

INSIDE



Iowa City literary scene recovering from COVID-19

Staples in the Iowa City literary community are slowly welcoming back visitors for browsing and events. Bookstores such as Prairie Lights are reopening its doors, and the Haunted Bookshop is brainstorming new ideas to engage with the public while adhering to COVID-19 health and safety guidelines.

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Illinois journalists host workshop for IC students

Two Illinois-based high school journalists are hosting a nationwide workshop for teenagers, including a session in Iowa City. The workshop addresses journalism basics and caters to all students regardless of experience. One of the hosts, Victoria Feng, has been published in national newspapers and magazines.

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UI students create literary magazine for children

Three freshmen at the University of Iowa created Snapshots, a literary magazine geared toward impacting children's creative experiences while introducing lighthearted themes. The freshmen creators plan to have the first edition out in April 2022, releasing issues bi-yearly.

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From walk-on to starter

Senior defender Olivia Hellweg is gaining traction on the Hawkeye soccer team after joining last minute in 2018. The senior, originally coming to the University of Iowa for business with no intention of playing soccer, is now the team's starting right back.

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ONLINE

UI researcher receives funding for artificial limbs

University of Iowa Assistant Professor Caterina Lamuta and her research team received a grant to make artificial muscles for marine technology. Lamuta will combine a previous invention — soft smart skin — with the artificial muscles to create tentacle-like actuators to improve movement under water.

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UI president speaks at student government joint session

University of Iowa President Barbara Wilson spoke on her goals for student success, mental health and well-being, diversity, equity, and inclusion, and shared governance during Tuesday's joint meeting between Undergraduate Student Government and Graduate and Professional Student Government. She said she is committed to creating a 24-hour text service for students.

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Reading in the NICU

Parents with children in intensive care participated in the second annual NICU read-athon.



Contributed

Lillian Poulsen
News Reporter

Parents of babies in intensive care are typically restricted to watching from the sidelines. In the Neonatal Intensive Care Unit at the University of Iowa Hospitals and Clinics, however, parents and nurses collaborated to read a childhood classic to improve vocal recognition among their children.

The UIHC Stead Family Children's Hospital NICU participated in a national read-athon from Sept. 15-25. The NICU promoted reading, especially to premature babies, as a way to encourage voice recognition with parents

and brain development at an early age.

Babies with Books, a national youth-led organization bringing early literacy in health care beginning in NICUs, started the national read-athon in last year. This year, the organization reached out to UIHC to participate against other NICUs across the country, said Marissa Johnson, nursing clinical practice leader at UIHC.

Johnson said the NICU handed out parent logs and information about the importance of reading to each patient. They tracked each occurrence of reading by recording it on each log, she said.

"Reading while pregnant starts that continuum of reading and promoting literacy," Johnson said. "If they start while they're pregnant, they're probably going after the baby is born."

The theme book was *The Very Hungry Caterpillar* by Eric Carle, Johnson said. The NICU's focus was cognitive nutrition and viewing reading as the food to grow babies' developing brains, she said.

Each patient in the children's hospital received a copy of the book, provided by money

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Hawk the Vote registers voters for city elections

Hawk the Vote looks to register more voters ahead of the Nov. 2 Iowa City City Council election.



Ayrton Breckenridge/The Daily Iowan

Hawk the Vote executive director Joseph Verry talks to a community member about voter registration on the Pentacrest on Tuesday. Hawk the Vote wants to get people registered for the upcoming city council election.

Ryan Hansen
News Reporter

As the Iowa City City Council election approaches, Hawk the Vote is registering students to vote to emphasize the importance of voting in elections at all levels.

The University of Iowa's Hawk the Vote student organization registered students to vote on Tuesday — National Voter Registration Day — ahead of the city council election, scheduled for Nov. 2.

Hawk the Vote, a nonpartisan organization, provides students with information about about elections at the local, state, and federal level. Programming Director Sierra Wicks said this is especially important for local elections, where students might not have a lot of information regarding candidates or even knowledge that an election is taking place.

"I think it was really obvious that there was a presidential election," she said. "I think the city council and school board elections are less obvious, so our goal is just to inform people and make sure they have the education and information to vote in these [local] elections."

Voter Registration Day falls on the last Tuesday in September. Wicks said it is a

day that represents what the organization works toward the entire year.

"While I might think about registering people to vote every day, most people don't," Wicks said. "It's just a good reminder and a way to focus and promote what we do on campus."

Wicks said Hawk the Vote set up tables around campus at the Main Library and Pentacrest. Members of the organization guided people through the process of registering to vote or updating their voter registration, she said.

Hawk the Vote Executive Director Joseph Verry said the organization is aiming to break down obstacles that may stand between young people and voting, including having to update their address because students often move between dorms and apartments on a yearly basis.

Verry said the organization wants to make voting a habit for students while they are in college that will continue after graduation.

Verry added that he believes everyone, from campaign workers to the average voter, is feeling some sort of burnout from last year's general election. However, he

Students to build tallest-ever corn monument

A time-honored UI tradition, the homecoming corn monument, is back for the first time since 2019.

Meg Doster
News Reporter

The Hawkeyes' largest corn monument, a model of the Old Capitol building, is well underway to be showcased in time for the 2021 University of Iowa Homecoming Week.

The corn monument has been a staple of Hawkeye pride since its debut about a century ago. As previously reported by *The Daily Iowan*, there was no corn monument for 2020 because of COVID-19.

At around 25 feet tall, this year's corn monument will be the largest one in recent history. Monuments are typically between 12 feet and 17 feet.

Margaret Trowbridge, a junior in the UI College of Engineering who designed the monument, said she wasn't expecting her design to be chosen because of its ambitious nature.

"I didn't think my design would win because I thought it wouldn't be the most constructible," Trowbridge said.

Homecoming week takes place Oct. 11-16, but members of the American Society of Civil Engineers have already begun constructing this year's corn monument. Building takes place over the course of five Sunday mornings and afternoons before the final unveiling at the Pentacrest.

While it's called a corn monument, the structure itself is not built with cobs of corn. The monument is primarily constructed out of wood, with kernels of dried feed corn glued to the outer part as decoration.

The monument's design was chosen from submissions in the "UI Civil Engineering Tools" course, and two captains from the American Society of Civil Engineers are designated to oversee the entire corn monument project. One captain, Cade McNeill, a UI graduate student, said this is his fifth time working on a corn monument.

"There's a ton of different aspects that go into a lot of the behind-the-scenes work," McNeill said. "We do things like the Gold Rush campaign that we have for funding of the corn monument."

Collin Furlong, a UI engineering student, said it is his second year as captain.

"We were given access to all of the class's designs and told we were allowed to use theirs," Furlong said. "The whole point of the project was to give us more ideas."

Trowbridge said her decision to join in on the build was not influenced by the team choosing her design. She said she wanted to experience the Hawkeye tradition for herself, after being unable to participate last year.

The corn for every monument comes from community donations, is inedible, and does not spoil, Trowbridge said.

She added that the corn being used was accumulated over previous years, and the monument requires about

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CORN | Page 2



Dimia Burrell/The Daily Iowan

The Association of Graduate Students in English are holding a book sale outside of the University of Iowa English Philosophy Building on Monday. "Our goal is to raise money for AGSE, and we'll be here all week from 9 a.m. to 4:30 p.m. for cash only sales," English professor Jamie Chen said.

NICU

Continued from Front

from the Janice and Bruce Ellig Children's Library at the hospital.

Stephanie Lee, clinical assistant professor of pediatrics and neonatology at UIHC, said babies start developing hearing around 26 weeks in utero, which is when parents should start reading to their babies.

Lee said it's especially important to practice reading when babies are premature.

"When babies are born early, they don't have that normal exposure to voices and sounds as much," Lee said. "It's important to provide those positive sounds so that they can continue to develop their brain circuits just as if they would have if they were not born early."

Babies have fewer opportunities for brain and language development if they don't receive these

positive sounds, Lee said.

"When there's no parent present or the baby is not provided with positive sounds, such as reading or singing, there is a negative impact on their trajectory for language and cognitive outcomes in the long-run," Lee said. "Babies in quiet rooms have worse outcomes than babies who are exposed to voices and good sound."

Assistant Nurse Manager in mother-baby labor and delivery at UIHC and new mother, Alyssa Shelby, said she started reading to her son Liam to comfort him alongside her husband.

