

The Daily Iowan

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Study finds weightlifting prolongs life

University of Iowa professor Jessica Gorzelitz's study found active older adults live longer.



Isabella Cervantes/The Daily Iowan

Jessica Gorzelitz does overhead presses at Magni Gym in Coralville, Iowa, on Oct. 15. Gorzelitz is an assistant professor in the UI Department of Health Promotion and Human Physiology and specializes in exercise oncology. "Muscle strengthening activity like weightlifting has both physiological benefits and, our studies showed, mortality benefits," said Gorzelitz.

Grace Katzer
 News Reporter

Researchers, including a University of Iowa professor, followed subjects for nearly a decade and found weightlifting may prevent early mortality in older adults.

Jessica Gorzelitz is an assistant professor of health promotion in the UI's Department of Health and Human Physiology who joined the study to assist her colleagues in analysis writing and the peer review process. The study started in 1996 and published on Sept. 27.

"We had about 100,000 individuals who told us about their weightlifting behaviors, and then we followed them for about a decade," she said. "We were able to compare those who told us they weightlifted to those who did not."

Gorzelitz initially began her research a decade before the study started.

"It's what we call a cohort study, and these types of studies are very time intensive," she said. "They require a lot of time and a lot of resources."

According to the 2022 study, older adults who lifted weights experienced a 9-22 percent lower mortality risk.

The biggest difference in the study found a 47 percent decrease in the risk of death in adults who exercised compared to adults who did not.

Participants in the study ranged from 66 to 76 years old, and 28,477 out of the 99,713 participants died over the 9.6-year time frame.

According to the U.S. Bureau of Labor Statistics, 8.9 percent of people aged 15 and older participated in weightlifting between 2011-15.

WEIGHTLIFTING | Page 3A

INSIDE



Continuing the tradition
 Iowa volleyball outside hitter Audrey Black is originally from Colorado, but her family has connections to Iowa athletics.
 Page 8

ONLINE

UI Dance Marathon commits \$1.5 million to Stead Family Children's Hospital for new pediatric cancer professorship
 The announcement was made Monday in the Iowa Memorial Union.

DITV

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Wilson's Orchard and Farm to open new location

The local business will expand to Cumming, Iowa, in 2023.



Matthew Kennedy/The Daily Iowan

Wilson's Apple Orchard and Farm is seen in Iowa City on Oct. 13. The business will open a second location in Cumming, Iowa, in 2023.

Grace Katzer
 News Reporter

Wilson's Orchard and Farm, a business that opened in Iowa City in 1985, is expanding to the Des Moines Area. The new location is expected to open in spring 2023.

Paul Rasch, the owner of Wilson's Orchard and Farm, located at 4823 Dingleberry Road NE #1, said he initially

got the idea to add a second location two years ago when he was approached by Middlebrook, an agrihood in Cumming, Iowa, which blends an agricultural enterprise with a residential area.

"It's a residential development that features a tremendous amount of green space, walking trails, bike trails, but then also a farm, and it's all connected to that farm," he said.

Rasch said the farm will start development by planting a second orchard in Cumming along with a new restaurant and event center.

"It got us thinking, and expanding felt like a good way to take some of the lessons we've learned here to a different part of Iowa," he said.

Rasch made the announcement in an Oct. 15 video posted to the Wilson's Orchard and Farm website.

"We really wanted to do something meaningful, something that would leave the world a slightly better place than where we found it," he said in the announcement.

WILSON'S | Page 3A

Q&A | Andre Wright, founder of Wright House Of Fashion

Wright will open the first educational fashion house in Iowa City.

Emily Nyberg
 News Reporter

The Daily Iowan spoke with Andre Wright, a University of Iowa alum, about establishing the Wright House Of Fashion and the opportunities it will offer in Iowa City.

The Wright House Of Fashion will be located in the building previously owned by Iowa City Varsity Cleaners. It will open to the public in May 2023 and is the first educational fashion house in Iowa City.

Wright discussed his background in fashion, the projects he is currently working on, and the future of the Wright House Of Fashion.

The Daily Iowan: What is your background? How did you establish the Wright House Of Fashion?

Q&A | Page 3A



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WEIGHTLIFTING
Continued from Front

Gorzeltz said her interest in weightlifting started during her time at the National Cancer Institute. She noticed a lack of information related to cancer survivors and their exposure to weightlifting.

"I wanted to better understand how exercise in the post-diagnosis period can help individuals live longer lives and help reduce their symptom burden," she said.

After working with cancer survivors, the study moved toward mortality

risk, then expanded to include the mortality risk of older adults as a population, she said. Gorzeltz's research supports activity of any level for older adults.

"More [weightlifting] is better than some, but some is better than none at all," she said.

Gorzeltz's study was in the *British Journal of Sports Medicine*.

Now, Gorzeltz said she plans to bring her studies to the UI.

"Our next study is using the same data, and now we're going to isolate the effect and just study cancer survivors," she said. "Since

we did this in older adults, I want to pull out and separate individuals who might have had a [cancer] diagnosis to measure the effects of both aerobic exercise and weightlifting here on campus."

Gorzeltz's lab at the UI also helps individuals with cancer engage in physical activity.

"We can use the observational data and studies like this to understand patterns to see what outcomes are associated with exercise and use the results as a key piece of health promotion," she said.

Ethan Miera, UI Campus

Recreation and Wellness Center personal trainer, wrote in an email to *The Daily Iowan* he has seen many benefits of weightlifting in his personal life and with his clients.

"I have an older client, and I will always encourage them to get into weightlifting," Miera wrote. "Lifting weights is capable of not only improving musculature, but bone health as well. It will make it easier to do more common activities such as getting out of a chair or lifting something overhead."

Another trainer, Devin

Behrendsen, wrote in an email to the *DI* that weightlifting is about finding the best way to promote a healthy lifestyle.

"Weight training [is] even more important as we age," he wrote. "Having a stronger body can help to avoid accidents such as falls. Monitoring intensity and prioritizing recovery becomes exponentially more important as we age."

Luke McGrane, a second-year student at the UI, has lifted weights since he was 14 years old. "My experience has

been really good so far," he said. "[Weightlifting] makes me feel more energetic, focused, and just improves my mood in my day-to-day life."

McGrane said he doesn't know any older people who weightlift but but encourages those curious to take the challenge.

"Even simple resistance training is for flexibility and mobility in all ages, not just like for young people," he said. "It's really fun, and it's an enjoyable way to see yourself progress."

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WILSON'S
Continued from Front

Rasch said expansion began quietly in 2020 after he felt inspired by the overwhelming support the Iowa City community showed the business.

"We have bought a farm, planted an orchard, other grounds, opening for strawberry season in June of 2023," he said.

The new farm consists of 115 acres, with 30 acres

allocated to livestock while the rest is dedicated to flowers, fruit trees, vegetables, pumpkins, and natural prairies, according to the announcement. The new farm is 25 acres larger than the Iowa City location.

Rasch said the farm will be similar to the one in Iowa City and will operate an orchard, a restaurant, a cider house, and a market. Unlike the Iowa City location, the new

farm will have one primary facility that includes the restaurant, market, and cider house.

"All of our attention is basically focused on what consumers seem to be more and more wanting, which is connections to the outdoors and connections to the food and where it was grown," he said. "It's really becoming very clear that, especially in the younger generations, people are interested in those kinds of experiences."

Claire Conlon, a University of Iowa third-year student, is a regular customer at the orchard.

"I was just here last weekend with my family, and I came back to have the same kind of experience with my friends," she said.

Conlon said she enjoys connecting with all kinds of people in the area.

"Thinking that other people further away can experience the orchard, too, is really nice," she

said. "I have always enjoyed going to the orchard so close to home, and I think everyone should have that kind of environment nearby."

Kaitlynn Hamers, a UI third-year student, said the farm is a beloved location for family fun and apple picking.

"I remember coming here a lot growing up

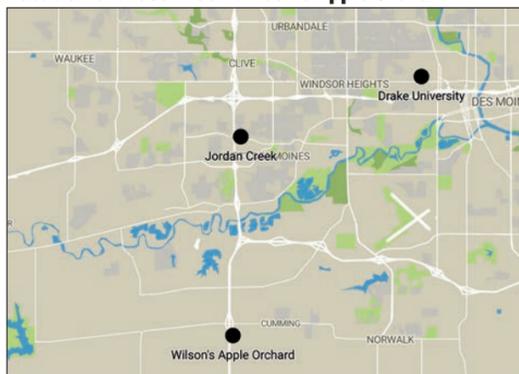
with my family, it always brings back good memories whenever I visit again," she said. "I go to the orchard probably once or twice every year because it's just a fun place to hang out and enjoy the fall weather."

Hamers said one of her favorite parts of the orchard is the great food offered throughout the

farm. "I am happy to hear that they are expanding because everyone loves the orchard, and more people should get to experience it," she said. "It's always busy when I visit, so I'm sure people will love it there, too."

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Location of the Johnson Wilson's Apple Orchard



Infographic by Archie Wagner

Q&A

Continued from Front

Andre Wright: I went to school [at the UI], got my BFA in graphic design, and after that worked in corporate America. Then, I started creating brands, my most recent being Humanize My Hoodie. I did a lot of local and national fashion shows, doing anything from fashion shows in the alleyways of Iowa City to shutting down full streets.

DI: You mentioned you are having conversations through fashion. What are the messages you are working to put out into the community right now?

Wright: What I've done is use fashion as a voice for social change and to bring across various political messages. I've also used fashion as a way to highlight joy amongst Black and Indigenous people from different collections that we've introduced.

DI: Transitioning to the Wright House Of Fashion specifically, what are you going to be doing with that space?

Wright: Our mission is to empower underrepresented populations using design, art, and sustainable practices as vehicles for change. We currently have a partnership with Warner Music where kids have the opportunity to take part in a 12-week course where they learn various graphic design techniques. Then, they learn about merchandise, marketing, e-commerce, and supply chain. From that information they're able to design for an actual artist that is on the Warner Music roster.

Essentially, what Wright House Of Fashion will be is a fashion accelerator where you can come in and you can actually practice fashion. So, if you wanted to create a brand and sell it out of this building, you would be able to do that because we will

have a dedicated incubator space that everyone who's a part of Wright House will have access to.

DI: How did the artists who come in and sell their work get involved?

Wright: There's a link on our website where you can actually sign up to be a part of that. We will be live May of 2023. For right now, in the plan that we have, people will take part in a graphic design and fashion merchandising accelerator, and they'll also take part in a financial education accelerator once they graduate from those two programs. They'll have access to use an incubator space where they can actually test their products before they actually go to market. We are basically building a fashion ecosystem.

