

Leading the room

Head coach Tom Brands has won at the highest level, and now he's teaching Iowa wrestlers to do the same by being self-accountable.

BY ANNA KAYSER
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Wyatt Dlouhy/The Daily Iowan
Iowa wrestling head coach Tom Brands watches a match during Iowa's dual meet against Iowa State at Carver-Hawkeye Arena on Dec. 1, 2018.

In Tom Brands' head coaching office, a photo is tacked behind the desk. In it, he is staring at a hawk perched on his arm, and the hawk is staring right back.

The toughness shown in that photo combined with the leadership, compassion, and accountability all needed to lead men to the top of NCAA wrestling are traits that Brands embodies.

The Iowa wrestling program has been built on accountability, and Brands has been at the core of that for 33 years. Whether that mindset continues from the bottom up, from 125-pounder Spencer Lee to last year's heavyweight Sam Stoll, or from something that runs deep from decades earlier with an icon at the helm, there's one thing that remains true: competing in a black singlet that features a gold IOWA on the left thigh turns boys into men.

"I don't believe in senior leadership ei-

ther, just by the way," Brands said. "I believe in leadership — period."

A man among men

Brands' office in Carver-Hawkeye Arena is exactly what you'd expect. Wrestling posters adorn the walls and a column near the center of the room, and atop his hanging cabinets sit photos of men he's coached through Iowa's esteemed and nationally respected program.

Once a three-time national champion and an Olympic gold medalist himself, Brands knows what it means to be a Hawkeye. In college — to go along with his national titles — he was a four-time All-American and a three-time Big Ten champion who went 158-7-2 from 1989 to 1992. Coming into his collegiate career two years shy of Dan Gable's

historic run of nine-straight championships at the helm for Iowa, he soon found himself on the mat with a program that would go for another title run. In 1991, his undefeated 45-0 season helped lead the Hawkeyes to their first of six NCAA team championships in the next seven seasons.

He finished off his collegiate career with an Outstanding Wrestler of the 1992 NCAA Championships honor after winning his third-consecutive individual title. Then, he took to the international stage to continue his success.

Brands won a gold medal at the 1993 World Freestyle Championships, back-to-back gold medals in the World Cup in 1994 and 1995, took home the title of the 1995 Pan American Games, and stood atop the podium at the 1996 Atlanta Olympic Games. In 2001, he was inducted into the National

Wrestling Hall of Fame.

Throughout all that time, he never took off the Black and Gold. He served as an assistant to the Iowa wrestling program from 1993 to 2004 while also becoming a coach for Team USA in 2001.

Brands has racked up accolades from both his time on the mat and his time in the corner, but he doesn't focus on those memories. To him, that's in the past. That's no good now.

"I got some good advice a long time ago from somebody," Brands said. "When you are at the best of the best in your own personal career [or] as a team, duplicate and exceed. Duplicate that and exceed it, and if you're duplicating that and exceeding it, then you have your eyes on the future."

SEE BRANDS, 4A

INSIDE

Research on MS treatment continues at UIHC

In 2007, Terry Wahls found a way to slow the progression of her multiple sclerosis using a modified diet years later, following a viral TEDtalk and book, research on the protocol is continuing at UIHC.

NEWS, 2A



Smith-Marsette finally finds kick six

Iowa wide receiver Ihmir Smith-Marsette had been chasing a kick-return touchdown for more than a year, and he finally scored one against Nebraska. Smith-Marsette is a threat to score whenever he gets the ball, and Nebraska was the latest to find that out.



A Thanksgiving feast for international students

Over break, UI International Programs organized a Thanksgiving meal for international students. More than 100 people attended the event and joined together to enjoy an array of traditional Thanksgiving dishes.

Go to dailyiowan.com to see the full video.



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.



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NATIONAL POLITICS

Warren talks feasibility of higher-ed proposals

Presidential hopeful Elizabeth Warren said Republicans will get on board with her universal free college and student-loan debt cancellation plans.



Katie Goodale/The Daily Iowan
Sen. Elizabeth Warren, D-Mass., waves to attendees after her town hall in the IMU on Monday. Warren spoke on issues such as climate change and women's rights. She took 15 questions from the audience.

BY JULIA SHANAHAN
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Elizabeth Warren will bring both Democrats and Republicans on board with her Ultra-Millionaire tax to pay for universal free college and broad student-loan debt cancellation, she pledged in an interview with *The Daily Iowan*.

She said it's a good policy to run on in a general election, because Republican voters will realize they're being "cheated," referring to millionaires and billionaires not paying their fair share in taxes.

"And if we're just a little more fair, we can invest in this

whole generation," Warren said in the interview with the *DI* before speaking to a group of about 600 people at the University of Iowa. "So I think it's something that we're going to get everybody on board."

The U.S. senator from Massachusetts highlighted her higher-education policy often at the town hall in the IMU Main Lounge on Monday. She shortened her stump speech in order to take about 15 audience questions.

She's campaigned largely on her wealth-tax and higher-education plans since announcing her run for the Democratic presidential nomination, tying them to her experience attending a commuter college for \$50 a semester before becoming a public-school teacher. Later, she attended a public law school, where she paid \$450 a semester.

SEE WARREN, 2A

UI closer to P3 deal

The regents will consider the UI's proposal to partner with a private firm to operate and maintain the campus Utility System.

BY MARISSA PAYNE
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The state Board of Regents will soon convene in two special meetings to consider the University of Iowa's proposed public/private partnership in which a private firm would operate and maintain the institution's utility system.

Under this 50-year agreement, the private partner would pay the UI an upfront lump sum, which the university would place into an endowment that UI President Bruce Harrelld has said the university could use to help fund the its strategic plan. Meanwhile, the institution would pay the firm an annual fee to operate the utility system.

Harrelld has said the UI is neither selling nor leasing the utility system, which produces and distributes energy, water, and steam to the whole campus and its auxiliary units such as University Housing & Dining, UI Hospitals and Clinics, and UI Athletics.

The UI will deliver an informational webinar about the proposed agreement to the regents today before the regents ultimately decide whether to approve the partnership Dec. 10.

If the regents agree to move forward with the proposal, they would then consider resolutions "authorizing redemption and defeasance of outstanding University of Iowa Utility System bonds," according to regents' documents. Regent spokesman Josh Lehman said in an email to *The Daily Iowan* this would authorize the university to move forward with the process of paying off approximately \$150 million in existing bond debt on the Utility System.



Harrelld

SEE P3 DEAL, 2A

ROCKIN' AROUND THE EPB



Nichole Harris/The Daily Iowan

A man wearing a Santa Claus suit sprints past the English Philosophy Building on Monday. He yelled various things at pedestrians, including "Let's go Hawkeyes!" and "Merry Christmas."

The Daily Iowan

Volume 151
Issue 65

BREAKING NEWS

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Policy: The Daily Iowan strives for accuracy and fairness in the reporting of news. If a report is wrong or misleading, a request for a correction or a clarification may be made.

PUBLISHING INFO

The Daily Iowan (USPS 143.360) is published by Student Publications Inc., E131 Adler Journalism Building, Iowa City, Iowa 52242-2004, daily except Saturdays and Sundays, legal and university holidays, and university vacations. Periodicals postage paid at the Iowa City Post Office under the Act of Congress of March 2, 1879.

SUBSCRIPTIONS

Call: Juli Krause at 335-5783
Email: daily-iowan@uiowa.edu
Subscription rates:
Iowa City and Coralville: \$30 for one semester, \$60 for two semesters, \$5 for summer session, \$60 for full year.
Out of town: \$50 for one semester, \$100 for two semesters, \$10 for summer session, \$100 all year.

Send address changes to:
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Research on viral 'Wahls Protocol' MS treatment to continue at UIHC

In 2007, Terry Wahls found a way to stop the progression of her multiple sclerosis using diet and lifestyle changes — and she continues to study her method with University of Iowa Health Care.

BY RYLEE WILSON
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Terry Wahls' treatment method for multiple sclerosis, the Wahls Protocol, has already gained a large following online — but with a best-selling book and a TEDtalk with more than 3 million views, she still has plans to advance her research.

With a new \$2 million grant, Wahls, a clinical professor of internal medicine in the University of Iowa Hospitals and Clinics, is working to further her method through studying the protocol among multiple sclerosis patients who elect to not take medication to manage the disease.

"There are no studies comparing what happens to people who are newly diagnosed with MS and elect to not take drugs and follow the diet and lifestyle that I outlined," she said.