"We read to Liam, especially when he was in isolette before we could hold him when we wanted," Shelby said. "From the beginning, he knew our voices, so being able to use our voices and read to him was a way to make it feel like I was comforting him."

This led to Liam's ability to recognize his parents' voices, improving his early brain development, Shelby said.

"When I would come in the room, he would know I was there when I started talking to him," Shelby said. "I didn't expect him to know who I was that fast, so it was special."

While stressing the importance of reading, it's important for babies to have that one-on-one interaction rather than watch television, Lee said.

According to the American Academy of Pediatrics, children under two years of age shouldn't watch any television, which includes YouTube videos.

"In-person reading includes more interaction with the child, which is a give and take interaction," Lee said. "One-on-one interactions strengthen the relationship between a parent

and child that a TV screen can't replace."

Although this is the first year UIHC has participated, the NICU hopes to participate in future years to promote reading from an early age, Johnson said.

Johnson said there were 837 reading episodes — time periods when parents or staff read to a baby — with a total of 9,938 minutes of reading.

Johnson said staff plans to increase participation in years to come, improving outcomes for babies and their development.

"Their brains are growing outside in the environment rather than in utero, so having those cognitive stimuli for the brain is beneficial for growth," Johnson said. "The more that a baby is exposed to language, it greatly promotes their literacy through kindergarten and beyond."

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Contributed

VOTE

Continued from Front

also said voting is a privilege and it is very important to vote on those who influence public policy at all governmental levels.

Teaching students how to register to vote, find information about how

voting works, and all of that kind of stuff is a life-long skill that we want to provide to students," Verry said. "It doesn't matter what year it is, being a part

of the elections process is important."

Even though the upcoming election is only local and comes on the heels of a contentious 2020 general election, Verry said, it is a privilege for all individuals who can vote to use their voices and elect officials that influence the general public.

November's elections will include the Iowa City Community School Board and city council elections. Verry said the city council elections can have a much larger effect on students who work in restaurants and businesses in Iowa City, or who are tenants of apartments in the city.

He said decisions regarding the environmental policy are influenced by these city council members, as well.

Hawk the Vote Associate Director Kathryn Shumaker said these local elections have the most immediate impact on students despite

not being publicized very much at all.

She said the organization is working to change that by collaborating with campus partners, such as the Dean of Students, Undergraduate Student Government, Student Legal Services, who use their social media to change that and better promote local elections and registration, generally.

"We can really work with campus partners and get them excited," Shumaker said. "People can post on their Instagram [and] just get the word out about voter registration..Being able to reach out to people and communicate with people, I think that makes a big impact."

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Ayrton Breckenridge/The Daily Iowan

Hawk the Vote wants to register people for the upcoming city council election.

CORN

Continued from Front

two trash bag of corn kernels for construction.

The team will use a forklift to safely transport the monument to the Pentacrest, instead of transporting it via truck, as is

tradition, McNeill said.

McNeill said that, while most of the volunteer workers are members of the American Society of Civil Engineers, the project is a collaborative effort between multiple groups, including the Campus Activities Board and Nexus.

He added that volunteers are not expected to have

any building experience.

"We love to have as many community partners as we possibly can," McNeill said. "We tried to get the word out that we continually do this year after year because it's been a tradition for such a long time."

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Ayrton Breckenridge/The Daily Iowan

The unfinished American Society of Civil Engineers Corn Monument is seen in the Hydraulics Model Annex on Sunday. The Corn Monument will be complete on the Sunday following the Iowa football game against Penn State.

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Medium

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

Medium

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

“City of Literature” coming back

Iowa City is slowly returning to the literary scene it enjoyed before March 2020. The city is seeing literary staples such as Prairie Lights and the Iowa City Public Library welcome back full capacity for browsing and events.



Gabby Drees /The Daily Iowan

A masked visitor picks out a book at the Iowa City Public Library on Monday.

Kate Perez
News Reporter

The Iowa City literary community isn't ready to come back in full force.

As Johnson County records 50 to 60 cases of COVID-19 each day, literary hubs are trying to return to pre-pandemic norms while remaining cautious of health and safety guidelines the city has in place.

Prairie Lights, a bookstore, cafe, and centerpiece of the Iowa City literary scene since 1978, closed its doors in March along with other staples

of the community.

Co-owner of Prairie Lights Jan Weissmiller said she hopes to host more in-person events this spring.

“The conversations that occur daily in the bookstore are of such a high quality because of the attention given to great classic and contemporary literature,” Weissmiller said. “It is a great privilege to be in a bookstore in this town where literature is, has been, and will be central.”

Prairie Lights currently allows in-person brows-

ing at full capacity, she said. At the beginning of the pandemic, Prairie Lights supplied books for curbside pickup.

Iowa City was officially designated as a UNESCO City of Literature in 2008, becoming the third city in the world to receive the recognition.

Not all places where the Iowa City literary community convenes are moving toward complete normalcy.

The Haunted Bookshop, a bookstore on the east side of Iowa City, has suspended in-person browsing and is only

taking online orders due to the rising COVID-19 numbers in Johnson County, co-owner Nialle Sylvan said.

“When we did allow browsing, it was limited. It was one group of people, no more than six at a time. Everybody had to wash their hands, everybody was masked,” Sylvan said. “Ideally, the numbers in Johnson County would start to fall, and we will be able to allow people back in.”

Sylvan said they are constantly brainstorming new ideas of how to welcome people safely to the bookstore by posting pictures of the products and books they process every day. It also offers shipping, curbside pickup, and local home delivery.

Sylvan said the bookstore is not having as much business as it would if it were fully open, so they are having to overcompensate with

“ If Iowa City has a heart, that's the university, Iowa City's head [right now] is the literature of the city. We are a UNESCO city of literature. I don't know who we would be if this weren't a town with a lot of bookshops.”

— Prairie Lights co-owner Nialle Sylvan

There's serendipity,” Sylvan said.

Sylvan said they are deeply upset that they can not supply the Iowa City community with books from The Haunted Bookshop with typical in-person shopping.

“The circulation of books in this community is really important to people, and I have had to disappoint so many people who wanted to come in and who wanted to come in and sell books,” Sylvan said.

John Kenyon, director of the Iowa City of Literature, said he is excited to see some events and businesses continue to move forward and have

vate meeting and study rooms.

“We're probably the closest that I've seen to pre-pandemic library services since the start,” Helmick said.

The library is kicking off its family history month in October, Helmick said, which will include the return of teaching classes, in-person readings, and the Iowa City Book Festival in October, he said.

Kenyon said he looks forward to unscripted, unplanned interactions in the literary community.

“I've watched some lovely readings over the last year and a half that were on Zoom, but you really miss out on that opportunity to turn to someone sitting next to you and have a conversation about what you've just heard,” Kenyon said.

Sylvan said they are disappointed to not be a part of the “pumping heart of literature” in Iowa City right now.

“If Iowa City has a heart, that's the university. Iowa City's head [right now] is the literature of the city. We are a UNESCO City of Literature,” Sylvan said. “I don't know who we would be if this weren't a town with a lot of bookshops.”

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Gabby Drees /The Daily Iowan

The entrance to the Iowa City Public Library with a mask requirement sign is seen on Monday.

“ It is a great privilege to be in a bookstore in this town where literature is, has been, and will be central.”

— Prairie Lights co-owner Jan Weissmiller

ideas such as “Surprise Me!” bags.

These bags involve a customer giving Sylvan a budget and a list of topics they are interested in, and then Sylvan fills the bag with products that match the description.

“There's a magic to browsing a bookstore where you're looking for a book, you don't find it, you turn around and you see something you're like, oh, what's that?”

in-person conversations about literature once again.

The Iowa City Public Library is pretty close to the way it was at the beginning of COVID-19 and is excited to have in-person browsing, said Sam Helmick, community and access services coordinator.

Helmick said Iowa City residents can now enjoy the library's space, and use Wi-Fi and pri-

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Opinions

COLUMN

Breaking up the hog monopoly

The pork industry has become increasingly consolidated by only a few corporations. It's time to break up big ag.



Shahab Khan
Opinions Columnist

For Iowans, hog farming used to conjure up images of pigs playfully rolling around in the mud while farmers and their families work from sunrise to sunset to tend to them.

This image could not be further from the truth. Hog farming, one of the largest industries in Iowa, has become consolidated and industrialized. Pork monopolies are destroying the livelihoods of family farms, the environment, and the wallets of consumers. It is time for regulators to break up these conglomerates.

