

UI COVID-19 NUMBERS
Number of self-reported cases for COVID-19
Students: **8** new cases, **3,101** to-date
Employees: **0** new cases, **467** to-date
New cases as of March 31, 2021
Source: UI COVID-19 campus update

INSIDE



North Liberty teacher Kedibona Ochs inspires students

Teaching full of positivity and heart in his classroom, University of Iowa College of Education alum Kedibona Ochs shares his inspiring story of becoming a teacher. From being homeless and working a newspaper delivery job to teaching at Liberty High School, he credits his desire to become a teacher to faculty from both the UI and his high school.



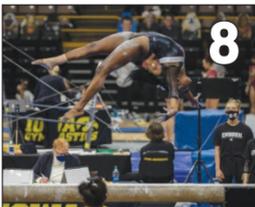
Survey reports disparities in mental health among graduate students

A recent report by graduate and professional student leaders at the University of Iowa shows mental health concerns, with 90 percent reporting a decrease in their mental well-being.



Volleyball swept in final series of season

Iowa volleyball struggled in its last series of the spring 2021 season against No. 3 Minnesota in Minneapolis as the Hawkeyes were swept in three sets Friday and Saturday. As they finished with a 4-16 record, the Hawkeyes forward to their next season in the fall.



Gymnastics ends season in Alabama

The No. 19 Iowa women's gymnastics team participated in the NCAA Tuscaloosa Regional Friday. While the team's score of 197.050 was its highest score of the season and the second-highest program history, it was not enough to advance the GymHawks to the next day of competition as they finished in third.

DITV

Tune in for LIVE updates

Watch for campus and city news, weather, and Hawkeye sports coverage every day at dailyiowan.com.



Elections begin

Voting begins today for the Undergraduate Student Government elections. Students can vote via MyUI for an executive ticket, independent or ticket senators, and constituency senators. Many are unopposed.



Kate Heston/The Daily Iowan

University of Iowa students José Muñiz Jr. and Regan Smock pose for a portrait outside of the Old Capital building on March 28. Muñiz Jr. and Smock are running for office in the upcoming University Student Government elections.

Regan Smock and José Muñiz Jr. are running as the sole executive ticket for Undergraduate Student Government. Smock, a three-year veteran of student government, and Muñiz Jr., a leader among several campus units, plan to reshape student representation and inclusion.

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Five independent senators are vying for seven open seats, though all senators will need to meet a 5 percent threshold. Joshua Brown, Lauren Salloum, Zachary Springer, Camden Studer, and Andrew Froemel are running for those positions.

PAGE 3

Prospective student senators are running on two ticket platforms: SOAR and YOUIowa. With 29 seats available and 27 candidates between the two tickets, each senator is likely to make it to the senate floor. Just 613 students voted in the 2020 elections, which were also largely uncontested.

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Candidates pursue constituency seats

Students are running for three of nine open constituency positions representing first-generation, LGBTQ+, and veteran student populations.



Kate Heston/The Daily Iowan

(Left) University of Iowa veteran constituency senator candidate Sam Andrus poses for a portrait March 31. (Middle) UI student Nick Nachtman is running for the LGBTQ+ constituency senator position in Undergraduate Student Government. (Right) Xiangheng Li, a UI student running for the first-generation constituency senator position, is set to be the first student to fill that new position.

BY GRACE HAMILTON
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With the Undergraduate Student Government election season underway, three candidates anticipate gaining a seat in the senate as constituency senators.

Representing their undergraduate constituents is Xiangheng Li for the first-generation seat, Nick Nachtman for the LGBTQ+ seat, and Sam Andrus for the veteran seat.

USG constituency seats make up nine potential USG senatorial positions for constituents: Asian Pacific Islander Desi American, Black, disability, international student, LGBTQ+, Latinx, Native American, and veteran undergraduate populations.

Although the three candidates will acquire positions in USG as constituency senators, USG has yet to fill consti-

tuency positions representing Asian Pacific Islander Desi American, Black, international student, Latinx, disability, and Native American undergraduate populations.

As a member of an underrepresented group on campus, constituency senators aim to address these groups' needs and unique challenges.

USG Elections Commissioner Andy Swiston said it's typical for constituency senator seats to go unfilled during some election cycles.

"Especially in the last few years, we've had low turnout in general, so it's no surprise to me that the number of constituency senators is low too," Swiston said. "That said, the positions are generally not as well advertised, require more work to advocate for a specific constituency, and have fewer people to draw from to fill each position."

UI offers campus vaccinations

Students and staff at the University of Iowa are scheduling vaccine appointments beginning this week as part of a statewide push to vaccinate students before they return home for the summer.

BY BRIAN GRACE
AND LILY ROSEN MARVIN
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The University of Iowa began scheduling students to receive the COVID-19 vaccine this week as vaccine eligibility opens today for all adults in Iowa over the age of 16.

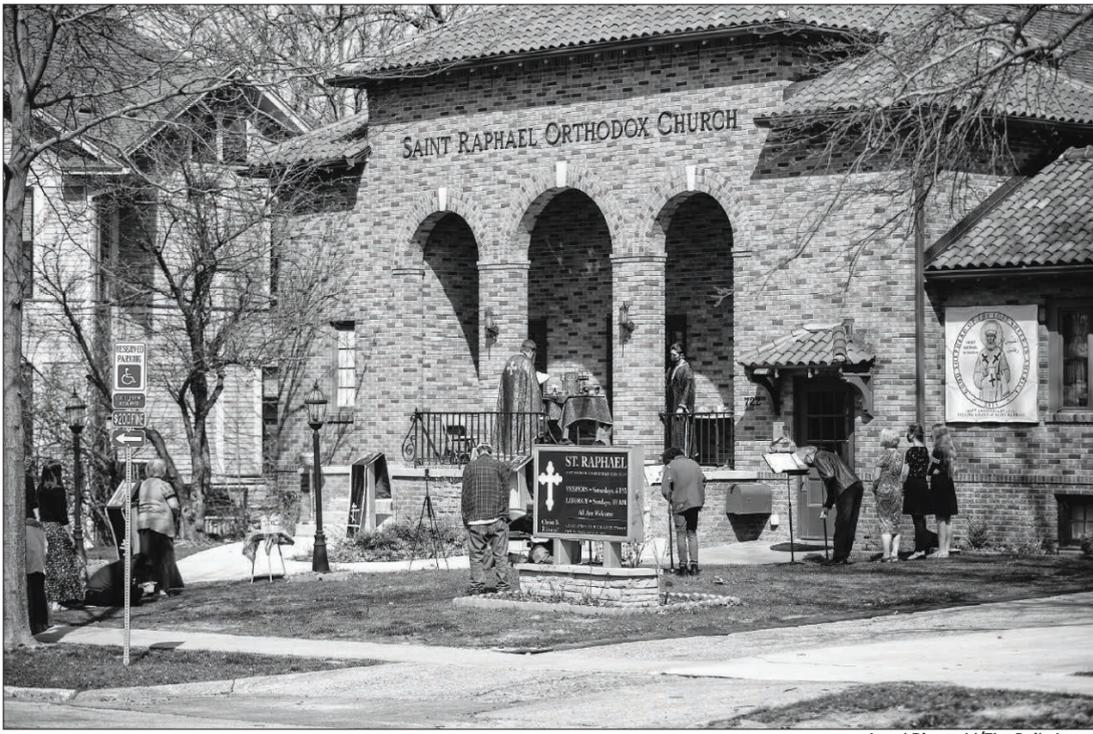
Student Health at the UI asked students in a campus-wide email on Friday to fill out a COVID-19 immunization survey to schedule a time slot and receive information about where to go.

A day earlier, Iowa Gov. Kim Reynolds announced the University of Iowa would be among a handful of universities and colleges to receive an allocation of the single-dose Johnson & Johnson vaccine for students and staff in an effort to immunize college students before students return home for the summer.

Reynolds said the state is collaborating with state Board of Regents-governed universities, private colleges, and community colleges to vaccinate students and staff, but only named the University of Iowa, Dordt College, Northwestern College, and Des Moines Area Community College (DMACC) as recipients of the Johnson & Johnson allocation this week.