The study is currently being reviewed by the Institutional Review Board, and Wahls hopes to launch it next year with hopes that the Wahls Protocol will be able to be tested in a randomized, double-blind study once its completed.

Wahls developed her protocol — an approach to treating multiple sclerosis and other immune diseases using a modified diet approach — while suffering from multiple

sclerosis herself.

While managing secondary progressive multiple sclerosis, Wahls began researching vitamins and supplements to treat the disease and then began searching for a way to incorporate those nutrients into her diet.

"I had a really big 'a-ha' moment that I should redesign my paleo diet to match my intake of all these key brain nutrients I've identified in food," she said. "I start that new way of eating in December of 2007, and within three months my pain is gone, my brain fog is gone. I'm beginning to walk with a cane."

After writing up a case study from her own findings,

Wahls began studying the method through a series of small pilot studies.

Wahls said that, although she has faced some criticism for publishing the Wahls Protocol without having gone through a scientific double-blind study, the funding for her research comes from families who have benefited from her treatment protocols.

"The fact that I have done this publicly with my TED talk, with my book, has allowed me to have the visibility that has allowed us to have a very successful philanthropic support for my research lab for the last nine years, which is how I've conducted many of

my small pilot studies," Wahls said.

Warren Darling, department head of health and human physiology, has been involved with Wahls' research for several years.

Darling said research he and Wahls have conducted so far shows improved quality of life for patients treated using the Wahls Protocol diet.

"There was a clear reduction in perceived fatigue. These people with multiple sclerosis, they often feel exhausted almost all the time," he said. "After being on that program with diet and exercise they're able to do more without being tired. We've also found improved quality

of life related to feeling less tired and improved motor function."

Linda Snetselaar, a professor of epidemiology and chair of preventive nutrition education, is involved in the experimental design of the current study.

She said the study intends to be more scientifically rigorous than previous small pilot studies.

"Maybe the numbers were super small, sometimes there was a sample size of two patients — what we're trying to do is have a larger number of participants in the study and additionally use a scientifically rigorous study design," she said.

PIECE	PAVE	EBBS	8	4	1	7	3	9	2	5	6
ENDED	OBIT	TIRE	7	9	5	8	6	2	3	1	4
DAILY	LTAD	ARIA	2	3	6	1	4	5	9	8	7
ANT	SALLE	SOLDER									
LEST	WORE	TIS									
	VANITY	YINAV	9	1	4	5	8	3	7	6	2
UMAMI	OREO	ELI	6	7	3	9	2	1	8	4	5
NOCARBS	ENMASSE										
DOT	DOOR	ALTOS	5	2	8	4	7	6	1	3	9
ONEWAY	YAWENO		4	6	9	3	1	7	5	2	8
	DIT	ANEW	TIDE								
NAUSEA	SLOT	RUM	1	8	7	2	5	4	6	9	3
YIPE	BLACK	KCALB									
PROS	BACH	OUNCE	3	5	2	6	9	8	4	7	1
DENT	ASKS	SPIED									

WARREN FROM FRONT

Warren's wealth tax would only apply to households with a net worth exceeding \$50 million — or the top wealthiest 0.1 percent — and they would be taxed an annual 2 percent for every dollar earned after \$50 million, and 6 percent for every dollar earned after \$1 billion.

According to Warren's higher-education policy proposals, this would fully pay for universal free college for two- and four-year public colleges and universities and the cancellation of up to \$50,000 of student-loan debt for 42 million people.

Warren's plan would forgive public and private student loans. With eliminating the complexities of existing student-loan programs, Warren said the Education Department would have the capacity to manage a forgiveness program without having to hire more people. Because all private loans will be refinanced as federal loans

under her plan, the loans would be streamlined into one system for the Education Department to manage.

"But once [the loan is] in the system, it doesn't matter what kind of loan it is," Warren told the *DI*. "Doesn't matter whether you've got it on Parent PLUS or one of the three-year programs or one of the long-term programs — whatever the program is, the loans are all treated the same."

Robert Kelchen, associate professor of higher education at Seton Hall University in New Jersey, said while he is skeptical of the Education Department's capacity to manage a massive student-loan debt forgiveness program, he said universal free college in the U.S. would be economically feasible.

But, Kelchen said it might be hard to get state governments to comply with tuition-free two- and four-year colleges and universities. He also said universities might try to find ways to up-charge students for additional student fees.

Warren said she's counting on students across the country to advocate for universal free



Katie Goodale/The Daily Iowan

Sen. Elizabeth Warren, D-Mass., addresses attendees during her town hall in the IMU on Monday.

college in order for the plan to receive support from state governments. She also said the policy would require the state to continue putting the same amount of money toward the universities and agree to not add other charges to students.

Warren said she also plans to expand Pell Grants, a form of financial aid awarded to those who demonstrate the highest financial need on the Free Application for Federal Student Aid, by \$100 billion to cover non-uition expenses for

students going to a public college or university, such as living expenses, and to make Pell Grants available for students attending private schools.

"The concern with free-college programs is if a lot more students do go to college, do

colleges get the resources they need to provide a quality education?" Kelchen said. "And there are parts of her plan that try to help with that, but it's not clear whether that would necessarily go far enough."

According to her plan, experts estimate the one-time cost of her student-loan debt cancellation program to cost \$640 billion. The universal free college program is estimated to cost \$1.25 trillion over 10 years.

UI student Paige Harkan, 19, said at the Monday town hall that she plans to caucus for Warren in February. She said higher-education policy is extremely important to her when choosing a candidate, and said she thinks Warren has the personality and skill to implement something like universal free college.

"I definitely plan on going to grad school, if not going into a doctorate program, and higher education has always been really important to me," Harkan said. "And I hope that if I had kids one day that they might want to [pursue] higher ed, too, and ... it's just something that means a lot to me."

P3 DEAL FROM FRONT

"Regarding specifics on paying the bonds, the University of Iowa will share an informational webinar with the [regents] ... on the P3, and it will be available publicly as well," Lehman said.

UI Senior Vice President for Finance and Operations told the *DI* in

October that, should the bids the UI receives in the request-for-proposals stage be such that the UI selects a vendor, the UI will refine the concession agreement for the regents' approval and eventually bring the private firm on as a partner after a commercial close and financial close, anticipated in January 2020.

After that point, he said, the firm would begin working with the UI Utility Sys-

tem staff.

"Part of that month after selection is for that selected vendor to come on campus and to get to know the employees, to talk with the employees, find out what they are thinking about their future career objectives, and then assimilating them into their culture and their company, and then they would begin working for them upon our close of this deal," Lehnertz said.

UI Chief Financial Officer

and Treasurer Terry Johnson has previously said the utilities staff will receive job offers of equal or greater pay with the concessionaire if they choose.

Since the UI first began exploring the possible agreement, UI officials have said they expect the private firm would offer many UI employees a position with its company. Those not offered a position or those who choose not to move to the new operating entity

would retain a position with the UI.

Regarding the distribution of the funds placed into the endowment, Lehnertz said the UI will invest in nonrecurring grants with a one- to five-year time period "to allow for seed money for great initiatives that will advance student success, performance of our students success in research, and discovery to things that will make a difference to

our campus."

"We want to establish the endowment and establish the funds and not pay ahead of those dividends coming in," he said. "... We're going to be judicious and conservative in our approach and make sure that risks are minimized. We've got the university's long-term viability and success in mind with every step we take, and that doesn't mean acting fast; it means doing the right thing."

Opinions

COLUMN

How the Grinch saved Christmas, what it means for the rest of us

It seems as if the outcasted Who with some green fur embodied the true spirit of the holiday season all along.



EMILY CREERY
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Way up on Mount Crumpit, away from the Whos, lives a furry, green man with a case of the blues. Answering to the Grinch, even his name invokes a flinch — but is his heart really two sizes too small or was it the people who made his spirits fall?

OK, Dr. Seuss may have just rolled in his grave, but the holiday season is upon us. It only seems appropriate to discuss one of the most iconic characters currently gracing our screens.

'The Grinch never really hated Christmas, right? He's simply fed up with people and decided to finally do something about it.'

However, I want to forgo the feel-good redemption arc that we've seen in the original 1966 film, the iconic Jim Carrey version, and last year's rendition voiced by Benedict Cumberbatch.

The Grinch is never the villain, but merely a man who becomes a little bitter after being bullied into exile — living in a cave next to the town dump — as an 8-year-old child. He continues to question the holiday cheer that oozes from Whoville because, to be honest, the town's version of Christmas is nothing but a byproduct of consumer capitalism.