The business model for the pork industry has killed family hog farms in Iowa. Over the past 30 years, the number of hog farms have decreased by 26,000. Those hog farmers who remain independent struggle to get by, as they are priced out by companies such as Iowa Select Farms, the largest pork producer in the state.

The pork companies were able to gain a stranglehold

on the pork market by engaging in contracting and integration. Contracting is the process in which large pork producers co-opt local farmers into helping raise hogs, which they then sell back to the producers.

Integration, on the other hand, is when a company has control of all the factors of production, from raising and slaughtering to packing and transporting the meat. Through integration in particular, companies such as Iowa Select Farms have been able to increase the state's pig population by 50 percent.

However, with this increase in the pig population comes economic inefficiency and environmental degradation. The millions of Iowa pigs produce the same amount of waste as 84 million people, leading to a decrease in Iowa's water and air quality.

The hog industry's conglomeration also has bad outcomes for pork consumers. If the hog market were a truly competitive market, where thousands of family farms would be directly selling to consumers, market forces — such as the supply of pork and consumer demand for pork — would be deciding the goods' price.

When a firm has monopoly power, it can set the price



Bryon Houlgrave/The Des Moines Register

Hogs occupy pens at a confinement facility in Ayrshire, Iowa, in this file photo.

of a good at any point of production it wants. Since firms want to maximize

“The business model for the pork industry has killed family hog farms in Iowa.

their profits, the monopolist will set its price where this is achieved.

During the COVID-19 pandemic, the companies that control the hog industry exercised their monopoly power and artificially raised the price of pork by 12 per-

cent to make more money. Federal lawmakers need to take steps to break up

the pork monopoly. In their push to combat monopoly power in a variety of industries, the Biden Administration has assembled an anti-trust team made up of legal experts and economists critical of consolidation.

Meanwhile, in the halls of

the U.S. Senate, Sen. Chuck Grassley, R-Iowa, has been a champion for family farmers for years. He has tried to push Congress to pass a law in which meat packers — including the hog industry — cannot own livestock, which in theory would end integration.

However, his bills have repeatedly failed to pass as the hog industry's lobbying arm has convinced members of Congress to protect their business practices.

Iowa farmers, citizens,

and national consumers have all been hurt by the hog market's transformation into a monopoly. Lawmakers at the federal level must see that faceless corporations — not the local farmers and consumers — have control of pork production in the state.

Breaking this monopoly up would allow family farmers the opportunity to get back into the business and for consumers to buy pork at a stable price.

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COLUMN

Rob Sand is who Iowa needs in 2022

Rob Sand should throw his name into the ring for 2022.



Sophia Meador
Opinions Columnist

Across Iowa, all eyes are on the election for governorship in 2022.

Though Gov. Kim Reynolds currently holds high approval ratings in Iowa, her performance during the COVID-19 pandemic and other key social matters makes her the wrong choice for Iowa.

After the disastrous past year and a half of leadership during the pandemic, Reynolds has shown she is not competent to hold this crucial role. Iowa needs leadership to defend against critical issues, and State Auditor Rob Sand has shown he has the capability to govern Iowa.

Though there is mounting speculation that Sand will enter the gubernatorial race, he has not made any official announcement. In early June, Sand said he was “praying more about this decision than I typically do for things in my own life.” However, Sand is the candidate Democrats need in order to win in 2022.

Sand, 39, is the 33rd Iowa state auditor. Before he was elected in 2018, Sand served as Assistant Attorney General in the Iowa Attorney General's office since 2010.

He is a graduate of Brown University and the University of Iowa.

When running for auditor, Sand campaigned on the promise of truth, integrity and accountability for Iowa. His performance as state auditor has exemplified his campaign promises, proving he is capable of being Iowa's next governor.

In the few short years Sand has been in office, he has shown dedication in uncovering the truth of theft and fraud in Iowa.

During his time as assistant attorney general, Sand led the nationwide lottery-fixing investigation that uncovered seven fixed lottery tickets across five states with total face values of nearly \$25 million. From his prosecution, the defendants had to pay back every dollar they stole from state lotteries.

As assistant attorney general Sand also prosecuted a former Iowa investment banker for taking more than \$350,000 from friends and acquaintances. Sand's prosecution was successfully sentenced to 20 years in prison.

Sand also brought accountability to the University of Iowa as the state auditor.

In June, the Iowa Supreme Court ruled the UI must disclose investors in the public-private partnership. The ruling came after Sand's office subpoenaed the UI, which the UI did not honor.

As State Auditor, Sand shows integrity in his work

as the state's “watchdog”.

In June, Sand accused Reynolds of using the federal CARES Act to pay for a public awareness campaign, which violated the Iowa Law by more than \$150,000.

With federal funding from the CARES act, Reynolds launched a public service campaign, “Step Up, Stop the Spread.” However, through auditing work Sand alleges the campaign was used for self-promotion rather than COVID-19 relief efforts.

Amid public backlash and direct attacks from Iowa GOP Chairman Jeff Kaufmann, Sand told a crowd in Cedar Rapids: “I know that a lot of times, people who get angry, they put on their red hat or their blue hat and sort of jump to conclusions about people. I think we need to see less of that in politics and maybe Jeff will join me.”

Although Reynolds denied this allegation and claims this is in her realm of power because of the public health emergency proclamation, Sand showed significant integrity in standing up against the governor for what he believes is right in a position of power.

It is time for a new generation of leaders in Iowa. In 2022, we need a new leader to show the truth, integrity and accountability Rob Sand has shown for Iowa. Sand should throw his hat in the ring and campaign to be the next governor of Iowa.

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COLUMN

Late night activities can be fun and safe

Attending After Class events is a fun, and safe way to spend your nights and avoid more risky behavior



Elise Cagnard
Opinions Columnist

that, what else can you do besides sit in your room and feel an intense sense of FOMO?

College, especially freshman year, is a time when people can feel overwhelming peer pressure to drink. While some people welcome the typical college lifestyle, it is not for everyone. For those who do not feel comfortable or simply do not want to drink, it can feel like there are no options.

Here's where After Class Events comes in. You might recognize the name from your email inbox. After Class Events is a website that shares a variety of different events for students to attend most nights of the week. Examples of these events include comedy shows, movies, game nights, and e-sports tournaments.

After Class Events provides a great alternative for those who don't want to participate in the party culture but still want to have fun with their friends.

These events can be sponsored by campus clubs and organizations, recreational services, and campus activity boards, among others. Any organization can request their event be posted on After Class Events by completing a form on the website. An example of this would be the Poindexter Coffee-house series. This event includes many activities such as open-mic nights and magicians.

A study of more than 700 University of Iowa students shows that students

Picture this: it's a Friday night, you don't have any plans, and the only the only option that seems viable is going to the bars. If not

at the UI engage in more high-risk behavior concerning alcohol than our peers nationally. Considering the university is rated 13th in party schools by Niche.com, this statistic should not come as a shock.

With this high-risk behavior, comes potential legal consequences. In Iowa, it is a \$200 fine for your first offense of underage drinking and \$500 for your second offense, and your driver's license may be revoked.

Having an underage drinking charge on your record can be detrimental to future studies or jobs. In some cases, it can threaten scholarships a student has or their spot on an athletic team. This is why finding an alternative to drinking when you are underage is so important.

While planning these events, organizations understand that students have different levels of comfortability regarding COVID-19 restrictions, so many of the events are hosted outside.

“Late Night Programming is an Alcohol Harm Reduction strategy that is focused on building a sense of belonging on campus,” Mara Cheney, the UI late night initiatives and assessment coordinator, wrote in an email to *The Daily Iowan*.

Having these events open to all students can create a sense of community on campus as students meet new people and make new friends. It can help students feel as though they belong if going out and drinking does not interest them, and it helps them find like-minded people, which can be difficult on a college campus.

After Class Events provide fun environments for people to bond with other students and enjoy themselves. If you ever find yourself wondering what you want to do tonight, make sure to check out the After Class Events page.

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High school journalists hold workshop for teens

Two Illinois students are bringing their talents to Iowa City to hold a journalism workshop at the public library.



The Iowa City Public Library is seen on Sept. 20.

Emily Delgado
News Reporter

High School students and young journalists Victoria Feng and Malini Pillai from Illinois are sharing their knowledge in a more than a month-long teen journalism workshop at the Iowa City Public Library.

