



From the ground up

Road bumps aside, Clarissa Chun is spearheading the effort to bring the Iowa women's wrestling team to the mat.

Chloe Peterson
Sports Editor

Three days a week, 15 women's wrestlers trot into the Carver-Hawkeye Arena strength and conditioning room. On a typical day, the Iowa women's wrestling team works through medicine ball circuits while a 2010s pop playlist blares over the practice room speakers. From there, they move on to weight training. This is when Iowa women's wrestling head coach Clarissa Chun joins the circuit. She attempts a shoulder rotation while lying face down on a press bench and laughs when she can only complete one rep. Chun approaches the weight rack, completing weighted body presses alongside her athletes. Someone teaches her how to do a weighted dumbbell lunge, accidentally getting hit by one of her athletes in the process. Chun stays with her team during the entire strength

and conditioning process, helping move weights, testing out different activities, and giving encouragement to her athletes. Her 4-foot-11 frame fits in with her athletes — the 41-year-old coach could pass as a collegiate wrestler today. Most coaches don't attend their team's strength and conditioning sessions, but Chun makes a point of heading to the basement strength room every time. "It's more opportunity to connect with our athletes to see what they're doing and try to motivate them," Chun said. "And we like just giving a little banter, you know, like telling whichever athlete, 'Oh, the lightweight is pushing more weight than you, what's going on?' Just messing around and just opportunities to connect." It's also an opportunity for her to get a workout in — something she said she should be doing more often. And she can never pass up trying a new conditioning circuit.

"She's been training her whole life," strength and conditioning coach Zach Walrod said. "So, when she sees something she hasn't done before, she's like, 'I need to try that.'" Chun's training, wrestling, and coaching career eventually brought her to Iowa. Now, she's building the first Power Five women's wrestling team in the nation.

A historic addition

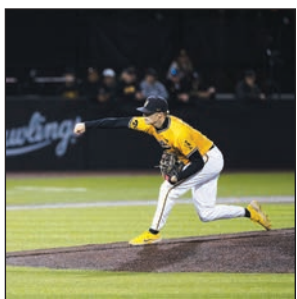
Athletic director Gary Barta announced the addition of the Iowa women's wrestling program in an early morning release on Sept. 23, 2021. Multiple factors went into the decision for the UI to become the first Power Five program in the nation to sponsor a women's wrestling team, Barta said at a press

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INSIDE



Marco's Grilled Cheese to open new locations
Grilled cheese enthusiasts can look forward to two new Marco's Grilled Cheese locations in Coralville and on First Avenue in Iowa City.



Taking the next step
Iowa baseball right-handed pitcher Ty Langenberg is confident about making the jump from a Sunday to Friday night starter for the Hawkeyes this season.

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UPCOMING

Traversing through the smoke
Despite self-imposed and external hardships, female firefighters overcome challenges each day to better their communities, with support systems backing them every day.

DITV

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



Some UI students use fitness trackers, despite data inaccuracies

A UI cardiologist explains inconsistencies of wearable fitness tracking devices.



Photo illustration by Matt Sindt.

Sophia Mamakos
News Reporter

As wearable fitness trackers become a popular way to measure everyday activity, University of Iowa students are continuing to use the devices, despite worries from health care officials. Fitness trackers, popularized by the companies Apple and Fitbit, are wearable devices or devices with computer applications that record a person's daily physical activity. The trackers also relay health and fitness data like the number of calories burned, heart rate, steps, and breathing. About one in five U.S. adults regularly wear a fitness tracker, the Pew Research Center reported in 2020. UI Hospitals and Clinics Cardiologist Linda Lee said the devices cannot be fully trusted. Lee

said she often answers questions regarding fitness-tracking devices and the information they gather. "Easily five or six people a week will come to the office with their device or with a long list of information that they've gleaned from their device," Lee said. "A lot of the time, they're confused about what the information means or what they should be paying attention to." Lee said the most common concern about these devices is the heart rate measure, which depends on the person's age, fitness level, the medicines that they take, or medical diagnoses. "The other issue with heart rate is that there are heart rate alarm parameters that can be activated on some of these devices," Lee said. Ellie Gilbert, a UI first-year student and

IC Human Rights Commission leadership push community engagement

The commission's chair and vice chair spoke with *The Daily Iowan* about their plans to improve racial equity in Iowa City.

Jack Moore
News Reporter

The newly elected Iowa City Human Rights Commission chair and vice chair are pushing for improvements to affordable housing and grant programs for Iowa City residents and businesses. The Iowa City Human Rights Commission elected Roger Lusala, the president and CEO of the Mayor's Youth Empowerment Program, as its chair and Sylvia Jons as vice chair Jan. 24. The Iowa City City Council appoints nine members for the Human Rights Commission to serve for three years. The commission's responsibility is to educate the public on illegal discrimination and civil rights and advise policy changes to the Iowa City City Council. Lusala said he was emboldened to join the commission in 2021 after the killing of George Floyd in May 2020. "I wanted to be more on the front end of really pushing for change and implementing change," Lusala said. The Human Rights Commission has been working on its own strategic plan, which is separate from the city council and is currently being implemented. The plan has three areas of focus to improve community engagement. "We have so many nonprofits in Iowa City addressing racial equity and social justice issues, so we want to be a resource for those organizations," he said. "We want those organizations to come to us so we can collaborate on how we can really make our city a better place to live." The commission also plans to work on improving their process of allocating grants to groups serving social justice and racial equity. The commission

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conference later that day, including Iowa men's wrestling head coach Tom Brands' urging the addition, the dramatic participation increase of girls and women's wrestling across the state, and a recently settled Title IX lawsuit.

"Before COVID, we had been watching the explosive growth of girls' and women's wrestling," Barta said. "We had been keeping an eye on it. Frankly, Tom was in my ear three, four, five years ago saying, 'C'mon, boss, let's go. Let's get women's wrestling added.' We were not ready to do that yet, but we were watching it."

About 700 girls wrestlers participated in an unsanctioned state meet in 2022, showing the explosion of girls wrestling across the state.

The Iowa Girls High School Athletic Union sanctioned girls wrestling for 2022-23 in January 2022 — just four months after Iowa announced a women's wrestling team. According to *The Des Moines Register*, over 1,800 girls registered for the first-ever sanctioned girls' wrestling season in 2022-23.

Barta did say, however, that Hawkeye Athletics wouldn't have added a new women's sport if it wasn't for a Title IX lawsuit. Four women's swimmers brought a Title IX lawsuit against the university in September 2020 after Barta announced the athletics department was going to cut women's swimming along with men's swimming, tennis, and gymnastics at the end of the 2020-21 academic year in August 2020.

The four swimmers claimed the university didn't comply with Title IX — a federal law that mandates equal educational and athletic opportunity for women in schools that receive federal funding. In the lawsuit, the swimmers claimed women made up 53.56 percent of the UI student body but only received 50.77 percent of the athletic opportunities.

The university settled the lawsuit in September 2021. The settlement mandated Iowa athletics both reinstate women's swimming for a minimum of seven years and add a new women's sport. Iowa chose women's wrestling.

"If not women's wrestling at Iowa, where else, right?" Barbara Burke, senior women's administrator and deputy director of athletics, said. "... It really made a lot of sense that this would be a great sport, and maybe we can be the driver in getting other Power Five Division I institutions to add the sport for women. I think it's a sport that's going to continue to grow."

Finding the right coach

While Burke said Iowa wasn't necessarily looking for a coach with NCAA experience, she wanted someone who had experience with women's wrestlers and a passion that rivaled fans in the state.

Because Iowa was setting the description for a Power Five women's wrestling head coach, Burke said, the Hawkeyes were looking specifically for experience with women's wrestlers.

Chun has ample experience with women's wrestlers along with familiarity with the university and Carver-Hawkeye Arena. She almost tried to join the Hawkeye men's wrestling team while considering if she wanted to attend Iowa in 1999.

"Wrestling was a new sport to me, and I just wanted to dive into, like, who's the best, and I wanted to be a part of it," Chun said. "... Obviously, I never reached out to the coach or anything. I just thought I could show up and be like, 'Hey, can I get a space on the mat or maybe a manager or something?'"

Ultimately, Chun knew she wasn't going to get the wrestling experience she wanted at Iowa. So, she became one of the first women's wrestlers on scholarship at Missouri Valley College.

She made the senior women's national team

while she was still competing at Missouri Valley. Chun was also a two-time university national champion and placed fourth at the University World Championships in 2003.