As the Grinch says, "The

avarice never ends! I want golf clubs. I want diamonds. I want a pony so I can ride it twice, get bored, and sell it to make glue. Look, I don't wanna make waves, but this whole Christmas season is stupid, stupid, stupid!"

Although tough to hear as we wait in line on Thanksgiving Day to buy a bunch of stuff that no one actually needs — elbowing the woman after the same 739-inch television — the Grinch has a point.

The Grinch never really hated Christmas, right? He's simply fed up with people and decided to finally do something about it. I mean, the whole



The Grinch balloon floats down Central Park West during the 91st Annual Macy's Thanksgiving Day Parade on Nov. 23, 2017 in Manhattan, New York.

stealing Christmas shenanigan is really just his way of getting across the notion that the season is more than packages, boxes, and tags — it's about love.

If it weren't for the Grinch, the Whos would take out a second mortgage for their blum bloopers and jing tinglyers. Martha May would have an affair because she's miserably married to the Mayor.

And Cindy Lou Who, on her worst day, would be involved with a bunch of snobs on the Upper East Side of New York City.

He did all of this from the bottom of his tiny heart, and the Whos had the nerve to cast him aside like yesterday's hazardous waste. But the Grinch didn't let that stop him, always looking on the bright side.

To use another Grinch-ism,

"One man's toxic sludge is another man's potpourri."

So, this Christmas season, as you make your lists and empty out your pocketbooks, remember the Grinch in all of his green glory. Society has manipulated him into the before-and-after trope of holiday hoopla, but it seems pretty clear that the man who sat alone eating glass (talking to himself) had it right all along.

COLUMN

Cambus Bionic essential for transit for those with disabilities

The service UI Parking and Transportation offers for those with mobility issues is well worth supporting now and in the future.



ALLY PRONINA
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Transportation can be difficult in Iowa City, especially for people who have a disability. Luckily, the Cambus Bionic bus is here.

Riders with cognitive disabilities might struggle with sitting down, distracting the driver, and understanding when to get off. Since Cambus Bionic drivers are trained to provide assistance to these riders, they can help.

Bryan Mulrooney, Cambus

student dispatch and Bionic supervisor, said Cambus Bionic is a no-fare campus service for people with cognitive and physical disabilities.

"Cambus Bionic does not discriminate based on what type of disability a person may have. Per [the Americans with Disabilities Act], if your disability makes it difficult to ride existing fixed-route service, you are more than likely eligible to ride Cambus Bionic," Mulrooney wrote in an email to *The Daily Iowan*.

To comply with the ADA, Cambus Bionic drivers are trained to provide assistance to all riders, including those with cognitive disabilities.

It makes sense something which has the goal of assisting people with disabilities complies with the ADA. Mulrooney wrote other ways

Cambus Bionic complies with the ADA.

"Cambus Bionic complies with all ADA regulations, and goes above-and-beyond where we can," Mulrooney said. "For example, riding Bionic requires filling out an application and ADA requires

'It is important to support Cambus Bionic so that it will continue to provide services to people who need it.'

we process this application within 21 days."

Cambus Operations Mia Brunelli also wrote in an email examples of how Cambus Bionic provides accommodations for its riders.

"Our dispatchers, who schedule rides for Bionic

riders, are trained in ADA regulations. Our driver and dispatcher training are meant to be inclusive for all persons with a disability who might use the Bionic system," Brunelli said. "We also go above-and-beyond the requirements of ADA in our

scheduling by allowing riders to make same-day ride requests or changes. We know our riders have busy schedules, and we do this to help make the system more flexible and convenient for our riders."

Brunelli also wrote that

while the Cambus Bionic is open to the public, it is best suited for University of Iowa students and faculty because of the area it serves.

UI student Megan Reichel talked about her experience with Cambus Bionic.

"It's been really nice, always on time. A few of them (drivers) have made conversation with me on the way there," Reichel said. "They don't ask any questions if I come on to the bus without using my cane."

Reichel said Cambus Bionic requires filling out a form online about where riders want to be picked up, where they are going, and what time they would like the bus to pick them up.

This schedule is beneficial for those who need services Cambus Bionic offers. It is

able to serve more people by basing its schedules off riders' requests versus a fixed schedule the department of transportation sets.

Reichel said there have been instances where she could not get the times she requested because the bus was already packed. Brunelli said the service does have to turn down requests at times due to being packed.

Mulrooney said the bus is funded through student fees and UI Parking and Transportation, along with federal and state funds. Cambus Bionic serves an irreplaceable purpose in the UI community. It is important to support Cambus Bionic so that it will continue to provide services to people who need it.

You can never get enough of a good thing.



A Cambus passes by the Main Library on Sept. 26.

Katina Zentz/The Daily Iowan

LETTER TO THE EDITOR

CAFOs are factories, not family farms

A Solon resident responds to a *DI* guest opinion about supporting local farmers.

The Johnson County supervisors are trying to protect the residents of Johnson County from the industry of concentrated animal feeding operations. Because they don't have local control, this is difficult. I fully support their efforts in the Unified Development Ordinance to limit concentrated animal feeding operations and to make sure that agricultural exemptions for properties are appropriate.

We already have 24.9 million pigs in Iowa. We do not need more and we don't want them in Johnson County. They are a threat to the environment and public health and the treatment of the animals is abhorrent. If a CAFO

is built near your property, you will be subjected to noise pollution, air pollution, the stench emanating from the building and a reduction in the value of your property. The number of impaired waterways in Iowa is increasing and is now at 767.

We are moving in the wrong direction.

Please support the supervisors in their efforts to discourage CAFOs in Johnson County. Contact them via phone or email, or come to the public hearing at 9 a.m. Dec. 5 at the Health and Human Services Building.

— Lynn Gallagher
Solon resident

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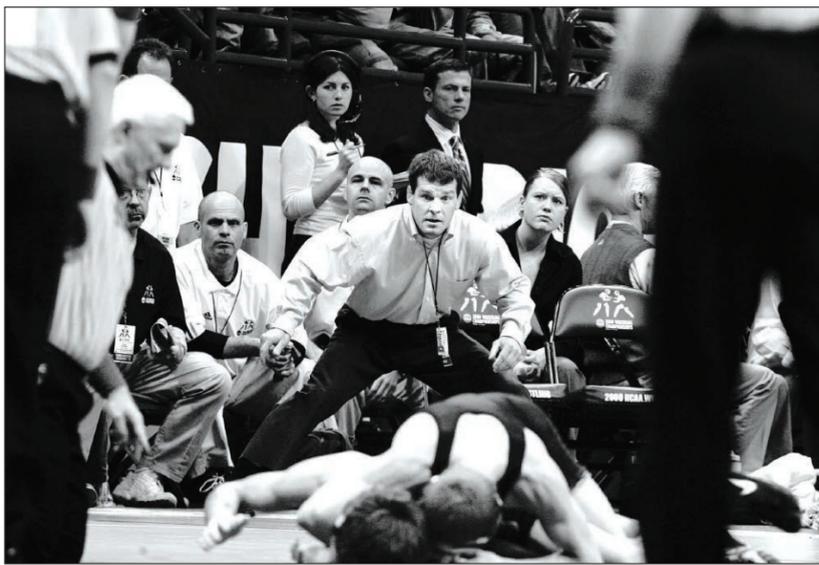
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LETTERS TO THE EDITOR may be submitted via email to daily-iowan@uiowa.edu (as text, not attachments). Each letter must be signed and include an address and phone number for verification. Letters should not exceed 300 words and may be edited for clarity, length, style, and space limitations, including headlines. The *DI* will only publish one letter per author per month. Letters will be chosen for publication by the editors according to space considerations. No advertisements or mass mailings, please.

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

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Peter Klopfenstein/The Daily Iowan

Iowa head coach Tom Brands supports Charlie Falck during his bout against Stanford's Tanner Gardner in St. Louis on March 1, 2008.

BRANDS

CONTINUED FROM FRONT

The beginning of an era

In 1987, Iowa wrestling had experienced something that it had only encountered once before in Gable's 11 years as head coach: the Hawkeyes weren't the best in the nation.

After nine consecutive championships, Iowa placed second by a 25-point margin to Iowa State. Then, in 1988, it happened again. Arizona State bested Iowa by 8.5 points, and Gable suddenly found himself searching for a way to reel the program back into his control and the national respect he had built.