DI: What are you excited to bring to the Iowa City community?

Wright: There has never been an actual fashion house that would focus on developing and birthing brands. So, my plan is to trailblaze and to pioneer something of that magnitude here. My goal is just to try to make sure that people know clearly who we are and what we do and that we're here to be a part of the community and support the community.

Editor's Note: This interview has been edited for length and clarity.

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Lillie Hawker/The Daily Iowan

University of Iowa alum Andre Wright poses in the Wright House of Fashion in Iowa City on Oct. 7.

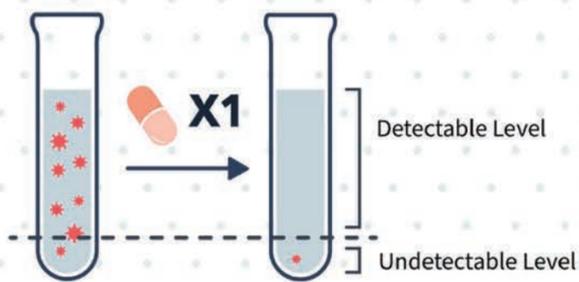


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Opinions

Reproductive health care must be recognized

The USG passing a resolution in support of sexual and reproductive health care is a step in the right direction.



Kyle Tristan Ortega
Opinions Contributor

The University of Iowa Undergraduate Student Government passed a resolution on Sept. 27 in support of sexual and reproductive health care accessibility. This is a step in the right direction because accessible sexual and reproductive health care should concern everyone.

After *Dobbs v. Jackson* overturned a national right to abortion this summer, more academic institutions and student groups should recognize the need for reproductive and sexual health care. Specifically, we

Reproductive health care reduces maternal deaths by

30%

Access to reproductive health services saves

1.4 mil

lives of children under 5 years old annually

U.S. Agency for International Aid

must acknowledge that accessibility to reproductive rights is vital in more than one way.

In terms of social and economic benefits, reproductive health care is a catalyst for empowerment.

Through services like family planning and contraceptive provision, individuals are given the autonomy, agency, and support they need to decide whether they want to have children or not, while also being given the necessary tools to aid them in the lifestyle of their choosing.

This will not only prevent unplanned and high-risk pregnancies, but it will also grant individuals greater educational and work-related opportunities. The capacity to regulate fertility and plan accordingly for childbearing enables individuals to fully focus their resources on school, work, and other forms of professional development. As a result, they would be in a better position to earn higher wages and find a job in their preferred professions.

With regard to public health, having accessible sexual and reproductive health care is vital because pregnancy-related complications and sexually transmitted infections account for one-fifth of the global diseases among all women, according to the Alan Guttmacher Institute.

Additionally, the U.S. Agency for International Development found reproductive health care services reduce maternal deaths by



University Student Government Sen. Hannah Williamsen speaks about reproductive healthcare for students at a USG meeting at the Iowa Memorial Union on Sept. 27.

30 percent annually and save the lives of 1.4 million children under five years old. Based on this information, it is clear reproductive health care is as needed as any other type of health care. For that reason, it should be made just accessible.

One more way reproductive health care is beneficial that is not talked about enough is the way it contributes to alleviating climate change. According to the UN, investing in universally accessible reproductive health care, family planning, and other forms of gender empowerment

would result in a 35 percent reduction of greenhouse gas emissions by the year 2100.

Reproductive health care is relevant to addressing population growth, which is a major contributor to climate change. With accessible reproductive services, people are given more bodily autonomy, which is one of the keys to managing our rapidly growing population.

Fortunately, Student Health at the UI currently offers a multitude of sexual and reproductive health care services to its students including:

- Sexually transmitted infection testing and treatment
- Prescription and non-prescription contraception, IUDs, and Nexplanon
- General gynecologic care
- Free condoms
- Medications for HIV prevention

These campus resources are vital. The accessibility of these services gives people the necessary resources to autonomously decide their own lifestyle, achieve their professional goals without being hindered, and promote their well-being.

The USG passing a resolution in support of this is undoubtedly a step in the right direction for the UI, and it will only get better if the university chooses to publicly support accessible sexual and reproductive health care as well.

Whether or not this support will translate to action cannot be determined at this time, but it is important to acknowledge that reproductive health care is important for many reasons and should always be made available to those in need of it.

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Recreational marijuana is Iowa's future

It's time Iowa joins the winning team and legalizes marijuana.



Chris Klepach
Opinions Contributor

Individuals with a federal charge for marijuana possession are no longer criminals.

President Joe Biden declared a pardon on Oct. 6 for thousands of individuals with a "simple marijuana possession." Any other crimes that relate to marijuana are excluded.

Iowa should follow this example of clemency by

decriminalizing recreational marijuana. Decriminalizing marijuana will create more equitable communities and give the state a stream of revenue.

Iowa is one of 31 states that criminalizes recreational marijuana use.

"As I said when I ran for president, no one should be in jail for using or possessing marijuana," Biden said in a statement. "It's already legal in many states, and criminal records for marijuana possession have led to needless barriers to employment, to housing, and educational opportunities. That's before you address the racial disparities around who suffers the consequences."

The charge for a first-time marijuana possession can include six months in jail. A second offense can include one year.

Black communities are disproportionately impacted by marijuana-related convictions. Black Iowans are 7.3 times more likely to be arrested for marijuana possession than white Iowans, according to the American Civil Liberties Union.

Decriminalizing marijuana would serve justice — but not enough of it — to many who had to live with the systems that follow petty charges like this.

Criminalizing marijuana is counterproductive for our communities and infrastructure. States around

Iowa that have decriminalized marijuana have seen its financial benefits.

In fiscal 2022, Illinois made \$445.3 million in marijuana tax revenue, Illinois Gov. J.B. Pritzker said in a press release.

"Illinois has done more to put justice and equity at the forefront of this industry than any other state in the nation and has worked to ensure that communities hurt by the war on drugs have had the opportunity to participate," Pritzker said.

Economic benefits

According to the Tax Foundation, the potential tax revenue to be made off of recreational marijuana

in Iowa would be \$50 million. However, keep in mind these are potential numbers. It could be higher, but we'll never know until we finally make adult recreational marijuana use legalized.

Medical cannabis is legal in Iowa under the 2014 Medical Cannabidiol Program. Last year, Iowa Cannabis Company opened their sixth store in the state in Iowa City.

However, the Medical Cannabidiol Program has its shortcomings.

Under the program, those with qualifying medical conditions will have to spend \$100 on a card after getting written certification from their primary care provider. If the pa-

tient receives social security disability benefits, the fee goes down to \$25. Currently, patients are only allowed 4.5 grams of THC per 90 days, exceptions are made for patients not finding relief or are terminally ill.

Gov. Kim Reynolds needs to see through the stigmas of marijuana and legalize its recreational use. While I don't agree with a lot of Biden's policies, the pardon is a step up in leadership, and Reynolds should follow.

The issue of legalizing marijuana goes beyond Republican or Democrat beliefs — it comes down to prosperity.

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COLUMN

Can you make 'real friends' in college?



Elise Cagnard
Opinions Contributor

transformative periods of your life. For the first time, you are independent.

Showing up at college, students are ready to make memories and discover who they are without the influence of their childhood home.

It makes sense that the people you meet during this period become cherished lifelong friends.

If they are there for you during possibly the most irresponsible and care-less period of your life, chances are they'll be there for you through life. In fact, a study by the Elon Center found

Yes

It is a well-accepted fact that college can be one of the most

that 79 percent of college graduates found their closest friend in college.

Later in life, there will of course be ample opportunities to make friends, but never as frequently or abundantly as in college.

College offers chances to socialize in ways that might not be so readily available in the future, such as joining clubs or getting involved in Greek Life.

This is one of the last periods of our lives that we are in constant communication with people going through shared life experiences.

Classes or events are also easy and convenient ways to make friends, and it likely won't be presented to university graduates again.

That's not to say every person you meet is going to be in your wedding party, but there is a reason that wedding parties so often contain college friends.

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Sophia Meador
Opinions Editor

people."

But that is not always the case. Despite what college tour guides and freshmen visiting their hometowns say, college is not the big social party it is made to appear.

Greek Life, student organizations, and campus events are advertised as the best ways to meet people. But this is not the reality for everyone.

In June, the Higher Education Policy Institute reported one in four college students felt lonely all or most of the time.

No

College is often thought to be the place where you find "your

In my experience, I have been fortunate to find a small group of friends who I consider real friends — meaning I anticipate our friendships to last beyond college. While I found a group of close friends in college, I did not meet them through campus activities.

I met most of my close friends working an off-campus part-time job. Some of these people are University of Iowa students, others are not.

This is not to say it is impossible to make real friends in college. In fact, the columnist to my left is my roommate and one of my closest friends. Although we met in college, our friendship was formed through mutual friends.

If you're a student struggling to form strong friendships, know you are not alone. Plenty of people do not make their lifelong friends in college, and that's OK. There's no wrong place or time to make friends.

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UI assistant professor creates cephalopod-inspired 'Softopus' robot

After receiving funding through the Office of Naval Research, 2023 Young Investigator recipient Caterina Lamuta will construct an underwater robot that resembles an octopus.



UI professor in the College of Engineering Caterina Lamuta poses for a portrait in the Seaman's Center on Oct. 13. Lamuta created a soft robot based off an octopus that acts like a real octopus.

Sydney Libert
News Reporter

A University of Iowa College of Engineering professor is expanding the understanding of underwater technology by creating a cephalopod-inspired soft robot, nicknamed "Softopus," which mimics the features of an

octopus. Caterina Lamuta, an assistant professor of mechanical engineering, was awarded the U.S. Office of Naval Research's 2023 Young Investigator Program. This year's competitive program selected 25 out of over 170 applicants seeking to receive funding for their proposed research.

Over a three-year period, Lamuta will receive \$502,242 to complete her project "Softopus: A Cephalopods-inspired Intelligent Soft Robot for Sensing, Manipulation, Locomotion, and Texture Modulation."

Lamuta said she finds inspiration from nature — including sea creatures.

"I thought that if we need a soft rubber, which is lightweight for underwater applications, we should take inspiration from real soft animals that swim and do a lot of crazy things in the water," she said.

The Softopus will be able to modify its texture, camouflaging into its surroundings using twisted

spiral artificial muscles. The artificial muscles appear as minuscule conical springs that can extend when voltage is applied, changing the roughness of the robot's skin. This behavior imitates papillae, the muscles in cephalopods that control skin protrusions.

