate."

The Hawkeyes have three regular season games remaining, and two of them are this weekend. They want to keep playing for as long as they can.

"I feel like our team is at a point where we are all so determined, and we all have so much energy that we really want to keep going," freshman defender Samantha Cary said. "So, we're just going to keep riding that horse until we can't."

**TENNIS**  
CONTINUED FROM 8A

think if we get over that hump, we'll definitely get there. We just need to keep fighting and keep working hard."

Iowa will see many of the teams clouding its path to an NCAA tournament berth this weekend. While the event does not have the national prowess of most ITA events, it boasts the best the Midwest region has to offer.

Familiar Hawkeye foes will flock to Norman to prove they deserve an elite distinc-

tion and a spot in the NCAA tournament. If Iowa wants to make the NCAA tournament, finding some success this weekend will certainly help build its resumé.

"Regionals is always a great test during the fall season," head coach Sasha Schmid said. "It's a tournament you have to play well in, because you have the best players in the region. I think we will have a lot of great competition. We are trying some new doubles teams, so it will be [kind of] fun to see how that turns out. With only three fall tournaments, it is nice to compete again and

have an opportunity to test ourselves outside of practice."

As Schmid hinted, the time for practice is over. Stiff competition has arrived, and Iowa needs to be ready for it.

The talent Schmid's Hawkeyes possess is indisputable. Now, they must utilize that talent to make the first push toward an NCAA tournament berth. Everything is in place for a storybook Hawkeye season, and the first chapter will be written this weekend. From this point on, the Hawkeyes control their own destiny.

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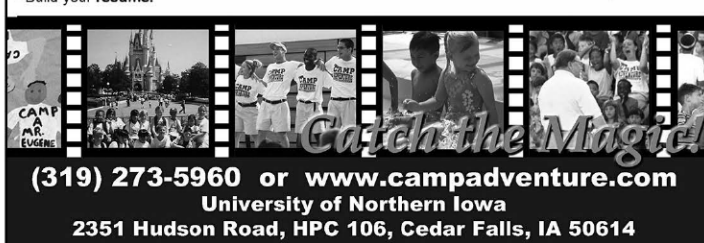
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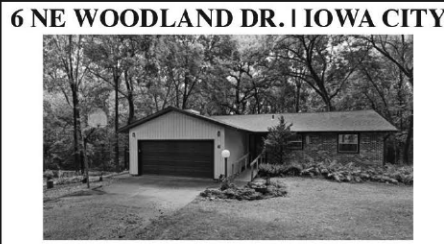
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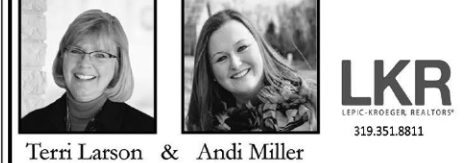
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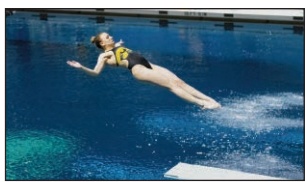
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## HAWKEYE UPDATES



### Tamborski earns Diver of the Week

Iowa's Sam Tamborski was named Big Ten Women's Diver of the Week, the conference announced on Wednesday.



Tamborski

The Castle Rock, Colorado, native recorded one NCAA Zone qualifying score at the SMU Classic last weekend and earned first place with a Zone qualifying score of 302.00 on the 3-meter.

This Tamborski's second career Diver of the Week award and her second in as many weeks.

### Birch, Sunderland selected to NFHCA Senior Game roster

Iowa field hockey's Katie Birch and Sophie Sunderland were named to the 2019 Victory Sports Tours/NFHCA Division I Senior Game, the NFHCA announced on Wednesday.



Birch

The team includes 38 student-athletes from across the country selected as participants or alternates. Birch and Sunderland were both selected as participants.

Birch is a three-time All-Big Ten selection, three-time NFHCA All-West Regional selection, and two-time NFHCA All-American. She has started all 71 games of her career with the Hawkeyes, scoring 39 goals and 30 assists for 108 points.



Sunderland

Birch leads the Hawkeyes with eight assists this season and is tied for the team lead with five goals. Sunderland has scored 20 goals and tallied 11 assists in her 71 career games with the Hawkeyes. This season, she's tied for the team lead with five goals and has also contributed two assists. The midfielder was a NFHCA second-team All-Big Ten selection a season ago.