Sarah Ekstrand, the public information officer for the Iowa Department of Public Health wrote in an email to *The Daily Iowan* that the IDPH is working with colleges across the state to plan clinics where students and staff can be vaccinated.

SUNNY EASTER SUNDAY



St. Raphael Orthodox Church hosts an outdoor service to celebrate Easter on Sunday.

Jerod Ringwald/The Daily Iowan

The Daily Iowan

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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.

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Bridging the disconnect

USG President and Vice Presidential Candidates Regan Smock and José Muñiz Jr. reflect on their leadership setbacks, successes, and future sights preceding election week.



Kate Heston/The Daily Iowan

University of Iowa student José Muñiz Jr. poses for a portrait outside of the Old Capital building on March 28. Muñiz Jr. is running for office with Regan Smock on the sole executive ticket in the upcoming University Student Government election. Voting begins today and ends Thursday.

BY GRACE HAMILTON grace-hamilton@uiowa.edu

Undergraduate Student Government election week kicked off today with unchallenged tickets across the ballot. Still, presidential and vice presidential candidates Regan Smock and José Muñiz Jr. look toward their likely uncontested victory as the first step in a dynamic process of achieving their campaign goals.

Voting for the executive ticket, senator candidates, and constituency senators can be accessed by undergraduate students via their student profiles on MyUI beginning today at 9 a.m. Links on the student information page lead voters to a voting platform called Engage. The voting period ends Thursday at 5 p.m., according to USG Elections Commissioner Andy Swiston.

Smock, who has served two years as USG's Director of Academic Affairs, said her first experience with the student organization motivated her to make USG a more inclusive place.

"My first year in student government, I felt a sense of a culture of toxicity and exclusion, and so I wanted to be a leader with compassionate values," Smock said. "...[I want to be] making sure that students who are in student government are feeling supported and can be the leaders that they need and get the support they need...so they can have a great experience and also do really great advocacy with that support."

While Smock said she is honored to have a voice at meetings with university administration, she said she wants to see more students — USG and non-USG alike — have the opportunity to share their experiences with decision-making bodies at the university.

"I'm in a lot of rooms where I'm the only student, and that is a privilege, but I think that we need to make sure that even though students might be invited to those rooms, that the conversation and the opinions of students are valued," Smock said. "You don't have to have a Ph.D. to know what's best for

the student experience. Even though we are invited sometimes, it's important to make sure that we are a prominent voice and a voice that is listened to."

As previously reported by The Daily Iowan, the function of shared governance among the branches of student government and university administration has been a subject of focus for years, especially since Bruce Harrell's selection as UI president in 2015.

Undergraduate student government wields a budget of \$1.3 million from student activity fees to distribute among student groups and support student initiatives. The group also serves to advocate on behalf of students on committees. For example, current USG President Connor Wooff serves on the presidential search committee tasked with finding finalists for the next UI president.

Although concerned with shared governance, Muñiz Jr. said he also plans to foster a student government and university that values diversity, equity,

and inclusion.

Muñiz Jr. has spent his undergraduate years working at the Association of Latinos Moving Ahead and various university cultural centers to provide support and community to underrepresented students.

"One of the biggest things that both Regan and I are really working toward is being able to have that support — that retention piece — for underrepresented students," Muñiz Jr. said. "Whether that's with representation that we're advocating for in general or having faculty and staff of color where students can go and see that they're in that role...But also having therapists, counseling services, and [more] therapists of color."

Without prior experience serving in student government, Muñiz Jr. said he is confident he can effectively work with USG and administrative powers to bring his hopes for the university to fruition.

"I can still bring up those ideas, and still bring things that are new to the table that maybe



Kate Heston/The Daily Iowan

University of Iowa student Regan Smock poses for a portrait outside of the Old Capital building on March 28. Smock is running for office with José Muñiz Jr. on the sole executive ticket in the Undergraduate Student Government election.

haven't been brought up before, haven't been done before, or haven't even been tried before," Muñiz Jr. said.

Contrasting that new perspective, Smock has spent three years in USG representing student interests. She was key in passing accommodations for international students working in different time zones, but not all of her advocacy efforts have come to fruition exactly like she imagined.

After spending nine months advocating for a pass-fail grading option for students to utilize on their 2020-2021 transcripts, the university administration opted instead for standard grading.

"[Pushing for pass-fail] was the hardest I've ever worked on something, and obviously it didn't work, but I learned a lot in that advocacy," Smock said. "I'd say I started the conversation in the Association of Big Ten Students. All the academic affairs directors in the Big Ten got together [over Zoom], and we made a really comprehensive document about equity issues and the experiences of students, and everyone passed that along to their faculty assemblies."

Although the UI did not approve a pass/fail option, eight of the 14 Big Ten schools implemented a pass/fail grading system in the fall 2020 semester, in part because of Smock's collaboration with the Association of Big Ten Students.

Smock's advocacy throughout the pandemic has even directed her focus overseas, she said.

To accommodate the expensive shipping costs and time-zone complications faced by UI's international students spread across the world, Smock said USG used its student emergency fund to ship textbooks to international students and worked with ITS to automatically notify professors of students living in a time zone conflicting with class.

"That wouldn't have happened if we didn't have conversations with the International Student Advisory Board," Smock said. "So that was something I really tried to put on the platform to make sure that we're listening to those groups too."

Although this week's voting period will likely lead USG's sole executive ticket to victory, Muñiz Jr. said he wants his work in USG to have a reach beyond a single year in office.

"I plan to do what I said with going into those communities and asking what they need, but also not just when I'm there. [I'm wanting to] set a trend, making it happen after I leave because I only have a year left," Muñiz Jr. said. "Everything I do now is pretty much what I want to see happen, but also I might have to think about the future — who can take my place and continue these, sustain, and be institutionalizing these things."

VACCINES

CONTINUED FROM FRONT

"The four entities that will have clinics next week (via their county public health) had expressed readiness to implement clinics as soon as they had vaccines on hand," Ekstrand wrote in the email.

Vaccine eligibility for all adults statewide begins today, though health officials warn supply will still be limited. According to statewide numbers updated on Sunday, Iowa has

administered 1,649,616 doses of COVID-19 vaccine in Iowa, and 707,685 people have completed their two-dose or one-dose vaccination series.

After completing the vaccination survey, students will receive additional information about how to schedule a vaccination appointment. An appointment is required to receive a COVID-19 vaccine through UI Student Health. The UI urged people not to call student health to make an appointment.

"We urge you to complete

the survey as soon as you can," the university wrote to campus Friday.

This fall, UI students, faculty, and staff will not be required to be vaccinated for COVID-19 as of now, in line with federal and state public health guidelines, according to the Friday update.

According to the email, UI officials expect increased vaccine availability in the coming weeks, but the supply is dependent on the number of doses the university receives from the state and county.

"If you can be vaccinated sooner at an approved location, such as a local pharmacy, we encourage you to do so," the update read.

Students have already begun looking outside of Johnson County for vaccine appointments as slots in the county have been hard to come by.

After weeks of checking location after location for vaccine appointments, UI junior Jenna Walsh said she was excited when she finally found an open appointment at a Cedar Rapids HyVee.

"I've been looking for a while because I work at Catlett Market Place, so I really

wanted [a vaccine]," Walsh said. "I kept looking at HyVee and at the Johnson County website and all the locations were always full just with all the health care workers living here. My boss told me she got her vaccine in Cedar Rapids, so I checked the Cedar Rapids HyVee for a few weeks and then one day I looked it up and saw the location had an open appointment."

Walsh said she immediately called her boyfriend, Trevor Kurtzhals, who is a first-year graduate student at the UI, and the two of them were able to find open appointments in Cedar Rapids and Marion respectively.

Both said they qualified under the current priority groups in Johnson County but had been unable to find appointments in the Iowa City area.

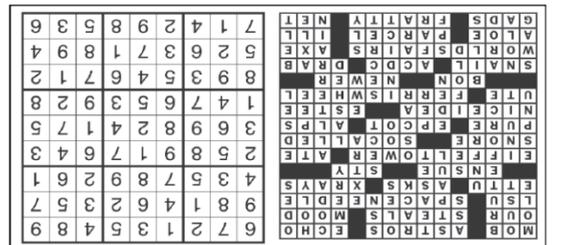
Kurtzhals said getting the vaccine was a good step toward getting things back to normal and getting to spend time with friends and family.