Lamuta received a Young Investigators Award in 2021 from the Defense Advanced Research Projects Agency to develop the "smart skin," which can reduce drag and shed biofilms — the bacteria that builds up on web surfaces. By having the ability to detach biofilms, the robot is designed to be self-cleaning, Lamuta said.

"I get excited about octopi in general. They have so many functions that take a look at something that we can really do, and there was not a lot done in literature at the time, so I thought it would be worth exploring," Lamuta said.

This is not the first award Lamuta has received from the Office of Naval Research. The Office granted her \$430,000 in 2019 to improve the artificial muscles she developed as a postdoctoral fellow at the University of Illinois Urbana-Champaign with professors Sameh Tawfik and Nancy Sottos.

According to their study published in *Smart Ma-*

terials and Structures, the artificial muscle consisting of twisted and coiled fibers can lift up to 12,600 times their own weight with very small input voltage.

Lamuta's current Softopus project builds from her previous research and will include the two artificial muscles — the actuators that cause the robot to operate — in the tentacles of the robot.

The tentacles will help the robot grasp and move objects and crawl underwater.

Ching-Long Lin, UI professor and departmental executive officer of mechanical engineering, said Lamuta's invention is the first of its kind.

"If the project is completed successfully, the owner could use it for underwater monitoring, rescue, maintenance, and lots of applications," he said.

Lin said bio-inspired mechanics like the Softopus robot rely on observing how biological systems can solve problems and can use these findings to improve current technology.

"Some things are beyond our imagination, and that's why we have to learn from nature," he said.

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UI collaborates to offer legal services to Afghan immigrants

The Afghan Legal League of Iowa, comprised of University of Iowa experts, Drake University's Legal Clinics, and the Iowa Migrant Movement for Justice, hopes to expand access to legal services.

Archie Wagner
News Reporter

After an influx of Afghan evacuees traveled to Iowa in 2021, the UI Center for Human Rights and Legal Clinics helped start a clinic to provide legal assistance.

The Afghan Legal League of Iowa aims to address gaps in Iowa infrastructure surrounding immigration legal access. The program brings experts from the UI, Drake University's Legal Clinics, and the Iowa Migrant Movement for Justice.

In August 2021, approximately 76,000 Afghans were airlifted from Afghanistan following the governmental takeover by the Taliban. The Iowa Department of Health and Human Services allocated \$1.1 million over two years in response to more than 900 Afghans resettling in Iowa in April 2022.

UI Center for Human Rights Assistant Director Amy Weismann said she helps facilitate communication between the groups and create a statewide network for immigration services.

"There are a lot of people in the state who are already providing legal services and other kinds of services, other kinds of support to Afghans who come to Iowa," Weismann said. "We're hoping that through this arrangement we can help to elevate and expand those services."

The UI is offering refugee legal training and is representing some Afghans in their immigration cases.

Weismann said she hopes UI community members will get involved, especially those with proficiency in Farsi and Pashto — languages spoken by Afghans.

"We're working with law

students here at the University of Iowa — but also at Drake — to develop what we're calling a refugee legal core to help train law students with an interest in this area of law and then place them with some stipends in organizations around the state to build the capacity of those organizations to provide the kind of help that Afghans need," Weismann said.

Drake University Refugee Clinic Co-Director Suzan Pritchett said the university is providing services for asylum help, including training non-immigration pro bono attorneys and pro se clinics.

"We're providing ongoing mentoring and supervision to those pro bono attorneys who have an actual Afghan client they're representing through the entire process of helping that person apply for asylum," Pritchett said.

Applying for asylum requires filing paperwork with the government and interviewing with a U.S.

nity members, and asking them sort of the universe of information we feel like we need to be able to move

"We're providing on going mentoring and supervision to those pro bono attorneys who have an actual Afghan client they're representing through the entire process of helping that person apply for asylum."

—Drake University Refugee Clinic Co-Director Suzan Pritchett

Federal Asylum Officer, Pritchett said. Drake University is also creating a Virtual Help Desk for Afghan evacuees designed to answer questions about the immigration process.

"Both students in the Drake Legal Clinic and a student at the University of Iowa's immigration clinic are reaching out to community groups, stakeholders, Afghan commu-

on to designing this help desk," Pritchett said.

Iowa Migrant Movement for Justice co-legal Director Ann Naffier said Afghan evacuees are currently without refugee status and are on two years of temporary parole in the U.S. Many Afghans are told to apply for temporary protected status or get a work permit, she said.

"It's not a promise of

a green card, but at least would be a way for those folks who came on parole and don't have any other program available to them right now," Naffier said.

While allowing for legal status, Temporary Protected Status does not allow Afghan evacuees to bring over family members because sponsorship of family members is reserved for those with permanent legal immigration status.

Naffier said many of the evacuees thought getting to the airport and onto a plane would have been too dangerous for their spouses and children.

"They left them behind, thinking that they would be able to quickly bring them over and they would be able to reunite them in safety here in the United States. And that has not happened at all," Naffier said.

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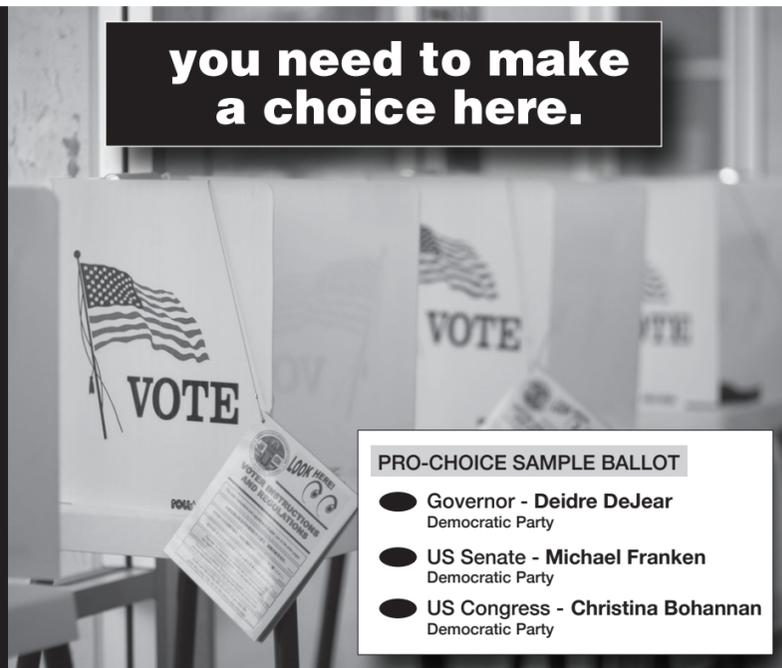
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Amplify

SWANA students matter

The University of Iowa should do more to make SWANA students feel like they matter.

Yasmina Sahir
Opinions Columnist

Middle Eastern, South-west Asian, North African, and Arab (SWANA or MENA) University of Iowa students — like myself — are wondering when the alienation, targeting of our community, and connotation with violence will end at the university.

My academic year started with one instance that told me anti-SWANA and Islamophobic ideology remain unchallenged on campus in 2022.

After an afternoon class, one student approached me and questioned my status as a second-generation Moroccan American. From here, the conversation quickly took a direction I am used to in Iowa.

“With my Christian mission group,” the student explained, “I’m going to Morocco to bring the Bible, love, and education. We know how much your people — especially women — are lacking basic human rights and opportunity.”

These types of conversations are never lengthy, but the feeling of my culture being unwelcome and wrong by white Americans never leaves.

As local media and academic misinformation promote remembering Sept. 11 on the anniversary of the 2001 terrorist attacks, the primary reason 9/11 is annually highlighted is not to remember the lives lost on that day or to celebrate any aspect of “American perseverance.”

Instead, these actions send a clear message at a primarily white institution like the UI: SWANA-identifying people matter less than citizens of the U.S. who ethnically identify as European.

When we only share stories about the SWANA/MENA region and culture around 9/11, we continue the idea that Islam in particular — but also the SWANA region and its people — only correlate with violence.

This rhetoric normalizes targeting SWANA and Muslim communities living in the U.S. and on campus.

Of course, individual students and professors aren’t

entirely to blame. The UI has a history of exclusion in its diversity, equity, and inclusion initiatives.

If the UI cared about diversity, equity, and inclusion, it wouldn’t gatekeep “person of color” and “marginalized” statuses to the American view of what these terms mean, which is known to be political, non-inclusive, or representative of actual diversity in the world.

There is no perfect solution to representation while using guidelines set by the U.S. system.

The grouping of many people under a singular label is a problematic practice. For SWANA/MENA, the only connection between these groups is their history of colonization, oppression of Brown and Black bodies, and the view that societies not shaped after European visions of civilization are ignorant and “savage.”

SWANA includes a diverse range of culture, language, and other forms of expression that thrived for centuries in their own ways across nomadic groups, empires, and other forms of community prior to European invasion in Asia and Africa.

One recent example of this disparity and conflation of all SWANA people is seen in the media coverage on the violence in Ukraine versus the Palestinian occupation.

Last year, after the initial Russian invasion of Ukraine, many of my class-

es were canceled for a few days for students to process world events. Professors even changed their syllabi to reflect the tragedies facing Ukrainians and hosted classroom discussions.

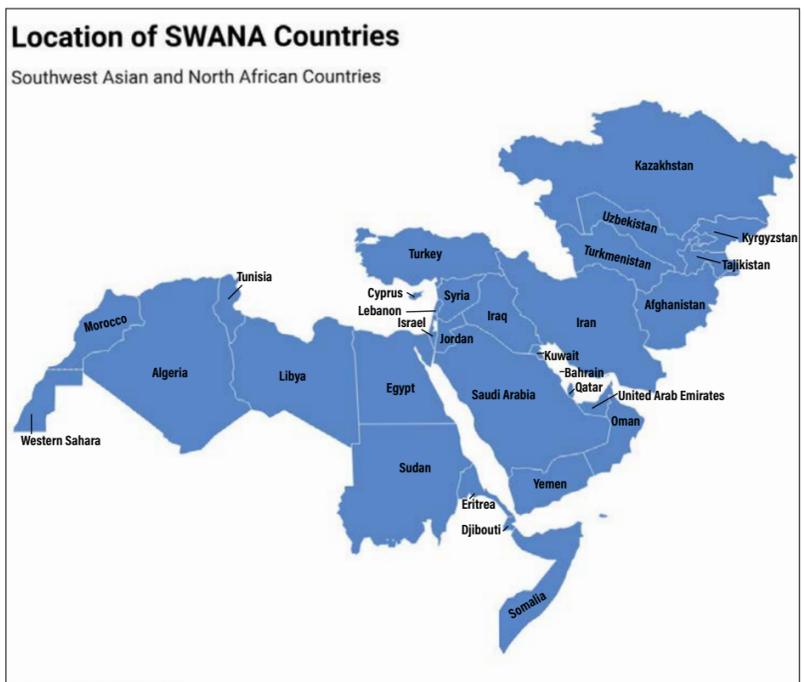
Many SWANA community members feel the actions of the Russian government against Ukrainians mirror the actions of Israeli leaders against occupied Palestinians. I have never had a professor highlight issues in Afghanistan, occupied Palestine, Egypt, or other SWANA countries still facing colonization, ethnic cleansing, and other forms of European invasion.