Gable's standard is high — anyone with a toe in the wrestling world knows that. Before his 21-year tenure as Iowa's head coach, he lost just one match throughout his high school and college careers and won an Olympic gold medal in 1972 without giving up a point to his opponents.

He kicked up his recruiting efforts for the 1988-89 season, looking not just for good wrestlers on the mat, but for people that would set an example and lead the room.

In Sheldon, Iowa, he found the Brands twins, Tom and Terry.

"It's double the impact, and it was needed right at that time because, you know, we had great fun and great teams, but coach was losing all control," Gable said. "I think they exemplified to me what I was looking for in wrestling on the mat and then off the mat as well.

"They were a little bit behind in the room, but they weren't behind in the competition or how they lived their life."

Tom and Terry didn't grow up under the best circumstances. Their father was an alcoholic — described by Terry as "a mean son of a B" when he was drunk — and that helped shape the men they would soon become and the way they would one day lead.

In fifth grade, after their parents divorced, the Brands twins were introduced to wrestling by two family friends. Too small for basketball and just scrappy enough to hold their own in the ring, they were shown a cross-face and a cradle.

A couple weeks later, they had their own wrestling mat down in the basement.

"It was an awesome situation because you could fight with your brother under rules that made it OK to be down there scrapping," Terry said. "It wasn't, 'Hey, knock it off,' from Mom yelling down the stairs anymore. It was a 'Knock it off,' and we go, 'Well, we're wrestling,' and 'OK' even though it was probably more than that."

That wrestling turned into a drive and a focus to get better.

They loved to win. Gable came knocking, and their energy and determination was funneled through an organization that was known for cranking out the best.

"Dan Gable was the best thing that ever happened to me in my wrestling career, and my brother would say the same thing," Tom said. "But not for everybody — for us because of how we were raised."

The student becomes the teacher

Eighteen years later, when then-athletic director Bob Bowsby called Gable — who was nine years removed from his head coaching days — into his office with a drive to uphold the national status of the program, it was hard to disagree

with who he had in mind.

On April 5, 2006, four days before the brothers' 38th birthday, Tom was named the head coach of the Iowa wrestling program.

"The Iowa program is one of the most decorated sports programs in all of intercollegiate athletics, and with that comes very lofty expectations," Bowsby said in his introductory press conference. "We feel that Tom is capable of meeting those expectations and further contributing to our achievements."

"We also feel that Coach Brands will lead the program with high integrity and that he will support our team members in all areas of their experiences on our campus."

Iowa was coming off a seven-loss season — the program's most since 1966-67 — but from the moment Tom stepped into the role as head coach, he didn't feel pressure to return the program to what it once was under Gable.

After Tom left his first head coaching job at Virginia Tech to come back to Iowa, talent followed. Wrestlers he had recruited transferred to Iowa and risked a year of ineligibility, a testament to him both as a coach and as a man.

"When he came in, it was exciting," former Iowa wrestler and current assistant coach Ryan Morningstar said. "It was like he came in, and it was a new sheriff in town. Everybody bought into what we were doing, and there were some transfers that came in and it was just like we all bonded together."

"Just the leadership and the accountability and straightforwardness that Tom brought to the table was awesome, and just the leadership and the fearlessness that he had was unbelievable."

Even now, there's something about Tom and his recruiting efforts that is special, that makes athletes flock to him.

"I've had phone calls with recruits where my first phone call is, 'Hey, you want to be an Olympic champion?' They go, 'Yeah,' and I go, 'Alright, Iowa's the place. Any questions, I'll be in touch later. Goodbye.'" Tom said, hanging up the imaginary phone with a clicking noise. "And they're like, 'What the heck just happened there?' And they tell those stories later."

"I think kids want to be talked to that way. Then, let them think about it."

Accountability, both on and off the mat, is introduced right from the start.

Tom and his staff tackle self-accountability head-on, talking directly to recruits about making good decisions in all facets of life. That paves the way for what is to come in their Hawkeye careers, setting

trust up early and planting the seed for stepping up in the room.

"If they want to be a part of a program that isn't necessarily better than other programs, but is different in that accountability, then sign up for it, because you're going to thrive," Tom said.

That accountability showed itself on the mat in a big way last season. On Dec. 1, the annual Cy-Hawk dual meet returned to Iowa City for a matchup between the No. 3-ranked Hawkeyes and the unranked Cyclones.

Iowa State had taken four of the first seven matches and led 15-12 with Iowa's 285-pound line spot coming up. Aaron Costello was listed on the probable lineup prior to the match, and that's who Tom was expecting to come out of the tunnel.

Instead, when the lights lowered and the Imperial March from *Star Wars* started blasting from the Carver-Hawkeye Arena speakers, the 6-foot-3 senior heavyweight Sam Stoll walked to the edge of the mat. After a quick exchange that seemed like nothing out of the ordinary to the 9,000-plus people in attendance, Brands gave Stoll a slap across the mouth to get him ready.

Stoll then tied up the team score at 15 with a 5-1 win over Gannon Gremmel.

"He made the call," Tom said after the meet. "I wasn't going to let him go, and he explained to me that it was his last time [in a Cy-Hawk meet], he explained it to me that he wanted to go, and I popped him in the mouth and he went."

Iowa packed a one-two punch in that meet when Spencer Lee — who went on to win his second national championship last season and is currently seeking a bid to the 2020 Olympics — returned to the mat after a week off and took a major decision over Alex Mackall to give Iowa the bonus point it needed for the win. The Hawkeyes won the dual, 19-18.

Lee shows similarities to the Brands brothers as a wrestler — not only successful on the mat, he shows what it means to be a Hawkeye in life.

A Pennsylvania native, there's a big wrestling powerhouse school in Lee's home state where he could have gone. He, like some of his Hawkeye teammates from the same part of the country, chose Iowa.

"[Tom and Terry] want us to be good human beings, not just good wrestlers, and they want us to go and be successful in the future on and off the mat, whatever that means to you," Lee said. "They're the best. That's why I'm here."

Lee lives through the Hawkeye state of accountability, which helps push that onto his

teammates.

"Here's a guy that's wired to win the highest level in the sport wrestling matches, and he's talking about the things that are most important to us," Tom said. "And it's not winning at all costs. It's winning at all costs with integrity and winning at all costs with self-accountability."

That inaugural 2006-07 season with Tom at the helm culminated in a 14-5 regular-season record, a third-place finish at the Big Ten meet and an eighth-place finish at NCAAs for the second time in five years. Before 2003, the Hawkeyes hadn't placed that low on the national stage for 30 seasons.

The fear — if any — that Iowa would continue to drop nationally wasn't something at the forefront of minds in the organization.

"You always have that fear a little bit, because that fear is what lights some fires," Gable said.

Three consecutive championships

After tabbing Iowa's first NCAA champion in two years in 2007, Tom had something — however small — to build on.

Mark Perry was back after winning the 165-pound individual title during his junior season, and next to him came the now-eligible transfers from Virginia Tech.

"It was getting an avalanche of guys in there," Tom said. "When you're putting a team together, you have to have a majority of good people that have this blend of accountability for the sport of wrestling, accountability for your social life, and accountability for your academics."

"We had that quickly, and then we needed to continue that."

In 2008, seven Hawkeyes earned All-American honors to win the team title with 117.5 points — 38.5 more than second-place Ohio State. Perry repeated as the 165-pound champion, and Brent Metcalf was named the Outstanding Wrestler after winning the 149-pound title. It was the first time since 2001 that Iowa had more than one individual champion.

That success came from the wrestlers on the mat, of course. To get there was a journey in itself that involved all 38 wrestlers on Iowa's roster and one of the most difficult levels of accountability to go through.

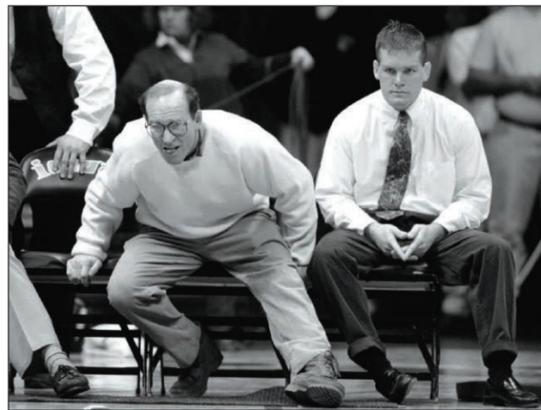
Two-time All-American Daniel Dennis was a backup that year, staying ready in the room while working as a training partner to wrestlers that would stand on the podium in March.