"I was excited to get the appointment because Jenna said she couldn't see her family and I think for me it was about hon-

oring others. Getting the vaccine to not transmit it to others," Kurtzhals said. "I mean, obviously for myself, as well, because I don't want to get sick.

But I think it protects you and it also protects others."

Marco Ocegüera contributed to this report.



Motorcycle Tips: Parking

• University motorcycle permits allow motorcycles, mopeds and scooters to park in all University motorcycle lots.

• Always park in motorcycle lots; not bike racks or other areas.

• Going home for the summer? Take it with you or get a summer permit.

transportation.uiowa.edu



Hannah Kinson/The Daily Iowan

UI nursing student Macy Griebel receives the Moderna vaccine for COVID-19 on Jan. 29 at the UI Medical Education Research Facility.

SOAR and YOUIowa running for student senate

Both SOAR and YOUIowa are running uncontested for 29 student senator spots in Undergraduate Student Government.

BY BRADY OSBORNE
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Undergraduate Student Government election voting starts today, and most prospective senators have chosen between two tickets with similar platforms.

SOAR and YOUIowa are running in the upcoming election. Students can vote on MyUI beginning today at 9 a.m. until Thursday at 5 p.m.

As previously reported by *The Daily Iowan*, the senate race will not be contested this year. There are 27 ticketed senator candidates running for the 29 at-large seats — 12 as part of SOAR and 15 as a part of YOUIowa. At the height of the pandemic, the uncontested USG elections had a fraction of voters in previous races. Undergraduate students who voted in that year's newly split executive- and senatorial-ticket elections totaled 613 — more than 2,000 votes short of the previous year's contested election turnout.

Speaker of the Senate Samantha Stucky, who is running on the SOAR ticket, said these tickets allow like-minded senators to collaborate and develop ideas

with their peers.

"The purpose is that you get together with other people interested in running for senate, and you're not doing it alone," Stucky said. "You're campaigning to create a platform that is a lot stronger. You are going to work with these people in the future, so it's better to build these connections and build these opportunities rather than going into it blind."

Stucky said the SOAR ticket is trying to promote and support student organizations and advocate and represent all student voices and opinions.

"SOAR is an acronym that stands for Support, Organize, Advocate, and Represent," Stucky said. "The purpose is that we are there to speak on behalf of students and not over students."

Senator and Speaker Pro-Tempore of the Senate Jack Lauer, who is also running on the SOAR ticket, said SOAR aims to promote diversity, equity, and inclusion on campus, while creating a more accountable system for campus administrators.

"Our platform is built upon providing the most transparent and efficient care and support

possible for undergraduates here at University of Iowa," Lauer said. "Whether that means supporting your student organization or providing finances for your student organization, all the way to providing dynamic diversity, equity inclusion initiatives to ensure that we have a more accountable system in place for campus administrators."

Sen. Ryan Westhoff, who is running on the YOUIowa ticket, said YOUIowa's platform is one of responsiveness and transparency.

"A lot of us on the YOUIowa ticket have finished our first year on USG and we have sort of seen how things work," he said. "One of the big things that we noticed is that a lot of the work we do is kind of hidden from the larger student body."

Westhoff said YOUIowa is aiming to allow for more student feedback on senate initiatives before it is too late to change or fix things that students want fixed.

Sen. Alexis Carfrae, who is also running on the YOUIowa ticket, said she chose to run on this ticket because many of the



Grace Smith/The Daily Iowan

Instagram profiles of senatorial tickets SOAR and YOUIowa are pictured on Sunday.

senators on the ticket are newer to USG, and she has connections with a lot of them.

"Most of us are in senate this year, so these are the people who I work with every Tuesday night when we have Senate meetings," Carfrae said. "So, I chose this ticket because I have a lot of con-

nections to people, and I thought this is a great group of people that I could get some things done with."

There are senators running as independents and constituency senators, as well, who are not part of either ticket.

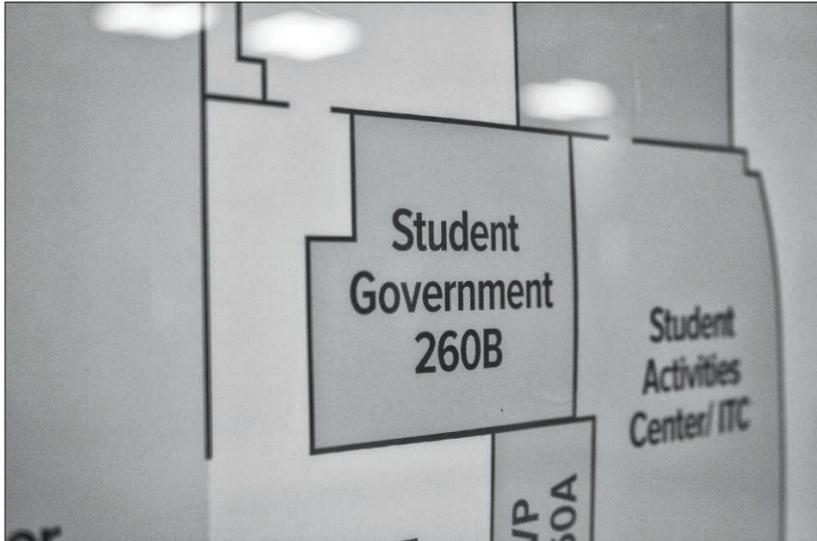
Lauer said once elected, the

tickets focus on getting things done, because the two groups share many policy points.

"I think that when voters look at our platforms, they will see a lot of overlap and a lot of inter-sectional priorities that each of the tickets have that we share," Lauer said.

Five students running for independent senator

Seven seats are available for independent senators, though candidates must meet a 5-percent threshold.



Ayrton Breckenridge/The Daily Iowan

University of Iowa student government office as seen on the Iowa Memorial Union map on Jan. 26.

BY CAITLIN CROME
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Five students are running as independent senators in the 2021 Undergraduate Student Government elections for seven available seats.

Those students are Joshua Brown, Lauren Salloom, Zachary Springer, Camden Studer, and Andrew Froemel, according to ballot information provided by USG Student Elections Commissioner Andy Swiston.

The senate is broken up into three major shops, Swiston said. Students can run for

constituency positions, on a party ticket, or as independent senators.

Independent senators are those who are running but not arguing for a specific party, Swiston said, and there are seven seats available.

This year, only five students are running for an independent senator position, meaning all should make it in. However, Swiston said the students have to at least reach a 5-percent voting threshold.

He added that normal student campaign practices are not permitted this year because of COVID-19, such as

in-person tabling. But this year's campaigns have moved mainly to social media posts, he said.

"I know masks are being given out this year," Swiston said. "That is a good material to kind of brand your campaign and get your name out there."

Students can vote online through the Engage online platform, Swiston said. The voting period starts today at 9 a.m., and then voting closes Thursday at 5 p.m. *The Daily Iowan* reached out to the five independent senator candidates, but two were immedi-

ately available for an interview.

UI second-year student Camden Studer said the main reason he is running for an independent senator position is best summed up in his campaign pitch, "Running for You."

Studer is very involved on campus already, serving as a Resident Assistant in Currier Residence Hall and the Magic Maker Coordinator for A Moment of Magic nationwide nonprofit.

A Moment of Magic assigns college students a different character, then the students visit medically vulnerable children in hospitals and camps to uplift their spirits, he said.

Choosing to run for USG independently, Studer said it would help him better represent the student body because he could run on his own platform. Running on a ticket with a party, to him, enforces the idea that he has to align his ideas with the ticket's decisions.

"I also kind of feel tickets and parties do not necessarily allow for growth," Studer said. "As an independent, I do not have to worry about the others around me. But if I am on the ticket or the party and want to change my stance, it may be completely opposite of what the ticket's platform was."

His main goal is getting

students involved in on-campus decisions by providing students with more information about different organizations and opportunities for leadership in the UI.

"If you think about the most impactful people on this campus for the student body, it is the administration and the president of the university. Every decision that they make falls back on us in some way or another," Studer said. "I think students' voices need to be heard more in that process and actually have a say in that process. Whether that's simply filling out a survey or getting to vote on who the next president is, I think that would be a serious goal I want to accomplish."

