

# The Daily Iowan

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## 'LOST IN THE IN-BETWEEN: GRADUATING INTO 2020'

The Daily Iowan Documentary Workshop's latest film premieres May 4 at FilmScene.

Parker Jones and  
Gretchen Lentz

The Daily Iowan Documentary Workshop's latest film didn't start how anyone expected.

When the workshop was founded in fall 2019, the plan was to fundraise for three years before beginning any major productions. But the COVID-19 pandemic turned the workshop's initial timeline on its head.

In April 2020, *DI* publisher Jason Brummond pitched the idea to create a documentary that would follow University of Iowa graduates for a year as they navigated post-college life. Three weeks later, filming for what became "Lost in the In-Between: Graduating into 2020," began on the day

of the UI's online commencement in May 2020.

"Lost in the In-Between" will premiere May 4 at FilmScene at the Chauncey in downtown Iowa City.

### Bringing an idea to life

Ryan Adams, a UI graduate and the documentary's assistant director, said the unique storytelling opportunity necessitated the *DI* Documentary Workshop crew accelerate the pre-production process.

"If we wanted to get the story, we had to dive into it," Adams said.

The documentary chronicled the post-graduation life of the UI Class of 2020 as they left Iowa City and moved

across the U.S. Among these former UI students are now spouses Clara Reynan and Maeve Biscupski, aspiring filmmaker Ayotoluwafunmi Ogunwusi, graduate student Javon Stovall, and wrestler Pat Lugo. Despite their separate life paths, these five were brought together to record their perspectives while navigating a world changed by unforeseen circumstances.

Filming these journeys would require careful coordination under normal circumstances, but the pandemic only amplified this complexity, documentary director Jenna Galligan said.

"This film got made — just out of necessity — in such a

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## INSIDE



### 80 HOURS: IC salons offer gender-affirming hairstyles

Some Iowa City hair salons focus on gender-affirming hairstyling to give customers an experience that affirms their identities.

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### The long road back

Iowa thrower Quintin Lyons lost all the progress he made when the doctor told him he needed to go into emergency surgery for a burst appendix. But it was one of the best things that could have happened in his career.

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## UPCOMING

### Graduation Edition

The Daily Iowan is publishing its 2023 Graduation Edition highlighting the University of Iowa class of 2023.

## DITV

Watch for campus and city news, weather, and Hawkeye sports coverage at [dailyiowan.com](http://dailyiowan.com)



## Q & A | UI President Barbara Wilson

Wilson talked about the future of Mayflower Residence Hall and the university's cultural centers.



Cody Blissett/The Daily Iowan

University of Iowa President Barbara Wilson talks during an interview on Tuesday.

### DI Staff

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

The Daily Iowan sat down with University of Iowa President Barbara Wilson to talk about campus safety, updates, and freedom of speech.

**DI:** The University of Iowa has begun its 10-year master plan for facility construction and upgrade. Could you give us an update on how that's looking?

**Wilson:** It's great to have a 10-year plan. It gives us a vision for what we're trying to accomplish. There are a lot of projects in that 10-year plan, so hopefully you've had a chance to look at it. When I think about

the 10-year plan, it's ambitious. But it's also very student-focused and health care-focused, so most of the projects are going to help us to expand the kinds of things that we know our students need and the kinds of things that UI health care needs.

But for us, it's great to have the whole vision set forward and be thinking about how do we manage different projects together and how do we set a time-frame that makes sense, and how do we find people that are going to be employed to help us with all these projects? Because if they all happen at once, we wouldn't actually have

WILSON | Page 2

## Parents of UI students receive scam calls

In the Iowa City area, phone scammers are impersonating police officers.

Archie Wagner  
News Reporter

The University of Iowa Department of Public Safety is warning the university community after parents of students were targeted in a recent phone scam.

In the scam, perpetrators called parents of UI

students impersonating a UI Police Department officer. The scammer told the parents their child had gotten into trouble, and they need to provide finances for damages caused by their child.

The call spoofed the legitimate, non-emergency phone number of the police department when call-

ing parents. According to a UI Department of Public Safety release, the scammers also provided a fake officer name.

In an email to *The Daily Iowan*, Hayley Bruce, UI Department of Public Safety's assistant director for communication and external relations, wrote that this scam in particular

has not happened to the UI Department of Public Safety before.

"However, similar scams are somewhat common and have happened to other law enforcement agencies across the country," Bruce wrote.

Following reports of the scam on April 21, the UI Police Department gath-

ered as much info as it could from reports and put together a scam notice, Bruce wrote. Currently, the incident remains under investigation.