"There was some talk of transferring and that was never an option in my head just because of how the coaches were and how committed I felt they were to me, developing me and getting me better," Dennis said.

That accountability factor — both in and in wrestling — was heightened when Terry was added onto the coaching staff before the 2008-09 season. Tom wanted his brother, and no one else. He kept a coaching position vacant for months until Terry decided to return home after spending the previous three years with USA Wrestling.

Like so many others that come back to help, he wanted to give back to the program that gave him so much. Together, Tom and Terry show athletes the level of accountability that Gable instilled in them.

"You never turn a blind eye as a coach," Terry said. "I don't turn a blind eye; it doesn't matter what level they are. It doesn't matter what level they think they are, whether it's



File Photo/The Daily Iowan

Head coach Dan Gable and Tom Brands give encouragement during a meet.

[Austin] DeSanto, Spencer Lee, or an incoming freshman. You correct the problems as they go on."

In 2009, Dennis took the 133-pound spot in the lineup and placed seventh at NCAAs as Iowa went on to beat Ohio State again, this time by just 4.5 points.

In 2010, its third-consecutive national championship and its last to date, Iowa put eight wrestlers on the podium with All-American honors. The Hawkeyes didn't have that many All-Americans since the final year of Gable's tenure. It won the title with a 44.5-point lead on second-place Cornell.

"Tom set a bar of the standard of the program, which was set by Gable before him, [former head coach Gary] Kurldelmeier [before him]," Morningstar said. "We wanted to get it back on the map."

"The standard was set, and we did everything in our power to uphold that standard."

Duplicate and exceed

Now, Iowa is ranked No. 1 in the nation, and on Dec. 1 notched a 32-3 win over No. 6 Wisconsin for Tom's 100th Big Ten dual win as head coach.

The Hawkeyes are one of two favorites to win the NCAA team championship in March. The 2010 championship was Iowa's last, the longest stretch without a title for the Hawkeyes since the program won its first in 1975 under Kurldelmeier.

Iowa has been in the top five at NCAAs every year since, but that hasn't been good enough.

"The criticism of Tom Brands is Tom Brands' words," Tom said. "You haven't won since 2010; I say that. I'm the one that says that. The time to win is now. We need to perform better, we need to do a better job, I've said that."

"The pressure — if you use that word — comes from me. I competed at the highest level and won at the highest level, and also competed at the highest level and didn't win at the highest level. I know the difference of what it feels like."

The last time Iowa had more than six All-Americans was 2010. This season, all six of Iowa's 2019 All-Americans are returning, plus two-time All-American Michael Kemerer, who sat out last year with a torn ACL and a shoulder injury that both required surgery.

This season is the one that Iowa fans have been waiting on. In the culture that Tom has built, however, waiting was never an option.

"The thing is, I know everybody's really excited about this year for some reason, but I've been excited every year that I've been here," Terry said. "Last year, the year before, the year before, the year before, I thought we had the lineup to win."

That accountability factor is important in a big way as the stakes build toward NCAAs. There are things that Iowa's entire lineup can improve on to achieve the goals it has set — and that have been set up in it.

"The team really is very accountable towards me just

as I hold my teammates accountable," Lee said. "I think that really does stem from the coaching staff — all of them, Morningstar, [Bobby] Telford, Terry, and Tom — they do an awesome job making sure that everyone holds each other accountable."

Iowa's ultimate goal as a team — to grab the first-place trophy at NCAAs in March — will come from individual wrestlers reaching their own goals.

At 125, Lee is going for an NCAA title as well as a bid to the Olympics.

At 133, DeSanto is still maturing in his wrestling, thinking carefully before his next move.

At 165, junior and two-time All-American Alex Marinelli is transforming from a pinning mentality to a point-scoring mentality while trying to avenge his 2019 NCAA quarterfinals loss.

"I know that if our guys do what they're capable of doing and make the adjustments that they need to make on a daily basis, they're going to get what they want," Tom said. "I'll tell you what, when you get 10 weight classes that are getting what they want, that's a good formula for success."

There were six years under Gable when Iowa had nine All-Americans — 1981, 1983, 1985, 1991, 1992, and 1995 — and in each of those years, a team title was won. That's as close as the program has come to 10 weight classes getting what they want. In one of those years, 1992, both Tom and Terry were national champions.

With his three national championships and his contribution — both on and off the mat — to helping the team climb back on top, Tom met Gable's high standard as a wrestler.

"Of course he did," Gable said.

Meeting that standard as a coach, however, is something entirely different. Despite that, it's not a challenge that Tom has — or probably ever will — shy away from.

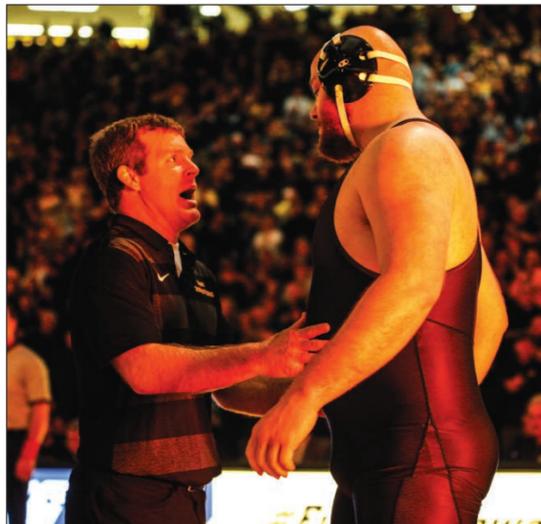
"I never saw the fear in his eyes that he couldn't bring a team to winning national titles — I've never seen that fear; I've only seen determination," Gable said. "It's hard to see sadness in him, but I'm sure there is at times. That sadness is almost like a determination more in his eyes. With that in mind, you're always looking up."

Now, Brands is looking for his wrestlers to meet a new standard — his own. That stems from something that he pushes for every day — not senior leadership, but leadership, period.

For Marinelli, doing things the right way is at the forefront of everything he does. So, when the time presented itself, he stood in front of his teammates to preach what the program is all about.

"If you want to soar with the eagles, you can't hoot with the owls," Brands recalled him saying.

And to the head coach of Iowa wrestling, it was just corny enough to get the job done.



Wyatt Dlouhy/The Daily Iowan

Iowa's Sam Stoll informs head coach Tom Brands that he will be wrestling against Iowa State's Gannon Gremmel during Iowa's dual meet against Iowa State at Carver-Hawkeye Arena in Iowa City on Dec. 1, 2018.



Shivansh Ahuja/The Daily Iowan

Iowa head coach Tom Brands watches his team compete during a wrestling dual meet between Iowa and Iowa State at the Hilton Coliseum in Ames on Nov. 24.

Sports

TUESDAY, DECEMBER 3, 2019

THE MOST COMPLETE HAWKEYE SPORTS COVERAGE IN IOWA

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HAWKEYE UPDATES



Epenesa, Duncan named Big Ten Players of the Week

Iowa defensive end A.J. Epenesa has been named the Big Ten Defensive Player of the Week, and kicker Keith Duncan earned Big Ten Special Teams Player of the Week, the conference announced Monday.

Epenesa set career-highs with 14 tackles and 4.5 tackles for a loss, adding two sacks as well. The Glen Carbon, Illinois, native has turned it on in recent weeks, recording six sacks in his past five games. Epenesa leads Iowa with nine sacks and three forced fumbles.

Epenesa, who also has a chance to win the Lott IMPACT Defensive Player of the Week, led the Big Ten with 10.5 sacks last season and was named a preseason All-American by six outlets heading into 2019.

Duncan, meanwhile, made both of his field-goal attempts against Nebraska on Nov. 29, including a 48-yard game-winning kick to seal the Hawkeyes' 27-24 victory over the Huskers.

The junior kicker is 29-of-34 on the season, and his 29 made field goals lead the nation, set a Big Ten single-season record, and tied for the sixth-most made kicks in a season in NCAA history.

Duncan, who is also a finalist for the Lou Groza Award that is given to the best kicker in the country, is 14-of-18 on attempts from 40 or more yards out.

Winters earns United Soccer Coaches All-Region honors

Iowa senior Natalie Winters earned United Soccer Coaches second-team All-North Region honors, it was announced on Monday. It is the second all-region nod of her career.



Winters is the fourth player in school history to earn two or more all-region honors in her career, joining Sarah Lynch, Cloe Lacasse, and Melanie Pickertt.