The Division I Senior Game will be played Nov. 22 in Winston-Salem, North Carolina.

### Iowa swimming taking advantage of time off

After the women's swimming/diving team finished in fourth place at last weekend's SMU Classic in Dallas, Texas, both the men's and women's teams won't compete again until they welcome the Minnesota Golden Gophers to Iowa City Oct. 26.

The week away from competition gives both teams time to train hard and get ready for four Big Ten dual meets in November and the Minnesota Invitational in December before the holiday break.



### FOOTBALL RECEIVING YARDS LEADERS

1. Ihmir Smith-Marsette - 386
2. Brandon Smith - 301
3. Nico Ragaini - 249
4. Tyrone Tracy Jr. - 190
5. Mekhi Sargent - 133

### QUOTE OF THE DAY

**"I like to be tested. I like competing and getting the ball in the air."**



Iowa defensive back Geno Stone on being thrown at

### STAT OF THE DAY

Iowa's defense ranks

# 72nd

in the country with four interceptions this season

# Turning to turnovers

Iowa has not been forcing many turnovers this season, but that could change Saturday.

BY PETE RUDEN  
peter-ruden@uiowa.edu

Iowa's used to finding itself on top of the national leaderboard when it comes to interceptions.

The Hawkeyes have finished in the top 10 in the FBS in interceptions in three of the past four seasons, ending 2017 in first (21) and 2018 tied for second (20).

But those days are gone for now.

After six games of the 2019 season, Iowa ranks tied for 72nd in the country with four picks. At this point last season, the Hawkeyes had racked up a total of eight interceptions.

"We haven't been getting as many turnovers as we wanted," Iowa cornerback Michael Ojemudia said.

That can all change this weekend.

When the Hawkeyes take on Purdue on Saturday, they'll be faced with an offense they haven't faced all season.

The Jeff Brohm-led Boilermakers enjoy airing it out against opponents, putting up explosive plays along the way.

Purdue averages only 2.3 yards per carry, so it's pretty much forced to test what it can do through the air.

On the flip side, the Boilermaker offense features five healthy players who average at least 10 yards per catch.

"These guys throw the ball as deep as anybody we played, in my opinion, over the last two years," Iowa head coach Kirk Ferentz said. "They did it Saturday, threw the ball down the field well. I'm even more focused on our deep zones than I am our underneath zones."

The fact that Purdue feels so comfortable taking shots downfield bodes well for Iowa and its defensive backs who are hoping to add to their turnover numbers.

"It starts with them taking shots," Stone said. "No one's really been taking shots on us, so whenever they start taking the shots and throwing down the field more, [we're] definitely going to have to start getting more turnovers. Even if they run the ball, try to get more forced fumbles."

Iowa's secondary still boasts the players who can make game-changing plays at any point.

Ojemudia has been an anchor on the outside for the Hawkeyes, locking down his side of the field even when the rest of the unit faced injuries.

He has picked off a team-high two passes this season.



Iowa defensive back Michael Ojemudia attempt to tackle Penn State quarterback Sean Clifford during the Iowa football vs. Penn State game in Kinnick Stadium on Oct. 12. The Nittany Lions defeated the Hawkeyes, 17-12.

At safety, Stone has made his presence felt with a few NFL-caliber plays. His interception at Michigan came at a time when the Hawkeyes needed a way to get back into the game.

Outside of that duo in the defensive-back room, only linebacker Djimon Colbert has recorded an interception, which came against Rutgers in the Scarlet Knights' 47-yard passing performance Sept. 7.

Excluding Stone's interception of Shea Patterson in Iowa's 10-3 loss to Michigan Oct. 5, the Hawkeyes' last pick came almost a full month before the game against Rutgers.

In the past two seasons, Purdue has thrown for 562 yards, seven touchdowns, and two interceptions against Iowa, winning both games.

Because the Hawkeyes have been burnt by the Boilermaker air attack, Iowa will be on alert.

"I heard a fact that with their coaching staff, they're 2-0 versus us," Ojemudia said. "It's definitely going to be a real bounce-back game for us coming off two losses. There's some down vibes around, and we just have to prove people wrong."

# Soccer travels to Wisconsin, Minnesota

The Hawkeyes head on their final road trip of the regular season and play against one of the top teams in the nation.