But one of Chun's brightest moments as a wrestler came in what she thought was an out-of-body experience at Carver-Hawkeye Arena. She qualified for the London Olympics at a sold-out Carver in 2012.

"That pit, that Carver floor, I don't know, like, engulfed me and took me to another place that I didn't know where I was," Chun said of her experience. "... I wasn't present, and I won, and I don't know how ... I don't know if it was pressure because I wasn't even there."

The 48kg freestyle wrestler won a bronze medal at the London Games in 2012 to go along with her fifth-place finish in Beijing in 2008.

Chun moved into coaching after her storied wrestling career. She started as the West Virginia men's wrestling program's operations assistant then moved on to work as an assistant coach for the U.S. women's national team in Colorado Springs, Colorado, from 2017-21.

While there, she worked with former Hawkeye wrestler Terry Steiner to guide the women's national team to 17 world and four Olympic medals.

But Chun was already planning to leave her post in Colorado Springs before she heard of the Iowa women's wrestling head coaching position. She was going to move back to Marshall, Missouri, to coach at her alma mater and reunite with her long-time partner.

When Iowa announced its women's wrestling program, however, she had a decision to make. She could either end eight years of long distance with her partner, who is a Missouri Valley College professor, or put her name in to coach the first-ever Power Five women's wrestling program.

"It was finally going to be like, 'Oh, hey, after

eight years we're gonna be in one place.'" Chun said. "And then Iowa announced, and then I really had a lot of conversations with my significant other — hard conversations. Because it was something that we're both looking forward to, as far as being the same place, but it was also like, 'How do we pass an opportunity like this?'"

But Chun and her partner decided the opportunity in Iowa City was too good to let go without trying. So, Chun put her name in to become Iowa's first women's wrestling coach in October 2021.

"I was a little hesitant just because I wasn't sure," Chun said. "That was, like, resolidifying the direction that I was taking our relationship to long distance again. But as I was going through the process, interviews or Zoom interviews, I started getting competitive again. My competitive juices came out."

Chun was officially announced as Iowa's first women's wrestling coach on Nov. 18, 2021, giving her an opportunity to build a new legacy in Iowa City.

While she's still doing long-distance with her partner, her move to Iowa has slightly closed the gap — what was a 10-hour drive from Colorado Springs to Marshall became a 4.5 hour trip from Iowa City.

Building a team

As a former national women's wrestling coach, Chun didn't have any experience with NCAA compliance policies. All coaches and athletes need to be versed in NCAA rules and regulations, including required documentation and institutional compliance.

Chun had to work through a steep learning curve to switch her mindset from national team coaching to collegiate coaching. The first step she tackled was recruitment.

"There's a lot of roles in recruiting," Chun said. "Working with national teams, there's competitions that determine who you work with, right,

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Crossword puzzle grid with words filled in.

FRONT PHOTO

Grace Smith/The Daily Iowan

Chun coaches her team during practice at Carver-Hawkeye Arena in Iowa City on Nov. 28, 2022. Chun coaches 15 wrestlers and continues to recruit each day. Although the team is still growing, it consists of strong and gritty wrestlers. "We have a small team this year, so we have plenty of space on the mat," Chun said. "We're looking to double the size."



Jerod Ringwald/The Daily Iowan

Clarissa Chun speaks with reporters after being introduced as the women's wrestling coach for the University of Iowa at Carver-Hawkeye Arena in Iowa City on Nov. 18, 2021. Chun became the first Power Five women's wrestling coach.



Grace Smith/The Daily Iowan

Iowa head coach of women's wrestling Clarissa Chun gets introduced during a season opener dual wrestling meet between No. 1 Iowa and No. 21 Princeton at Carver-Hawkeye Arena on Nov. 18, 2021. Chun was named head coach for the Iowa women's wrestling program on this day.



Grace Smith/The Daily Iowan

Chun and wrestler Sterling Dias lift weights during a strength and conditioning practice at Carver-Hawkeye Arena in Iowa City on Nov. 28, 2022. Chun said she enjoys working out with her team and participating in practice drills and activities so she is able to connect on a deeper level with her team.

Clarissa Chun's journey to Iowa

1999
Chun considers going to Iowa to join the men's wrestling team, instead joins Missouri Valley College's women's wrestling squad.

2003
Chun places fourth at University World Championships.

2008
Chun gets fifth place at 2008 Beijing Olympics.

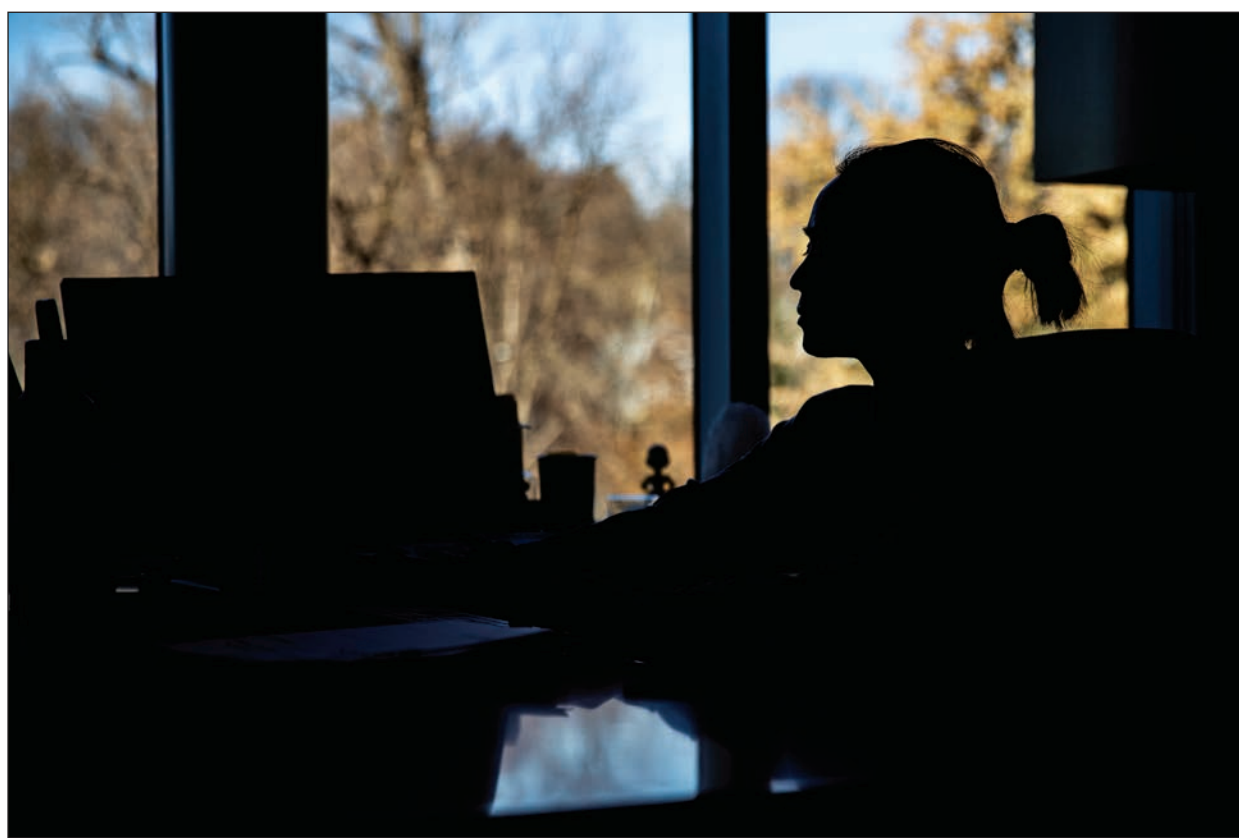
2012
Chun qualifies for London Olympics at Carver-Hawkeye Arena, earns a bronze medal at the Games.

2017-21
Chun works as an assistant U.S. women's national team coach in Colorado Springs, Colorado.

November 2021
Chun is named Iowa women's wrestling program's first-ever head coach.

November 2023
Iowa women's wrestling will start competing in duals at Carver-Hawkeye Arena.

Infographic by Marandah Mangra-Dutcher



Grace Smith/The Daily Iowan

Chun works at her computer after practice at Carver-Hawkeye Arena in Iowa City, on Nov. 28, 2022. Chun said she enjoys coaching much more than the busy work in front of her computer but knows the value of emails and phone calls to keep the program moving forward.