Winters was a third-team selection as a junior.

The Plymouth, Michigan, native tied for the team lead in goals this season with six, including three game-winners. The midfielder also tallied two assists to total 14 points, third most on the team.

Winters started all 21 games for Iowa, logging 1,507 minutes. She earned second-team All-Big Ten honors as a senior, becoming the first player in school history to earn Big Ten postseason recognition all four seasons.

Winters started 76 of her 77 career games, tallying 15 goals and 13 assists.

Iowa finished the 2019 season with a 15-5-1 record, tying the single season school record for victories.

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5. Virginia
6. Ohio State
7. North Carolina
8. Kentucky
9. Gonzaga
10. Duke

QUOTE OF THE DAY

"You're like Santa Claus. It's nice when everybody likes you."



Iowa head coach Kirk Ferentz on awarding scholarships to Keith Duncan, Tyler Schott, and Jack Koerner

STAT OF THE DAY

6-12

Iowa men's basketball is 6-12 in ACC/Big Ten Challenge games.

Smith-Marsette finally finds kick six

A kick-return touchdown had eluded Ihmir Smith-Marsette for more than a year, but that changed in Iowa's win over Nebraska.



Katina Zentz/The Daily Iowan

Iowa wide receiver Ihmir Smith-Marsette scores a touchdown during the football game against Nebraska at Memorial Stadium on Nov. 29. The Hawkeyes defeated the Cornhuskers, 27-24.

BY PETE RUDEN
peter-ruden@uiowa.edu

Ihmir Smith-Marsette knew it had been a long time coming.

Despite taking home the Big Ten's Return Specialist of the Year honor after the 2018 season, a kick-return touchdown always eluded the Newark,

New Jersey, native.

But in Iowa's 27-24 win over Nebraska on Nov. 29, it happened.

Smith-Marsette took a kick designed to be returned to the right side of the field to the left. With one blocker on his side, he made one Husker miss before using his jets to leave the rest of Nebraska's kickoff team in the dust for a 95-yard score.

"I had guaranteed one back in the summertime, so I had to make sure I came through," Smith-Marsette said. "...Most importantly, credit to all my blocking. I watched them all down. All I had to do was get outside."

The timing of Smith-Marsette's big play couldn't

SEE FOOTBALL, 2B

Men's hoops travels to ACC/Big Ten Challenge

A hostile environment and a 2-3 zone await the Hawkeyes in their matchup against Syracuse tonight.



Shivansh Ahuja/The Daily Iowan

Iowa guard Jordan Bohannon attempts a 3-pointer during a men's basketball game between Iowa and Southern Illinois-Edwardsville at Carver-Hawkeye Arena on Nov. 8.

BY ROBERT READ
robert-read@uiowa.edu

After facing No. 12 Texas Tech and undefeated San Diego State in the Las Vegas Invitational last week, the Iowa men's basketball team has very little time before tipping off against another quality non conference opponent.

Iowa returned to Iowa City around 2 a.m. Nov. 30

from its trip to Las Vegas and now travels across the country again. The Hawkeyes take on Syracuse in New York tonight as a part of the ACC/Big Ten Challenge.

Syracuse sits at 4-3 on the year and is fresh off of blowout losses to Oklahoma State and Penn State. Regardless of record, the Orange always present a challenge.

SEE MEN'S, 2B

By the numbers: Iowa women's basketball

The loss of Megan Gustafson and other key players from last season has allowed new players to step up and climb up the program leaderboards.

BY ISAAC GOFFIN
isaac-goffin@uiowa.edu

The 2019-20 Iowa's women's basketball looks a lot different than last season with the loss of Megan Gustafson, Hannah Stewart, and Tania Davis.

The departure of these players has allowed other players, both older and newer, to step up. Also, two players are climbing up the career program leaderboards in different statistical categories.

So, before 5-2 Iowa plays against Clemson at Carver-Hawkeye Arena on Wednesday, it's worth looking back at some key numbers from key players.

3 - Players that led Iowa in scoring in at least one game



Doyle

Last season, Gustafson led the Hawkeyes in scoring in every game except one.

Though it's early on this season, three players have already accomplished that feat.

As expected, senior Kathleen Doyle has led the Hawkeyes in scoring in multiple games, such as when she put up 15 points against Florida Atlantic in the season opener — which also happened to be the night she scored her

SEE WOMEN'S, 2B



Shivansh Ahuja/The Daily Iowan
Iowa guard Jordan Bohannon shoots during a game against DePaul at Carver-Hawkeye Arena on Nov. 11.

MEN'S
CONTINUED FROM 1B

"They're always going to be very good," Iowa head coach Fran McCaffery said. "They've got really good players, a Hall of Fame coach. Great crowds. It's a situation where we have got to be ready to compete. I thought we competed well in Las Vegas, and we'll need the same effort against Syracuse at the Carrier Dome."

Syracuse head coach Jim Boheim is famous for the 2-3 zone defense he has implemented. While other programs try to imitate that style of defensive play, no team runs it like Syracuse. The Orange often make teams look lost offensively, confused as to how to penetrate the zone.

Attacking that zone is an emphasis for the Hawkeyes.

"They are going to play the zone," McCaffery said. "It's a challenge for a team to attack. The players that he recruits fit that style, both offensively and defensively. They play it all the time, and they've got really good chemistry with each other."

"They're physical inside. They've got shot-blockers. They'll trap you in different situations. Sometimes it looks like they are standing around, but really more it's an active, physical, intense defense. You've got to be able to mix it up, some 3-point shooting, some penetration, getting it inside."

Bohannon continues to show progress

Iowa played back-to-back games for the first time this season during the team's trip to Las Vegas.

Against Texas Tech, Bohannon scored a season-high 20

points and connected on four 3-pointers. In Iowa's second game of the road trip against San Diego State, Bohannon was not as effective.

The Aztecs held Bohannon scoreless in the first half and to only three points the entire game. Bohannon took only four shots against San Diego State and took no trips to the free-throw line.

Bohannon may be back in the starting lineup against Syracuse, and McCaffery wants to emphasize getting his sharpshooter the ball.

"I think the way [San Diego State] played him, we've got to do a better job screening for him," McCaffery said. "They were doubling him, trying to get the ball out of his hands. I thought he played well in that sense; you don't want to force anything. We've got to do a better job of getting him more shots."

Patrick McCaffery update

Iowa forward Patrick McCaffery is still out as he continues to battle health issues related to the thyroid cancer he was diagnosed with in 2014.

The 6-foot-9 freshman played in Iowa's first two games, but he has not suited up since.

There is currently no timetable for his return.

"He's feeling OK," Fran McCaffery said. "We're still working through the stuff he's been through, and trying to figure out how best to maximize his opportunity. He's seeing a lot of different people, and he will continue to do so. It's a lengthy process for him. It's a different type of journey."

"I think he's handled it very well. He's in a good place mentally. He's been real positive. He was a great teammate out in Vegas. I know it was hard for him not to play. He'll get there."

FOOTBALL
CONTINUED FROM 1B

have come at a better time. When Iowa had the chance to put the Huskers away by taking a 24-3 lead, Nebraska's Cam Taylor-Britt intercepted a pass from Nate Stanley and took it back 38 yards for a touchdown. Instead of 24-3, the turnover made it 17-10.

That's when Smith-Marsette made his move.

After already scoring on a 45-yard reverse on Iowa's second play of the game, Smith-Marsette double-downed on big plays with

a game-changing special teams play that put the Husker deficit at 14 after Nebraska felt a comeback coming.

"[The timing was] killer," Nebraska head coach Scott Frost said. "The same thing with the Wisconsin game — we had momentum and everything rolling our way, and we gave it right back. Exactly the same thing happened [Nov. 29]. They got good special teams; ours have to get better."

"You see when teams have good special teams, it can change games."

Smith-Marsette certainly changed the game against the Huskers, and he's been doing so all season.

Smith-Marsette leads the Hawkeyes with 676 receiving yards and four touchdowns on 42 receptions, and he became even more prominent piece of the offense when fellow receiver Brandon Smith went down with an ankle injury against Purdue on Oct. 19.

He's showed that in the past two weeks especially. Smith-Marsette caught four passes for 121 yards against Illinois before racking up 166 all-purpose yards and two scores against the Huskers.

"He's grown up so much in two years' time," Iowa head coach Kirk Ferentz said. "He's always been a guy that likes football. He's got a great foot-

ball mentality; he's got a great personality. He's grown physically, but more so mentally. He's putting those good skills to use. The kick return part hasn't been as prominent this year, but, boy, it was a great time for that to surface."