UI second-year student Zachary Springer, who is a double major in Economics and Political Science on the pre-law track, said with this being his first semester running for USG, he did not know much about the organization, and felt running independently was the best way to get his foot in the door.

"I didn't really want to jump on a ticket I didn't know much about, so I thought I would run as an independent this year," Springer said.

He said he wanted to learn more about government and the process at the university level and start at the basics, along with making valuable changes on campus.

Outside of USG, he currently works as a Tippie College of Business learning coach, is a member of the Phi Alpha Delta law fraternity, and volunteers at the Salvation Army.

Springer said his main pitch for his ticket is inclusivity, with main goals of increasing inclusivity for people with mental illness and disabilities, as well as involving students more on campus.

"Inclusivity on campus is such a broad reaching term and it is impossible to encompass all of that, and that is why I am narrowing my focus into those two particular things," he said.

Springer said the UI does a good job including students with disabilities and mental illnesses, but he thinks there is room for improvement, such as advertising resources.

Springer added he wants to encourage students to become more socially active on campus, emphasize the importance of networking, and advertise student organization, internship, and job fairs more.

"We host tons of events, but as far as how many students actually go to them, probably not a ton," he said. "I just want to do more to encourage all these great resources that we have and bring more recognizable names that will really encourage people to get involved."

SENATORS CONTINUED FROM FRONT

The election procedure varies depending on the constituency position, Swiston added.

"[Six constituencies] are elected via similar rules to the rest of the candidates, so it's possible that there could be multiple candidates running for those seats," he said. "[three] constituencies are directly appointed by student organizations, and while there may be multiple people within an organization that want a spot, from the USG's end, there's only one pick."

The three organization-appointed positions are the veteran, Native American, and international student constituencies.

Although over half of the constituency seats remain empty, USG's new first-generation senatorial position will be filled, as this is the position's first existing year.

Li said he looks forward to being USG's first representative for this constituency, setting his hopes on opening up the dialogue among first-generation students.

"One of the things that I really look forward to is establishing a relationship with the freshmen students here," Li

said. "A lot of these [first-generation] students fear that they'll feel disconnected because of their backgrounds, so that's one of the first things I'll really be emphasizing when I take over the position next year."

Li, a first-generation college student, said he felt compelled to run for the constituency senator seat because he understands the challenge of navigating college without the guidance of a parent who experienced college.

"I was kind of like a trailblazer in my family because I had to learn how to navigate a lot of different areas in college. You know, finding out how to fill out the FAFSA and learning about the college application process myself," Li said. "There's a lot of things that first-generation students typically have to learn by themselves, compared to other students who have parents in the family that helped them with those kinds of processes."

Nachtman said he has two weeks of experience as USG's LGBTQ+ constituency senator under his belt and is running in this year's election to serve a full term in the position.

Concerned by the LGBTQ+ community's limited social interaction throughout the pandemic, Nachtman said his

primary focus as constituency senator would be spreading awareness about the university's already-existing LGBTQ+ resources.

"The thing about queer people is that we're a group where community is especially important because during our developing years, we're not surrounded by people who always look like us, or we know are like us," Nachtman said. "And so, as we begin opening up again, my big goal is ensuring that all LGBTQ+ students know about all the resources that exist on campus."

While Nachtman plans on providing all LGBTQ+ students with the information they need to access important resources, he said he hopes to kick start a mentorship program for the university's LGBTQ+ community.

"Next year, I want to create a mentorship program that connects LGBTQ+ mentors, whether it's adults or older students, to younger and new students entering campus," he said. "LGBTQ+ students can then have a person to turn to who knows what's going on. They can talk to them about these big changes that are happening in their lives and would have someone to turn to about this huge part of themselves."

After serving six years of



Kate Heston/The Daily Iowan

University of Iowa student Xiangheng Li poses for a portrait on March 31. Li is poised to be Undergraduate Student Government's first constituency senator representing first-generation students.

active duty in the Air Force and currently holding the position as vice president of the UI Veteran's Association, Andrus said he wants to further extend his reach to undergraduate veterans by filling USG's veteran constituency seat.

"One thing that I really do believe in is trying to break the stigma of what being a veteran is, especially when in college," Andrus said. "Some people will look at veterans as

rough and tumble...and that's not the case. We're here to get an education, we're here to learn. We can add value to almost every situation we go in."

Andrus said he plans to continue working with Student Disabilities Services and University of Iowa Counseling Services to guarantee veteran students with disabilities have access to the resources they need for a successful college experience.

"I think that from a veteran standpoint, we do a very good job at not only knowing our resources but being able to disseminate that information downwards to the people who can use it," Andrus added. "I think that as a constituency senator, I could be able to help build those ties a little bit better with the UI Veteran Association or with university counseling services and act as a voice and liaison between them."

Opinions

THE DOCTOR IS IN

Watch your back (Especially when studying)

Being mindful about how we sit can promote healthier study practices, one physical therapy student writes.

The World Health Organization estimates that 60-70 percent of people living in industrialized countries will experience back pain at some point during their lifetime. Research has found that major risk factors contributing to this pain are excessive sitting and sedentary behavior. Coincidentally, these two risk factors characterize the college experience of many undergraduate and graduate students.

Poor sitting posture can cause back pain because of the strain that can be put on the muscles and other structures on the back. The hunched-over

posture that is common when sitting generally consists of a rounded back, forward shoulders, and forward head position.

This classic posture causes a weakening of muscles in the back, tightening of muscles in the chest, and puts excessive strain on the neck. Additionally, leaning the neck forward makes the head feel a lot heavier than it is. In fact, leaning the head forward just one inch can increase the weight of the head, and consequently increases the load on your neck muscles, by about 10 lbs. Over time, this posture can lead to back pain.

Here are three tips to assume a healthier sitting posture:

1. Think about sitting tall — this is an easy way to ensure you line up all your joints and decrease the work your muscles have to do
2. Place a small, rolled towel between your lower back and chair — this can help you keep a good spine position
3. Keep your feet flat on the floor — this helps with stability and takes pressure off your thighs

Here are two simple exercises and stretches that can help correct bad habits and prepare you for new good habits:

Chest stretch

1. Place one arm on each side of an open doorway with elbow and forearm lying flat on the doorframe

2. Step one foot forward and hold the stretch for 30 seconds, repeat with other foot

Chin tuck exercise

1. Sitting tall, pull your head and chin straight back (make a “double chin”)

2. You should feel a stretch in the base of your head and neck (hold for 30 seconds)

Research published in the Journal of the American Medical Association has shown that sitting for 10 or more hours a

day can greatly increase the risk for developing cardiovascular disease. Notably, these health outcomes occur even for people who routinely exercise but sit for long hours of the day. Decreasing sedentary behavior during the day can look different for everyone. Here are a couple tips to get you started:

1. Try using a standing desk. You can buy one, or a cheaper alternative is a large cardboard box that you can fold up and put away when you're not using it.
2. Stand up and walk around every 30 minutes. This

helps increase blood flow and breaks up sedentary behavior.

Studying can be stressful enough. Improving our sitting posture and reducing sedentary behavior are necessary habits to continue sitting comfortably through college and avoiding back pain later on in life. You can learn more about proper sitting posture and reducing sedentary behavior by checking out the Physical Activity Guidelines for Americans at [health.gov](https://www.health.gov).

—Ben P. Martin, Doctor of Physical Therapy Student, Class of 2022

COLUMN

Iowa Republicans wage divisive culture war

Iowa Republicans are painting a bad picture of the Hawkeye state during the 2021 legislative session.



Ryan Adams/The Daily Iowan

Members of the Iowa house prepare for the opening of the 2021 legislative session on Jan. 11 at the Iowa State Capitol in Des Moines.

BY HANNAH PINSKI
hannah-pinski@uiowa.edu

On top of voter suppression and hypocritical claims about the First Amendment, Iowa Republicans decided to add unlawful legislation to the 2021 legislative session — a months-long event I like to call a circus show this year.

The most recent concern is House File 815, which stipulates that state agencies, local governments, and publicly

funded organizations in Iowa cannot implement a federal executive order.

While this bill didn't pass Friday's legislative funnel deadline, the fact lawmakers introduced it in the first place raises red flags.