Grace Smith/The Daily Iowan

The team chats during a break in practice at Carver-Hawkeye Arena in Iowa City on Nov. 28, 2022. Chun emphasized the importance of keeping lighthearted moments present throughout practice. "I think women think they want that grind," Chun said. "But I think if they have that current grind 24/7 they will burn out a lot quicker." Chun said the team knows when to flip the switch from joking around to getting serious and ready to wrestle.

like world team trials or national Olympic trials. Whoever's top three you work with, it's not like you're recruiting them to train."

But Chun still succeeded in recruiting the first Power Five athlete just five days after she was officially announced as head coach.

Kylie Welker, who committed on Nov. 23, 2021, was the No. 1 pound-for-pound recruit at the time of her commitment and had worked with Chun before as a junior and senior world championship competitor.

"Being the first of the first program, it was honestly like an honor," Welker said. "It was really exciting when coach Chun told me she wanted me to be the first signee ... I think I chose Iowa mainly because when I came here, it just felt right. I love the atmosphere, and obviously, Iowa's known for wrestling. So, what better place to wrestle than at the University of Iowa?"

Welker wasn't planning to go to college before Chun offered her a spot on Iowa's team — she wanted to go to a regional training center to pursue her Olympic dreams. But Welker thought Chun and Iowa women's wrestling would give her the same Olympic opportunity while also helping her grow in different areas.

While Chun was building her roster, she also had to find a coaching staff up to the task of pioneering a Power Five women's wrestling team.

She first found Gary Mayabb, manager of USA Wrestling Greco-Roman programs from 2017-22 and a longtime USA Wrestling coach, in May 2022. Two months later, Chun added Tonya Verbeek, a former wrestler and coach for the Canadian National Team.

Neither Chun, Mayabb, or Verbeek had NCAA experience when they started at Iowa, but the three work through problems together.

"She's very inclusive," Mayabb said about Chun. "With her leadership style, she's not worried about the fact that she has to be a leader, she knows she is. What she does is she takes in the best parts of everybody else's leadership, in-

cluding student-athletes. To help build the program, it's been everybody. All hands on deck, if you would. Everybody's got a hand in it."

And while they may not train with their athletes during strength and conditioning, Mayabb and Verbeek join Chun those three mornings a week in the Carver training room.

While the Hawkeye women's wrestlers are helping build the team from the ground up, Welker said they've also hit some roadblocks, including shared mat space with the men's team and a small locker room.

"At the beginning of the year, our coach used this analogy and put this picture of these construction workers literally building a plane as a plane is flying," Welker said. "And I'm like, 'That's literally us because we're building this program.' But we're also part of this program before it's even like completely up and running. So, it's definitely cool to see, and it'll be cool to see how far this program gets and how much more we can build women's wrestling."

Iowa is currently building a wrestling training center to give more space to both its men's and women's programs. The Goschke Family Wrestling Training Center, which is located next to Carver-Hawkeye Arena, will open ahead of the 2024-25 season.

Iowa has 15 women's wrestlers on its roster with plans to increase to 28 next season, Mayabb said. The Hawkeye women's wrestlers are training in Iowa City and competing unattached before starting dual competition next season.

"It's crazy good," Mayabb said. "It's special; we have really good young women. They're driven. They know what they want. They operate extremely well together, and they have close-knit bonds."

The Hawkeye coaches host two practices a day, and the first is from 9:30-11:30 a.m. The nightly practice, which usually starts at 6:30 p.m., is optional for the wrestlers, and Chun said about 50 percent come in for individual work with the three



Grace Smith/The Daily Iowan

Associate head coach Gary Mayabb observes wrestlers climb ropes during practice at Carver-Hawkeye Arena in Iowa City, on Nov. 28, 2022. Mayabb, with 52 years of coaching under his belt, was named associate head coach on May 13, 2022. Chun said the program is able to function better with help from Mayabb and assistant coach Tonya Verbeek. "My coworkers are awesome to work with," Chun said. "Both are crazy passionate about wrestling." Chun said Mayabb is great with culture building and Verbeek has good leadership skills.

coaches.

Between practices, Chun, Mayabb, and Verbeek have staff meetings, calls, and emails to fill their time. While it amounts to a 12-hour day every day, Chun said she wouldn't have her coaching experience any other way.

"We could divide and conquer in the sense of, 'Coach Mayabb, you take this day; Tonya, you take this day; and I take the night,' or whatever, and rotate, but I don't, and we just love what we do," Chun said. "We enjoy being on the mat. Those moments, those evening individual moments are times that we really get to know the athlete."

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Grace Smith/The Daily Iowan

The team huddles up at the end of practice at Carver-Hawkeye Arena in Iowa City on Nov. 28, 2022. The team's official schedule and dual meets start next year, but wrestlers are currently competing in tournaments and earning titles.

Opinions

GoFundMe is unknowingly assisting con artists

Medical expense donations might plummet in response to a fake cancer scandal that highlighted GoFundMe's faults.



Katie Perkins
Opinions Contributor

You think you've heard it all, and then you find out someone your best friend went to high school with raised almost \$40,000 on GoFundMe to treat her fake cancer.

Madison Russo, a 19-year-old Iowa TikTok creator, used social media to draw attention to the hoax where she claimed she had acute lymphoblastic leukemia, stage 2 pancreatic cancer, and a football sized tumor wrapped around her spine.

GoFundMe is a great platform where donations can be made seamlessly, but it needs to provide more oversight so instances like this never happen again.

Several anonymous witnesses, some of whom were medical professionals, informed police of the

numerous errors in Russo's fraudulent medical journey. This sparked an investigation that resulted in Russo's arrest, and she was charged with a first-degree theft felony.

Her fundraising campaign stayed up and gained traction for almost a year. But following the investigation, GoFundMe was quick to release a statement ensuring the public they have a zero-tolerance policy for fraudulent fundraisers.

According to GoFundMe, a donation is made every second, and the website has raised over \$25 billion for individuals and nonprofits.

Though GoFundMe reimbursed all 439 of Russo's donors, the organization lost part of its legitimacy. Anyone with knowledge of this scam will forever be hesitant to donate to a GoFundMe for medical expenses.

In the U.S., one in two women and one in three men will develop cancer in their lifetime. Donations are essential for most families to afford treatment.

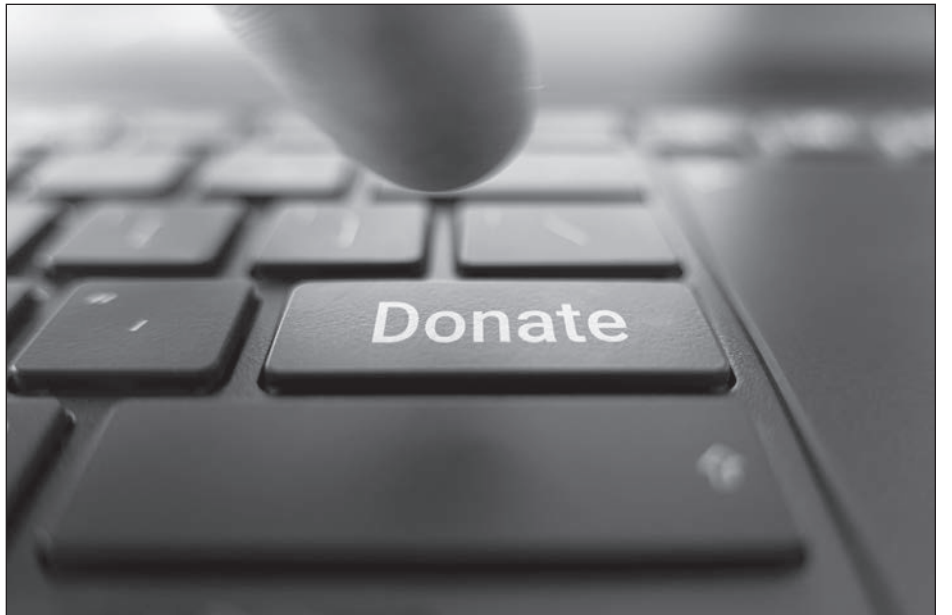
By no means am I saying

GoFundMe should be held responsible for Russo's scam — Russo was a con artist. Whether her primary goal was attention or riches, she manipulated the public by forging a tragedy that millions of Americans have a personal, emotional connection with.

GoFundMe is a fundamental space that makes it possible for families in need to receive financial aid by relying on the generosity of others. It is a platform like no other, one that makes the donation process as uncomplicated as possible with the simplicity of sharing a link.