Brenda Hummel-Foreman, the parent of Sal Capaldo, who is on the men's track team, received a

SCAM | Page 2



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Feature photo | Greg the groundhog



Cody Blissett/The Daily Iowan

Greg the groundhog, named by *The Daily Iowan* staff, is seen in Iowa City on May 2. The groundhog species is not endangered.

**WILSON**

Continued from Front

enough construction people and others to do the work.

**DI:** Over the years, there's been talk about moving the cultural houses to a more central location on campus as well as calls for creating one for people with disabilities. Are there any updates for the centers' relocation and any more thought to adding a house for students with disabilities?

**Wilson:** So, the cultural centers definitely need a new space. We just had to move the pride house from one very old building to another building,

which will hopefully be better, but I would argue not long term. As you point out, they're pretty far away, and they're not particularly accessible to a lot of undergraduates where they're currently located. So, the goal is to move them as a group. They're legacy houses. They've been around a long time, and they deserve better spaces. So, we're still working on the financing for that and the location of those new centers, but I'm really excited that a lot of our donors are stepping up and we're having quiet conversations about how to fund new spaces. We've just been looking at a lot

of different spaces.

So, you asked about students with disabilities, and we're also working on additional space for students probably over in the Old Capitol Mall where the center already has services. If we could find a space for students to have more casual spaces there would be closer to where the resources are. We're not going to have every group on campus have a new house. We have 500 student orgs, so we're going to have to really think. But what we're trying to do is have areas that support students at different places.

**The DI:** Have you received any bids on Mayflower yet?

**Wilson:** Not yet, but we haven't gone public yet with the sale. We're really close; we're getting a lot of interest, informally, so that will happen soon. It turns out that Mayflower is the last choice for students in terms of residence. When we look at the data, students who are in Mayflower, particularly first year students, have lower GPAs and slightly lower retention rates. Part of it is that we think it's not a great place for first year students. You have to walk to eat, and lots of fewer services there, so we're really thinking about it in terms of student support.

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Cody Blissett/The Daily Iowan

University of Iowa president Barbara Wilson speaks during an interview on Tuesday.

**IC staff reports low housing creation trend**

Low residential lot creation hurts affordability and sustainability, staff said.

Isabelle Foland  
News Reporter

City of Iowa City staff is concerned that housing affordability and availability will be negatively impacted after noticing a continued downward trend of residential lot creation in 2022.

In the April 13 information packet, Iowa City Associate Planner Kirk Lehmann provided an overview of residential development in 2022, which showed that Iowa City might not be able to house all of its expected future population.

The packet stated that Iowa City's population is expected to grow by a little over 10,000 by 2030. If the current residential lot creation trend continues, Iowa City would only be able to house less than 6,300 new residents.

Residential lots, which are areas of land that are zoned to allow housing units to be built on them, have been on a noticeable downward trend of creation since 2017, Lehmann wrote in an email to *The Daily Iowan*.

In a presentation to the city's Planning and Zoning Commission on April 19, Senior Planner Anne Russett said she anticipated dwelling units for 2022 based on residential lots created totaled 158. This is a decrease from the city's 10 and 30-year averages for dwelling units, which are 271 and 267, respectively.

For dwelling unit data based on building permits issued to developers, 2022



Ayrton Breckenridge/The Daily Iowan

Meticulous Masonry owner Andrew Peck cuts a brick at a construction site in Iowa City on Monday. The masonry has worked with Martin Construction for 13 years.

saw a total of 363 units, which is another significant decrease from past averages. The 10-year average is 534, and the 30-year average is 441.

Lehmann wrote that this is concerning because if there are no lots for houses to be built upon, that means there is less available housing in Iowa City. According to the packet, this can lead to a multitude of other issues, including:

- Slowed population growth.
- Increased emissions from cars because less available housing means more people will have to live farther away from where they

work, forcing them to drive.

- A rise in house prices because housing supply would not be able to meet the increased demand from a growing population.

At the April 19 Planning and Zoning meeting, several commissioners said they were concerned by the data. Iowa City Compensation Commission Chair Michael Hensch said the city should look internally and see if there is anything it is doing that could discourage housing from being built and thus compounding the issue.

"Those houses are getting built; they're just not getting built in Iowa City,"

Hensch said. "There's probably reasons for that, and what can we do to change that so people actually can live where they work?"