Problem No. 1 with this bill is that it clearly violates the constitution. The supremacy clause states federal laws — including executive orders — take priority over state law and has been established by the Su-

preme Court.

Problem No. 2 is that Iowa Republicans know this is unconstitutional, yet they decided to introduce it anyway on the basis of a personal agenda.

Rep. Christina Bohannon, D-Iowa City, who sat on the bill's subcommittee hearing, said Rep. Bobby Kaufmann, R-Wilton, — the bill's floor manager — even acknowledged that it's unconstitutional. However, the goal was to make a point against the fed-

eral government. According to Bohannon, Kaufmann believes executive orders — particularly the one issued on the Keystone Pipeline — have gone too far.

While there can be discussion on the extensiveness of executive orders, Iowa cannot refuse to comply with them based on this belief.

The session is not the time for legislators to act on their personal vendetta against the federal government. Iowa Republicans are wasting taxpayers' money for their own agenda instead of introducing legislation that helps Iowans.

It would be concerning if they didn't realize the unlawfulness of this bill. But what makes this worse is that they're aware of how our government works, but they just don't seem to care about it. If we have politicians who can't respect our system, then why are we letting them hold a place in our government?

"I said during the committee that this was unconstitutional, they admitted that. I said this was a state-sponsored rebellion against the federal government, and they admitted that too," Bohannon said in an interview with the *Daily Iowan*. "And then they still voted for it."

What Republicans also don't

seem to realize is that they put the state's budget in jeopardy. Executive orders put receipts on funds, such as the DEI executive order then-president Donald Trump issued in the fall of 2020.

If Iowans can't comply with executive orders, they won't be able to follow the terms and conditions of these receipts and receive funding. According to Bohannon, federal funding accounts for 30 percent of the state funding, and this bill would cost the state a significant amount of money.

"It could cost the state hundreds of millions of dollars, if not billions of dollars in federal funding," said Bohannon, who is also a law professor in the University of Iowa law school.

Problem No. 3 is that this bill sends a bad message to Iowans.

"This is pretty irresponsible, and even if it never becomes law, it sends a really bad message to the people of Iowa that we're incompetent or that we don't care about things like our state budget or if we're using our taxpayer money effectively," Bohannon said. "It sends a really bad message about our state government when we do these kinds of things."

In fact, all this bill is doing is creating what Bohannon refers to as a "state-sponsored rebel-

lion," which isn't something I think we should be taking pride in.

But this is just one piece of the overall issue with Iowa Republicans this session. Instead of discussing competing ideas that are normally discussed in the Legislature, they are generating legislation to make a point such as the executive order bill or to instigate a culture war like the DEI training bill.

But both of these reasons create a bad image for the state.

House File 802 that prohibits "divisive concepts" in DEI training sends a clear message about how the state views minority groups. The bill has been passed in both the House and the Senate.

"It sends a really bad message about education and the culture in Iowa," Bohannon said. "It's similar to a transgender bathroom bill that really sends a message about how our state is and how unwelcoming it can be to underrepresented minorities."

Iowa Republicans' behavior during this legislative session is frankly embarrassing. After introducing unlawful legislation and creating a bad image for Iowa, it's time to rethink who we're allowing to hold positions in the state government.

GUEST OPINION

Student voices matter at University of Iowa

UI administrator encourages students to share their experiences at the University of Iowa through a campus survey.

Dear Students,

You are the reason we are here, and hearing from you helps us make the University of Iowa a better place for everyone. That's why we are reaching out to all students and inviting you to tell us about your experiences at the UI this year.

Last year at the end of spring semester, the university asked students to tell us about the transition to virtual instruction and challenges you faced managing academic responsibilities during the pandemic. Your responses were extremely valuable for helping university faculty and staff plan for this

year and identify priorities for supporting students.

Prior to the pandemic, the university surveyed all students and gained important information about your academic experiences, campus involvement, and financial concerns. That same survey gave us extensive information about your views on the campus climate for diversity and contributed greatly to the development of the campus Diversity, Equity, and Inclusion Action Plan.

Our campus is filled with examples that show how hearing from students has helped us make the university better.

Recent improvements shaped by student input include tools to help you build your schedule each semester, supplemental instruction at the Academic Resource Center, and expansion of university Counseling Services to a number of locations around campus in addition to their original offices in the Westlawn building.

We have learned a lot by listening to students in previous years, and this semester we are asking you to tell us more. This semester all bachelor's, master's, and Ph.D. students will receive email invitations to take a survey and tell us what has been working well — or not

so well — for you as a UI student. To make sure your voice is heard, go to <https://seru.uiowa.edu/tell-us> and tell us what you think.

Past surveys have confirmed something we see every day: There's a lot of Hawkeye pride here, and even as students tell us how we can improve the university, they are also telling us about incredible experiences that make them glad to be here. The UI is a great place, and when you share your stories, we can keep making it better.

— Tanya Uden-Holman, Associate Provost for Undergraduate Education



The Old Capitol building is seen on March 6.

Katie Goodale/The Daily Iowan

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Sarah Watson, Alexandra Skores, Hannah Pinski, and Cesar Perez Editorial Board

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UI grad inspires students

Colleagues and friends describe recent University of Iowa graduate Kedibona Ochs as having the most infectious energy in the classroom and beyond after spending much of his early life bouncing from home to home.

BY CAITLIN CROME
caitlin-crome@uiowa.edu

By the time Kedibona Ochs graduated high school, he'd lived in 10 different houses by his estimate. Now an English teacher at Liberty High School, he is always carrying his boombox, playing music in the mornings, dancing with his students, and working to inspire them to succeed.

Ochs had an tough childhood, he said, that included working an overnight job to support himself and living without a permanent home.

"I bounced around from this house to that house, staying with friends, staying with my guidance coun-

selor, staying just wherever I could get a home," he said. "There was a time where I was living in a car. A short period of time nonetheless, but I was living in a van."

He was born in Namibia, a country in Africa, he said, but after moving back and forth twice, he and his brother ended up coming to the U.S. for good in 2006 to stay with their father in Dubuque.

Ochs' father eventually left Iowa, however, and returned to Namibia.

His brother, who'd come to the U.S. as a minor, decided to leave the country once he turned 18, he said, leaving Ochs as a young high school student living in the

U.S. alone.

"I always do air quotes around 'by myself,'" he said. "Because I had the best community and support system I could have ever asked for in Dubuque."

But as far as biological family goes, Ochs said he was alone.

Ochs said he was still trying to make money to support himself as a high school student.

He said he took over his dad's job of delivering newspapers across eastern Iowa all through the night from midnight to 7 a.m. and did so until he moved in with his first friend his sophomore year.

Being a teacher was nev-

er on his radar growing up, and he said it took a while to get there. Once he got to the University of Iowa, Ochs sat down with Clinical Professor in the College of Education Amy Shultz, who asked him what he enjoyed doing and what makes him happy.

"I talked to him about why teaching is so important," Shultz said, "... and why just in meeting him, I thought he could be a great person to be in the classroom."

She said, even with all that Ochs had been through, he had this love of life, and embraced the present.

"He just exudes positivity and energy that just lights up a room," she said. "His spirit was contagious."

Looking back, Ochs said his language arts teachers in high school influenced him the most in making his decision to become a teacher.

"I wanted to offer what they gave to me to other students, which was a kid who had an adverse childhood experience or experiences, helping me get through high school and bestowing that belief in self and all of those wonderful things teachers do on a daily basis that may not always be on the books," he said. "I wanted to do that for other students, and here I am in year two."

Current sophomore Liberty High School English Teacher Peggy Dolson, who teaches a few doors down from Ochs, wrote in an email to *The Daily Iowan* that she first met Ochs as his English teacher at Dubuque Hempstead High School.

"Kedi is an eager learner," Dolson wrote. "I remember



Contributed

Photo of Kedibona Ochs.

that, even if I was in a bad mood, he lifted me up. Kedi had a lot going on in his own life, yet he remained upbeat."

Now Ochs' coworker, Dolson wrote that she believes teaching is the perfect occupation for him because he can share his history to inspire students.

"Kedi brings a light to our department. He engages students with music, humor, enthusiasm, and kindness," Dolson wrote. "I love seeing Kedi interact with every student walking through our hallways. (And I mean every student.) Kedi shows our students that your story is important and that every problem can be solved."