This is why it is essential for GoFundMe to implement a verification process. If they are not actively dedicated to making their operation safer, the results could be detrimental for those in need of financial care.

Anyone can make a GoFundMe. Part of its popularity stems from the ease at which a fundraiser can come to life with the click of a button. All it takes is some basic computer skills to create a page and



set a price goal.

Russo's national news scam changed the fact that anyone can make a GoFundMe from something to be praised to something to be skeptical of. People will argue that GoFundMe shouldn't take any further action because it is up to the individual whether they choose to donate. While I understand this perspective, I disagree. I believe GoFundMe

should develop an assessment procedure for medical fundraisers in which forms must be submitted with a doctor's signature.

GoFundMe is a for-profit organization because it pockets a small portion of every donation. It is only right for them to administer more advanced safety procedures to ensure all donations are going to the right places, rather than collecting in negligence.

Though GoFundMe reimbursed everyone who donated to Russo, there is no way of knowing how many other scams are active on their site.

Russo took money and empathy away from people who truly need it. GoFundMe executives should do everything in their power to ensure this never happens again.

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International news fosters global literacy

Paying attention to international media furthers critical thinking, cultural competency, and empathy.



Yasmina Sahir
Opinions Columnist

On U.S. campuses, most assigned coursework utilizing media sources and casual conversations center on news outlets like Fox News, MSNBC, CNN, and *The New York Times*.

At the University of Iowa, students are encouraged to further their global literacy through study abroad programs, language acquisition, and cultural classes. Remaining educated on interna-

tional current events is another key part to becoming engaged citizens in a globalized world.

International news sources offer diverse perspectives to the often binary and divisive atmosphere of the American media. By utilizing non-American sources, students can further their own understanding of the issues impacting our global neighbors.

Podcasts are one of my favorite forms of intaking information. The Global News Podcast, sponsored by the BBC, posts news updates at least twice daily. Its 10-minute episodes allow listeners to stay informed even if they are short on time. Other highly renowned international media sources include

Al Jazeera, the Associated Press, and ABC in Australia.

In the past, I heard that global news stations can be overwhelming. Domestic issues in the U.S. can be emotionally tiring without adding in the struggles of the other nearly 8 billion people living on Earth. But in 2023, the idea of domestic issues feels dead.

Economics, education, and social movements are interconnected if we choose to pay attention to them as collective issues. American history is filled with examples of the U.S. government sending aid to or interfering with the activities of other countries. It seems the responsible thing to do as an American citizen is to remain informed.

On Feb. 6, a 7.8 magnitude earthquake hit Turkey, Syria, and parts of Lebanon. While this natural disaster is still being investigated and aftereffects continue, the most recent death toll is estimated to exceed 25,000.

In September 2022, Jina (Mahsa) Amini was murdered by the Iranian Morality Police after being detained for an accusation of violating the Iranian hijab mandate. Protests since Amini's death sparked violent government responses to these often peaceful movements with arrests and executions. Many of the victims are young teenagers and students.

In January, Germany approved Poland to send tanks to Ukraine to

aid in the ongoing war against Russian invasion. Ukrainian President Volodymyr Zelenskyy has asked for more tanks and aid from multiple countries to fight back against Russian violence.

The above are a few of the recently highlighted events that deserve the attention of American citizens.

On campus, students can look for classes offered in political science, global health, and international studies. These classes introduce students to global topics and informative international sources.

The news can be emotionally draining, especially when the focus is on death, human rights violations, and war. But follow-

ing international news stations has helped me grow into a more empathetic person.

There is privilege in learning about issues from the safety of a classroom and debating topics that are literally life and death for others living a few thousand miles away.

The only way to solve domestic and global issues is to work together across cultural, linguistic, and political divides. Without a clear understanding of the causes and impacts of current events, I predict Americans will be left behind as the world confronts the choice of working together or becoming increasingly stratified.

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POINT/COUNTERPOINT

What is the worst Valentine's Day gift?

Sophia Meador and Sam Knupp debate on the worst gift to give your valentine.



Sophia Meador
Opinions Editor

How is your flower bouquet from last Valentine's Day holding up? Sure, flowers are pretty. They smell nice, and above all, they show your friends and coworkers that you have a valentine in your life.

But flowers are an unsustainable gift and an honest waste of money. This year, skip the cheap bouquet of roses and buy your valentine something that will last longer than a week.

According to the Green Business Network, more than 80 percent of flowers sold in the U.S. are imported from other countries. To maintain quality, flowers are refrigerated to prevent wilting.

Most refrigerated containment systems emit hydrofluorocarbons — a type of greenhouse gas. The Green Business Network es-

Flowers

imates that Walmart, America's leading retail corporation, emits more than 2.8 million metric tons of hydrofluorocarbons each year. That is the energy equivalent of powering all households in San Francisco.

In addition, fresh cut flowers are often treated with synthetic pesticides, which pollute waterways and pose health risks for harvesters and insects.

Cut flowers are not just bad for the environment because they're also have bad symbolism for your valentine.

On average, flower bouquets only last 7-12 days. That means two weeks after Valentine's Day, the "thoughtful" gift you gave your valentine will be a bouquet of shriveled up flowers sitting in their trash can. That's not a great symbol of your love and affection.

Skip out on flowers this year, and get your valentine something they can keep forever. Personally, I'll be hoping for a Dyson Airwrap this Valentine's Day.

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Samuel Knupp
Opinions Contributor

The worst Valentine's Day present you can get anyone is definitely those awful heart shaped candies with love messages on them.

You know the ones. The ones with messages like, "I love you," "You are loved," "XOXO," and "Cutie Pie."

Getting this for your grandkid says, "I don't love you enough to get good candy." Getting this for your partner says, "I have a strong feeling about you — and that feeling is apathy."

The Valentine's Day heart candies aren't bad. They actually taste okay. But that's something I'd expect from a fifth-grade teacher, not the love of my life.

If my girlfriend took the time to get

Candy Hearts

me this candy ... I'd honestly eat all of it. But it's not because I'd love the gift. It would more likely come from a place of, "I'm craving something sweet, and we don't have anything better in the apartment, so I'll eat the Lil Wayne of candies."

It was palatable in 2009. But now it doesn't have much to bring to the table, and no one cares about it.

Some of you might be reading this thinking, "I'd like to know if there is an objective reason that I shouldn't buy this." No, there's not. The candy is low in calories and not that high in sugar, but boy does its lack in flavor and character make you feel sad.

If this is all you get for your significant other, you might as well break up with them now because you presumably lack the mental fortitude to open your heart up and say something original to them.

samuel-knupp@uiowa.edu

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Sophia Meador, Opinions Editor

Shahab Khan, Chris Klepach, Jr., Evan Weidl, Yasmina Sahir, Naomi Rivera Morales Columnists

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Sophia Meador, Shahab Khan, Yasmina Sahir, Hannah Pinski, Evan Weidl, Naomi Rivera Morales

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THE DAILY IOWAN which has been serving the University of Iowa, Johnson County, and state of Iowa communities for over 150 years, is committed to fair and accurate coverage of events and issues concerning these areas. The DI is committed to correctly representing the communities it serves, especially those most underrepresented or marginalized. The DI welcomes any input on how our coverage can be improved to better serve our audience.

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GUEST OPINIONS must be arranged with the Opinions Editor at least three days prior to the desired date of publication. Guest opinions are selected and edited in accordance with length, subject relevance, and space considerations. The DI will only publish one submission per author per month. No advertisements or mass mailings, please.

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LEADERSHIP

Continued from Front

receives \$2,000 annually from the City Council for grants.

“We give out grants to organizations and groups that have a project to advance racial equity and social justice. We want to make sure that they are highlighted for the work they are doing when they receive those grants,” Lusala said. “And that they have resources to make sure the grantee experience is maximized.”

Jons said the most impactful grant programs establish a trusting relationship with the grantees.

“Both pre-grant experi-

ence during the grant program and then post-grant as almost like alumni or mentors, and so we want this grant to be more than funding,” Jons said.

Lusala said he is excited about the progress Iowa City has made in human rights services, but there is still more to be done.

He said providing affordable housing has been something that the commission has been advocating for and will continue to advocate for.

“We live in a city where you have 30,000 students coming from all over the place, and most of them need housing — affordable housing — will always be on top of what’s going on with the com-

mission and Iowa City,” Lusala said.