Lehmann wrote there are no clear-cut answers on what has led to this concerning trend. However, he stated some potential contributing factors are population growth being absorbed by surrounding cities, neighborhood opposition to development, a shortage of developers, increased construction costs, rising interest rates, and overall economic uncertainty.

"At the end of the day, it's probably a little bit of everything," Lehmann wrote.

Although most of these factors are out of the city's

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**SCAM**

Continued from Front

phone call from the scammer on the evening of April 21. Hummel-Foreman said the caller ID read the "University of Iowa," which she said convinced her to take the call.

Once she took the call, Hummel-Foreman said she could not remember whether the impersonator referred to her son by his name or just as her son. The impersonator then asked her if she had talked to her son that day and if her son was acting strange or different from usual.

"So then, I'm, like, my heart was sinking at that point because I didn't know where this was going," Hummel-Foreman said. "Then, he said, 'Well, we have him.'"

The caller then detailed a false fight that her son engaged in outside the hatchet throwing business, Hatchet Jack's, and said there was property damage.

"He claimed he knew my son because he's an athlete," Hummel-Foreman said. "I'm like, well, that's not too far-fetched."

Hummel-Foreman said she was told she would not be able to reach her son on the phone because the officers took his phone away.

The impersonator was also rattling off charges on the call that they were planning to charge her son with, she said.

"They said they were going to charge him with public intoxication, disorderly conduct, and destruction of property," Hummel-Foreman said.

She said she asked the caller if they'd done a breathalyzer test on her son, and the caller said they were getting ready to do that.

"I'm going, okay, that seems strange," she said. "You're telling me you're charging him with pub-

lic intox, and you haven't even tested yet?"

After talking with the caller for a while, Hummel-Foreman said she heard a voice in the background of the call yelling at the scammer. The second scammer allegedly got on the call and said the owner of Hatchet Jack's wanted to press charges for the damages.

Hummel-Foreman said the impersonators tried to get her to work out payment on the phone, but she chose instead to ask how to know that it was not a scam. After that question, Hummel-Foreman said the second impersonator got angry when she brought up the possibility of spoof calls.

At that point in the call, Hummel-Foreman remembered she had her son on the Life360 app, which can track people's location if you add them.

Ultimately, Hummel-Foreman ended the call without providing payment, called her son, and told him about the call before calling the UI Department of Public Safety.

"That was Friday night, and they said, yeah, we're getting a lot of them. They're targeting the parents of athletes," Hummel-Foreman said.

Dustin Berns, a UI first-year student and student security supervisor for the UI Office of Campus Safety, said he is concerned about the power of artificial intelligence to increase scam caller's legitimacy.

"Because I know on TikTok, I've seen there's people that call parents, and they're able to use AI to replicate someone's voice so familiarly that parents get really worried," Berns said. "AI has made it harder to determine whether or not something's a phone scam or not."

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control, City Manager Geoff Fruin wrote in an email to the *DI* that the city has employed several strategies to help create conditions where increased housing supply is welcomed.

"This is being done through strategic infrastructure investments, such as roadway and utility extensions. It is also being done through zoning code changes intended to create greater density and promote varying housing options that work for multiple segments of the population," Fruin wrote.

The packet stated lot creation is typically cyclical, with each cycle lasting around 10 years.

"The City appears to be near the low point of its development cycle, though staff had hoped to see a larg-

er rebound in development trends after last year," the packet stated. "If past trends hold, development may increase over the next few years to peak around 2026."

The approval of the creation of several new residential lots is expected in the coming year, so this could also help improve 2023 data, the packet stated.

Accommodating residential growth in empty lots surrounded by other development, known as infill, and in designated growth areas is essential to improving this data as well, the packet stated.

"Accommodating new residential growth is a fundamental aspect of planning for the future of Iowa City," the packet stated.

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## COVID-19

Continued from Front

different way than I think anything else any of us have worked on," Galligan said. "Because so much of it relied on phone calls and Zoom and contributed footage and just hoping that people's schedules would work out and people would be healthy and well."

Though Galligan said safety precautions limited the number of times the filmmakers could travel, she said she frequently interviewed sources over Zoom and through phone calls. Each source also recorded at least one video update a week where they talked into their phone's camera and provided visuals of what their life looked like at the time.

This process worked in the documentary's favor, Galligan said, noting that some of its best moments came from video diaries.

## Where are they now?

Reynan, one of the documentary's main subjects, graduated with a theater degree. In the following years, she traveled across the country to Delaware and California, married her wife Biscupski, and has since returned to the UI to pursue a graduate degree in library sciences.