This problem continues outside the classroom and is impacting student organizations as well.

In conversation with the UI’s Undergraduate Student Government, myself, and Asel Nasr, a Libyan UI undergraduate student, we were shown through lack of response to emails and purposeful misleading statements that the creation of a SWANA constituency position is of low priority.

Constituency positions exist to represent the campus diversity and currently include Black, Latine, Asian and Pacific Islander, and representatives of other marginalized identities.

Before starting the now-year-long fight for the creation of a SWANA constituency position, Nasr and I



Infographic by Marandah Mangra-Dutcher and Ryan Hansen

were informed by SWANA UI faculty that advocating for our community on campus is not well received, and any initiatives to highlight SWANA oppression were a waste of time.

This academic year, both Nasr and I are feeling the impact and emotional burnout of these wise words of warning: No one wants to listen.

Although work with USG representatives began last fall, there has been little to no interest in a vote to get SWANA voices heard in USG discussions without Nasr and I taking on the labor of forcing USG’s hand in the matter.

One major point of pushback from UI administration on supporting SWANA DEI ini-

tiatives: SWANA/MENA people living in the U.S. must identify as white Americans under current federal legislation.

Following this national rhetoric, UI administrations have claimed these federal guidelines force UI to label SWANA students as white Americans, although many SWANA people do not feel this label is fitting for the level of discrimination and alienation they face.

In 2016, the federal Office of Management and Budget issued proposed changes to add North African and Middle Eastern as part of its race and ethnicity data collection. As of 2022, the change has not been nationally acted upon, and UI still does not officially recognize these identities as distinct from white Americans.

The argument of “impossible to change” didn’t hold true when actions of other Big Ten universities were considered.

University of Michigan does make a distinction between SWANA people and white Americans.

A representative of Michigan’s registrar’s office confirmed over the phone the university follows the undergraduate Common App racial/ethnic survey options, which includes a Middle Eastern/North African category.

Many SWANA community members on campus are sick of advocating and not being listened to. It is emotionally tiring labor, something that takes a specific drive and resiliency to overcome again, and again, and again.

SWANA students and staff that were reached out to for this article declined to comment, many of them citing that they didn’t believe prejudice would change if they were to speak out.

I don’t blame them. As a *Daily Iowan* journalist, I have written about the SWANA community multiple times. Even so, the fight for recognition on campus continues.

At this point, there is no end in sight.

“It’s been hard to sustain momentum on campus issues facing the SWANA community. Groups have been open to discussion, but not necessarily willing to take action,” Nasr said.

SWANA voices matter, their culture matters, and their lives matter. Many are left wondering when the UI community will start acting as if they believe that message.

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Isabella Cervantes/
The Daily Iowan
Pictured:
Yasmina Sahir

Calendar

Community Events on Campus



Friday Oct. 21, 12 p.m.: The International Writing Program Panel Discussion Series: “Images of America.”

Monday Oct. 24, 1 p.m.: BUILD: The Juxtaposition of Emotional Intelligence (EQ) and Cultural Intelligence

Wednesday Oct. 26, 1 p.m.: BGC/STS: Effectively Supervising International Students

Thursday Nov. 3, 9 a.m.: BUILD: Responsible Action - Disability Accommodations on Campus

Monday Nov. 7, 5 p.m.: WorldCanvass: 2022 International Impact and Global Student Awards

Tuesday Nov. 15, 3:30 p.m.: Latinx Council Monthly Meeting

Wednesday Nov. 16, 7 p.m.: LGBTQ Safe Zone: Trans Awareness

Thursday Nov. 17, 3:30 p.m.: Mokppang and Korean Culinary Masculinity in Neoliberal South Korea

Stay tuned for more Amplify sections and community chats.

TRADITION

Continued from Page 6A

eight kills. Despite Schmidt returning to the Hawkeyes' lineup during Iowa's hard-fought 3-2 loss versus No. 14 Penn State on Oct. 15, Black recorded eight more kills and a season-high three digs. It was the first time since 2000 that Iowa took Penn State to five sets.

"I think having the mentality about the team and not just me is important," Black said. "I think me and my teammates have a strong culture of helping each other out, and it's just helped me relax and get better throughout the season. I feel like everyone has my back and I have theirs."

While Iowa is tied with Rutgers and Michigan State for last in the Big Ten at 1-7,

the steady improvements under Barnes have been apparent in each match.

The Hawkeyes ranked 13th in the Big Ten last season in digs but have jumped to sixth in the conference this season with 13.90 digs per set. Iowa was held to a .194 and .171 hitting efficiency the last two seasons, respectively and the Hawkeyes have surpassed that mark this season hitting .212.

"I think just focusing on us and our side of the net has really helped us," Black said. "Coach always says to us, 'They're human too.' I think that honestly helps so much because we all deserve to be here, and I think we have a lot to prove this year."

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Lily Stence/The Daily Iowan

Iowa outside hitter Audrey Black spikes the ball during a volleyball match between Iowa and Wisconsin at Xtream Arena in Coralville on Oct. 14.

PREVIEW

Continued from Page 6A

at 141 pounds in 2020-21, battled knee problems at the Big Ten and NCAA Championships last season. And Michael Kemerer, who was runner-up at 174 pounds in 2020-21, fought through a shoulder injury for all of 2021-22.

Head coach Tom Brands, heading into his 17th season with Iowa wrestling, brought in 14 freshmen and three transfers ahead of the 2022-23 season to fill the holes left by five All-Americans — Kemerer, Eierman, Austin DeSanto, Kaleb Young, and Alex Marinelli.

125 POUNDS: Spencer Lee (No. 1 InterMat, WIN, Flo)

Lee is seeking to become the fifth-ever four-time NCAA wrestling champion during his sixth and final year for the Hawkeyes. Lee won the national championship in 2020-21 with two torn ACLs and went 3-0 in 2021-22 before deciding to undergo season-ending surgery to repair both knees.

The two-time Hodge Trophy winner enters this season with a career record of 75-8, and after months of recovery, it looks like Lee will continue to write his name in the history books.

I expect sophomore

Drake Ayala to redshirt this season. Ayala burned his redshirt last season as he filled in for injured Lee in the 125-pound weight class. Ayala posted a 17-8 record and placed eighth in the Big Ten Championships.

133 POUNDS: Cullan Schriever (No. 15 InterMat, No.17 WIN)

Schriever, out of Mason City, Iowa, is going into his sophomore year for the Hawkeyes, but his situation has been different from a typical two-year.

During the NCAA's free COVID year in 2020, Schriever went 3-1 for the Hawkeyes, which did not count against his eligibility.

Schriever posted a 15-5 record last season, and his experience has put him as a contender at 133 pounds.

133 POUNDS: Brody Teske (No. 15 Flo)

Teske is one of the transfers Brands brought in ahead of the 2022-23 season.

Teske committed to Penn State out of high school and posted an 11-6 record over two seasons with the Nittany Lions. After the 2019-20 season, Teske transferred to the University of Northern Iowa.

He was a Big 12 cham-

pion for the Panthers in 2021 and runner-up at the conference meet in 2022, qualifying for nationals at 125 pounds in both years.

Now, as a junior at Iowa, Teske is expected to be up a class at 133 pounds and will be competing for a spot against Schriever.

141 POUNDS: Real Woods (No. 2 InterMat, WIN, Flo)

Woods, a junior out of Albuquerque, New Mexico, is another transfer set to make an immediate impact in 2022-23.

Woods spent the last three years at Stanford University, where he earned two All-America honors and two Pac-12 championships.

He comes to Iowa with a 42-8 career record and is expected to replace Eierman, who was a four-time All-American at 141 pounds.

149 POUNDS: Max Murin (No. 7 InterMat, Flo, No. 8 WIN)

In his redshirt senior year, Murin is expected to compete at 149 pounds for the second season in a row. He previously wrestling at 141 pounds from 2017-20.

Murin is coming off a 14-5 record and third-place finish at the Big Ten Championships in 2021-22. He will have a challenging road ahead as

the 149-pound class returns some highly prized wrestlers in Ohio State's Sammy Sasso and Cornell's three-time national champion Yianni Diakomihalis.

157 POUNDS: Bretli Reyna (No. 33 InterMat)

Reyna redshirted in the 2021-22 season, going 6-5 in unattached matches at 149 pounds.

With the departure of 157-pound three-time All-American Young, Reyna is in the mix to bump up a weight class to fill the hole. Reyna went 0-2 at 157 pounds in the 2020-21 season.

While junior Cobe Siebrecht is not ranked, he is another potential Hawkeye that could compete for the 157-pound spot. Siebrecht went 5-2 at 149 pounds last season, winning a title at the Luther Open.

165 POUNDS: Patrick Kennedy (No. 17 InterMat, No. 18 Flo, No. 19 WIN)

Kennedy went 17-2 last season while competing unattached. His only losses came against Marinelli at the Luther Open and West Virginia's Peyton Hall at the Southern Scuffle. In May 2022, he won a U25 men's freestyle national championship at the World Team Trials in

Ohio.

Kennedy is looking to replace Marinelli, who was Iowa's 22nd four-time All-American and eighth four-time Big Ten Champion.

174 POUNDS: Nelson Brands (No. 15 InterMat, No. 16 Flo)

Brands wrestled at 184 pounds for his first two seasons at Iowa. When Kemerer, the Hawkeyes' first five-time All-American, injured his left shoulder last season, Brands bumped down to 174 pounds. Brands went 5-1 at 174 pounds last season and currently sits at 22-11 overall. I think he will stay in the 174-pound weight class this season.

184 POUNDS: Abe Assad (No. 12 InterMat, Flo, No. 14 WIN)

The junior out of Carol Stream, Illinois, posted a 14-10 record last year at 184 pounds while placing seventh at the Big Ten Championships.