Last September, the Iowa City City Council put affordable housing as the most important topic in its five-year strategic plan.

Jons said the commission welcomes any UI students with ideas about social justice.

“We know that there’s certainly a lot of good work being done at the university, but if there’s ever a way that students would like to partner if they need another resource, they have an ally here and should not hesitate to reach out,” she said.

jack-moore@uiowa.edu



Iowa City City Hall is seen in Iowa City on Feb. 8.

Cody Blissett/The Daily Iowan

FITNESS

Continued from Front

member of the University Running Club, said she uses her Apple Watch to keep track of her exercises and found it to be a good tool.

“I use it for running, and I think it’s helpful to track your distance, pace, and progress,” she said.

Lee said it can be hard for the devices to gauge the user’s complete fitness level based on a limited amount of information, so they may just rely on what they already know.

“The device doesn’t really have a very good idea what your fitness level is, but it has an excellent idea what your age is, and so it calculates your appropriate exercises based on your age,” Lee said.

Because of a lack of complete knowledge of these devices, Lee said she advises users to only focus on certain technology features and acknowledge the devices’ pitfalls.

“They can’t tell you if you have a heart problem or you have a lung problem or something like that,” she said. “The most important aspect of these devices is the calendar. It’s a motivator, your exercise plan is on the calendar, and it comes up and actually motivates you to go exercise.”

Iowa City resident John Roggendorf also uses a



Photo illustration by Matt Sindt.

tracking device to keep up with his fitness progress.

“I mainly use my Apple Watch,” Roggendorf said. “Especially for indoor

swimming. I find it pretty accurate at keeping track of my workout.”

Guidelines from the Centers for Disease Control and Prevention ad-

vise adults get at least 150 minutes per week of moderate-intensity physical activity. Lee said the best way to use fitness trackers is to push your-

self and be consistent.

“The important part is to get out and actually do the exercise,” she said. “Probably all the measuring that we do may be just

a little bit of overkill, but getting out and doing 150 minutes a week is important for everybody.”

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FAST FACTS

-Fitness trackers are popularized by companies like Apple and FitBit.

-Fitness trackers relay data like fitness or health such as the number of calories burned, heart rate, steps, and breathing.

-About one in five U.S adults regularly wear a fitness tracker, the Pew Research Center reported in 2020.

-Guidelines from the CDC and Prevention advise adults to get at least 150 minutes per week of moderate-intensity physical activity.



Feature photo | IMU Vietnamese New Year Celebration



Shuntaro Kawasaki/The Daily Iowan

Performers danced for the Vietnamese New Year celebration, Tết, hosted by the Vietnamese Student Association at the University of Iowa in the Iowa Memorial Union on Feb. 10.

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Marco's Grilled Cheese to open new locations

The restaurant will expand with locations in Coralville and Iowa City First Avenue.



Shuntaro Kawasaki/The Daily Iowan

Marco's Grilled Cheese is seen in Iowa City on Feb. 3.

Natalie Miller
News Reporter

The locally-loved Marco's Grilled Cheese restaurant in Iowa City is adding two new locations on First Avenue in Iowa City and in Coralville this year.

The Coralville restaurant will take over the spot once held by Pita Pit on 517 2nd St.

The business started with just one mobile food cart in 2000, which could often be found on the Iowa City Pedestrian Mall. The business has since progressed to three food carts, including Paco's Tacos and George's Best Gyros – which are used for catering – and a permanent shop in Iowa City's north side located at 117 N. Linn St.

Mark Paterno, the owner of Marco's Grilled Cheese, told *The Daily Iowan* that he plans on opening a third location on First Avenue in Iowa City along with the newest location in Coralville. Paterno said he originally did not see himself adding new locations to the area.

"It's going to slow me down a bit, but I wasn't necessarily looking to expand," Paterno said. "I'm at the point in my life now where, if we're going to expand, let's do it."

Paterno said the new locations will be a nice addition for people searching for food later at night who are near the Coralville area.

Currently, the Iowa City Marco's Grilled Cheese location is open at the follow-

ing times:

- 11 a.m. to 2 a.m. on Sundays
- 5 p.m. to 2 a.m. Mondays through Thursdays
- 11 a.m. to 2:30 a.m. on Fridays and Saturdays.

Paterno said the new locations will have similar hours.

"We are catered more towards a late-night palate," Paterno said. "If you're looking for food past 10 p.m. in Coralville, your options are limited."

Paterno said the menus at the Coralville location and the new Iowa City location will be slightly smaller than the north side location's menu. The

north side menu has an array of options for customers to choose from:

- Twelve types of grilled cheese sandwiches
- Street and walking tacos
- Six kinds of quesadillas
- Ten types of warm sandwiches
- Six kinds of burgers
- Four kinds of hot dogs
- Nine types of hot sandwiches and hoagies
- Various soups, salads, snacks, and sides
- Vegan and gluten-free options

Paterno said he is reducing the menu at the new locations to ensure both restaurants run smoothly.

"The downtown menu is huge ... It's enormous," Paterno said, "So, these two new menus are going to be slightly smaller just to be more streamlined and efficient."

Additionally, Paterno said he is considering adding his own delivery service with the new locations instead of using a delivery service app to take food to customers.

Coralville City Councilor Mike Knudson wrote in an email to the *DI* that he was unaware of the new location but is excited to see what it brings to Coralville.

"I am always happy when new businesses come to Coralville, and of course I hope Marco's does well" he wrote.

Coralville City Councilor Laurie Goodrich also wrote in an email that she was unaware of the new location coming to Coralville.

Paterno said he will be working on both of the new locations simultaneously and hopes to open them later this spring. He said he has people working on the technical aspects in both buildings.

"I'm still waiting for timelines from those guys, so I don't know yet. I'm hoping in April," Paterno said.

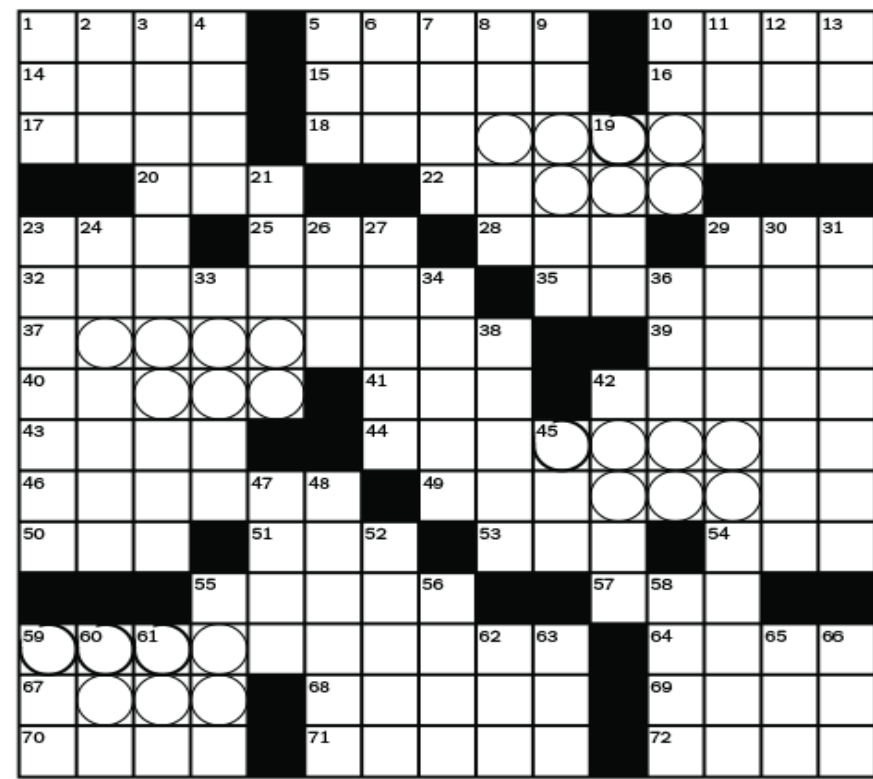
sofia-mamakos@uiowa.edu

The Daily Break

The New York Times
Crossword

Puzzle solutions on page 2

Edited by Will Shortz No. 0111



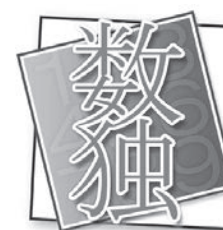
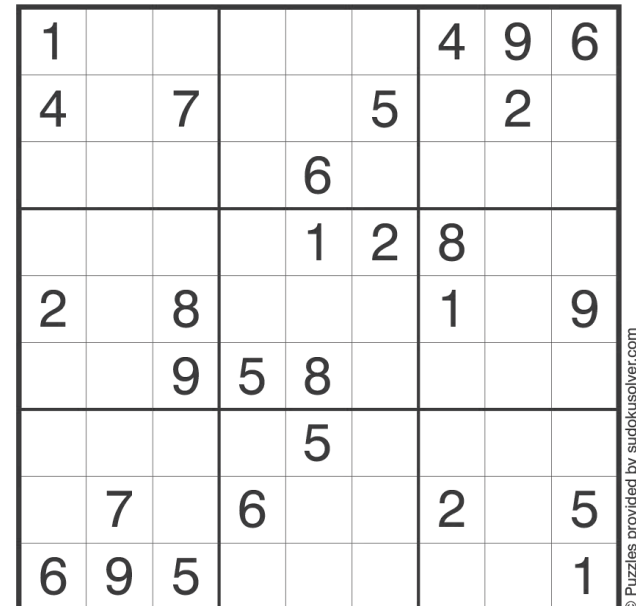
ACROSS