"I feel like the second Jenna stopped filming us, it was like, so much in our lives changed so drastically," Reynan said. "It's kind of silly. Like, even just watching the trailer, I was like, 'Oh man, like that was only two years ago.' But I feel like an entirely different person."

Reynan said she was initially approached by Jake Maish, the second assistant director of the documentary, and was eager to join the project. It provided her a chance to be on-screen — even if she was only portraying herself rather than a character. She ultimately described her involvement in the documentary as serendipitous.

About a month after Reynan and Biscupski's wedding in August 2021 — which was filmed and featured in the documentary — Biscupski came out as transgender. This drastically changed both their lives for the better, Reynan said, but it also made the documentary experience more surreal.

"Can you strike this balance between being authentic or being truthful and vulnerable about what's actually happening in your life without necessarily knowing, like, what are the underlying causes of why this is happening?" Reynan said.

Filming ended for Reynan and Biscupski shortly after their wedding, with the COVID-19 pandemic still underway despite the availability of vaccines and loosened lockdown restrictions. Reynan said that while some people wanted the world to return to normalcy, the fear she felt during the pandemic's height hasn't gone away.

She said much of the conservative politics that have surfaced in the wake of the pandemic hit close to home.

"You know, like, if my wife and I don't feel comfortable eating at a restaurant in public because we



Ayotoluwafunmi "Ayo" Ogunwusi sets up a camera in Locust Grove, Georgia, on May 28, 2021.

Film still by Jenna Galligan/The Daily Iowan

don't know what the perception of a queer couple with a trans woman will be like, has the pandemic ever really stopped for us?" Reynan said. "Are we still on lockdown? I don't know, honestly. Like, that might sound kind of cynical, but in a lot of ways, I feel like nothing has changed."



Lugo, another documentary subject and a member of the Hawkeye Wrestling Club, said he's changed a lot as a person since 2020, even if his daily routine remains similar.

The pandemic prematurely ended Lugo's collegiate wrestling career and left him without a chance to claim the title of NCAA national champion. Instead, Lugo finished his senior year working out at home — a time he recalled as restless.

During the documentary and post-graduation, Lugo continued to train with the intent of wrestling in the Olympics. The wrestler said he didn't feel uncomfortable recording the video diaries because he wanted to inspire people through the documentary, he said.

"I was honest with every question, you know, that they threw at me. You know, how was I feeling when they asked — I gave the truth," Lugo said. "Because I know someone somewhere out there is gonna watch this and be like, 'Man, I probably felt the same thing during those times.'"

Even so, he described recording interviews as the hardest part of the process as well as his favorite. The conversations challenged him, he said, because they forced him to relive difficult moments — such as when he didn't make it past an Olympic qualifier. But Lugo said those moments motivated him to improve himself.

Lugo continues to train in Iowa City and is aiming for the 2024 Olympics. After that, he's tasked with making a critical decision: continue his wrestling career, jump into coaching, or try something entirely different.

Regardless of what life looks like three years from now, Lugo said he has learned to live in the mo-

ment instead of fixating on the future as he did in 2020.

"I think everything happens for a reason," Lugo said. "And I love the pain and adversity that I went through at the time and, you know, for the ones that are yet to come."

## Stovall's legacy

"Lost in the In-Between" is dedicated to Javon Stovall, another graduate featured in the documentary. He died unexpectedly in November 2021, just months after filming ended.

Mariah Roller, a close friend of Stovall who is also featured in the film, described him as someone who took up a lot of space in a room and made even the most mundane activity fun.

The two met during Roller's freshman year and later went on to participate in several student organizations together, including the UI's Student Advisory Committee on Sexual Misconduct.

In 2019, Roller stepped away from school and moved to Florida — a decision she attributes to Stovall.

"He was one of the first people that really told me that I can do better than small-town Iowa," Roller said. "You know, that's not really something that I had ever considered for myself."

"Lost in the In-Between" followed Stovall during his own move to Florida. For the first month, Stovall slept on a couch in Roller's apartment after arrangements for his apartment fell through at the last minute. Despite the chaos of the time, Roller said she wouldn't have traded that month for anything in the world.

"I was, in hindsight, really lucky — selfishly — that that had happened," Roller said. "Because I got to spend an extra month with, you know, one of my favorite people on Earth."

Once he found a place in Miami, Stovall pursued a master's in higher education at Florida International University. Roller said he continued to make an impact on his community even after the documentary cameras stopped rolling. While at FIU, Stovall was

heavily involved in the university's Pride Center.