Shivansh Ahuja/The Daily Iowan

Iowa defender Hannah Drkulec looks to pass during a women's soccer match between Iowa and Maryland at the Iowa Soccer Complex on Oct. 13.

BY ISAAC GOFFIN  
isaac-goffin@uiowa.edu

Coming off a 4-0 win against Maryland Oct. 13, the Iowa soccer team is ready to play its final two regular season road games of the season against Wisconsin today and Minnesota on Sunday.

The Badgers present the toughest test the Hawkeyes have faced all season, as they are 10-2-1 overall (6-0 in the Big Ten) and are ranked No. 10 by the United Soccer Coaches Poll.

In Big Ten play, the Badgers have only allowed one goal and are on a four-game winning streak. The Badgers have not allowed a goal this month, and the last time they lost at home was August 2018.

"They've scored some nice goals," senior captain and defender Hannah Drkulec said. "They're scrappy. They're really good upfront, so we're expecting just to be really dialed in on the midfield and the backline."

To have the best chance of success against Wisconsin, Drkulec emphasized the need to put

pressure on their midfielders and forwards.

Head coach Dave DiIanni also had great praise for the Badgers.

"They are incredibly efficient in the attack," DiIanni said. "They score really timely goals. I love their mentality. They're competitive, they're resilient, they're difficult to play against, but defensively, if someone only gives up one goal in the Big Ten, they're difficult to score against. They do give up a couple of chances per game, but not a lot, and we are going to have to be very disciplined defensively in our own right and be opportunistic the chances that we do get."

After visiting Madison, the Hawkeyes will face the Golden Gophers. Though they won the Big Ten Tournament last season, the Golden Gophers are now down at the bottom of the conference, as they are 2-10-3 overall (1-5-1 in the Big Ten).

Despite their poor record, the Hawkeyes will not take a break against Minnesota.

# Hawkeyes head to the ITAs

Iowa women's tennis headlines the ITA Regional Championships in Norman, Oklahoma, this weekend.

BY AUSTIN HANSON  
austin-hanson@uiowa.edu

The highlight of the Hawkeyes' fall session is upon them. Norman, Oklahoma, will be the site of the biggest event Iowa women's tennis will compete in this fall.

While ITA Regionals won't be Iowa's last event of 2019, it will likely be the most important event they compete in before winter break. This is not a sign of disrespect to the Florida International University Invitational, but rather a respectful nod to the Intercollegiate Tennis Association.

Any time the ITA name is attached to an event, it adds a certain amount of prestige to it. ITA events are known for steep, unrelenting competition. Iowa is looking forward to the excitement ITA events generate.

"We are all really excited to get to regionals," junior Danielle Bauers said. "We have been training hard and had an intense week of practice so far and last week. Everyone is ready. I think everyone is excited."

For the Hawkeyes, this weekend's ITA Regional event could serve as a good measuring stick for where the program is at. Should the Hawkeyes perform well over the weekend, it will become evident that they are doing something right. Conversely, if they perform poorly, they will be able to identify areas that need to be improved.

"I feel like we're on a very good start to the year," sophomore Michelle Bacalla said. "We feel like we have a lot more room to grow, but we're on the right track."

It is no secret that Iowa's goal is to make the NCAA tournament this spring. The Hawkeyes have not shied away from their own expectations.

"I think we're really close," sophomore Cloe Ruette said. "We're close to a lot of teams. I



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## It's all in the cards

### Tarot reading in Iowa City

The earliest discovered tarot decks date back to the late 14th Century, but its use as a tool for divination remains alive and relevant in Iowa City today.

PAGE 4B

DESIGN BY A.J. BOULUND

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# Sankai Juku *Utsushi*

Tuesday, October 22, 7:30 pm

For the first time in 20 years, Sankai Juku, Japan's internationally renowned butoh dance troupe, returns to Hancher. *Utsushi* has been crafted from restaged excerpts of choreography by company founder Ushio Amagatsu. Butoh, which has been called Japan's most startling cultural export, is enthralling, surprising, and often deeply moving. *Utsushi* is the perfect introduction to the mesmerizing work of Sankai Juku.