- 1 Runs recreationally
- 5 Some hotel room amenities
- 10 The "Toreador Song," for one
- 14 From the top
- 15 Fulfill mundane but necessary responsibilities, in modern lingo
- 16 Sift (through)
- 17 Software prototype
- 18 Vessels with large containers
- 20 Does pranks with rolls, informally
- 22 Connecticut Ivy Leaguer
- 23 Nail polish brand
- 25 Pursue romantically
- 28 Actor/comedian Lil ___ Howery
- 29 Talking item in Dora the Explorer's backpack
- 32 Oceanfront district of Los Angeles
- 35 Manhattan neighborhood
- 37 Front-page mergers and acquisitions, e.g.
- 39 Grayish
- 40 Skateboarding jump
- 41 Neckwear that smells nice
- 42 Photographer Adams
- 43 Difficult, unfun chore
- 44 Investment guide calculation
- 46 Props for presentations
- 49 Most reptilian, in a way
- 50 "Spring forward" or "fall back" letters
- 51 Electrical unit with a Greek letter symbol

DOWN

- 1 Sharp punch
- 2 "I" keymate
- 3 Scramming
- 4 Exchange
- 5 ___ fly
- 6 Org. promoting canine care
- 7 Spleen
- 8 "Enigma Variations" composer
- 9 Lifted
- 10 Be sore
- 11 Pépin le Bref, par exemple
- 12 Troublesome sort

- 13 Muscles tightened by planking, in brief
- 19 Storage tower
- 21 Greta Garbo, by birth
- 23 Diffused gradually
- 24 Saffron-flavored dishes
- 26 Horatian creation
- 27 Big name in brushes
- 29 Beauty pageant founded in 1959 as a mail-in photo contest
- 30 One who doesn't have a prayer?
- 31 Alternatives to street parking
- 33 Negro leagues great Satchel
- 34 Butterlike spreads
- 36 Hawaiian island shaped like an apostrophe
- 38 Considering the fact that
- 42 Setting for many van Gogh works
- 45 It'll dawn on you
- 47 Folk stories
- 48 Up-start?
- 52 Worker with a trowel
- 55 A long, long time
- 56 Food part that's usually not eaten
- 58 Home of Denison University
- 59 Tierra ___ Fuego
- 60 Sports Illustrated's Sportsman of the Year in 1974 (10 years after he first became world champion)
- 61 German "never"



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Jerod Ringwald/The Daily Iowan

Iowa starting pitcher Ty Langenberg throws a pitch during a baseball game between Iowa and Purdue at Duane Banks Field in Iowa City on May 8, 2022. Langenberg threw seven complete innings while holding the Boilermakers to one run. The Hawkeyes defeated the Boilermakers, 9-1.

LANGENBERG
Continued from Page 8

guys,” Heller said. “He has worked really hard on developing his pitches even better.”
Langenberg had a chance

to improve this offseason in the Cape Cod Baseball League — one of the most prestigious summer leagues in the U.S. The league has had over 1,000 former players who moved on to the major leagues.
While pitching for the

Hyannis Harbor Hawks, Langenberg notched a 3.38 ERA with a 1-2 record. But instead of his usual starter role, Langenberg came out of the bullpen, striking out 33 batters in 21 innings of work.
While the position in the

bullpen was not his usual spot, Langenberg credits his time in the Cape Cod League as a big reason for his offseason success.
“It was a lot of fun out there and a great experience,” Langenberg said. “As far as shaping this

year, I think it refined my skills a little bit. The ability to compete and to be competitive on the mound with each pitch. It taught me a lot about those things and will be something that shows up this year.”
Langenberg will get his

first opportunity to pitch for Iowa this season on Feb. 18 against Indiana State. The Hawkeyes will compete in the Snowbird Classic in Port Charlotte, Florida, to start the season.
jake-olson@uiowa.edu

DOUBLES
Continued from Page 8

ra said. “We kind of signal to each other what we’re going to do, we talk about strategies you want to put in play and just see how they’re go-

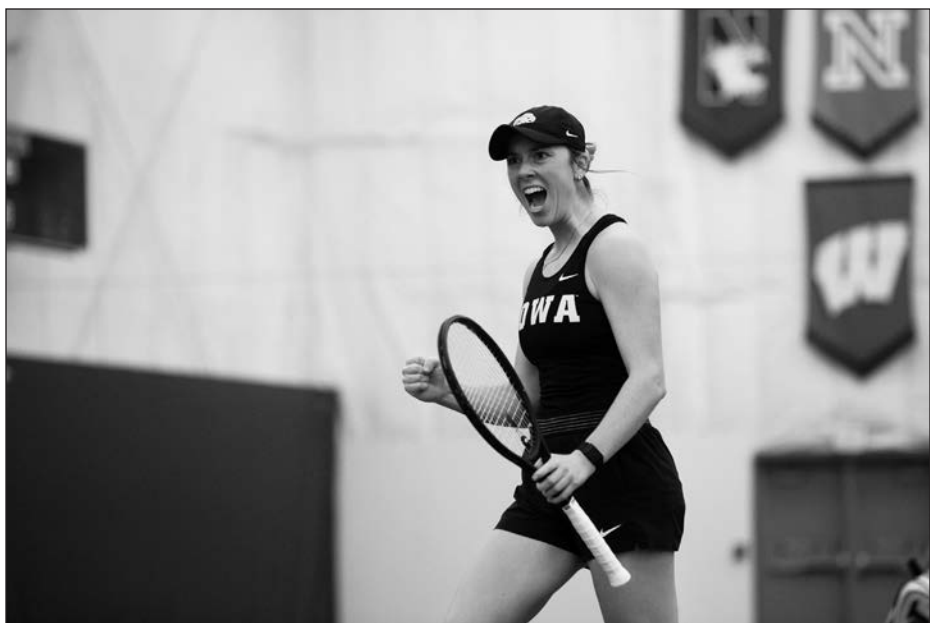
ing to win points.”
Before arriving at Iowa, Kranholdt mainly played singles matches in her native Karlsruhe, Germany. For Kranholdt, volleying close to the net — another doubles strategy — wasn’t an easy transition.