Two scholarships have been awarded in Stovall's name: the Javon A. Stovall Memorial Scholarship at FIU and the Javon Stovall Leadership Hawkeye Legacy Award at the UI. Roller said Stovall would be happy to see them go to people who exemplify the issues he fought hardest for as a queer and disabled person of color.

"Javon put himself in rooms with important people, and he wasn't afraid to share his identity," Roller said. "So, he made sure people knew those things about himself. Not just so he could be the gay guy or the Black guy, but because he wanted people to know that you can succeed in those roles and in those identities."

Roller said she looks forward to seeing the film so she can revisit a pivotal part of her and Stovall's lives.

"I'm really glad that the world is going to get to see some of him, even if it's briefly," Roller said.

## Reflections on the future

As a recent graduate, Galligan said she sees herself in the documentary's main characters, even though their circumstances differ. She added she hopes the documentary sparks conversations about people's own 2020 experiences.

"You can feel when you watch the film that everyone is learning both about the pandemic and about the real world," Galligan said. "But also, there's a sense of learning how to talk about these things that comes across in the film, too."

Adams said he hopes viewers will continue to make connections with "Lost in the In-Between" both now and in the future.

"We've talked about this being a time capsule and something where people 100 years from now will be able to look at this as a historical document, as something that encapsulates what it was like for these graduates to experience everything that happened in 2020 in a very intimate way," Adams said.

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## "LOST IN THE IN-BETWEEN: GRADUATING INTO 2020"

SCREENS AT



MAY 4 AND 9 AT 7 P.M.

## Behind the scenes: creating the documentary



John Richard/The Daily Iowan

Filmmakers Daniel McGregor-Huyer, Ryan Adams, Jenna Galligan and Ayrton Breckenridge work in the Daily Iowan Documentary Workshop at the University of Iowa on Sept. 14, 2022. The Workshop produced two feature-length films over the course of three years.

Gretchen Lenth  
Copy Editor

"Lost in the In-Between: Graduating Into 2020" dives into the lives of students who graduated from the University of Iowa in the midst of the COVID-19 pandemic and was directed by UI alum and documentary filmmaker Jenna Galligan. UI alumni Ryan Adams and Jake Maish served as first and second assistant directors, respectively. The film was produced by documentary photographer and filmmaker Danny Wilcox Frazier, who also serves as the *DI*'s photo and film coach and as the workshop's director.

*DI* publisher Jason Brummond served as executive producer, and *DI* documentary films coach John Richard served as the film's executive editor. UI alum Joseph Norman composed the documentary's original score.

The *DI* Documentary Workshop functions as a training ground where students work alongside seasoned professionals. Wilcox Frazier said he served as a teacher, boss, and producer at different points during production. He described his teaching role as the most important, especially when it came to developing each student into a director.

"We dedicate ourselves," Wilcox Frazier said. "When someone opens up their life — allows us this intimate access, this completely candid view of their lives — we have an obligation to give the story everything we have."

Wilcox Frazier compared the dedication shown by "Lost in the In-Between" student filmmakers to that of a professional athlete. Galligan and Adams stayed on the team after graduation to see the project to fruition, and Wilcox Frazier

said the entire team worked long nights and weekends. In addition to the student directors, eight other students served as directors of photography or helped with post-production editing.

"I knew they could do it. I knew they would do it," Wilcox Frazier said. "That said, I'm still in awe of it."

Adams said he was pushed by Wilcox Frazier in ways he never thought he could be and was surprised to see his growth after working on "Chasing Greatness: Wrestling Life," another *DI* Documentary Workshop feature that premiered March 4 on Big Ten Network.

"To be able to work with the amount of talent and knowledge that they bring and to be able to develop as quickly as we have is something I don't think any other place in the country is doing with a student newspaper," Adams said. "And I genuinely hope that it's something that just keeps going and going."

Wilcox Frazier's future goals for the *DI* Documentary Workshop include involving graduate students in the filmmaking process, providing scholarships, and covering lesser-known issues that may not receive national attention.

"Lost in the In-Between" opposes today's politics of division, Wilcox Frazier said, a message conveyed thanks to the care given to the subject matter by the *DI* Documentary Workshop's crew:

"This film is going to show our university community — and I hope it goes much further than that — that we have much more in common than we have that is different."

Parker Jones contributed to this report.

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Jenna Galligan/The Daily Iowan

Clara Reynan and Maeve Biscupski sit on the front step at their new apartment in Newark, Delaware, on Aug. 4, 2020.