So, was the win the Smith-Marsette game that will be associated with him for the remainder of his career and beyond?

Smith-Marsette doesn't think so.

"It was the Iowa Hawkeyes game," he said. "We did it as a team. There wasn't nothing special for me. Went out there, played within myself. I just so happened to make some plays."

WOMEN'S
CONTINUED FROM 1B

1,000th career point. She also was Iowa's leading scorer against Princeton, when she had 21 points, and against Washington, when she had 19 points.

Senior Makenzie Meyer has also led the Hawkeyes in scoring in three of their games. She had 21 points against North Alabama and 17 points against Northern Iowa. But her best performance came against Towson, when she scored a career-high 29 points, 15 of which came from behind the 3-point line.

Sophomore Monika Czina-no is the other player to have led the Hawkeyes in scoring during a game. She had 16 points against Cincinnati, which is a career high.

57 - Points from freshman Gabbie Marshall

In her first collegiate game, Marshall scored 11 points, which was the fourth most for the Hawkeyes that night. This was a sign of things to come, as she is now fourth on the team and first among freshmen in points.

Her season high came against North Alabama when she scored 13 points. She started that game and played for 31 minutes.

Another nice game of hers came against Towson, when she scored 11 points, dished out four assists, and had three steals.



Shivansh Ahuja/The Daily Iowan
Iowa guard Makenzie Meyer tries to push past Princeton guard Grace Stone during a women's basketball game between Iowa and Princeton at Carver-Hawkeye Arena on Nov. 20.

557 - Assists in Doyle's career

Ever since Doyle arrived at Iowa, she has been dishing out assists. She has the freshman assist record for the Hawkeyes at 148 and her 199 assists she recorded the next season is second among sophomores in Iowa history.

This is starting to pay off now, as she is 20 assists away from passing Cara Consuegra for second all-time in pro-

gram history in assists. That's likely where she will finish up in the all-time standings, as Samantha Logic has the program record at 898.

173 - 3-pointers in Meyer's career

At the start of the season, Meyer had made 155 3-pointers in her career, which ranked 10th in program history. Seven games into her senior campaign, she has moved

up to seventh in program history.

She has a great opportunity to move up to sixth in program history, as she only needs to make 16 more 3-pointers to pass Kristi Smith.

If she continues hitting 3's this season at her current rate, she could finish her career in the top five in program history, as the current player in fifth place — Wendy Ausdemore — made 221 3-pointers in her career.

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A year in review: Iowa volleyball

A 10-21 finish is one no team ever wants to have. The Hawkeyes hope to learn from this season to ensure success moving forward.

BY AUSTIN HANSON
austin-hanson@uiowa.edu

The 2019 volleyball season has officially come and gone for the Hawkeyes. On Sunday, the Big Ten Conference announced that seven of its teams had made the NCAA tournament. Iowa was not among the teams selected.

A rocky season began for the Hawkeyes back in June. Then head coach Bond Shymansky was terminated by the University of Iowa due to a violation of NCAA

recruiting rules. Associate head coach Vicki Brown was then given the title of interim head coach.

Brown and her Hawkeyes started the season off strong. At the James Madison Tournament Aug. 30-31, the Hawkeyes went 3-0. A win over then No. 22 Washington State highlighted the tournament.

The Hawkeyes then hosted Washington Sept. 6 and Colorado Sept. 7 at Carver-Hawkeye Arena for the Big Ten/Pac-12 Challenge. Iowa lost both of its first two games at home.

After about three weeks of play, the Hawkeyes suffered their first setback. They lost senior Meghan Buzzerio to a season-ending ACL injury. Buzzerio, a team captain, was expected to lead the Hawkeyes on the attack and in the locker room.

The Hawkeyes were never the same without Buzzerio. Overall, the Hawkeyes were 5-18 with their star

outside hitter absent.

Despite the loss of Buzzerio, Iowa finished non-conference play with a winning record at 6-5. Brown's interim tag was removed just before Big Ten Conference play began. Brown inked a five-

year contract extension on Sept. 26.

In Evanston on Sept. 27, the Hawkeyes won their first Big Ten matchup of the season, defeating the Wildcats 3-1. After that victory, Iowa's success was extremely limited. Iowa went 23 days without winning before picking up two wins in six days, both against Indiana.

During that stretch of wins, the Hawkeyes absorbed another crushing loss off the court. Junior setter Brie Orr suffered a concussion Oct. 20 during Iowa's trip to Indiana. After losing Buzzerio, Orr was Iowa's strongest leader. She had eclipsed 3,000 career assists shortly before her injury. Orr's lone appearance following the injury came at Michigan on Nov. 13.

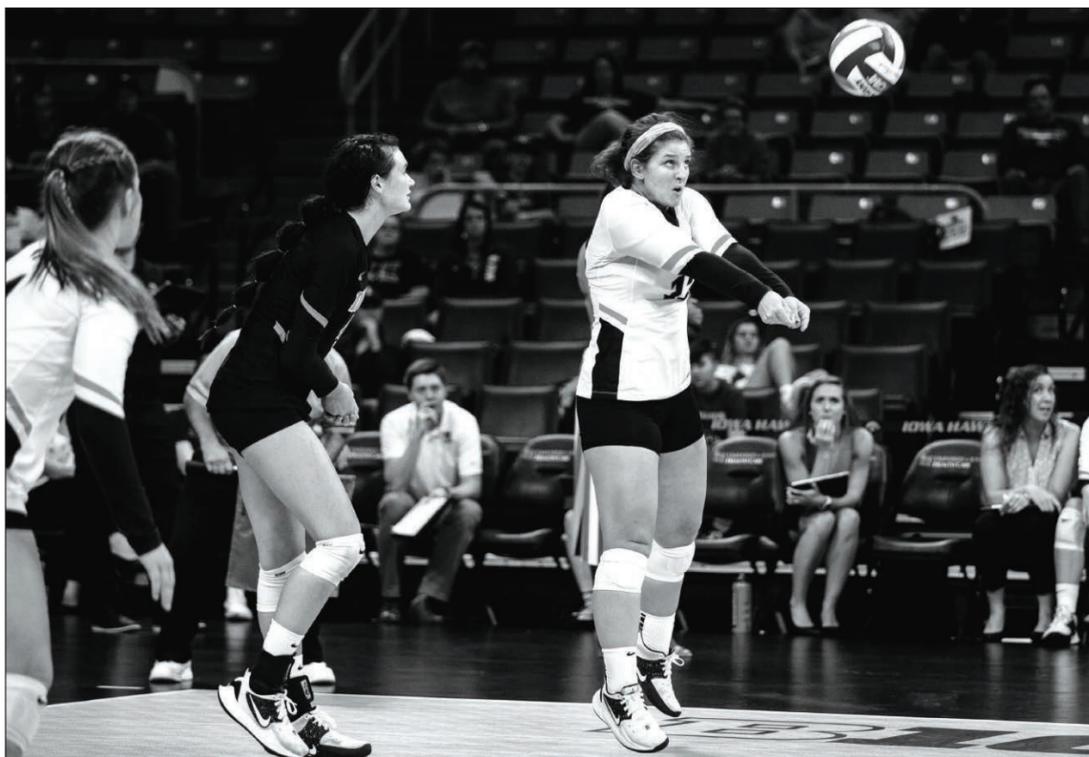
Losing Orr for an extended period was devastating for Iowa. The Hawkeyes dropped nine straight games following their second victory over Indiana. Their last win of the season came in their final game of the season Nov. 30. Iowa defeated Maryland on Senior Night, 3-1, at Carver-Hawkeye Arena.

Iowa finished the season 10-21 overall and posted a 4-16 conference record.

"It wasn't exactly what we wanted this season," senior Emily Bushman said. "We have a lot of potential moving forward as a program. I think there's really bright things in the future. Again, it's about working hard and not giving up and having that same attitude going after it all the time."

Defensive specialist Maddie Slagle recognizes that the season did not go the way Iowa wanted it to but agreed with Bushman that winning times could be ahead.

"[This season] was a little rough," Slagle said. "I truly believe that if we all focus in and have the drive to win, then I think we can



Iowa defensive specialist Emily Bushman bumps the ball during a volleyball match between Iowa and Minnesota at Carver Hawkeye Arena on Oct. 2. Megan Nagrozanski/The Daily Iowan

succeed."