The workshop, which began Sept. 13 and goes until Oct. 16, is structured to allow students in grades six to 12 receive training in journalism basics. The workshop is designed to cater to the needs of every student in the workshop, regardless of experience.

Feng has published work in *The New York Times*, *Wired*, and *Business Insider*.

Pillai and Feng created Launch Student News in spring 2020, which helps libraries and park districts create journalism classes and clubs.

"We want [workshop participants] to learn the essentials of journalistic writing, but we're also hoping that they'll love the subject and will want to immerse themselves in it in ways outside of the workshop as well," Pillai wrote in an email to *The Daily Iowan*.

Feng said she wants to teach student journalists reporting basics and give them an opportunity to

learn more about the journalism process.

"I think journalism is important, especially in the 21st century, because there have been in the past few years so many attacks against fake news and biased media that I feel that students need to be able to kind of rise above all of this negative criticism," Feng said.

Feng said she chose to bring the workshop to Iowa City because she is aware that the city and the University of Iowa have a long history of strong writing programs.

Pillai said she joined Feng's Launch Student Press because she saw it as an opportunity to share her love of journalism with others.

"My goal for this workshop is that, at the end of the six weeks, students will be able to learn more about the journalistic process, but more importantly feel empowered to tell stories they're passionate about," Feng said.

Pillai wrote that she hopes participants will continue their pursuit of journalism after the program is over.

This workshop has also been hosted in Ohio and Georgia, and twice in Illinois.

"I did do one at the Chicago Public Library, which was super fun, as

well as the Hudson library this summer," Feng said.

Victoria Fernandez, teen services librarian at Iowa City Public Library, is collaborating with Feng on the workshop. She was really interested and impressed by Feng's work when he reached out to the library, Fernandez said, and wanted the workshop as a resource for teens.

The workshop is being held via Zoom, but students have the option to come to the Iowa City Public Library to watch the workshop together.

"So the workshop is online, but I'm also in person, so teens have the opportunity to do whatever they feel most comfortable with," Fernandez said.

Ferendez is not sure if the workshop will be held again, but said she does anticipate that some sort of writing program will be held again.

Feng said she wants to make a class newspaper at the end of the program, featuring all the articles written by the students.

"Making a class paper is honestly one of my favorite parts about the process, because students get to look down at their work and see all the great jobs that they and their peers have done," Feng said.

ejdelgado@uiowa.edu

“My goal for this workshop is that at the end of the six weeks students will be able to learn more about the journalistic process, but more importantly feel empowered to tell stories they're passionate about.”

— Victoria Feng, Launch Student News founder

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If you are interested, please visit the University of Iowa Jobs page at jobs.uiowa.edu and search 'custodian'.

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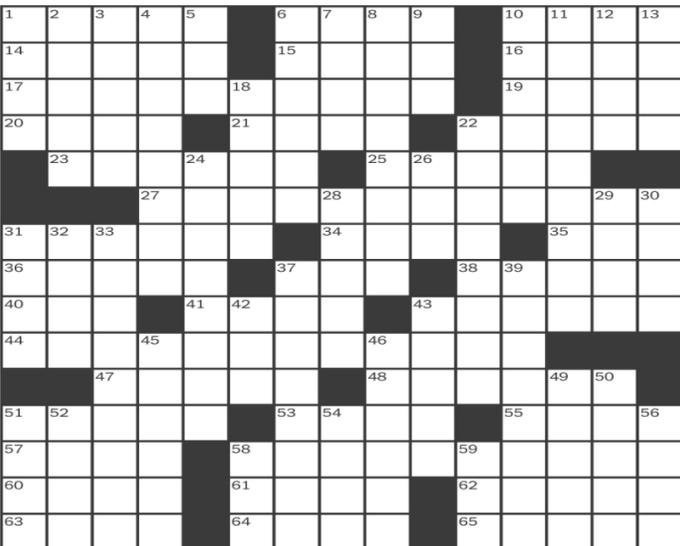
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The Daily Break

Puzzle solutions on page 2

The New York Times Crossword

Edited by Will Shortz No. 0825



- Across**
- 1 Packs of alpacas
 - 6 Abbr. in a library catalog
 - 10 Partner of willing
 - 14 Kind of daisy
 - 15 Material for toy darts
 - 16 Like business in the off-season
 - 17 "Please continue your generous support of the church"
 - 19 Prepare, as prosciutto
 - 20 Give off
 - 21 Brand with a paw print in its logo
 - 22 Follows, as advice
 - 23 Undesirable bunkmate
 - 25 Frigid temps
 - 27 "This device makes prepping cherries a breeze"
 - 31 Tweak
 - 34 Made explicit, in a way
 - 35 Grow long in the tooth
 - 36 Historical record
 - 37 Snake along the Nile
 - 38 Discover unexpectedly
 - 40 Passing remark?
 - 41 Singer Mai with the 2018 hit "Boo'd Up"
 - 43 Least polite
 - 44 "Students should report to the gym for a special presentation"
 - 47 Sailor's "Stop!"
 - 48 For dogs, they're often in the shape of bones
 - 51 Japanese noodles
 - 53 Snap back?
 - 55 Boor
 - 57 It shows a lot of plays, but no musicals
 - 58 "This medicine will reduce your temperature in no time"
 - 60 Glen or dale
 - 61 Timeline spans

- 62 Beautifully blue
- 63 Exceeded the legal limit
- 64 Philosopher known for his paradoxes
- 65 Word that comes from the Lakota for "dwelling"

Down

- 1 Smartphone button
- 2 End-of-semester hurdles
- 3 Pine secretion
- 4 Gilead in "The Handmaid's Tale," for one
- 5 What floats your boat?
- 6 To a certain extent
- 7 Appear
- 8 Support on the shoulder
- 9 Pro Bowler's org.
- 10 Initial part of a roller coaster ride
- 11 It leans to the left
- 12 Tennyson, for one
- 13 Dolly and her fellow clones, e.g.
- 18 Imam's quality
- 22 Recruit selectively
- 24 Colonial sharpshooter
- 26 Prefix with dermis
- 28 Writing assignment
- 29 Big personalities
- 30 Cancel ___ (tenant rights movement)
- 31 ___ Harris, sister and campaign chair of Kamala
- 32 There are two in "101 Dalmatians"
- 33 Spit in a tube, say
- 37 Mentally sound
- 39 See through rose-colored glasses
- 42 Scale abbr.
- 43 Dressage competitor
- 45 Made uniform
- 46 Words from one doing a demonstration
- 49 Rolled out of bed
- 50 Bolivian capital
- 51 Goes "vroom vroom"
- 52 "Stat!"
- 54 First czar of Russia
- 56 For whom the bell tolls
- 58 Hat similar to a tarboosh
- 59 Have down ___

Medium

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

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Medium

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

Arts & Culture

80 hours

UI students create lit mag for kids

Snapshots is a new literary magazine that will serve as a creative outlet and inspiring platform for children.

Olivia Augustine
Arts Reporter

A conversation at Fredy's between three University of Iowa freshmen prompted the creation of an Iowa City children-focused literary magazine.

Josephine Geiger-Lee and Noelle Franzone met on a roommate matching website before living together, and they met Hannah Cargo on a campus scavenger hunt.

As children tend to have less opportunities in the literary town of Iowa City, freshmen Geiger-Lee, Franzone, and Cargo are working to balance the scale. Cargo said *Snapshots*' purpose is to involve people within Iowa City's artistic community in creating a magazine accessible for children ages 4-14.

According to the *Snapshots* mission statement, the magazine strives to make an impact on children's creative experiences while also giving them a lighthearted and interactive experience.

"The primary goal [is] just to get different kinds of literature and art and everything in between, and get that out to kids in our community," Cargo said.

Geiger-Lee, Franzone, and Cargo all currently hold executive positions in *Snapshots*, but only a month ago, they were all strangers to each other and new to the UI campus.

All three students are English and creative writing majors, so they naturally wanted to be involved with student publications. Cargo said the one thing they all noticed is how it's currently considered smart

to write about sad or depressing things.

They wanted to take things in a different direction. After finding that there was already a publication focused around happiness, *Horizon*, they decided to focus on children. Geiger-Lee said this also opened their eyes to how unexplored children's literature is.

The three women said starting a literary magazine as first-years was nerve-racking, but the UI's literary community was extremely welcoming and made the experience much less stressful.