Assad is seeking his first individual Big Ten and national title, but he will have to go through Penn State's No. 1-ranked two-time NCAA and Big Ten champion, Aaron Brooks.

197 POUNDS: Jacob Warner (No. 2 InterMat, WIN, Flo)

The redshirt senior comes into this season as Iowa's 23rd four-time All-American with a record of 75-20.

Warner was the only Hawkeye to qualify for the NCAA finals last season, and he lost, 3-2, to Penn State's Max Dean.

Warner is seeking his first Big Ten and national title, and with Dean back this year for the Nittany Lions, a rematch of the NCAA Championship match will take place on Jan. 27 at the Bryce Jordan Center.

Heavyweight: Tony Cassioppi (No. 4 InterMat, WIN, Flo)

Cassioppi is one of the national heavyweight favorites coming into this season. He placed second at the Big Ten Championships last year and seventh at nationals, bringing his overall record to 52-10.

Despite the departure of Minnesota's two-time NCAA heavyweight champion Gable Steveson, Cassioppi will have a tough path to a Big Ten or national title, as Penn State's Greg Kerkvliet and Michigan's Mason Parris rank inside the top three. Cassioppi is 0-3 all-time against Parris but is 3-0 in his career against Kerkvliet.

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MOTORSPORTS

Continued from Page 6A

and Wisconsin.

Lehmkuhl, Griffin McGrath, and others took turns racing the car at Hawkeye Downs, a race-track in Cedar Rapids, for a few years before Lehmkuhl bought his own Legend Car for around \$15,000 in 2019.

Lehmkuhl said he stores his car at Legends Direct — a perk of knowing the McGrath family. For transport, the driver uses a motorcycle trailer, which is much less expensive than a full car trailer.

Legend Cars are on the cheaper end of the race car spectrum both in terms of retail price and maintenance. The cars resemble

“Everybody's told me from growing up that races are not won on the racetrack; they're won in the shop

— Danny Lehmkuhl, legend car driver

would say that if a driver can get over half of their yearly expenses covered by sponsors, they'd be doing better than most.”

Lehmkuhl said expenses have added up even more since he started regularly traveling to Wisconsin in 2019 — each trip costs him about \$150 in diesel.

On top of driving, Lehmkuhl also works a day job at R/B Sales in Hiawatha that allows him to fund his racing career.

“It's definitely a hobby where you're losing money,” Lehmkuhl said. “It's an expense. There's no way to do it and make money unless you start with a lot of money or have really, really good sponsors.”

There are additional costs in variables and uncertainty in racing, including possibilities of tire punctures, engine and gear failures, and crashing. Lehmkuhl said crashes cost between \$200-\$500 to fix on average, but can get up to \$5,000.

“Maybe a sponsor says, ‘Hey, how much do you need? We'll cover half,’” Lehmkuhl said. The payout at Hawkeye Downs for the driver who wins a Legend Car race is \$225. At Jefferson Speedway in Cambridge, Wisconsin, where Lehmkuhl often races on Saturdays, the payout is \$250. In severe circumstances, Lehmkuhl said, drivers will have to sit out for a couple weeks and wait to come back until they get the money to make repairs.

Lehmkuhl said his most expensive crash cost was \$1,200, when two drivers wrecked in front of him and left him with nowhere to go. The crash broke his left front suspension. With

crashes and damage common in racing, Lehmkuhl said most drivers do their own repairs with welding equipment they trained themselves to use.

In a typical season, Lehmkuhl participates in 25 to 30 races, though some drivers participate in upwards of 50. Lehmkuhl said he went through all of 2022 without crashing, though his season was cut short by the six-week premature birth of his son, Brooks, in June.

“Everybody's told me from growing up that races are not won on the racetrack; they're won in the shop,” Lehmkuhl said. “And the fastest cars at the racetrack are the guys that spend their time in the shop and make sure every detail is perfect.”

Lehmkuhl said he's unsure whether his racing schedule will become less dense now that he's a father. But Lehmkuhl said it's much easier to maintain his current schedule with a Legend Car than it would be in other classes.

Besides driving, he usually spends at least a few hours every week making sure the car is ready for the track by tightening bolts and doing general upkeep.

“With an asphalt Legend Car, there's way less maintenance in my opinion,” Lehmkuhl said. “That's why it's an attractive class. You have a very difficult car to drive. It's very fun to drive and it's less than half the maintenance of a dirt modified.”

Lehmkuhl said the support from his family has been huge, with around 20 relatives coming to watch him from all across Iowa. The support has been key, Lehmkuhl said, because he wouldn't be racing without his wife's approval.

“If she didn't support it, it wouldn't happen,” Lehmkuhl said. “Because even the time on top of the money is more than most hobbies.”

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Contributed by Danny Lehmkuhl

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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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HAWKEYE UPDATES

Luka Garza signed to two-way contract with Minnesota Timberwolves

Former Hawkeye Luka Garza signed a two-way contract with the Minnesota Timberwolves on Saturday. The center will likely start the season with the Iowa Wolves in Des Moines.

Garza, the 52nd pick in the 2021 NBA Draft by the Detroit Pistons, played one year on a two-way contract with the Pistons before he was released in June. Garza signed a Summer League contract with the Portland Trail Blazers and was released again before signing a training camp contract with Minnesota.

Garza had a strong preseason with the Timberwolves, averaging 7.3 points and 2.3 rebounds in four games. He shot 61 percent from the floor and 66 percent from the 3-point line.

The Timberwolves already have Rudy Gobert and Naz Reid as centers on the roster, so Garza will likely have to fight for playing time in the NBA.

Joe Wieskamp waived by San Antonio Spurs

The Iowa field hockey team is on a five-game road trip before it returns to Grant Field in Iowa City for its last game of the season against Michigan State on Oct. 28.

Former Iowa men's basketball guard Joe Wieskamp has been waived by the San Antonio Spurs, the team announced Monday.

The Spurs had to clear one roster spot to hit the 15-player maximum ahead of the season.

Wieskamp was picked 41st by the Spurs in the 2021 NBA Draft. He signed a one-year, two-way rookie contract for the 2021-22 season and appeared in 29 games in San Antonio, averaging 2.1 points. He played in 15 games for the Austin Spurs, San Antonio's G-League affiliate, averaging 17.1 points.

Following his rookie season, the Spurs signed Wieskamp to a full NBA two-year, 4.4 million contract for the 2022-23 and 2023-24 seasons. The first year of his contract was guaranteed, so he'll earn \$2.175 million from the Spurs unless he is claimed by another team.

Caitlin Clark named to Nancy Lieberman Award watchlist

Iowa women's basketball junior guard Caitlin Clark made the Nancy Lieberman Award preseason watch list, the Naismith Basketball Memorial Hall of Fame announced Monday.

Clark is the reigning Nancy Lieberman Award winner, which is given to the best point guard in women's college basketball that exemplifies floor leadership, playmaking, and ball-handling skills.

There are 20 total point guards on the preseason award watch list, including Emily Ryan of Iowa State and Makenna Marisa of Penn State. The Hawkeyes will play both teams this season.

Clark is the reigning Big Ten Player of the Year and was a finalist for the Naismith and Wooden national awards.

Iowa women's basketball debuts at No. 4 in preseason AP Poll

The Hawkeye women's basketball team is fourth in the Associated Press' preseason poll released on Tuesday — the highest preseason ranking since 1994 and the second-highest in program history.

Iowa is behind No. 1 South Carolina, No. 2 Stanford, and No. 3 Texas in the preseason poll.

The Hawkeyes were the 2021-22 Big Ten regular season and tournament champions and a No. 2 seed in the NCAA Tournament. Iowa hosted the first two rounds of the national tournament at Carver-Hawkeye Arena and were upset by No. 10 Creighton in the second round.

Ahead of the 2022-23 season, Iowa was also picked by conference media and coaches to repeat as Big Ten champions. Clark was also voted to repeat as Big Ten Player of the Year in 2023.

This season, Iowa will return all-five starters for a second straight year — Clark, fifth-year senior Monika Czinano, and seniors Kate Martin, McKenna Warnock, and Gabbie Marshall.

Iowa State women's basketball is ranked eighth in the preseason AP Poll. There are five other Big Ten teams in the preseason poll: No. 11 Indiana, No. 14 Ohio State, No. 17 Maryland, No. 22 Nebraska, and No. 25 Michigan.

QUOTE OF THE DAY

"The 'stache is back, it's getting colder out."

—Iowa football CB Riley Moss on the return of his mustache.

STAT OF THE DAY

24

— Number of touchdowns Ohio State QB CJ Stroud has thrown in six games this season.

Continuing the tradition

Outside hitter Audrey Black is originally from Colorado, but her family has connections to Iowa athletics.



Isabella Cervantes/The Daily Iowan

Iowa outside hitter Audrey Black bumps the ball during an Iowa volleyball media conference and scrimmage at Xtream Arena in Coralville on Aug. 20.

Kenna Roering Sports Reporter

Outside hitter Audrey Black from Aurora, Colorado, has made her case for being a valuable player for Iowa volleyball this season.

Black was originally drawn to the Hawkeyes because of the city and the "Iowa Nice" attitude witnessed while on campus. But Black already had connections to the state of Iowa and the university before ever stepping foot in Iowa City.

Black's great uncle, James

Wearmouth, played football at Iowa.

"It's kind of funny because I didn't find that out until after I committed," Black said. "And then I found out my grandparents were from Iowa. They were like, 'We're from Sioux City, did you know that?' I guess my dad just failed to mention that to me."

Wearmouth, from Denison, Iowa, was a freshman on Iowa's 1958 Big Ten Championship team and played in the Hawkeyes' 1959 Rose Bowl Championship game. He was one of

58 Hawkeyes to win a freshman numeral award.

Black, continuing the family tradition in Black and Gold, played in all 20 matches as a freshman in 2020-21 and recorded five double-digit kill performances.

In her sophomore season, Black competed in 39 sets, registering 46 kills on .330 hitting and nine digs.

Now, as a junior under first-year head coach Jim Barnes, Black has competed in 32 sets so far. She's already exceeding her kills and digs from last season

with 50 and 14, respectively.

"[Outside hitter Edina Schmidt] was out for a little bit, and Audrey has come in and played really well," Barnes said. "She's done a great job within her role."

Black's contribution on the court started picking up on Oct. 5 when Iowa forced No. 5 Purdue to five sets in West Lafayette. The Hawkeyes ultimately fell, 3-2, but Black played in all five sets and recorded eight kills on .350 hitting.

In Iowa's five-set victory over Indiana on Oct. 10, Black recorded six kills and

two digs.