“I wasn’t confident with it and not used to it,” Kranholdt said. “I didn’t want to make a mistake with it, but the coaches and players tell me, ‘It’s better to make a mistake when you’re trying to get the ball close to the net.’ Because with that, you

can [earn] points, so I just tried to do it.”
On the team of Mannix and Kranholdt, Mannix is supposed to return each ball with a backhand, whereas Kranholdt should

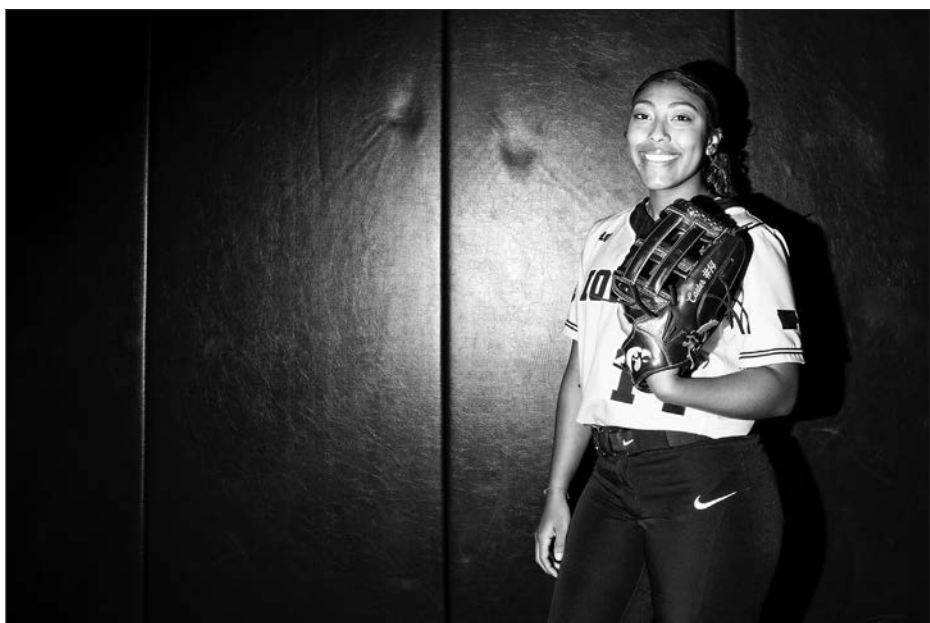
rely on her forehand. Kranholdt finds that she and Mannix work well together with their respective skill sets.
“I think me and Sam play good doubles together,”

Kranholdt said. “She has a really good serve, and if she serves good, it’s much easier for me to get a volley and [earn] the point.”
matthew-r-mcgowan@uiowa.edu



Cody Blissett/The Daily Iowan

Iowa's Samantha Mannix celebrates during a women's tennis meet at the Hawkeye Tennis & Recreational Complex on Feb. 5. The Hawkeyes defeated the Wildcats, 4-1.



Jerod Ringwald/The Daily Iowan

Iowa outfielder Nia Carter poses for a portrait during Iowa Softball Media Day at the Hawkeye Tennis and Recreation Complex in Iowa City on Jan. 26. The Hawkeyes begin the regular season on Feb. 10 at the Florida Atlantic University Paradise Classic.

CARTER
Continued from Page 8

proved to myself that I can do it and I am capable, so I can do it again this year.”
Now as a senior, Carter is looking to build upon her stellar junior season and help the Hawkeyes improve as a team. Carter said she feels this year's squad has a more aggressive attitude than last season's edition.
“I feel like we’re going to play with a chip on our shoulder,” Carter said. “We have nothing to lose and everything to prove. People aren’t going to be worried about us, but we’ll show them once we get to

play them because we’ve been working really hard this year.”
Despite her accolades and reputation in the Big Ten as a hitting threat, Carter said she feels the need to further prove herself.
“Even though it is my senior year, I still have a lot more to prove,” Carter said. “I’m excited for this last year, and I’m going to leave it all on the field for my last year.”
As one of just three seniors on the Iowa roster, Carter said she stepped into a leadership role. She takes pride in helping the Hawkeyes’ 10 incoming freshmen adjust to the program.

“I’m really close with the freshmen,” Carter said. “I try to show them how we do it here, what our culture is all about, and lead them along the way.”
Carter’s teammates back up her claims. Freshman utility player Anna Streff said Carter has been very vocally supportive of her during her first collegiate training camp.
“She’s always picking me up,” Streff said. “If I have a bad at-bat, she’s always there saying, ‘You’ll get the next one,’ or when we’re in the field, she’s just communicating with me back and forth.”
grant-hall@uiowa.edu

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HAWKEYE UPDATES



Iowa-Michigan State men's basketball game sold out

Iowa's home game against Michigan State on Feb. 25 is sold out, Hawk-eye Athletics announced Friday.

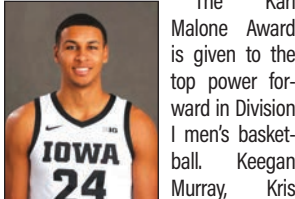
The Hawkeyes will tip off against the Spartans at 11 a.m., and the game will air on ESPN and ESPN2. The contest is the Hawkeyes' annual gold-out game.

This will be the second time the Hawkeyes and Spartans meet this season. Iowa lost, 63-61, in East Lansing on Jan. 26.



Kris Murray named to Karl Malone top-10, midseason Naismith team

Iowa men's basketball junior forward Kris Murray has been named to the Karl Malone top-10 list, the Atlanta Tipoff Club announced.



The Karl Malone Award is given to the top power forward in Division I men's basketball. Keegan Murray, Kris Murray's twin brother, won the Karl Malone Award in 2022.

Kris Murray is leading the Hawkeyes with an average of 20.5 and 8.5 rebounds per game this season. The 6-foot-8 forward is also on the Wooden Award late season top-20 list and the Oscar Robertson midseason list.

Kris Murray was also named to the Naismith National Player of the Year midseason team by the Naismith Memorial Basketball Hall of Fame, it was announced Thursday. Luka Garza was the last Hawkeye to win the national award — he achieved the feat in 2021.



Iowa men's wrestling dominates in Pioneer Showdown

Iowa men's wrestler Jacob Warner snapped his two-match losing skid in the No. 2 Hawkeyes' 33-8 victory over the No. 9 Michigan Wolverines on Friday at Carver-Hawkeye Arena.

The 11th-ranked 197-pounder started fast and defeated Michigan's unranked Brendin Yatooma via tech fall, 16-1, in 2:26. The victory moved Warner to 12-4 on the season, with Iowa improving to 14-1 overall and 7-1 in the Big Ten.

"Warner was good, awesome," Iowa head coach Tom Brands said after the dual. "Any time you score 16 points in the first period, good job."

Warner lost to Penn State's then-No. 4 Max Dean, 2-0, on Jan. 27 in front

of a sold-out Bryce Jordan Center in Happy Valley. Then on Feb. 3, Warner fell to Minnesota's then-No. 28 Michial Foy, 2-1, on a buzzer-beating takedown at Maturi Pavilion in Minneapolis.

The two defeats marked the first time in Warner's career that he's suffered back-to-back losses. But instead of fleeing from adversity, Brands said Warner took the losses as motivation and a learning opportunity.

"I think [Warner] wanted to make a point, and he did. Good job," Brands said. "And probably more importantly than scoring 16 points in the first period is getting a takedown in the first period."

The Hawkeyes mustered 21 takedowns and eight near falls in Friday's dual meet, but Tom Brands said Iowa can't be too complacent with their victory — Michigan did not wrestle their full lineup.

Iowa closes out its regular season slate against No. 10 Oklahoma State on Feb. 19 at Carver-Hawkeye Arena.

QUOTE OF THE DAY

"I cartwheeled over him." — Iowa men's wrestler Cobe Siebrecht on his victory over Michigan's Will Lewan.