Despite the hardships 2019 presented, the Hawkeyes remain optimistic, barreling toward 2020. Iowa volleyball will move into its new home, Xstream Arena, starting next season. The 24th-ranked recruiting class of 2018 now has a season of play under its belt, and Brown has one full year of head coaching experience in her back

pocket.

"I think the biggest thing is just understanding that our team has lessons they have to learn in this season," Brown said. "Next season, there will be new lessons to learn. I'm just excited to be the head coach for the volleyball team, and in particular, this team. [The] first year was really just about getting the experience."

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on education and other topics ahead of the 2020 legislative session
hosted by The Daily Iowan

Sunday, Dec. 8
3:30 pm-5 pm
Iowa City Public Library Meeting Room A

Confirmed Attendees:

- Zach Wahls, D Senate District 37
- Joe Bolkcom, D Senate District 43
- Amy Nielsen, D House District 77
- Mary Mascher, D House District 86

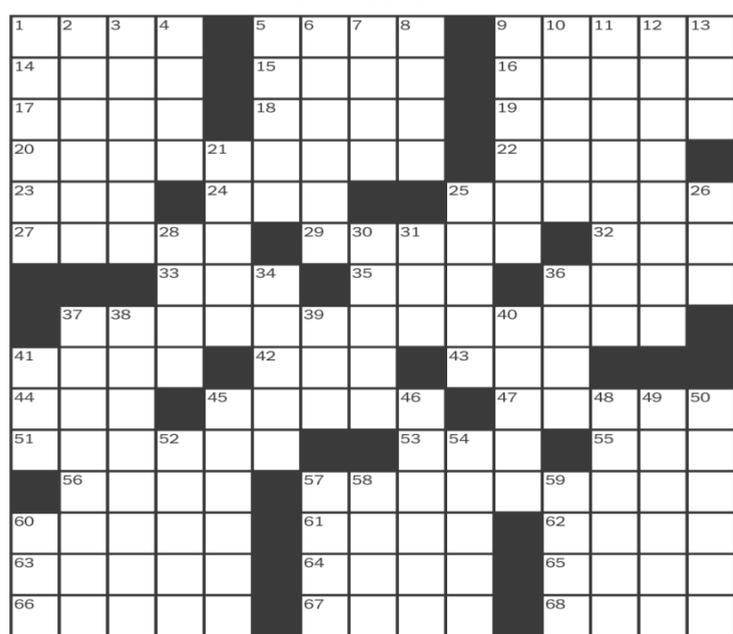
THE DAILY IOWAN
ETHICS & POLITICS INITIATIVE

The Daily Break

The New York Times Crossword

Edited by Will Shortz No. 1029

PUZZLE SOLUTIONS IN CLASSIFIEDS PAGE 2B



- 64 Eastern mystic
- 65 "Understood"
- 66 It's made of three oxygen atoms
- 67 About 97% of the modern penny
- 68 He played with Kobe on the Lakers

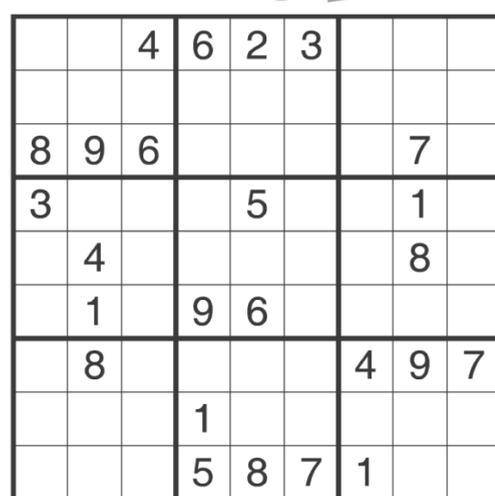
DOWN

- 1 Kind of virus in computers
- 2 Take back
- 3 Some kitchen appliances
- 4 Bit of pre-election news
- 5 Still breathing
- 6 Fiend
- 7 Fail to include
- 8 Name on a famous New York deli
- 9 Japan, to the Japanese
- 10 "Guess it's time to fold"
- 11 Sicken
- 12 *Onetime member of 'N Sync
- 13 ___ Wednesday
- 21 Jimmy of the Daily Planet
- 25 Pico de ___ (condiment)
- 26 Gaping mouth
- 28 Look after
- 30 Things you can count on to help you get to sleep?
- 31 Listing on a scorecard
- 34 Shoes, in slang
- 36 Watchdog org.?
- 37 *Singer on the first day of Woodstock
- 38 Mythical city of gold
- 39 Elfin
- 40 Instrument in an old-timey theater
- 41 Section of a record store
- 45 Always, in music
- 46 Navy rank below lieutenant
- 48 "Take your time!"
- 49 Like quality eggs
- 50 Title girl in a Creedence Clearwater Revival song
- 52 Puerto ___
- 54 Fast-food chain with carhops
- 57 Rapper whose name hints at the extremities of the answers to the five starred clues
- 58 Mine: Fr.
- 59 "___ ouil"
- 60 Many a G.I.

ACROSS

- 1 Sting operation, e.g.
- 5 Bad way to run
- 9 Stealthy fighter
- 14 San __, Italy
- 15 Tibetan spiritual guide
- 16 Ones not part of PC culture?
- 17 Racetrack shape
- 18 "What's ___ for me?"
- 19 Holder of a baby kangaroo
- 20 *"Saturday Night Live" cast member of the late 1980s
- 22 Instruction on a door
- 23 Letters next to an alias
- 24 Meadow
- 25 "Rah! Rah!"
- 27 Homes for hornets
- 29 Channel offering "gavel-to-gavel" coverage
- 32 Pretty ___ picture
- 33 Reaction to a cartoon mouse
- 35 Movie villain who says "I'm sorry, Dave. I'm afraid I can't do that"
- 36 Hearty dish
- 37 *Singer starring in 2019's "Hustlers"
- 41 Faucet handle on the right
- 42 Middling mark at school
- 43 Servant of Saruman the White in "The Lord of the Rings"
- 44 ___-blasted (darn)
- 45 Conference call enabler
- 47 The Jets and the Sharks, in "West Side Story"
- 51 Snarkily indicates one's boredom
- 53 Intelligence-gathering org.
- 55 Christian school in Tulsa, Okla.
- 56 Part of a cap
- 57 *Grammy winner for "Make It Mine," 2010
- 60 Civil rights grp.
- 61 Uganda's Idi ___
- 62 Car with four circles in its logo
- 63 Wood used in canoe-making

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How to start a family conversation about money

SPONSORED BY



Heading back home for the holidays? Not so confident about your current financial situation but also not sure how to improve it?

This message is for you.

As the holidays approach, many look forward to home cooking, presents and festive decorations, but a family conversation about money? Not so much. Even parents avoid this—TIAA's 2017 Family Money Matters Survey found that only 11% of parents are likely to start a conversation about any financial topic.

It can be difficult to talk to your family about student debt or your budget, but there's no better time to talk about finances than when you're gathered together, can reflect on the past year and make financial plans for the year ahead. Doing so can help you meet your financial goals and maybe even save you money.

As a leading retirement provider for higher education institutions, TIAA helps millions of Americans to achieve financial success, including your faculty and staff. What follows are four fundamental financial topics you can consider discussing with your family this semester break.

Earning

A start to family conversations is making sure everyone understands what earnings are needed to cover basic household expenses, and the impact of working a part- or full-time job.

Borrowing

Whether it's a loan to help finance your education or your first car, understanding how to borrow money is important. You and your family can discuss the importance of building a credit history, how much you can borrow and the various types of loans (and interest rates) available to you.

Spending & Saving

One of the keys to financial health is understanding the concept of putting aside money for both needs and wants. Learn about how investing and compound interest can grow your savings, and talk to your family about how to prioritize expenses and manage spending.

Financial Decision Making

Talk to your family about big financial decisions, such as accepting a job offer, moving out on your own or buying a car. Doing your part to make responsible choices can have a profound impact and influence on other members of your family.

Additional conversation starters can be found at TIAA.org/conversations. Your family is a great starting point, and there are many resources available if you're looking to improve your financial knowledge. TIAA launched a national financial education initiative, TIAA FinSights, designed to give college students the skills to attain lifelong financial success. At tiaafinsights.org, you'll find short videos, insights from current and former students, and interactive learning modules on financial topics relevant to students—how to budget, protect yourself from identity theft, and understand credit cards and mobile payment options. Take advantage of the time over the holidays to give yourself a stronger financial foundation heading into the New Year.