The name of the literary magazine is also meaningful to the project, as it calls back to how people remember pieces of their childhood.

"All those memories, the good parts of your childhood you can remember, they come in like snapshots," Franzone said. "They're not the full moment. You don't know your full life or like the date or what was going on, but it's just this snapshot of a good moment."

The students have their own goals for what children will get out of reading *Snapshots*. Cargo said she loved to go to the library as a kid and read and doodle in coloring books, and she hopes the magazine will serve as a channel for kids to both be inspired by the stories they see and give them a chance to create something themselves.

Geiger-Lee said she thinks kids will benefit from reading the magazine because it comes from real people in Iowa, as opposed to a Californian author, for



From left: Josephine Geiger-Lee, Noelle Franzone, and Hannah Cargo.

Contributed

“All those memories, the good parts of your childhood you can remember, they come in like snapshots. They're not the full moment.”

— Noelle Franzone, UI first-year

example, who a child has never heard of.

Franzone said she had a kid's magazine growing up that always inspired her to want to write, which she hopes kids will feel as well.

One of *Snapshots*' original goals was to be highly involved with the chil-

dren's hospital. Geiger-Lee said, because of COVID-19 and new strains of the flu, this objective has shifted, but not disappeared. Community groups and elementary schools will also potentially reap the benefits of the literary magazine.

“We could do something along the lines of a Zoom call where we put up a prompt and we all get to write to the prompt and the children get to share what they wrote out loud,” Geiger-Lee said.

Steps that Geiger-Lee, Cargo, and Franzone took to prepare for opening submissions included developing their Instagram account, creating a team, sending emails to people in the UI literary community, and designing a general idea for what the magazine will look like.

Currently, the first-years

are working on creating a website for *Snapshots*.

Since the magazine is still new, the first release date is tentative, but Franzone said they aim to have the first issue of *Snapshots* out in April 2022 — and one day, possibly release issues bi-yearly.

“We started a lit mag and it wasn't as daunting as you might think,” Geiger-Lee said. “Even if it is scary, you have people who you can reach out to and they'll always be able to help you.”

olivia-augustine@uiowa.edu

Student Spotlight: UI senior draws inspiration from many places

Photography student Bobi Knox said photography tells a story and draws inspiration from magazines, music, and art.



Gabby Drees/The Daily Iowan

Jared "Bobi" Knox shoots a picture near the railroad tracks of Iowa City on Monday.

Olivia Augustine
Arts Reporter

For most, photographs are a casual part of everyday life, but UI senior Jared "Bobi" Knox knows how a passion for photography can turn that into something truly special.

Knox said he always has a camera on him, ready to capture the next great memory or take the newest best shot.

The photography student and photo editor for *Fools Magazine* has been

taking photographs for five years and specializes in color, black and white images, and different types of film cameras.

“I didn't need some big production studio, I didn't need to move anywhere or have anything specific. All I needed was my camera and I could have an honest artistic voice. I think once I understood that, I just really threw myself into photography.”

Knox said he was first drawn to photography in high school when developing a friendship with his art teacher. At the

time, he wanted to study nutrition science, but the interest didn't last.

As a first-year, Knox declared a cinema major, and then, finally, switched to a photography major.

“I just really fell in love with still images, and just the power and the story they can convey, and I think I realized that my sophomore year of college,” Knox said.

Knox's commitment to photography does not limit him to one artistic avenue. His interests

extend to drawing and video work — short films especially. Knox also takes some graphic design classes, he said.

“I didn't need some big production studio, I didn't need to move anywhere or have anything specific. All I needed was my camera and I could have an honest artistic voice,” Knox said. “I think once I understood that, I just really threw myself into photography.”

He said he compares shooting photography to film, focusing on what he

thinks will make a good photo in the moment. Instead, he takes pictures based on the coloring and lighting.

Knox's bedroom is covered in photographs. Some are his own, but many come from other photography and designs that inspire his own work. Knox said some things he finds especially inspiring in his work are fashion and music.

The layout and design of *i-D* magazine and *Uniqlo* are two of Knox's favorite inspirations when it comes to fashion magazine design.

As a senior, Knox will soon graduate and enter the workforce. He said he'll need a lot of experience for the types careers he is most interested in, so he is setting his sights for 15 years out and focusing now on how he's going to get there.

Eventually, Knox said he would be interested in working in the production of cartoons, possibly working with the writers to create the big picture. Officially, Knox would be a managing editor or an arts director.

Knox said his video work and photography work are similar, in that they both strive to represent people as who they are as human beings — not just who they are for the camera pointed at them.

“I would say my work is personal — it's representative of both the way I see a person or a subject of any kind,” Knox said. “But it's also somewhat a documentary in a way that subjects exist in a space that they occupy.”

olivia-augustine@uiowa.edu

— Jared "Bobi" Knox, UI Senior

WEEKEND EVENTS

THURSDAY 09.30

MUSIC

- VIVIAN, 8 P.M., ELRAY'S LIVE & DIVE, 211 IOWA AVE.
- BRETT WESTGROVE, 10 P.M., ELRAY'S LIVE & DIVE

FILM

- TO WONG FU / FILM SCENE AT THE PARK, 7 P.M., FILMSCENE AT THE CHAUNCEY, 404 E COLLEGE ST.

FRIDAY 10.01

MISC.

- DOWNTOWN VENDOR FAIR, 4 P.M., DOWNTOWN IOWA CITY

MUSIC

- WINTERLAND: GRATEFUL DEAD TRIBUTE, 9 P.M., WILDWOOD SMOKEHOUSE & SALOON, 4919 WALLEYE DR. SE
- BRETT WESTGROVE, 10 P.M., ELRAY'S LIVE & DIVE

SATURDAY 10.02

DANCE

- SUNSET SALSA ON THE PED MALL, 6 P.M., STUDIO 13, PEDESTRIAN MALL, 210 S DUBUQUE ST.

MUSIC

- THE SOUL INSPIRATIONS FEAT. DAVID DEON, 6:30 P.M., ELRAY'S LIVE & DIVE
- BRETT WESTGROVE, 10 P.M., ELRAY'S LIVE & DIVE

MISC.

- DOWNTOWN VENDOR FAIR, 12 P.M., DOWNTOWN IOWA CITY
- COMMUNITY PRIDE MARCH, 12 P.M., COLLEGE GREEN PARK, 600 E COLLEGE ST.
- STUDIO 13 PRIDE FESTIVAL ENTERTAINMENT, 1 P.M., NEAR STUDIO 13, LINN STREET
- DEER'S BLOOD, 8 P.M., ALAN MACVEY THEATRE, 119 PARK ROAD

SUNDAY 10.03

THEATRE

- ESTEBAN & THE CHILDREN OF THE SUN, 3 P.M., THE ENGLERT THEATRE, 221 E WASHINGTON ST.
- DEER'S BLOOD, 8 P.M., ALAN MACVEY THEATRE, 119 PARK ROAD

OUR FOOD PICK: PULLMAN BREAKFAST TACOS



Jenna Post
Arts Editor

At Pullman Bar and Diner, the perfect breakfast comes wrapped in a tortilla.

While Pullman has several tasty items on its weekend brunch menu, the restaurant's breakfast tacos reign supreme.

The taco trio's ingredients include scrambled eggs, mojo pork, cilantro, onion, chipotle aioli, avocado (for an extra charge), black beans, and toasted cheddar cheese.

Toasted cheese is a smart addition because it provides a satisfying crunch that contrasts with the taco's softer ingredients. The cheese is toasted directly on the flour tortillas, which prevents the pork's juices from seeping through the homemade shell and creating a soggy mess.

In addition to being juicy, the pork is tender, and its citrus and savory flavors are well-balanced. The toppings complement each other, and each adds a depth of flavor to the dish.

The chipotle aioli coats the other ingredients and adds a delicious tang, which goes well with the black beans' more understated flavor. The cilantro and avocado add some much-needed freshness, creating a perfectly rounded taco.

The breakfast tacos also pair well with a mimosa, which brings out the citrus flavors in the pork.

Pullman breakfast tacos offer everything one could want from breakfast — great flavors, ease of eating, and eggs, all at a reasonable price. The art pinned up on Pullman walls adds to the overall excellent dining experience.