Ochs said he now walks around with a sense of pride, knowing that he is here, and he made it through his ad-

versities. Through all of the hardships, he said he wanted to come full circle and be a positive influence for his students like his teachers were for him.

"A kid was telling me that he does not believe in miracles and I just made a little joke," he said. "I was like, 'Close your eyes, look at me. You are looking at a miracle right now.'"

Ochs makes it a part of his teaching philosophy for his students to know his story.

"Even in that joke, there is that sense of pride that I am not supposed to be where I am at, and I still do not know where I am going," he said. "But the fact that I am here right now in so many ways for me is a miracle ... I really live everyday like it is my last."



Jake Maish/The Daily Iowan

A sign for the Iowa City Community School District is seen outside the district's administration building on April 28, 2020.

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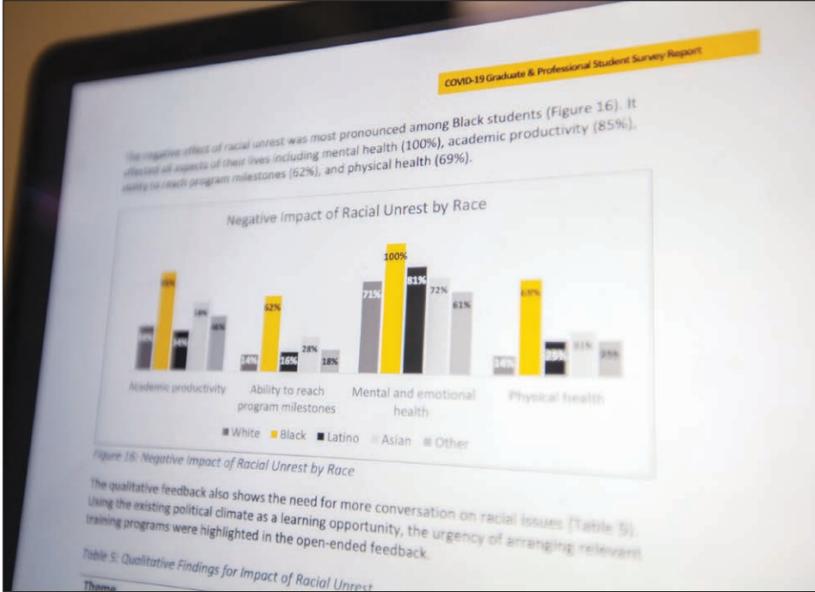
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Survey reports disparities in mental health among graduate students

The recent report shows differences in reports of mental health concerns when considering gender and race of the students.



Ayrton Breckenridge/The Daily Iowan

COVID-19 Graduate & Professional Student Survey Report from the Health and Safety Committee of the University of Iowa Graduate and Professional Student Government is seen on April 1. The report details the well-being of students during COVID-19.

BY ELEANOR HILDEBRANDT
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Following a tumultuous year for students pursuing secondary degrees, the University of Iowa Graduate and Professional Student Government conducted a survey to understand students' experiences during the pandemic, with 90 percent of students reporting a decrease in their mental well-being.

The GPSG Health and Safety Committee conducted its survey from Nov. 10-17 in the fall 2020 semester and 838 graduate and professional students re-

sponded. The report found gender and racial differences in health status, basic needs, stressors, and the impact of the pandemic alongside various concerns about mental health and finances.

The survey found that nonbinary students were less likely to report positive physical and mental health. A high percentage of international students reported that they were concerned about immigration regulations, their ability to travel home, and the health of their family members.

The report found that mental health was a ma-

ajor concern for graduate and professional students in terms of COVID-19 and racial unrest. About 70 percent of students indicated a need for more mental health services.

The report's Data Team Lead Divya Bhagianadh, who is also a public health Ph.D. candidate, said she was surprised by the magnitude of mental health concerns she saw in the report.

"We knew the mental health of students was a problem, but I didn't expect 90 percent of students to respond that COVID-19 had negatively affected

their mental and social health," she said. "This survey highlighted the degree of the problems COVID-19 caused and reminded us that students have concerns that need to be addressed."

Redwan Bin Abdul Baten, the chair of GPSG's Health and Safety Committee, said he advocated for this survey as he saw a need to focus on graduate and professional students in a way that hasn't been done since the start of the pandemic.

"Everyone is struggling in isolation and social norms are changing right now," he said. "So, we wanted to prioritize understanding the mental and physical health of graduate students. Our fellow students have been teaching and research assistants and... they aren't being asked about their health."

Bin Abdul Baten said he was motivated to create the report after witnessing his peers' struggles and the way the pandemic impacted his colleagues differently.

Vice President of GPSG Ellen Kiser said the goal of this report was to develop a better understanding of how the pandemic has affected graduate and professional students.

"We didn't have a great idea of how graduate students were impacted by the pandemic and we wanted to understand the effects more," she said. "... Graduate and professional students have had several

unique experiences including teaching, doing research, and being students during the pandemic. Those experiences deserve to be heard."

It was important to GPSG leaders to survey students soon after the protests and call for social justice this summer alongside the pandemic to get the most accurate results, Kiser said.

Bhagianadh said it's also time for the university community and academia in general to better understand that graduate and professional students are not a homogeneous group.

"The report shows us that while there is an overall impact among students, there are differences based on factors like their gender, race, or citizenship status," Bhagianadh said. "We have to remember that students have varied needs and have different support systems, and all of these should be considered while trying to address their concerns."

Fifty-five percent of students reported that they were worried about paying their bills. When looking toward students' classes, teaching, and research, 92 percent said they were stressed because of their workload and 78 percent said COVID-19 negatively affected their academic productivity.

Now that the report is finished, Kiser said GPSG intends to use its space in shared governance to amplify the voices of graduate

students by sharing the report.

"Now that we have data, it's important to share it with various levels of the University of Iowa, from [the] students [GPSG represents] to different levels of the administration," she said. "We need to understand and better the experience of graduate and professional students."

The survey results show that while the majority of graduate and professional students said they agreed the UI communicated COVID-19 updates, less than half said the university supported students and adapted to changes that were made during the pandemic. Only a third of student respondents said they felt safe on campus.

When looking at the report, Bin Abdul Baten said it's important to remember that this data represents hundreds of people's experiences over the last year.

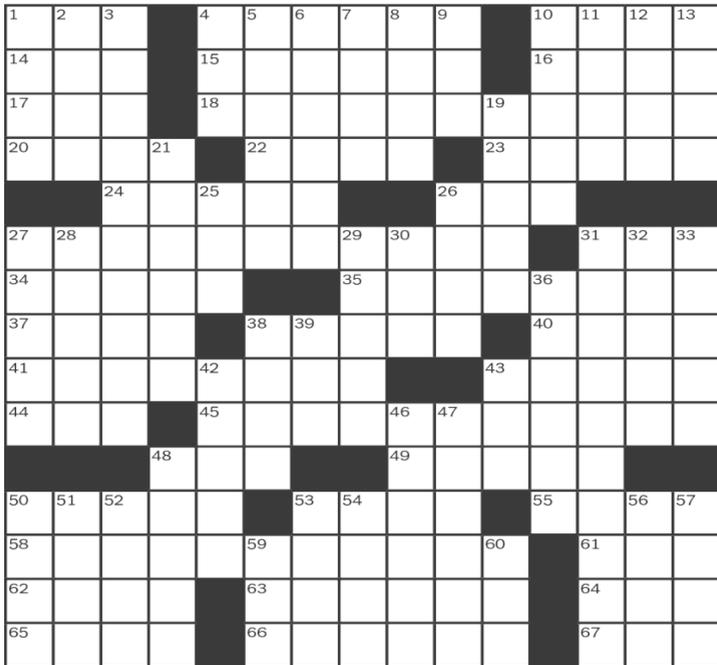
He said it's time to make this and other data points a part of the policy decisions the university is making regarding graduate and professional students.

"The survey allowed us to look really deeply into the lives of students and know the actual experience[s] people are going through," he said. "Our survey also focused on asking questions that will inform policymakers and administrators so they can make better decisions when it comes to COVID-19."