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Photo: ©Sankai Juku

# SITI Company *The Bacchae*

Directed by Anne Bogart  
Saturday, October 26, 7:30 pm

In this new English translation and innovative take on one of the Western world's greatest dramas, SITI Company invites us to Thebes where Dionysus—god of wine, ritual madness, fertility, and theater (and in this production imagined as a rock star of the first order)—is opposed and imprisoned by King Pentheus. The struggle between wildness and order (and frivolity and seriousness) is at the heart of this play, which still resonates all these centuries later—and perhaps at this moment in particular.

SITI Company's famed co-artistic director Anne Bogart will be on hand to participate in a variety of residency events, including a post-performance conversation with the audience.

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# Glimpse at the world of divination

The earliest discovered tarot decks date back to the late 14th century, but its use as a tool for divination remains alive and relevant in Iowa City today.

BY JOSIE FISCHELS  
josie-fischels@uiowa.edu

With an amethyst cluster to my right, clear quartz placed delicately behind my back, a pillar of selenite on my left, and an orb of opal set just out of sight, I sat cross-legged within a diamond-shaped formation of focused energy. Across from me sat Bridget Baltazar, a second-year student at the University of Iowa. A full set of tarot cards sat patiently stacked between us.

In the dim light of her small dorm, I was instructed by Baltazar to cut the tarot deck once, and then again, into three descending stacks that would soon dictate the beginning, middle, and end of my week. Although this was not my first tarot reading, I still felt a twinge of excitement — and fear — of discovering what my future held.

The use of tarot cards dates back to the late 14th century, where some of the first known decks have been discovered in northern Italy. While then they were used to play games such as Italian tarocchi, tarot later developed as a form of divination, allowing tarot readers to use the cards to interpret problems or general developments in a person's life. Baltazar provides readings for herself each morning and for other students in her residence hall who visit her dorm.

All tarot decks consist of the same 78 cards, separated into three categories: the Major Arcana, which signify major lessons or energies; the Minor Arcana, which provide details to those lessons or energies; and the four suits: cups, swords, wands, and pentacles.

Baltazar gracefully flipped over the first glossy purple card of my reading, revealing the Eight of Pentacles, and began to interpret. Using a small book that had come with the deck as a guide, she informed me that at the beginning of my week there would be the birth of a new project or the advancement of an idea. I smiled and let out a quiet laugh, thinking of the research project I was planning to launch in one of my theater classes the following week — wondering if her interpretation could possibly mean that, or if it was simply a coincidence.

Like most other readers, Baltazar began learning to read tarot with the Rider Waite deck, which is one year away from celebrating its 100-year anniversary. From it, thousands of decks featuring different styles and artwork have sprouted, all while keeping the same Major Arcana, Minor Arcana, and suits.

"So many other decks grew out of [The Rider Waite] deck," said Dawn Frary, owner of Folkloracle Tarot in Iowa



Jenna Galligan/The Daily Iowan

Dawn Frary explains the history of tarot on Oct. 12. Frary performed a demonstration tarot reading at Over the Moon Studio, a shared workspace downtown.

City. "When they see this imagery, they know it's tarot."

According to Frary, the emergence of so many different decks is due to the individual connections tarot readers make with their cards. Both she and Baltazar recalled feeling drawn spiritually to certain decks when they sought them out in stores, and readers can more easily identify with the messages the cards convey depending on the artwork depicted on them.

"Going through [a] deck, you can know what the Page of Cups means and relates to, but the characters are not modern enough that people can really build a connection," Frary said.

For Frary, she found herself drawn to one particular deck that depicts very visual and collage-esque images on its cards. She said she discovered readings she performed with the particular deck tended to be the most accurate, and she handles them with extreme care, not even allowing another person to come in physical contact with them.

"There's something about this deck. When I first got it, I bonded with it more than any other deck I've used," she said. "If I want clarity and accuracy, I know I can trust this deck."

According to Jeet Saini, owner of Om Gifts for Body & Soul, located at 105 S. Linn St. in Iowa City, her store currently offers a selection of 300 to 400 different tarot decks with new decks arriving all the time. Many decks also feature artwork from local artists.

The cards Baltazar used for my reading came from a quantum tarot deck, which combines the suits and Arcana with space imagery and science.

While the cards themselves offer no magical properties, Illinois-based psychic Michael Jason Whitcomb said they can be used as a tool for the reader to focus their interpretations.

"[The cards] help the individual who is reading the tarot to be able to see something physical and concrete in front of you," he said. "It helps offer clarity when it comes to questions that you have about things that are coming or things related to the past."