Raquele Decker/The Daily Iowan
Pullman Bar and Diner is seen on Monday.

jenna-post@uiowa.edu

ASK THE AUTHOR ASH DAVIDSON



Anaka Sanders
Arts Reporter

Former Iowa Writers' Workshop student Ash Davidson debuted her first novel, *Damnation Spring*, in August. The book is about a couple raising their young son in 1977 California. The family has centered its life around the dangerous logging industry. Conflict occurs when the logging company begins using herbicides that are rumored to cause miscarriages in their community, all while the couple tries for a second child. *Damnation Spring* has received rave reviews from critics celebrating Davidson's work concerning human interactions with the environment. In an email interview, Davidson discussed her new book and her writing process.

DI: How did you come up with the idea for *Damnation Spring*?

D: I was always curious about herbicide spraying and its effects, because my own family had relied on a creek for water when we lived in Klamath, like Rich and Colleen's setup in the book. My parents actually stopped drinking the creek water, they were so concerned. I wanted to know more about 2,4-D and 2,4,5-T — the two ingredients in Agent Orange that were also commonly sprayed on forests across the Pacific Northwest in the 70s. So, the book really started out with this very personal question, and that grew into a question about what happens to a community and a family when the land and a way of life, logging, that has sustained them for generations begins to literally erode under their feet.

DI: The use of herbicides and pesticides are still strongly disputed today, as they were in 1977. What attention do you want to draw to it?

D: I'm not an expert, but it seems to me that while some of the chemicals have changed, the underlying issues — especially the poisoning of water and its effects on plants, animals, and people — have not. People who live in forest communities in the Pacific Northwest are still being sprayed and suffering the consequences. There's an excellent documentary on PBS called *The People vs. Agent Orange*, partially based on Carol Van Strum's seminal book, *A Bitter Fog*, about the real-life grassroots struggle to ban 2,4,5-T. It's worth watching.

DI: What was your writing process for *Damnation Spring*?

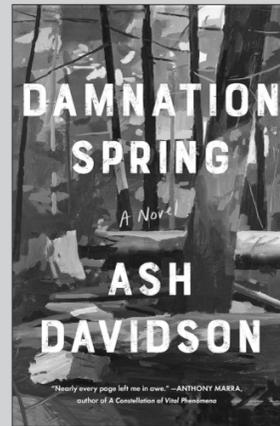
D: I try to write for a few hours before I go to work in the morning, which is a habit I picked up while I was a student at the [University of] Iowa. I spent many mornings in the Java House and the cafe upstairs at Prairie Lights writing and revising *Damnation Spring*. Because it's rare that I get anything right the first (or the second or third) time, I generally write more than I need, then trim. I worked on *Damnation Spring* for 10 years; about half a million words ended up on the cutting room floor by the time I was done.

DI: What are some things about yourself that would surprise readers?

D: I save all the surprises for my fiction. I did learn some surprising things while researching the book. I learned that 2,4-D was sprayed on the National Mall in Washington, D.C. to control dandelions until the National Park Service banned its use in National Park Service units in 1980. I learned that burl poaching in the redwoods is big business even to this day, and that burl poachers can severely harm and even kill an old-growth redwood tree. And, I learned that of the estimated 2 million acres of original old-growth redwood forest, only about 4 percent remains today.

DI: What are your plans for the future?

D: I plan to get up in the morning and write, then go to work. Then get up the next morning and do it all again. After 10 years of that, I hope I'll have another book.



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STREAMING HIGHLIGHT: THE GUILTY

Parker Jones
Arts Reporter

On Friday, award-winning actor Jake Gyllenhaal will star in another thrilling story — this time on Netflix.

After a world premiere at the 2021 Toronto International Film Festival on Sept. 11 this year, *The Guilty* had a limited theatrical release on Sept. 24. The drama film is a remake of a 2018 Danish film of the same name and tells the story of Joe Baylor — a demoted police detec-

tive who now works as a 911 operator.

Baylor receives a mysterious call from a woman in distress, who hangs up before he can find a location to send emergency services. Becoming absorbed in the case, he must use his skills as a detective to find the woman and save her life before it is too late.

Gyllenhaal will not only star in the film — he also serves as executive producer. He acquired the rights to the story in 2018 and

transferred it to Netflix in 2020. Filmmaker Antoine Fuqua, who has also directed remakes of *The Magnificent Seven* and *Olympus Has Fallen*, will direct and produce *The Guilty*.

In addition to Gyllenhaal, the cast also includes the voices of Ethan Hawke as Sergeant Bill Miller, Baylor's boss, and main asset in solving the case, and Riley Keough as Emily Lighton, the voice of the woman who Baylor must track down.

Knowing Gyllenhaal's

filmography in cult classics like *Donnie Darko* and *Zodiac*, there is no doubt that his performance in *The Guilty* will be another one to praise.

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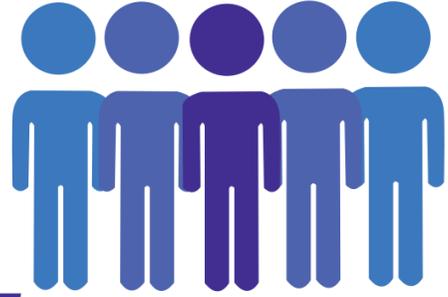


Amplify

Mental health stigmas persist

Specific groups are at an increased risk for mental health illnesses and face more barriers in receiving treatment.

Out of 67,000 students...



1 in 5 students have thought of suicide

9% make an attempt

20% reported self injury

Source: Harvard Medical School Researchers

Ally Pronina
Opinions Columnist

September is Suicide Awareness and Prevention month, and individuals are sharing the barriers they face in mental health treatment.

While mental health has become less stigmatized over the years, there are still significant challenges for many in accessing care.

Aarushi Dervesh, a University of Iowa senior studying neuroscience, has been diagnosed with ADHD, generalized anxiety disorder, and major depressive disorder. She said her mental illnesses have impacted her schoolwork.

“Even in high school, I had to get pulled out of classes because teachers were concerned about how I was doing,” Dervesh said. “Obviously, we’re in college now. That’s not what professors are going to do. I feel like I have to do that for myself sometimes.”

Substance Abuse and Mental Health Services Information

Dervesh said she had to postpone exams and assignments. She claimed that once, a professor even took off points for an assignment she missed because she needed a second

“You don’t want anybody to think you are crazy.”

— UI professor Venise Berry

extension due to influenza, which she said worsened her anxiety.

“It’s a lot harder to balance the things people expect you to do to be a good student, especially if you are applying to grad school,” Dervesh said. “It’s really frustrating because things take you so much longer.”

Dervesh said she sees a psychiatrist at UI Student Health and receives accommodations set by Student Disability Services. She said she once tried to use University Counseling Services, but they were booked for the day and

told her to come back the next day.

Barry Schreier, director of UCS, said the counseling center has a long waitlist due to being short-staffed. He said a barrier college

students face in mental health treatment is finding the time in their busy schedules to go to therapy. “People who don’t need [mental health treatment] can’t understand what kind of a time commitment it is,” Dervesh said. “That, I think, becomes a barrier because people assume we have so much more time in our day than we actually do.”

UCS offers limited one-on-one counseling sessions. Outside of the university, therapy can be particularly expensive, especially for those with

more than one diagnosis, which can increase cost. People with comorbidities — having two diagnoses at once, such as ADHD and anxiety — have increased health care costs, according to a 2010 study.

Lack of representation a barrier

A lack of representation may also be a barrier because people don’t see themselves represented in mental health care. Schreier said students of color and members of the LGBTQ+ community might feel that way about the UCS staff.

Stigma and stereotypes can affect how people seek out mental health care. Venise Berry, professor in the UI School of Journalism and Mass Communication, is planning to call for submissions for an anthology book that will focus on how the “Strong Black Superwoman” stereotype impacts Black women’s mental health.

“Not only is that stereotype problematic in the sense of how people view Black people, but unfortunately, Black women have a tendency to try to expect it,” Berry said.

The “Strong Black Superwoman” stereotype is sometimes characterized by suppressing emotions, feeling an obligation to help others, resisting vulnerability or dependency, and determination to succeed despite limited resources, according to a 2010 study.

Berry said research shows that Black women tend to struggle more with anxiety and depression. In a study from the U.S. Department of Health and Human Services, Black girls in grades 9-12 were 60 percent more likely to attempt suicide than non-Hispanic white girls of the same age.

“[Black women] tend to take care of everyone but themselves,” Berry said. Berry said a barrier

women face in mental health treatment is hesitation to seek help.