The Daily Break

The New York Times
Crossword

Edited by Will Shortz
No. 0301



- 31 Kind of vehicle to take off-road
- 32 Shelter that might be made of buffalo skin
- 33 '50s Ford flop
- 36 Made a verbal attack, with "out"
- 38 Garden of earthly delights
- 39 Pay-__-view
- 42 Words spoken after a big raise?
- 43 "Yu-u-uck!"
- 46 Charge with a crime
- 47 Hush-hush
- 48 Gymnast Simone
- 50 Promotional goodies handed out at an event
- 51 The Big Easy, in brief
- 52 Three-time A.L. M.V.P. (2003, 2005 and 2007), informally
- 53 Miles away
- 54 Sweetheart, in Salerno
- 56 One of several on a tractor-trailer
- 57 Pants holder-upper
- 59 Tanning lotion stat
- 60 Sneaky

Across

- 1 Unruly throng
- 4 Houston team
- 10 Sound heard in a long hallway, maybe
- 14 "___ Father who art in heaven ..."
- 15 Engages in thievery
- 16 Emotional state
- 17 Baton Rouge sch.
- 18 Seattle, 1962
- 20 "And you?," to Caesar
- 22 Queries
- 23 Photos at the dentist's
- 24 Happen next
- 26 Pigs' digs
- 27 Paris, 1889
- 31 Partook of a meal
- 34 Wake others up while you sleep, perhaps
- 35 Ostensible
- 37 100%
- 38 Theme park with an "Imagination!" pavilion
- 40 Mont Blanc and Matterhorn
- 41 "Why didn't I think of that!"
- 43 Laudable Lauder
- 44 Salt Lake City athlete
- 45 Chicago, 1893
- 48 "___ appétit!"
- 49 More recent
- 50 Word before shell or mail
- 53 Rock band that electrifies audiences?
- 55 Dull-colored
- 58 Events for which the answers to the three italicized clues were built

- 61 Jack Nicholson's weapon in "The Shining"
- 62 Burn soother
- 63 The "P" in UPS
- 64 "___ get you!"
- 65 Wanders (about)
- 66 Like some college bros
- 67 After tax

Down

- 1 Undercover operative
- 2 Remove from power
- 3 Inelegant problem-solving technique
- 4 Nincompoop
- 5 One of the Twin Cities
- 6 Cups, saucers, pot, etc.
- 7 Eight lamb chops, typically, or a frame for 15 pool balls
- 8 Cheers at a fútbol match
- 9 Nine-digit government ID
- 10 Manicurist's board
- 11 Musical finale
- 12 Sacred
- 13 Lyric poems
- 19 Like a 10th or 11th inning, in baseball
- 21 Not at liberty
- 25 Visualize
- 26 Sunni or Shia, in Islam
- 27 TV channel for college sports
- 28 Arctic native
- 29 ___ the Grouch
- 30 Ply with chocolates and roses, say

PUZZLE SOLUTIONS ON PAGE 2

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level 1 2 3 4

6	7		1		5	4		9
9								7
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		7	6			9		8
							1	
5								4
7		4	2		8		3	6

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VOLLEYBALL
CONTINUED FROM 8

and Shaffmaster was clear as day with Samedy's five kills in the third set sealing the match for Minnesota, 25-16.

Friday's match was a similar story, as the Golden Gophers had four players with double-digit kills.

Minnesota went on a 7-0 run right out of the gate on Friday and led by as much as 10 in the set. Rollins and Samedy each tallied five kills in that set alone.

The Hawkeyes managed

to fend off four set points and battle back to get within two before Rollins added another kill to win the set, 25-22.

That would be the closest the Hawkeyes would get to winning a set all weekend as an 8-1 run for Minnesota in the second set was too much for Iowa to overcome, and it dropped a tough second set, 25-11.

"Minnesota presented challenges in their serving," Iowa head coach Vicki Brown said in a release Friday. "We got a little bit rattled at the beginning. We found our rhythm but then lost it in the second set."

Iowa came out with heart in the third set. The Hawkeyes took a 7-3 lead out of the gate. But the lead didn't last long — the overpowering Minnesota offense was just too much in this one, though. The Hawkeyes didn't stop their opponent from tying it up at 11 and lost the set, 25-19.

"Maddie Slagle, Joslyn Boyer, and Edina Schmidt are fighters," Brown said. "They were able to pull it back and get us more into rhythm going into the third set."

The Hawkeyes will start their next season in the fall of 2021.



Jerod Ringwald/The Daily Iowan

Iowa setter Bailey Ortega serves the ball during a volleyball match between Iowa and Michigan State at Carver-Hawkeye Arena on March 27.

GYMNASTICS
CONTINUED FROM 8

junior Alex Greenwald scored a 9.900 for fourth, Kaji, junior Lauren Guerin, and freshman Adeline Kenlin scored a 9.875 to tie for sixth.

On vault, the GymHawks scored 49.175. Henderson,

the rotation tied for fourth with a 9.925. Kenlin scored a 9.900, while both senior Emma Hartzler and Allyson Steffensmeier scored a 9.875.

Kaji showed out on beam, finishing tied for second with a 9.925. Junior Mackenzie Vance scored a 9.875, while Henderson posted a 9.825. Killian followed with a 9.800.

On all-around, Hender-

with the GymHawks season ending sooner than they would have liked.

"As we sit, wait and see if we will have any individual qualifiers moving on, I can't help but feel frustrated by how these sessions and brackets were set up," Libby said. "With no disrespect to all the amazing teams and individuals that qualified, I am hopeful that in the future, we will find a better way to represent the rankings more accurately throughout the brackets. Perhaps a certain level of transparency so a team that finished 26th might understand why they were placed in a 'play in.'"

"As frustrated as I am, I don't want that to overshadow the accomplishments of my team and the teams that moved on to the next round. They all deserve to be recognized and praised for the incredible gymnastics performed today, but I still believe the system is broken."

"I have no regrets as this was an amazing season, but I am devastated for our seniors. I am so proud of this team for everything they have accomplished this season."

— Iowa head coach Larissa Libby

Kenlin, and junior Bridget Killian all scored 9.850. Guerin scored a 9.825, while both junior Carina Tolan and Greenwald scored 9.800.

The GymHawks scored a 49.225 on bars. Kaji finished

son and Kenlin were the only GymHawks to compete. Henderson scored 39.250, and Kenlin finished with 29.625.

Libby spoke out about the NCAA's placement system,



Jenna Galligan/The Daily Iowan

Iowa thrower Lauauga Tausaga competes in the women's shot put premiere during the fourth annual Larry Wiecek Invitational at the University of Iowa Recreation Building on Jan. 17, 2020.

TRACK
CONTINUED FROM 8

"Even though it wasn't her best day, Lagi continues to dominate the Big Ten in the discus with her second best mark of the season," Iowa director of track and field Joey Woody said in a release. "Serena continues to improve and show that she's one of the best in the nation."

In the triple invite jump, James Carter Jr. jumped 15.94 meters, which won gold and is a mark that ranks fifth all-time in program history.

Britt won the 110-meter hurdles with a time of 13.52, which was a career-best. He finished sec-

ond in the men's 400-meter hurdles with a time of 51.43.

McConico got the gold in the open 200 meter by setting a career-best time of 21.09.

Antonio Woodard picked up the win in the men's 400-meter open by finishing with a time of 47.98 — a career-best.

With a time of 59.25, Jenny Kimbro secured gold in the 400-meter hurdles

Kal Lewis won the men's 800 meter open with a time of 1:51.96 — a personal best — and he managed to have a faster second lap than his first. Nick Tratter won the 3,000 meters with a time of 8:17.67.

Iowa did extremely well in the 4x400's, with the women's group of Clare

Pitcher, Karina Joiner, Kylie Welch, and Aly Weum finished first. The men's group of Spencer Gudel, Armando Bryson, Alec Still, and Drake Woody finished first as well. In the men's invitational of that event, Woodard, Wayne Lawrence Jr., Tyler Olson, and Julien Gillum also finished first.

"We had a lot of PR's and season best performances from the entire team today, which shows we are progressing really well," Woody said. "I thought all of the athletes competed really well on the multiple 4x4's at the end of the meet."

The Hawkeyes will compete next in the Big Ten Invite No. 2 in Bloomington, Indiana, from April 9-10.