Black's positivity when she was on and off the court was integral to the bounce-back win over the Hoosiers, who swept the Hawkeyes in the teams' first meeting on Sept. 28.

"I'm probably over-positive sometimes because I just don't want us to shut down," Black said.

On Oct. 14 inside Xtream Arena during Iowa's 3-0 loss to No. 5 Wisconsin, Black recorded a season-high .412 hitting percentage with

TRADITION | Page 5A

COLUMN

Iowa men's wrestling lineup preview

The Hawkeyes enter the season ranked No. 2 in the nation behind reigning national champion Penn State.



Ryan Adams/The Daily Iowan

Iowa's Spencer Lee wrestles North Carolina State's Jakob Camacho during the red pool championship match-up of the National Collegiate Duals between Iowa and North Carolina State at Northwest Florida State College in Niceville, FL on Dec. 21, 2021.



Kenna Roering Sports Reporter

With just a few weeks until the start of the 2022-

23 men's wrestling season, preseason individual and team national rankings have been released across InterMat, WIN, and Flo.

Here's a breakdown of where the Hawkeyes rank heading into the season and my lineup projections.

Team (No. 2 InterMat, WIN, Flo)

The Hawkeyes come in at No. 2 behind reigning national champion Penn State. Iowa finished third in the team race at the NCAA Championships last season — an underwhelming finish after capturing Iowa's first national title in 11 years tin 11 years in 2020-21.

Iowa was plagued with injuries during the 2021-

22 postseason, as the Hawkeyes entered the year with three returning NCAA finalists, and none of them made it past the quarterfinal round.

Spencer Lee, who won his third 125-pound individual title in 2020-21, missed the second half of the 2021-22 season with a knee injury. Jaydin Eierman, who finished second

Funding car races

In a sport that continues to get more expensive, Legend Car driver Danny Lehmkuhl leans on sponsorships and connections.

Sam Knupp Sports Reporter

Danny Lehmkuhl participates in Legend Car races in Iowa and Wisconsin every summer weekend.

But Lehmkuhl isn't racing for large cash prizes or a promise of a lucrative career in the future. He's doing it for the love of racing.

With a hobby that can cost thousands of dollars per year, Lehmkuhl said sponsorships play a huge role in allowing him and other local drivers to continue. Buying a car, refueling, repairing damage, replacing and adding parts, storage, transport, and general tuning all cost money.

Lehmkuhl, 33, said most of the companies that sponsor Legend Cars are doing it because of connections.

"If I see somebody sponsoring another car, I try to go support him if I can," Lehmkuhl said. "But really, in our world, they're not sponsoring a NASCAR team. They're not expecting these local Legend drivers to turn around their marketing program, or drive a bunch of business to the front door."

Lehmkuhl started racing Legend Cars part-time in 2015. He shared a car with a friend, Griffin McGrath — the owner of Mike McGrath who owns Legends Direct, a Legend Car supplier for Iowa

PREVIEW | Page 5A

MOTOSPORTS | Page 5A

80 Hours

THIS WEEKEND IN ARTS AND ENTERTAINMENT

WEDNESDAY, OCTOBER 19, 2022



Mastering the art of calligraphy: UI professor shares beauty of lettering with Iowa City

Cheryl Jacobsen is a freelance artist who has shared her artistry and lettering with the community for almost 30 years.

Weekend Events

20 THURSDAY

DANCE
KCCDT NIGHT
 4 P.M., UNIMPAIRED DRY BAR, 125 E. BURLINGTON ST.

FOOD
UC NEWCOMERS COFFEE
 9:30 A.M., CORALVILLE PUBLIC LIBRARY, 1401 5TH ST.

MISC.
PLANT AND POUR WITH BENO'S FLOWERS
 6 P.M., VUE ROOFTOP, 328 S. CLINTON ST.
BUR OAK LAND TRUST GOLD-EN HOUR PHOTO FUNDRAISER
 9 P.M., TERRY TRUEBLOOD RECREATION AREA, 579 MCCOLLISTER BLVD.
LIGHT'S OUT
 6:30 P.M., ECLYPSE HAUNTED ATTRACTION, 171 HIGHWAY 1 W.

21 FRIDAY

MISC.
TREE TOURS: NATURE WALK & TALKS
 12 P.M., MACBRIDE HALL, 17 N. CLINTON ST.
HALLOWEEN CARNIVAL
 5:30 P.M., ROBERT A. LEE COMMUNITY RECREATION CENTER, 220 S. GILBERT ST.
PRIVATE 'DEMUN JONES' MEET N' GREET
 6 P.M., WILDWOOD SMOKEHOUSE & SALOON, 4919 WALLEYE DRIVE SE

KIDS NIGHT IN
 6 P.M., CORALVILLE RECREATION CENTER, 1506 8TH ST.

FAMILY FRIDAY NIGHTS
 10 P.M., WILSON'S ORCHARD & FARM, 4823 DINGLEBERRY ROAD NE

MUSIC
KARAOKE
 6 P.M., MILLSTREAM BRAU HAUS, 741 47TH AVE.
CHUCK MURPHY
 6:30 P.M., ELRAY'S LIVE & DIVE, 211 IOWA AVE.

22 SATURDAY

FASHION
ALL ABOUT THE QUEENS - LINGERIE FASHION SHOW
 6 P.M., WILLOW CREEK THEATRE COMPANY, 327 S. GILBERT ST.

MISC
PURGATORY
 6:30 P.M., ECLYPSE HAUNTED ATTRACTION, 171 HIGHWAY 1 W.
FLOATING PUMPKIN PATCH
 11:30 A.M., ROBERT A. LEE RECREATION CENTER, 220 S. GILBERT ST.

MUSIC
THE BELLAMY BROTHERS
 8 P.M., FIRST AVENUE CLUB, 1550 S. 1ST AVE.

LITERATURE
MARGO PRICE
 2 P.M., PRAIRIE LIGHTS BOOKS & CAFE, 15 S. DUBUQUE ST.

23 SUNDAY

ART
INTERMEDIATE LETTERPRESS
 1:00 P.M., PUBLIC SPACE ONE, 229 N. GILBERT ST.

MISC
2ND ANNUAL HALLOWEEN PAWTY
 10 A.M., PRESS COFFEE, 1120 N. DODGE ST.
IOWA CITY FLEA MARKET
 11 A.M., CLOSE HOUSE, 538 S. GILBERT ST.
IOWA CITY TRAIN SHOW AND SWAP MEET
 2 P.M., 4261 OAK CREST HILL ROAD SE
HARVEST A PUMPKIN IN OUR AQUATIC PUMPKIN PATCH
 2:45 P.M., 520 W. CHERRY ST.

OCTOBER MOON CIRCLE
 6:30 P.M., HOT HOUSE YOGA, 250 12TH AVE.

THEATER
ROCKABYE
 7 P.M., UI THEATER BUILDING, 200 N. RIVERSIDE DRIVE

ASK THE AUTHOR

Mary Helen Stefaniak

Mary Helen Stefaniak, an Iowa Writers' Workshop graduate, discusses her latest book "The Six-Minute Memoir: Fifty-Five Short Essays on Life" ahead of a reading at Prairie Lights.

Charlotte McManus
 Arts Reporter

Mary Helen Stefaniak is an author and retired professor of English and creative writing at Creighton University. She graduated from the Iowa Writers' Workshop in 1984 and is currently an Iowa City resident. She has written five books, and her most recent, "The Six-Minute Memoir: Fifty-Five Short Essays on Life," will release on Oct. 25. It will be her first nonfiction book. To celebrate the release, Stefaniak will give a reading at Prairie Lights on Oct 25.

The Daily Iowan: Was this a collection of writings you did for "Iowa Source," the statewide magazine?

Mary Helen Stefaniak: Yes. A column that I wrote for over 20 years, really, although I didn't always write them every month. But I did write them with some frequency.

DI: What was it like rereading and considering these essays again?

Stefaniak: Well, you know, it was mostly kind of fun. Because I left them out, there were five more in the book. There were more than that — but some of them were sort of topical. There was something that was coming up. Usually, those didn't have a sort of lasting kind of value for a reader. So, there are some others that we just decided weren't as — sometimes you were kind of rushed to writing, right — although I had the opportunity now to revise them — but it wasn't really so much were they rushed or not, but

were they as good as the others? It's more like, "Did they have more to them?" So this is my first book of nonfiction. You might have one, for example, about squirrels but with a lot more depth, so that it's not just about squirrels. So those are the ones that made it in, for the most part.

DI: What do you find that nonfiction does that fiction can't or doesn't do?

Stefaniak: Well, it sort of pins it all on the author. You know, that's the nature of it, and people read nonfiction and they think they've gotten to know you. But, of course, that's the you that's on the page. It's not the you that's sitting across from me. So it's sometimes — they say that one of the biggest differences between them is that when you're writing fiction, you admit that you're writing fiction, you admit that you're making this even when you're writing very close to your life. It's fiction, but you want the tagline to be, "I'm making this, right?" And I'm fabricating here, right? Of course [in nonfiction] you make some things up and do some fabrication. It's not so much that you change the facts or what people said — things like that. You might reconstruct sometimes what people said, but you want people to recognize that you're presenting it. You're not making it up. Even though you might be making it, in both fiction and nonfiction, you're not carrying a transcriber. But very often a piece will begin for me like, "Oh, I want to write about this in a column because of a conversation that I had with someone," so it is exactly what we



Isabella Cervantes/The Daily Iowan

said. So I don't have to make up dialogue. I wouldn't. But what if I don't know what they said?

DI: Right. You said you sometimes reconstruct what people said in nonfiction.

Stefaniak: Well, I think that happens. If you're writing a memoir that covers an earlier period in your life, you don't want to just have to summarize and summa-

rize and summarize. You might write a scene where this is absolutely true to what was said, but not necessarily exactly those words. Or there was some throat-clearing, but I left that out.

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Style Guide:

Creative couples costumes

Decade-inspired looks are everybody's favorite last-minute costume idea. But with a few weeks until Halloween, it's not too late to do more than that.

Ari Lessard
 Assistant Arts Editor

Dressing up has always been my favorite part of Halloween. With my boyfriend, I've unlocked a new realm of costume possibilities, but it can be daunting to navigate the options. Here are some of my favorite pop culture inspired couples costumes.

Harley Quinn and Poison Ivy, DC Comics

I'm so tired of seeing Harley Quinn and Joker costumes given their relationship is anything but aspirational. This is especially true because of how cute Harley and Ivy look as a couple and how iconic their costumes are (not that a Joker costume isn't iconic). These costumes are everything.