“There’s this notion that you don’t give in to mental issues, that you ignore them,” Berry said. “You don’t want anybody to think you are crazy.”

LGBTQ+ mental health

LGBTQ+ youth also struggle with access to mental health resources. Age restrictions, inability to pay for treatment, and no transport to treatment, are reasons many youth receive mental health services from primary care providers instead of secondary mental health service providers, according to the Center for American Progress.

Oftentimes, LGBTQ+ youth tend to receive treatment from a primary care provider instead of a mental health professional because they fear a new professional will not support their identity.

According to the Centers for Disease Control and Prevention, LGBTQ+ youth attempt suicide at three times the rate of their peers, and they are five times as likely to commit suicide.

However, a supportive environment can lower those odds. In a 2011 study of lesbian, gay, and bisexual youth, they were significantly less likely to attempt suicide when they were in an environment that supported and respected their identity.

While barriers to mental health care exist, a few places on campus outside of UCS also offer resources for marginalized groups, including have resources available for marginalized groups. The Afro House is available to students of color, and LGBTQ+ students may visit the Pride Alliance Center, Pride House, or the LGBTQ+ clinic within UI Hospital and Clinics.

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MEN OFTEN OVERLOOKED

A 2019 research study found embracing certain aspects of masculinity, such as self-reliance, were associated with poor mental health and suicidal thinking.

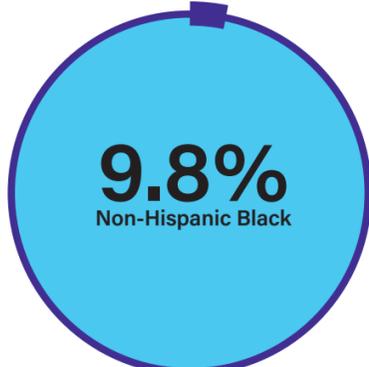
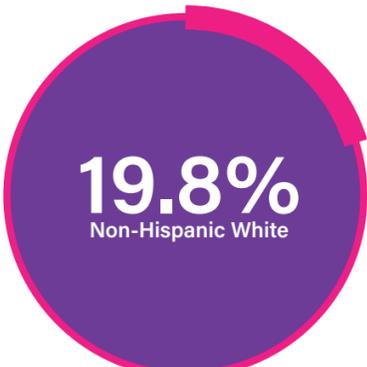
Men are more likely to see seeking help undermining societal expectations to be strong and self-reliant, according to a 2005 study. Men may also be less likely to seek help the worse their mental state gets.

The rate of suicide is highest in middle-aged white men. In 2019, white men accounted for 69.38 percent of deaths by suicide. A 2018 World Health Organization report found in high-income countries, three times as many men die by suicide compared to women.

The American Foundation of Suicide Prevention found men were 3.56 times more likely than women to die by suicide. Mental Health America found more than 6 million men in the U.S. have symptoms of depression every year, and more than 3 million experience an anxiety disorder.



Percentage of adults who received mental health services in 2019



Infographics above by Marandah Mangra-Dutcher

Calendar

Community Events on Campus

- Friday, Oct. 1 and 8, 11 a.m.: Chronic Health Support Group (Virtual)
- Friday, Oct. 1 and 8, 12:30 p.m.: Solidarity — Support Group for Students of Color (Virtual)
- Friday, Oct. 1 and 8, 1:30 p.m.: ADHD Support Group (Virtual)
- Friday, Oct. 1 and 8, 3 p.m.: Autism Spectrum Support Group (Virtual)
- Monday, Oct. 4, 6 p.m.: Queer Latinidad (Iowa Memorial Union)

- Tuesday, Oct. 5, 1 p.m.: LGBTQ+ Safe Zone: Phase II (University Capitol Centre)
- Friday, Oct. 8, 6 p.m.: María Cano Martínez Service Award Ceremony
- Monday, Oct. 11, 11 a.m.: Indigenous People’s Day (University of Iowa Pentacrest)
- Tuesday, Oct. 12, 11:30 a.m.: Black Student Support Group (Virtual Event)

Stay tuned for more Amplify sections and community chats in 2021.

HELLWEG

Continued from Page 10

center defender. The position changes continued into her junior season, when she began playing right back and holding midfielder while also maintaining minutes at center midfielder.

As a right back, Hellweg provides the right touch for passes into the midfield while defending opposing players out wide.

DiIanni said the 5-foot-8 senior has always possessed a strong technical soccer IQ. He added that Hellweg became more consistent as a defender while she got comfortable with the speed of play in collegiate soccer and investment in training for the sport.

"I think, since I've played so many different positions throughout the four years, that does bring something different to me playing right back now," Hellweg said. "Because I've had experience in the center back, which is right next to me, and the center mid, which is right in front of me. That's definitely helped out — knowing other positions to be able to play this position."

As a veteran on the squad, Hellweg leads by example. She comes off as shy, but her teammates know that's not all there is to her.

"Once you get to know her and open up, she is super outgoing — really likes joking around," senior midfielder Hailey Rydberg, Hellweg's roommate, said. "She always has that personality that can make you laugh, and she's just a great teammate and a great friend. You know that she's always going to be there for you cheering you on and just picking you up when you're having a bad day."



Dimia Burrell/The Daily Iowan

Iowa midfielder Olivia Hellweg kicks the ball upfield toward her teammates during a soccer game between Iowa and Northwestern on Sept. 19.

When the fall 2021 season concludes in November, it will mark the end of Hellweg's soccer career — something she

had thought would happen in spring 2018.

But she jumped at the opportunity to suit up in the Black and Gold

for four years, setting an example for her underclassmen teammates.

"She's somebody that you hope all of your

players resemble," DiIanni said, "that they get better in their four years, they're hungry and love the game of soccer, and

they graduate playing the best soccer of their career."

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MIRANDA

Continued from Page 10

little bit of climbing and we want her to put herself in the national conversation. Those are the days that de-

"I know that I have the skills to do it, that I could do it.

— Iowa women's golfer Paula Miranda

fine you as a college player."

Miranda thinks the key to improving under pressure is building internal trust in her game while out on the course.

"I think I just have to stay calm about it," Miran-

da said. "Don't think about it that much. Just go off and play like if it was the first day, every single day. I know that I have the skills to do it, that I could do it. So, I just have to trust myself throughout the whole tour-

name."

Iowa women's golf will play next at the Ron Moore Women's Intercollegiate in Highlands Ranch, Colorado, from Oct. 8-10.

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PCP

Continued from Page 10



Chris Werner
Sports Reporter

No

Friday night college games aren't cool. College football is for Saturday, not Friday.

I get that it's mainly a TV thing. I'm sure network executives think their games will get higher ratings on Fridays than they would on Saturdays because there are fewer games to compete against for viewership.

But Friday nights should be reserved for high school games. Part of

the fun of a colleg-football Saturday is watching games unfold nationally and hypothesizing how those contests will affect your favorite teams and their games.

Watching for upsets, keeping track of the conference standings, and hearing about breakout performances all add to

from a player's perspective, a Friday night affair throws off the practice schedule for the week. I think it's fine for the NFL to give its guys a short week of rest ahead of a Thursday night game. NFL players are paid employees, college athletes are not.

If you ask any player,

"While some people might say they enjoy an occasional Friday night college contest, I — for one — am a traditionalist who likes his college football played on Saturdays.

the college-football Saturday atmosphere.

Iowa won't be a part of that this week.

Instead, they'll play Maryland at 7 p.m. on Friday. You will wake up on Saturday and say to yourself, "There's an Iowa game today. Oh wait, no there isn't." And you'll be sad.

Looking at the schedule

they'll probably say they don't care when they play, but I think they're lying.

While some people might say they enjoy an occasional Friday night college contest, I — for one — am a traditionalist who likes his college football played on Saturdays.

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HAWKEYE UPDATES

Campbell named Big Ten Defensive Player of the Week

Iowa football junior linebacker Jack Campbell was named Big Ten Defensive Player of the Week on Monday, after recording a career-high 18 tackles in the No. 5 Hawkeyes' 24-14 win over Colorado State.

Campbell recovered a Colorado State fumble at the Rams' 6-yard line in the third quarter on Saturday. Iowa scored on the next play to tie the contest, 14-14. Campbell (6-foot-5, 243-pounds) is from Cedar Falls, Iowa. Against the Rams, he tallied seven solo tackles and 11 assists, and added three pass break-ups to go with his second fumble recovery of the season (touchdown at Iowa State Sept. 11).