Kate Heston/The Daily Iowan

Iowa's Clair Kaji performs her floor routine during a women's gymnastics meet between the Iowa GymHawks and the Minnesota Golden Gophers at Carver-Hawkeye Arena on Feb. 6.

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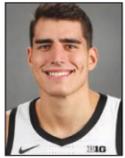
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HAWKEYE UPDATES

Garza wins Naismith Trophy

Iowa men's basketball player Luka Garza was awarded the 2021 men's Naismith Trophy, which goes to the National College Player of the Year, on Saturday to becoming the first Hawkeye men's player to receive the award since it debuted in 1969.

"Winning an award in Naismith's name is an honor my family and I will always treasure," Garza said in a release. "... I am forever thankful to the University of Iowa, coach [Fran] McCaffery, the rest of the



Garza

coaching staff, my teammates, my family, and the countless other people and coaches who have helped me along the way. This is not an individual honor, but a team award and I am so proud to be able to bring this award home to Iowa City."

Iowa is one of just six institutions to have both a men's and women's Naismith Trophy honoree, joining Duke, LSU, Notre Dame, Texas, and Virginia. Megan Gustafson was the recipient of the 2019 Naismith Trophy following her senior season.

"Luka just concluded a remarkable college career and had tremendous expectations to live up to all season long. He displayed complete dominance on the court throughout the course of an incredibly challenging basketball season," said Eric Oberman, executive director of the Atlanta Tipoff Club.

Go to dailyiowan.com to read more.

Soccer loses regular season finale to Nebraska

Iowa soccer ended its regular season Saturday afternoon with a 1-0 loss to Nebraska at Hibner Stadium in Lincoln, Nebraska.

With the loss, the Hawkeyes end the regular season with a 2-8-1 record.

One goal from Nebraska was enough to put away the Hawkeyes.

The Cornhuskers got on the board halfway through the first half with a goal from freshman Gwen Lane. The goal in the 22nd minute was the first of her career.

Iowa created an abundance of chances, berating Nebraska with 22 total shots goal. The Cornhuskers had only nine total but that proved to be enough for them.

This wasn't the first time the Hawkeyes outshot an opponent but lost.

Go to dailyiowan.com to read more.

BIG TEN MEN'S GYMNASTICS CHAMPIONSHIPS RESULTS

1. Michigan
2. Nebraska
3. Iowa
4. Illinois
5. Penn State
6. Minnesota
7. Ohio State

QUOTE OF THE DAY

"These are Midwest kids. These are kids that are blue-collar."



— Head softball coach Renee Gillispie on members of her freshman class after Saturday's doubleheader victories.

STAT OF THE DAY

Soccer junior midfielder Hailey Rydberg has taken

29

shots this season, which leads the team.

Volleyball loses last series

No. 3 Minnesota beat Iowa in straight sets Friday and Saturday with an overpowering offense and a strong defensive scheme.



Ayrton Breckenridge/The Daily Iowan

Iowa outside hitter Courtney Buzzerio serves the ball during the volleyball match between Iowa and Michigan State on March 26 at Carver-Hawkeye Arena.

BY WILL FINEMAN
william-fineman@uiowa.edu

It was an unfortunate ending to the 2021 season for the Iowa volleyball team in Minneapolis.

Iowa lost both matches in straight sets to No. 3 Minnesota, proving why the Golden Gophers are one of the top programs in the country.

The Golden Gophers put on an offensive clinic in both matches, and they completely dominated Iowa Saturday.

Minnesota notched an incredible .371 hitting percentage, and its immense pressure led Iowa to have 27 total errors compared to Minnesota's 20.

Second-team All-American Stephanie Samedy and freshman setter Melanie Shaffmaster

both had quite the weekend for the Golden Gophers.

Samedy slated game-highs in kills for both matches with a weekend total of 27 and managed to keep her hitting percentage above the .365 mark all weekend. Shaffmaster tallied an outstanding 35 assists Friday and then managed to outdo that with 38 assists Saturday.

With first-team All-Big Ten libero CC McGraw out due to a knee injury, Minnesota turned to sophomore Rachel Kilkelly to anchor their back row.

Kilkelly tallied 14 digs on the weekend and put the depth of this Minnesota team on full display with the spot start at libero.

Iowa didn't have a single player breach the double-digit kill mark in either match.

Sophomore outside hitter Edina Schmidt

led the team in kills, with six, Saturday for the fourth time in the last five games, and junior middle blocker Hannah Clayton continued her efficient offense with a .440 hitting percentage across both matches.

Down 8-6 in the first set of Saturday's match, Minnesota came back with two separate 3-0 runs that carried the Golden Gophers to a 25-18 first set win.

The second set was not pretty, as Minnesota went on a 12-1 run fed by three kills from junior outside hitter Adanna Rollins and multiple attacking errors from the Hawkeyes.

After the 25-14 second set win for Minnesota, it felt likely that Iowa was looking at its last set of the season. The chemistry between Samedy

SEE VOLLEYBALL, 7

Record-book score ends season

The GymHawks posted its highest score of the season for a third-place finish at NCAA Tuscaloosa Regionals.



Hannah Kinson/The Daily Iowan

Iowa's all-around JerQuavia Henderson practices on the beam before the competition round during a women's gymnastics meet between Iowa, Minnesota, and Maryland on Feb. 13 at Carver Hawkeye Arena.

BY HUNTER MOELLER
hunter-moeller@uiowa.edu

The No. 19 ranked Iowa women's gymnastics team scored a 197.050, its highest score of the season and second-highest in school history, in a third-place finish at the NCAA Tuscaloosa Regional Friday afternoon inside Coleman Coliseum in Alabama.

While the GymHawks received their highest score of the season, the third-place finish marks the end of the women's record-breaking season. The Hawkeyes needed to finish in second place or higher to qualify for the NCAA Regional finals.

No. 7 Alabama was crowned the winner of Friday's competition after posting a 197.525, while No. 10 Arkansas finished second with a 197.250.

Iowa's 197.050 was enough to finish in front of Iowa State, who scored a 196.525.

The 197.050 is the highest score for the GymHawks since 2004. Iowa had four gymnasts tie career-best. Sophomore JerQuavia Henderson tied for the title on floor with a 9.925.

"This is so hard," Iowa head coach Larissa Libby said in a release. "I have no regrets as this was an amazing season, but I am devastated for our seniors. I am so proud of this team for everything they have accomplished this season. They did an excellent job today, and I believed that it would be enough, but unfortunately, it wasn't meant to be."

The GymHawks didn't disappoint once again on the floor. The No. 4 team in the nation and No. 1 in the Big Ten posted a 49.450. Henderson led the floor rotation with her first-place finish,

SEE GYMNASTICS, 7

Track earns 17 golds

The Hawkeyes traveled to Jacksonville, Florida, and showed their strength once again.

BY LAUREN SWANSON
lauren-swanson@uiowa.edu

The Iowa track and field team showed its strength Friday and Saturday at the Big Ten Florida Invitational, which featured all Big Ten programs at North Florida University in Jacksonville, Florida.

The Hawkeyes won five gold medals on day one and twelve gold medals on day two of competition.

On Friday, Lauluga Tausaga won the women's shot put with a nation best 17.92 meters, and Dawson Ellingson won the men's shot put by throwing 17.58 meters, which is a career-best.

Tysen VanDraska got gold in the men's 800 meters with a time of 1:46.36.

Nathan Mylenek won the men's 3,000-meter steeplechase by securing a time of 8:50.26.

In the open women's hammer throw, Erika Hammond finished third with a career-best 53.29 meters.

For the invitational women's hammer throw, Amando Howe finished second with a career-best 61.31 meters. Howe's throw places her at second all-time in Iowa history.

In the women's 100-meter hurdles, Jenny Kimbro won her section with a time of 13.61. Jamal Britt won his heat of the 110-meter hurdles with a career best 13.59, which qualified him for Saturday's competition. Britt's time ranks third all-time in program history. Jaylan McConico won his section with a time of 13.64 to also qualify him for Saturday's final.

On Saturday, Tausaga won the invite discus by throwing 59.24 meters. Serena Brown finished right behind with a throw of 57.44 meters.

SEE TRACK, 7