While there are no negative cards in tarot, Baltazar said some recipients can become fearful of what their cards may mean for them. My last card in her reading was the Eight of Swords, which could indicate a feeling of hopelessness and anxiety in a certain situation. I felt uneasy at the idea of an unknown concern possibly awaiting me in my near future, but was soon put at ease by Baltazar.

Baltazar said cards in the Major Arcana — which include cards Death, the Devil, and the Hanged Man — can seem frightening at first, but hold much lighter interpretations, including rebirth and changes in perspective. Discovering that my future situation would lead me to open my eyes and see a way out relieved me. Frary said it applies to the suits, as well.

"The Ten of Swords is being overburdened by your own mind until you hit rock bottom," she said of a card I was examining from one of her many decks. "But then at the same time, from there, there's nowhere to go but up. It's all temporary."

A single candle was lit in Frary's small shared workspace in Over the Moon during my reading with her,

the rest of the light spilling naturally from the ceiling window. The setting was the closest to my original expectations when I decided to seek out a tarot reader: a tiny, cozy office space tucked behind a neon green "Arcade" sign on Washington Street, the space decorated with patterned tapestries, an oddly-shaped arrangement of mirrors, and only furnished with a single wooden table in the center of the room.

But Baltazar is an example of the community of tarot-readers outside of the professional realm. While decks are often used by psychics and

other readers for business purposes, Whitcomb said anyone can learn to read tarot for themselves and others as a means of reflecting on current, past, and future changes in life. And, according to Saini, plenty of people do.

"There is definitely a difference between a tarot reader and someone who is psychic," Whitcomb said. "Tarot is just a tool."

Whether used as a mindfulness tool, a fortune-telling tool, or simply an entertaining party trick, tarot-reading is certainly alive and well in modern day. Several tarot-related events, including classes

and readings, occur around Iowa City each year. The area sees a particular spike around October and Halloween. Frary will hold a tarot-reading event at White Rabbit from 3 p.m. to 7 p.m. on Oct. 17, while Om Gifts for Body & Soul will offer a beginning tarot-reading class on Oct. 20 and readings on Oct. 27.

As for my cards, it was eerie how similar the two separate readings I received from Baltazar and Frary were. Where my reading for the week with Baltazar had ended with the Eight of Swords before, my reading with Frary began with the same card the following week, as though picking up where the past reading had left off as the course of my life continued to flow and change.

However, my readings were only a glimpse into the world of divination, and I felt a certain separation from my cards and the reading, whereas my readers appeared particularly connected. According to Frary, not everyone connects to their cards at first, particularly those who are receiving a reading out of curiosity rather than genuine interest in reflecting on what has passed and what is to come. Whatever came of my cards was not supposed to happen for certain. The cards described no specific events, but rather prepare me for what could come.

No matter what purpose a reading is used for, Baltazar said to take it in with an open mind. Doing so certainly helped me dive deeper into exploring a way to connect with the good and the bad, the true, the uncertain, and the ever-changing, all within what Frary calls "a language of symbols."

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STUDENT SPOTLIGHT

# Dog Dave far from the dog days

Duo Adelina Reels and John Quijas, also known as Dog Dave, are honing their musical skills in the Iowa City music scene.

BY NAOMI HOFFERBER  
naomi-hofferber@uiowa.edu

What began as a dream of a four-piece psychedelic rock garage band has since evolved into the folksy grunge power duo Dog Dave, consisting of University of Iowa sophomore Adelina Reels and Iowa City local John Quijas.

Reels and Quijas said they met around a year ago at a Hex Girls concert at Yacht Club.

"That whole weekend after that, my friends, John, and I all spent the whole weekend together," Reels said. "It was really nice, and we both decided, 'OK, now we have to start a band.' We went out at one in the morning to the Dey House and sat on that bench and we just played a bunch of songs and it was raining ... it was a nice moment."

Both had gotten into music at a young age, encouraged by their families to pursue it.

"For me, it was right off the bat," Quijas said. "A bunch of my cousins played the guitar, and we'd go camping, and they'd teach me things. I started actually playing when I was 9. Since then, it's all I really do."

Reels said she and Quijas began playing music around the same time.

"I started singing when I was 9 or 10, and then playing guitar and writing songs around 12 or 13," she said. "I've kind of been doing that intermittently ever since."