Through four games, Campbell leads Iowa's defense with 43 tackles, including 19 solo stops. He has one forced fumble to go with his two recoveries, three pass break-ups and 1.5 tackles for loss.

Campbell is the third Hawkeye to earn conference accolades this season. Cornerback Riley Moss was named Defensive Player of the Week following Iowa's 34-6 season-opening win over then-No. 17 Indiana. Punter Tory Taylor shared the Special Teams Player of the Week honor following his performance in Iowa's 27-17 win at then-No. 9 Iowa State in Week 2. Campbell was also named Bronko Nagurski National Player of the Week Tuesday afternoon.

Iowa returns to Big Ten play Friday against Maryland. The game is scheduled to kick off at 7 p.m. CST at Maryland Stadium in College Park. The contest will air live on FS1.

Iowa men's wrestling sets nonconference schedule

The Big Ten Conference released its schedule for the 2021-22 wrestling season Sept. 15. The Iowa men's wrestling team will partake in eight Big Ten duals before the conference tournament begins at the Bob Devaney Sports Center in Lincoln, Nebraska, March 5. Four of Iowa's league duals will be held at Carver-Hawkeye Arena.

The Hawkeyes updated their schedule earlier this week to include nonconference opponents and tournaments. Four duals and two tournaments were added to Iowa's 2021-22 slate.

Iowa's season will open at Carver-Hawkeye Arena Nov. 19 when the Hawkeyes take on Princeton. The other nonconference opponent Iowa will face at home is Oregon State. The Hawkeyes and Beavers will wrestle each other on Nov. 27.

This year's Cy-Hawk wrestling meet is at Hilton Coliseum in Ames, Iowa. The Hawkeyes and Cyclones' dual is scheduled for Dec. 5.

The last of Iowa's nonconference duals will come Feb. 12 against Oklahoma State.

The Des Moines Register's Cody Goodwin took to Twitter Monday afternoon to report that Iowa and Oklahoma State's dual will be held at Globe Life Field in Arlington, Texas. Globe Life Field is currently home to Major League Baseball's Texas Rangers.

The Hawkeyes and Cowboys have wrestled outdoors before. On Nov. 14, 2015, Iowa and Oklahoma State wrestled in front of an NCAA-record 42,287 fans at Kinnick Stadium. The Hawkeyes won the dual — aptly named "Grapple on the Gridiron," — 18-16.

The two regular season tournaments Iowa is slated to compete in are the Rofkin Duals in Destin, Florida, Dec. 20-21 and the Midlands Championships Dec. 29-30.

The 2020 Midlands Championships weren't wrestled because of COVID-19.

The 2021-22 NCAA Championships will be in Detroit, Michigan, at Little Caesars Arena March 17-19.

Iowa is the reigning Big Ten, NCAA, and Midlands champion.

AP Top 25 Poll

- Alabama
- Georgia
- Oregon
- Penn State
- Iowa
- ...
- Ohio State
- Michigan
- Michigan State

QUOTE OF THE DAY

"I'm more of a bowl man, myself."

— Hawkeye QB Spencer Petras on his favorite menu item at Estela's Fresh Mex.

STAT OF THE DAY

18

Dual meet victories without a loss for Iowa men's wrestling.

From walk-on to starter

Senior defender Olivia Hellweg joined the Hawkeye program last-minute in 2018 and took on a starting position this season.



Casey Stone/The Daily Iowan

Iowa midfielder Olivia Hellweg goes to kick the ball during the Iowa soccer game against Southeast Missouri State on Sep. 12 at the Iowa Soccer Complex.

Isaac Goffin Sports Reporter

Iowa soccer senior defender Olivia Hellweg originally planned on attending the University of Iowa for business — not soccer.

Hellweg decided enrolled in the Tippie College of Business after she

was directly admitted to the school to start in the fall 2018. But she went back and forth on if she wanted to continue her soccer career past high school.

Before her senior season at Cedar Rapids Kennedy High School, her coach spoke to her about

walking on to the Iowa soccer program.

Hellweg got in contact with Hawkeye soccer head coach Dave Dilanni, and he offered her a walk-on spot in late spring 2018.

Fast forward to fall 2021, and Hellweg is the Hawkeyes' starter at right back.

"It was such a last-minute decision to play here," Hellweg said. "I've never been so grateful that I did, and have had the amazing people around me, past upperclassmen and the people now, it's just been an amazing experience."

When the marketing and business analytics

major first stepped out onto the pitch in the fall 2018, she competed as a center midfielder. Hellweg started three matches and scored one goal in her freshman season.

Her sophomore year, she transitioned to a

HELLWEG | Page 9

Miranda makes mark

Iowa women's golf freshman Paula Miranda made it into the record books in just her second event as a Hawkeye.



Gabby Drees/The Daily Iowan

Paula Miranda practices her putt at Finkbine Golf Course on Sept. 16.

Chris Werner Sports Reporter

Iowa women's golf freshman Paula Miranda came to Iowa City this fall after a successful summer on the course.

The freshman from Puebla, Mexico, placed third at the 72nd U.S. Girls' Junior Amateur, held from July 12-17.

So, it didn't come as a surprise when Miranda paced the Hawkeyes at the Dick McGuire Invitational Sept. 13-14 — their first event of the season. Miranda placed 32nd individually with a 5-over-par 221.

But Miranda vaulted herself into the record books at the Badger Invitational Sept 18-21 — her second event as a Hawkeye.

The freshman fired a bogey-free, 5-under-par round of 67 in the first round of the invitational and found herself with a three-shot lead on the field

after 18 holes.

Miranda's 67 was the second-best 18-hole score in Iowa women's golf program history.

In the following rounds of the Badger Invitational, Miranda struggled as she carded scores of 7-over-par 79 and 4-over-par 76 to finish tied for 20th.

Miranda said she put too much pressure on herself after day one, and her mindset cost her later in the invitational.

"I think I put a lot of pressure on me," Miranda said. "I was first that tournament. I wanted to shoot the same score the next two days. I would get mad if I missed a shot. It was just — it was in my mind."

Head women's golf coach Megan Menzel said she expects her players to have nerves if they get a lead after the first day. She believes Miranda's nerves will become easier to control with each event.

"I think it's so normal," Menzel said. "I think we had kind of had some conversations about that, but then it always is hard until you get out there and things maybe, you know, just aren't coming quite as easily."

Menzel added she was proud of how Miranda battled on the third day of the tournament to finish the best she could.

After a triple bogey and a double bogey in a three-hole stretch, Miranda played her final 13 holes in even par.

"I really thought the last day was actually pretty well-played," Menzel said. "She had some tough holes, you know, maybe would like to have back. Maybe didn't manage it quite as well as she would have liked, but she just really fought hard the last day... To walk out of there as a freshman with a top-20, we always just want to see a

POINT/COUNTER POINT

Should CFB be played on Fridays?

Two *DI* staffers debate the merits of Friday night college football.



Austin Hanson Sports Editor

Yes

Watching college football on Saturday is habitual and a bit ritualistic for me. It's easily the best day of the week to watch a game. Nothing beats kicking back on your couch, watching

ESPN's College GameDay, and then proceeding to consume 12 or more hours of football.

College football is a Saturday sport — there's no doubt about that. It's been rightfully played on the last day of the calendar week for decades.

I'm not going to argue that watching college football on Friday is better than watching it on Saturday — that'd be heinous, and I'd be lying if I said I prefer Friday contests to Saturday games.

What I will argue, however, is that Friday games are still fun to watch.

I understand that Fridays belong to high school football. But that's not as intriguing nationally, or sometimes even regionally. Let's be honest, you don't care about your high school football team unless you're in high school or have a family member or friend on the team.

So, really, Fridays — like Tuesdays and Wednesdays — were football-less before the Big Ten started playing games on the calendar week's penultimate day.

I'd much rather watch a live Big Ten football game on a Friday night than turn on Netflix to start Nickelodeon's "Avatar: The Last Airbender" for the 12th time.

What's the downside to football on a Friday? After a long day at work or school, you get to come home and watch a live game. It's great.

Just because a college football game is played on Friday doesn't mean it's bad — it's just different, and humans are resistant to change.

The matchups don't always light up college football's marquee on Friday night, but any college game is better than no college game at all.

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