Princess Bubblegum and Marceline, "Adventure Time"

A pink fit-and-flare dress and purple belt with a small crown would make for a perfect Princess Bubblegum costume. For Marceline: dark hair, black lipstick, a grey tank top, blank pants, and red shoes.

Raven and Starfire, "Teen Titans"

For Raven: a purple cloak, black shirt, black pants, black boots, a purple bob wig, red jewelry, and a red diamond in the middle of the forehead that could be painted on with several different makeup strategies. For Starfire: a red wig, a purple crop top, a purple miniskirt or short-shorts, green jewelry, and silver accessories.

Needy and Jennifer, "Jennifer's Body"

"Jennifer's Body" is an iconic film with memorable costumes and fun photo opportunities. The Jennifer costume I favor for both price and memorability is her mini-crop pink heart sweatshirt, a heart pendant, heart earrings, a dark pink tank top, low-rise jeans, and pink tie sandals. For Needy, just dressing as an early Y2K nerd is the look: glasses, low-rise jeans, a long sleeve shirt under a random short sleeve shirt with hair half up and half down. Low-rise jeans are the cornerstone of these outfits.

Ed and Stede, "Our Flag Means Death"

This pairing is more or less two typical pirate costumes, but Stede would wear bright colors while Ed would wear dark ones.

Bert and Ernie, "Sesame Street"

Go rewatch some Sesame Street for inspiration — more of a casual Halloween

look.

Rocky and Dr. Frank-n-Furter, "Rocky Horror Picture Show"

A classic combo; there are a plethora of directions to take these costumes. For Rocky, a golden speedo is all you need. For Dr. Frank-n-Furter: a sparkly black corset, assless chaps, black leather gloves, and a pearl necklace. For makeup: red lipstick, white concealer, and a dramatic smoky eye.

Lil Nas X and Satan

This costume based on Lil Nas X's controversial music video "Montero (Call Me By Your Name)" has been all over the internet.

Jim and Pam or Dwight and Angela, "The Office"

There's a reason why you can walk around campus any day of the week and see someone with Dunder-Mifflin paraphernalia. "The Office" was a cultural phenomenon, meaning the likelihood of it resonating with your partner is higher.

Han Solo and Princess Leia, "Star Wars"

This was a bit outside my boyfriend and I's price range. However, "Star Wars" is another monument of pop culture. With enough money, this would be iconic.

Shrek and Fiona, "Shrek"

Gen Z seems to love Shrek. A Fiona costume is also a good way to dress up as a princess without your boyfriend having to follow suit thematically.

Kim Kardashian and Kanye West

Another pop culture staple — my boyfriend and I love this as a concept. However, this costume can only be a crowd favorite if done respectfully.

Ariana Grande and Pete Davidson

For Ariana Grande: a tight ponytail, straightened hair, hair glitter, an oversized sweatshirt, boots, and small black cat ears. For Pete Davidson: a white t-shirt, oversized jeans, tattoo sleeves, and hair gel.

Danny and Sandy, "Grease"

Another classic couples costume, this one would be difficult to talk my boyfriend into. He doesn't want to use grease. Still, this one could be fun.

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Parker Jones
 Arts Editor



Big Mouth Season 6

One of the most popular shows on Netflix and one of the most popular animated comedies of all time, "Big Mouth" will return to the streaming site for its sixth season on Oct. 28. The coming of age series geared toward adults tells the story of Andrew, a teen in middle school battling the nightmare of puberty. Along the way, his close friends Nick and Jessi find themselves in a budding romance, while all the kids deal with their ever-present shoulder angels known as the "hormone monsters." The series is noted for its raunchy humor and blunt exploration of topics like the human body and sex.

The show debuted its first season on Netflix in 2017, and its latest episodes wrapped up in 2021. Created and produced by several comedy legends in the entertainment business, the sixth season will see the return of several crew members, including lead writers Andrew Goldberg, Nick Kroll, Mark Levin, and Jennifer Flackett. The cast will also see the return of many familiar faces like comedian John Mulaney as Andrew, Kroll as Nick, Jessi Klein as Jessi, Jason Mantzoukas as Jay — another brash teenager — and Maya Rudolph as Connie the hormone monstress who frequently urges Jessi and Nick to engage in their wilder desires.

In May 2022, the straight-to-order spinoff series "Human Resources" premiered, set within the same "Big Mouth" universe. With a seventh season already in production and scheduled to debut next year, the popular raunchy cartoon shows no signs of slowing down.

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UI professor shares lettering with IC

University of Iowa calligraphy professor Cheryl Jacobsen also works as a freelance artist and has shared her artifact art and lettering with Iowa City for almost 30 years.



Cheryl Jacobsen poses for a portrait in her studio on Oct. 12. She is surrounded by supplies and projects.

Matthew Kennedy/The Daily Iowan

Stella Shipman
Arts Reporter

Using quick and intricate swishes of ink on paper to create one-of-a-kind lettering, Cheryl Jacobsen has captivated Iowa City with the art of freelance calligraphy. She is a freelance artist and has been a professor at the University of Iowa's Center for the Book for almost 30 years.

Over the course of her career, she has participated in numerous teaching jobs, calligraphy conventions, and workshops around the world.

As a young girl, she was given her first calligraphy manuals by her grandfather and fell in love with the art of producing decorative lettering with ballpoint and fountain pens. Her lifelong passion for calligraphy slowly drove her to return to art after working in the genetics lab, and calligraphy became her career.

"I really love the translation of movement into writing, and whether it's very legible — or almost

more when it's illegible because you really capture both movement and meaning — creating visual representations of people's ideas," Jacobsen said.

“You really capture both movement and meaning — creating visual representations of people's ideas.

— Cheryl Jacobsen

Jacobsen started college at Iowa State University on the pre-veterinary track because she loved animals. She eventually switched to medical illustrations to work more closely with drawing and graphic design. After graduating in 1984, she moved to Iowa City and worked as a research assistant in a genetics lab studying fruit flies.

When Jacobsen found calligraphy again, she pursued freelance art instead of attending graduate school. Some of her first assignments involved making calligraphic signs for clients.

She continues to make hundreds of signs for the Iowa Writers' Workshop. She also designs wedding invitations and special projects like the adaptation of the original "Be-

owulf" text on vellum in Old English, which she displayed at the James Theater for its production of "Beowulf" on Sept. 30. Thanks to the rich arts scene in Iowa City, Jacobsen said she has been exposed to a wide array of jobs and opportunities.

"It's the people that live here with all their diverse ideas and the whole interchange that I've gotten to have with other scholars through the university, especially sort of pulling together manuscript people and crafts people, is really, really exciting," Jacobsen said.

Jacobsen said calligra-

phy is more difficult than it sounds because people are not used to writing in such an artistic way. It requires a certain amount of perfectionism and a certain amount of release. Jacobsen said she struggles to help her students find this balance when she teaches.

Jacobsen combines mediums of drawing and painting with objects she is drawn to. These artifact objects are more antiquated but can be anything Jacobsen finds weird.

She started her assemblages later in her career when she combined ob-

"It's less about me deciding what's going to happen and more about the objects telling me what they want and who they want to be around and what they want to be because I'll put them down and be like, 'no — yes,'" Jacobsen said. "It's kind of magic, and it has very little to do with me, which is a really fun way to work."

One of Jacobsen's favorite aspects of teaching is seeing her students appreciate their calligraphy skills no matter where life takes them.

"I've had at least three students now who have

here and gotten their grad degree through the Center for the Book and are going off and studying either things they've learned here alongside with calligraphy or just going out in the world as a book arts person, which is so rewarding."

Jacobsen worries the convenience of writing quickly and society's shift from paper to electronics is killing the art of calligraphy. Writing quickly and typing on a computer replaces the process of slow and purposeful movement encouraged by calligraphy. Jacobsen hopes her students will embrace this movement so people can continue appreciating calligraphy.

"I love using my hands, and I love materiality, and obviously I love putting things together," Jacobsen said. "But I like the simplicity of how the pen works on the page and how you can create calligraphic lines and expressive marks so you can feel peoples' life through the writing."

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“I like the simplicity of how the pen works on the page and how you can create calligraphic lines and expressive marks so you can feel peoples' life through the writing.

— Cheryl Jacobsen

jects and writing with photographs. Since then, her work has physically and figuratively grown.

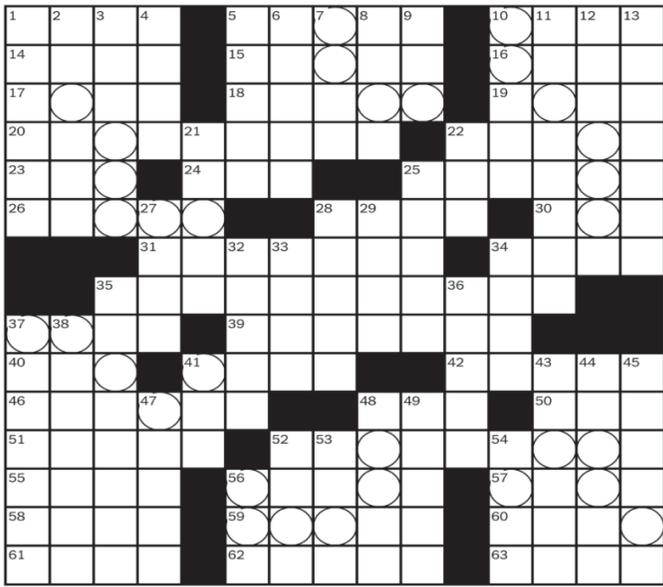
gone on to be professional calligraphers themselves," Jacobsen said. "Other people that have come back

The Daily Break

Puzzle solutions on page 2A

The New York Times
Crossword

Edited by Will Shortz No. 0914



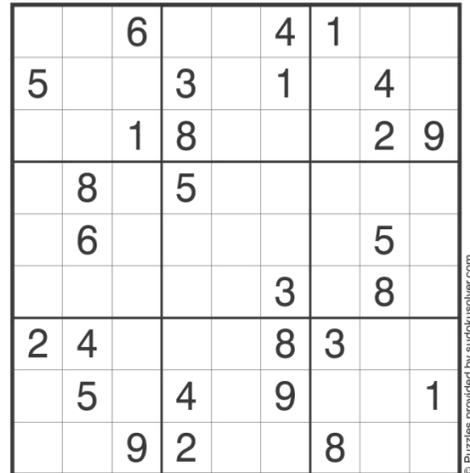
- 60 ___-deucey (gambling game)
- 61 Protein bean
- 62 Words of resignation
- 63 Stark and Flanders, for two