Reels does most of the songwriting for Dog Dave.

"I think sometimes I have a solid idea, or I'll piece together things I wrote years ago, and be like, 'Oh, now this fits into a whole new song I made,'" she said. "Usually, I kind of get it out within an hour and work on it."

Both are mostly self-taught; Reels was homeschooled and said she had free time to dive into music-making.

"My dad was really in-

sistent that I play music," Reels said. "We recorded a song when I was 13, he signed me up for shows and stuff. He made me audition for 'America's Got Talent,' but I was just timid the whole time. I was 13. That was a weird time in my life."

Quijas said his mom was the one who encouraged his music for him.

"The second I showed interest, she went out and got me a guitar, and she showed me all the music that I was super into when I was younger," he said. "She's a big Beatles fan, and that would probably be one of my favorite staple bands of all time."

Growing up, Quijas got a healthy dose of classic rock and '70s psychedelic influences, while Reels comes from a more bluegrass and pop background. While both are busy with school and work, they've solidified their set, and have been busy performing this fall, coming fresh from a house show.

The band has upcoming shows each week in November, with a show at Trumpet Blossom Café on Nov. 7 and a show with Basketball Divorce Court at Yacht Club on Nov. 14.



Adelina Reels practices with bandmate John Quijas in their home on Oct. 13. Reels and Quijas are in the band Dog Dave and recently won the Battle of the Bands at the University of Iowa.   
Katie Goodale/The Daily Iowan

### John Quijas

**Hometown:** Davenport, Iowa  
**Age:** 20  
**Top artist you listen to:** Ty Segall  
**Dream place to live:** Chicago  
**Favorite place for a late-night bite:** Ross' in Davenport  
**Favorite movie:** *Frank*  
**Current favorite song:** "I'm in love with a stripper" by T-Pain  
**Instagram:** @dog\_dave



### Adelina Reels

**Hometown:** Winterset, Iowa  
**Year in school:** Second Year  
**Age:** 20  
**Top artist you listen to:** Courtney Barnett  
**Dream place to live:** Chicago  
**Favorite place for a late-night bite:** Ross' in Davenport  
**Favorite movie:** *The Favourite*  
**Current Favorite Song:** "Spit on a Stranger" by Pavement  
**Instagram:** @dog\_dave

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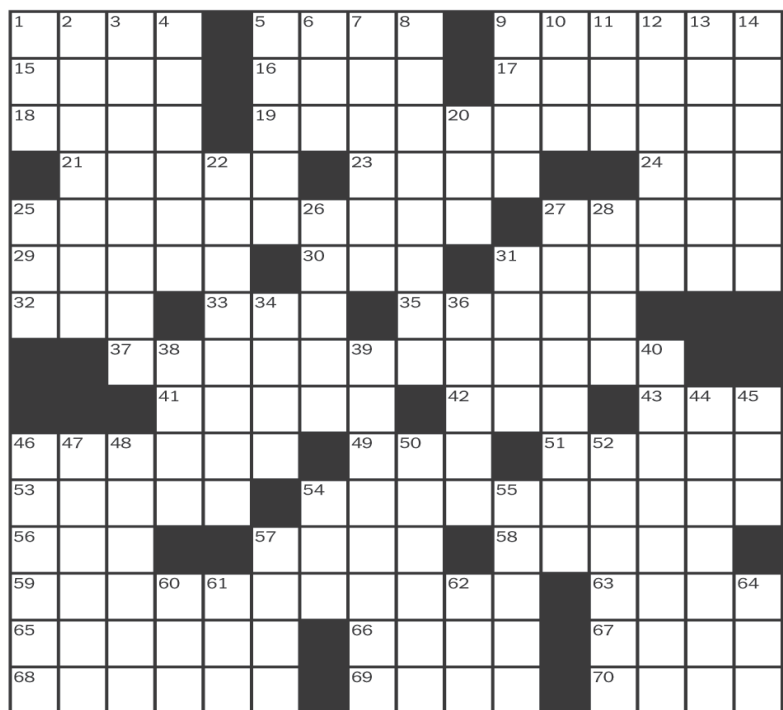
# The Daily Break