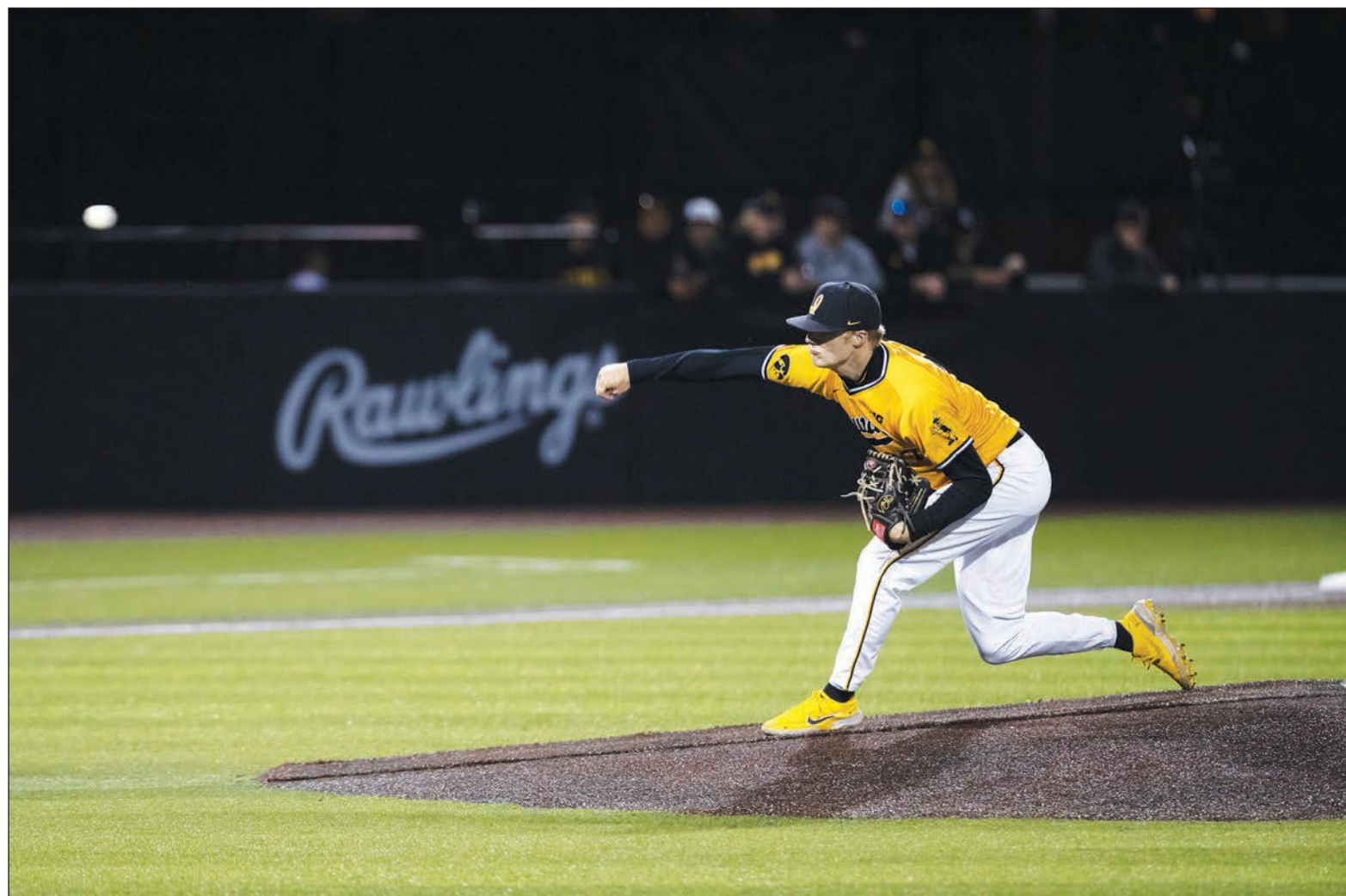
STAT OF THE DAY

325,000

—Viewers of Iowa women's basketball vs. Indiana on BTN on Thursday.

Taking the next step

Pitcher Ty Langenberg is stepping into the Friday night role for the Hawkeyes this season.



Daniel McGregor-Huyer/The Daily Iowan

Iowa pitcher Ty Langenberg throws the ball during a baseball game at Duane Banks Field in Iowa City on May 21, 2022. The Hawkeyes defeated the Hoosiers, 2-1.

Jake Olson
Sports Reporter

Iowa baseball has historically found success with its Friday night pitchers.

Trenton Wallace, Iowa's 2021 Friday night pitcher, was the Big Ten Pitcher of the Year, going 7-1 with a 2.34 ERA. He was picked by the Toronto Blue Jays in the 2021 MLB Draft.

The Hawkeyes replaced Wallace with Adam Mazur, a transfer from South Dakota State. Mazur went 7-3 with a 3.07 ERA and was drafted by the San Diego Padres with the 53rd pick of the 2022 MLB Draft — Iowa's highest pick since 1990.

Now, junior Ty Langenberg is taking the reins for the Hawkeyes.

Langenberg was Iowa's Sunday starter during the 2022 season, and the Urbandale, Iowa, product went 7-2 with a 3.71 ERA in 14 appearances. He completed 63 innings while holding batters to a .248 batting average.

While Langenberg is moving from the Sunday starter to the Hawkeyes' ace, he isn't fazed by in the

transition.

"Realistically, it is no different than last year," Langenberg said. "In my eyes, it is the same role as last season. I am still a starter. I'm going to still contribute the same as I would in any position either Friday, Saturday, or Sunday. I'm not going to approach it with any different mindset or anything like that."

Head coach Rick Heller has the same thought process. He has full confidence in Langenberg to make the jump from a Sunday to Friday starter.

"The reason it's Ty is because he works every day to improve. He works with a purpose and focus that is different than a lot of other

LANGENBERG | Page 7

A deep dive into doubles

The Iowa women's tennis team provides an analysis of its doubles strategy.



Cody Blissett/The Daily Iowan

Iowa's Samantha Mannix and Pia Kranholdt shake hands with Kansas State's Maria Santos and Rosanna Maffei after a match during a women's tennis meet at the Hawkeye Tennis & Recreational Complex on Feb. 5. The Hawkeyes defeated the Wildcats, 4-1.

Matt McGowan
Sports Reporter

In collegiate tennis duals, the doubles point can prove pivotal.

While six singles matches are played between two schools, each worth a point, the seventh point in the first-to-four-points format is decided via doubles. The school that wins two out of three doubles matches earns the doubles point.

The Iowa women's tennis team won the doubles point in three of its four dual victories this season.

"There's a lot of communication, trusting your partner, understanding your positioning, and being able to cover the middle so that the middle isn't open," Iowa head coach Sasha Schmid said. "You can't be two singles players on the court. You really need to function as a doubles pair, as a team."

To master this teamwork, the Hawkeyes constantly practice the nuances of doubles tennis. In this practice, they develop flexible strategies that best

fit the strengths of individual players and the weaknesses of opponents.

In doubles, how the two players position themselves within the two sides of the court is an important part of strategy.

"You can go into different formations where you can have both players on the same side, or you can have one in the middle called the I formation, or you can pull two people back at the baseline," Schmid said.

Schmid explained how specific formations can be used when they align with her players' strengths, or conversely, with opponents' deficiencies.

"Sometimes you can run a formation so whoever you have as the server might have a strength either on the forehand or backhand side," Schmid said. "You can run a formation to get them to move to the side where they're going to get more forehands or more backhands ... You want to be able to have all of those options that you practice enough so then you can make those adjustments

when you're in the middle of a match."

Schmid highlighted the home doubles match on Feb. 5 against Kansas State. The Hawkeyes' No. 2 team of fifth-year senior Samantha Mannix and freshman Pia Kranholdt faced off against the Wildcat combo of senior Rosanna Maffei and freshman Maria Santos.

"We were running I formations so we can get the server's partner up to try to get pick off a volley at the net," Schmid said.

With the opponent's serving partner drawn closer to the net, Mannix and Kranholdt were able to lob balls behind the partner and into the backcourt to score points, collecting a 7-6 tiebreaker victory.

To ensure that these strategies are effective, Iowa junior Vipasha Mehra said communication between partners is essential.

"It's more of just like, what plays we're going to run," Meh-

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Carter's confidence

Iowa softball senior Nia Carter is prepared to build on impressive junior season.

Grant Hall
Sports Reporter



Through her first three seasons in Iowa City, Iowa softball's Nia Carter has missed just one game. When she's on the diamond, she is one of the Hawkeyes' best players.

As a freshman during the COVID-shortened 2020 season, Carter sported a Big Ten-best .509 batting average and appeared in 21 games as Iowa finished 17-5 before the pandemic interruption. She finished 11th in the NCAA in batting average and became the first Hawkeye to win Big Ten Player and Freshman of the Week honors in the same week.

Carter's sophomore season was solid, as she started all 44 games. It was a step back from her first year on campus, however, as she just hit .296.

Despite a down year by her standards in 2021, Carter exploded back onto the scene as a junior in 2022. The 5-foot-1 slugger from Rancho Cucamonga, California, was one of the few bright spots on a struggling Iowa squad. Carter started all 52 games in the outfield for the Hawkeyes. She batted a team-best .405 average and registered 66 hits, which both ranked second in the Big Ten.

Iowa head coach Renee Gillispie said Carter's ascension is even more impressive considering the improvements she has made to her batting technique.

"Her first year here, she became a lefty hitter," Gillispie said. "She basically won Freshman of the Year in the conference while hitting a way she hadn't done before. Two years ago, she started slap-hitting, and this past year, she's started to bunt more often. She's a real triple threat right now."

Carter was voted to the National Fastpitch Coaches Association's Midwest All-Region First Team after her outstanding season despite a subpar year from a team standpoint. Iowa finished 21-31 on the year, including a 3-20 record against Big Ten opponents.

Carter said at Iowa's 2023 media day on Jan. 26 that her standout junior season provided a much-needed morale boost.

"It was a pretty big confidence boost coming after my sophomore season, which wasn't as successful," Carter said. "I think I

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