Down

- 1 Food cupboard
- 2 Mark in the World Golf Hall of Fame
- 3 Lose fizz
- 4 Resident of the 46th state
- 5 Launch
- 6 Old Mac app
- 7 Watkins __, N.Y.
- 8 Actor Lukas of 2014's "Dark Was the Night"
- 9 Part of P.S.T.: Abbr.
- 10 Role for Daveed Diggs on "Black-ish"
- 11 Brainstorming question
- 12 Measures of detergent, maybe
- 13 Home of the Minotaur's Labyrinth
- 21 Finish
- 22 Punster
- 25 Tore into
- 27 Abba of Israel
- 28 Mrs. __, "Beauty and the Beast" character
- 29 Dress with one end tied to the waist
- 32 Tear
- 33 Suburb of Boston
- 34 "Not guilty," e.g.
- 35 Extreme amusement
- 36 Volunteer's offer
- 37 Some court performers
- 38 Lake at one end of the Niagara River
- 41 "You called me?"
- 43 What may be broken at a party
- 44 Covered, in a way, as a road
- 45 Contents of college blue books
- 47 Gibbons of talk TV
- 48 "Turn! Turn! Turn!" band, with "the"
- 49 Pop up
- 52 Cambodian cash
- 53 Brand behind Cakesters snack cakes
- 54 F.B.I. guy
- 56 Midwestern metropolis, informally

Across

- 1 TikTok's 3-D musical eighth note, e.g.
- 5 Peak temperatures
- 10 Low face?
- 14 Wildly
- 15 Pomp and circumstance
- 16 ___ irregular basis
- 17 Payment-lowering deal, in brief
- 18 Out in front
- 19 Lead-in to thesis or thermic
- 20 One singer of 35-Across on old TV/radio
- 22 Neglected youths
- 23 Baseball's so-called "steroid ___"
- 24 Angling accessory
- 25 Holi people?
- 26 Like bonds and Bond films
- 28 Princeton Review subj.
- 30 "Don't Bring Me Down" band, in brief
- 31 Greyhound's capacity, perhaps
- 34 "Nah, none for me"
- 35 Theme song of a classic western, visually suggested six times in this puzzle's grid
- 37 Sign up for
- 39 License
- 40 Photo blowup: Abbr.
- 41 Compulsions
- 42 Drink that may be served hot or iced
- 46 Lost freshness
- 48 Load for Santa Claus
- 50 "Elvis ___ left the building"
- 51 Sets to zero, as a scale
- 52 One singer of 35-Across on old TV/radio
- 55 Lake at one end of the Niagara River
- 56 Wispy clouds
- 57 Sorvino of "Mighty Aphrodite"
- 58 Posh hotel chain
- 59 Abides by

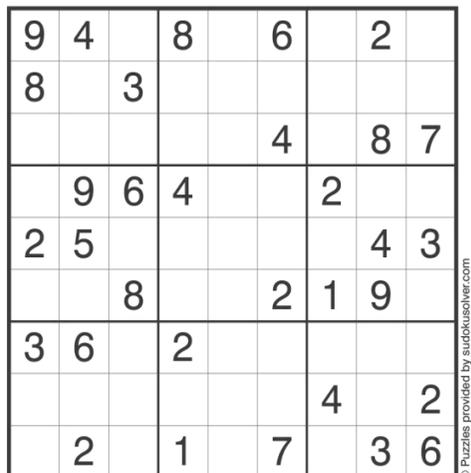


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UI alum's film premieres at FilmScene

David Kajganich, an alum of the Iowa Writers' Workshop, attended the screening of "Bones and All" in Iowa City.



Contributed photo of David Kahganich by Lionel Hahn

“ This festival offered a special opportunity for Dave and novelist Camille DeAngelis to discuss Dave's process of adapting the novel to the big screen. Our festival is framed art of adaptation, and this was a rare opportunity for artists to discuss this process connected to a major project.

— Andrew Sherburne, executive director and co-founder of FilmScene

Sherburne wrote he spotted plenty of young writers and artists in the audience who deeply valued the discussion of the artistic process.

Kajganich said he was grateful to FilmScene for hosting the event, and he couldn't be happier about coming back because he saw numerous movies there as a student.

“It was a wonderful first event for our first festival

with a fitting connection to our special community,” Sherburne wrote. “It will be hard to top that event next year, but we hope to keep building on this success.”

Kajganich is currently producing a film titled “The Writers,” which is another book adaptation, and he is also developing a Western-genre television series.

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Madeleine Willis
News Reporter

When David Kajganich moved from the Midwest to Los Angeles to become a screenwriter, he didn't anticipate finding success.

Born and raised in Ohio, Kajganich always thought he would return to the Midwest. After achieving success as a screenwriter in LA, Kajganich placed his roots where he could pursue his career.

Kajganich is a product of the Iowa Writers' Workshop, where he studied from 1992 to 1994. When he first moved out to LA to work as a screenwriter in the film industry, he gave himself two to three years before returning home.

Despite planning for failure, Kajganich returned to Iowa City on Oct. 6 to premiere his film “Bones and All,” starring Timothée Chalamet, at the Refocus Film Festival at FilmScene.

The Refocus Film Festival was the first of its kind in Iowa City, and held a screening of “Bones and All,” directed by “Call Me By

Your Name” director Luca Guadagnino, weeks before its scheduled theatrical release on Nov. 18. The film debuted at the 79th Venice International Film Festival on Sept. 2.

Kajganich expected his career to be one of teaching and writing books, but instead it took a left turn into screenwriting.

“I was teaching in Ohio, and I suddenly had an agent and a manager and a screenplay that sold, and then I got a job writing another screenplay,” Kajganich said, “And my team finally said, ‘You should move to Los Angeles if you really want to give this career a shot.’”

Kajganich started his career with a bang — he sold his second screenplay to Warner Brothers.

“I got this call that Warner Brothers had bought this screenplay and I remember thinking that I didn't know how any of it works, because I never expected to succeed at it,” he said.

Some of Kajganich's other film credits include writing for the 2015 James Fran-

co film “True Story,” as well as creator and producer of AMC's

“I remember thinking that I didn't know how any of it works because I never expected to succeed at it,” he said.

In an email to *The Daily Iowan*, executive director and co-founder of FilmScene Andrew Sherburne wrote the sold-out audience was amazing for both the film and the conversation.

“This festival offered a special opportunity for Dave and novelist Camille DeAngelis to discuss Dave's process of adapting the novel to the big screen,” Sherburne wrote. “Our festival is framed around celebrating the art of adaptation, and this was a rare opportunity for artists to discuss this process connected to a major project.”

The event was meaningful to Kajganich because Iowa holds a special place in his heart. He said attending the Iowa Writers' Workshop was the best training he could imagine receiving for a career writing film and TV.

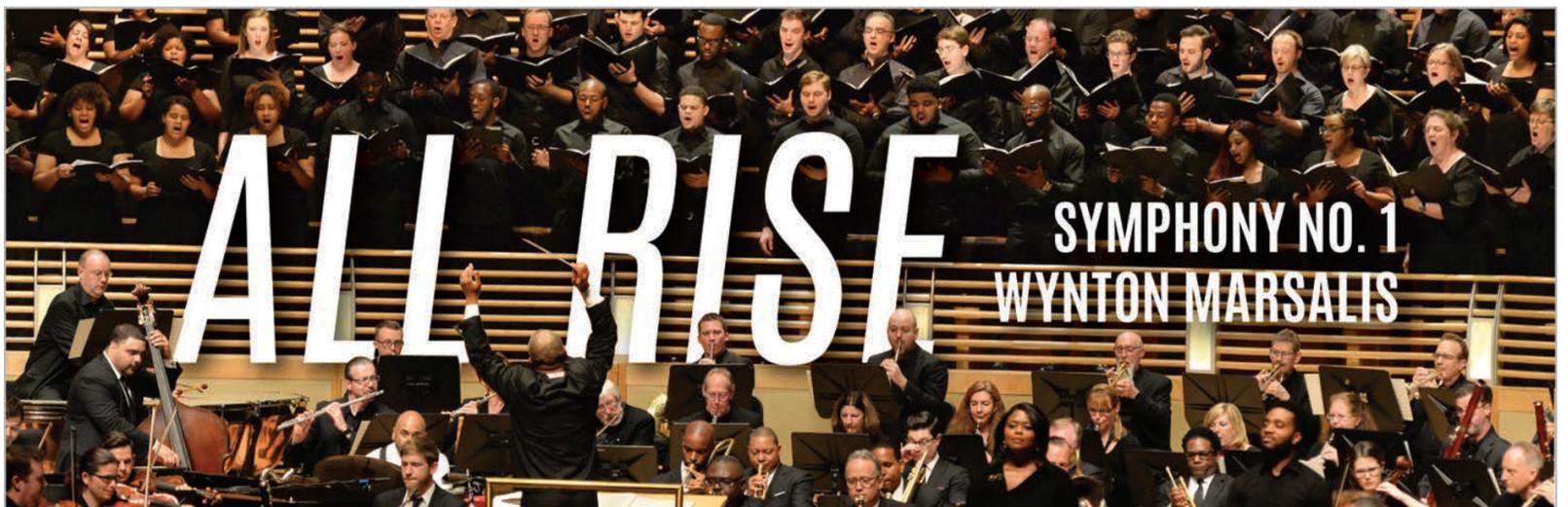
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JAZZ AT LINCOLN CENTER ORCHESTRA WITH WYNTON MARSALIS

WITH ORCHESTRA IOWA AND UNIVERSITY/COMMUNITY CHOIR
WILLIAM EDDINS, CONDUCTOR
DAMIEN SNEED, VOCAL DIRECTOR

Saturday, October 22, 2022, 7:30 pm

All Rise, a monumental work by Wynton Marsalis, is the cornerstone of Hancher's 50th anniversary season. The architecture of the piece is progressive—it represents a series of events and blends the sounds of jazz, blues, classical, and indigenous music from around the world to represent humanity's enduring ascendance over time. *All Rise* is a celebration of shared responsibility and resilience. Working together to improve our communities, we can all rise up to meet challenges as we pursue social justice, a shared sense of well-being, and a sustainable future.



This project is supported in part by the National Endowment for the Arts. To find out more about how National Endowment for the Arts grants impact individuals and communities, visit [arts.gov](https://www.arts.gov).

EVENT PARTNERS

Mark and Fran Lundy

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The Chuck Swanson Executive Directorship of Hancher Auditorium Fund
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