PUZZLE SOLUTIONS ON PAGE 4A

## The New York Times Crossword

Edited by Will Shortz No. 0912

## SUDOKU



- 68 "Fuhgeddaboutit!"
- 69 Those against
- 70 "Happy Motoring" sloganer, once

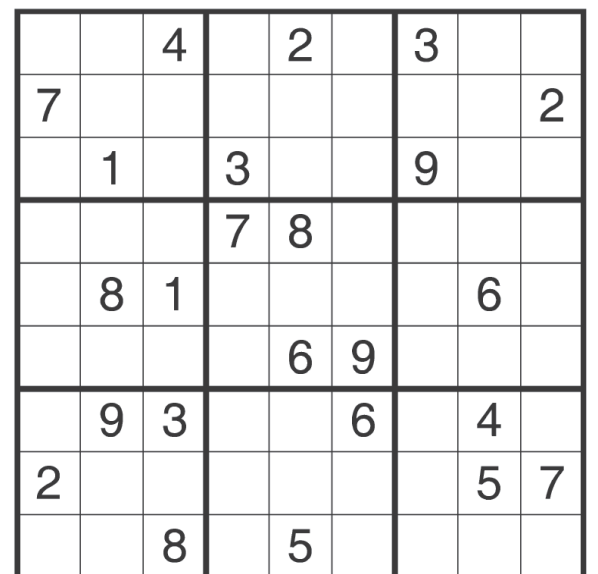
**DOWN**

- 1 Alitalia : Italy :: \_\_\_ : Poland
- 2 Asthmatic's aid
- 3 Least crisp, as an apple
- 4 Some Labor Day events, informally
- 5 "It's a \_\_\_" ("I've changed")
- 6 NPR host Shapiro
- 7 Butter, in a dieter's eyes
- 8 Without betraying emotion
- 9 Stained-glass window locale
- 10 Posting at many a park entrance
- 11 Verdi's "\_\_\_ tu"
- 12 Japanese plum
- 13 "You got me"
- 14 Assessed lasciviously
- 20 Word with suit or blanket
- 22 Bonus features on some DVDs
- 25 Longtime staple of Thurs. night TV
- 26 Grendel, e.g.
- 27 Reason to wear a brace
- 28 Grandson of Abraham
- 31 One, on a one
- 34 Flutter one's eyelids, say
- 36 Words after "You can't fire me!"
- 38 Eat
- 39 "Hoo boy!"
- 40 Some triage pros
- 44 Flowers named after the Greek physician of the gods
- 45 Trespasser's warning
- 46 Refrain from "Mulan" before "With all the force of a great typhoon"
- 47 City once represented in Congress by Beto O'Rourke
- 48 Prevents
- 50 "Well, isn't that fancy!"
- 52 Cat's opposite
- 54 Modern sweetie
- 55 Count for a Facebook post
- 57 Very thought-provoking
- 60 Status \_\_\_
- 61 Tony winner Hagen
- 62 Walt Disney's older brother
- 64 Air hub between LAX and Sea-Tac

**ACROSS**

- 1 Extremity
- 5 Snags
- 9 2001 title role for Audrey Tautou
- 15 What Elvis Aaron Presley's middle name is spelled with on his birth certificate
- 16 Part of Q.E.D.
- 17 Spinal Tap vis-à-vis 1980s rock bands
- 18 Thataway, from a crow's-nest
- 19 Fury at a husband leaving his entire estate to his mistress?
- 21 Mitch who wrote "Tuesdays With Morrie"
- 23 Escape
- 24 Sturm \_\_\_ Drang
- 25 What an in-group uses for fishing?
- 27 Actor Reeves
- 29 Look at, biblically
- 30 Flight board abbr.
- 31 Pull a cork from
- 32 Org. that might pocket your checks

- 33 Org. that might check your pockets
- 35 Top of a schedule, maybe
- 37 "Oh, I'm supposed to be in the line over there"?
- 41 Dog with an upturned tail
- 42 One using foul language?
- 43 World of Warcraft, e.g., for short
- 46 Image on the back of a Canadian nickel
- 49 What "team" has, it's said
- 51 Ed of "Up"
- 53 Short staff?
- 54 Some alcohol smuggled into a rodeo, say?
- 56 Silverback, e.g.
- 57 Author of the best-selling children's book "Matilda"
- 58 Place in canopic jars, say
- 59 Smudge on a theater sign?
- 63 Secondhand sale stipulation
- 65 Quick
- 66 Sunburn aid
- 67 Many a scuba destination



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