# Opinions

COLUMN

## Internet trolls receive too much attention

Students protested after an internet troll visited campus. This kind of attention is what internet trolls want.



Gabriel Arboleda  
Opinions Contributor

Political commentary has strayed further than ever from factual reporting.

On April 19, far-right political commentator Matt Walsh lectured at the Iowa Memorial Union. He was invited by the University of Iowa chapter of Young Americans for Freedom, and the lecture's purpose was to discuss issues pertaining to gender identity and reinforce the claim that there are two genders.

As a result, students were enraged and felt the need to express their sentiments on the streets. Transgender-rights statements were written in chalk all over the sidewalks of the UI Pentacrest. On the day of the lecture, hundreds of students gathered outside the IMU to protest.

While I understand the rage felt by students, the

protests helped the speaker more than anything. By giving the speaker attention, we played into his game.

The speaker is an internet troll. An internet troll is someone who sparks controversy online to receive attention. He has labeled himself a theocratic fascist and is most known for the documentary "What Is a Woman? One Man's Journey to Answer the Question of a Generation," in which he argues against the existence of transgender women.

Ever since the campaign and presidency of former President Donald Trump, far-right internet trolls have grown their platforms. Outlandish comments have caused them to receive more views and comments, particularly from people who disagree with them.

This trend has caused many users from the depths of the internet to gain significant popularity. In pretty much every case, this attention is undeserved.

Most recently, the far-right media personality Andrew Tate rose to fame. Like every internet troll, a great portion

of Tate's success came from the overwhelming backlash of his outrageous commentary.

Another large source of his success was memes, which are easier to create when the subject acts dramatically or comically. Tate's commentary received the attention of many larger influencers who would respond to his claims, thus giving his name more notoriety.

Despite pushing the narrative that his supporters dominated the internet, Tate's success can be attributed to those who spoke against him and those who simply viewed him as comedic entertainment. Tate now faces charges under suspicion of human trafficking and will likely never regain the popularity he once had.

Tate and Walsh are only two people within a massive community of internet trolls. While trolls do not necessarily represent a specific political affiliation, the most notorious trolls have aided the far-right. This is because trolls play into emotions by using tactics such as racism, blatant ignorance, and



Ayrton Breckenridge/The Daily Iowan  
Anti-trans conservative commentator Matt Walsh speaks during a lecture organized by the University of Iowa Chapter of the Young Americans for Freedom for Walsh's "What is a Woman?" documentary at the Iowa Memorial Union on April 19.

appealing to outdated conventions. Regardless of political stance, internet users must be wary of these tactics when they are online.

The priority of the troll is to make headlines and get attention by appealing to the disagreement of the masses.

By spurring protests, writing articles, and sharing information on social media, UI students

helped a far-right internet troll garner more attention than he should've received.

I previously had never heard of the speaker who presented at the IMU, and had it not been for the uproar on campus, I would've remained oblivious. After taking a quick look at his resume, I did not feel that he was a person of importance who presented any substantial argument.

Protestors make the claim that if protests are not held, the opposition will grow. While I don't entirely disagree, it must be recognized that trolls play to emotions, which include feelings of paranoia.

It's time we stopped giving internet trolls the attention they beg for. Without our attention, they cannot amount to anything.

gabriel-arboleda@uiowa.edu

THE DOC IS IN

## Tripping to treat mental health disorders

Mental health research in recent years suggests the potential for psychedelics in psychiatry.

Although agents like ayahuasca have been a part of ancient rituals for millennia, reports in the 1950s and 1960s sharing the successes psychedelics had in treating mental health conditions saw meteoric momentum. Just as studies showed promise, rumors of bad trips and counterculture protests associated with psychedelics accelerated the War on Drugs. Subsequently, the 1970 Controlled Substances Act criminalized psychedelics and other compounds.

### What is the current state of psychedelic research?

After decades in the dark, recent Phase III clinical trials using psilocybin and MDMA again showcased psychedelics' potential

for treating mental health disorders. Because of the remarkable results of these studies, the Food and Drug Administration designated psilocybin for the treatment of depression and MDMA-assisted psychotherapy for post-traumatic stress disorder as breakthrough therapies.

This title elicited immense interest among podcast hosts, social media influencers, and researchers. Worth noting, these researchers include those at the University of Iowa who are soon conducting a clinical trial comparing the effectiveness of psilocybin and ketamine in the treatment of alcohol use disorder.

### What is psilocybin?

Psilocybin, a compound cultivated from fungi, functions primarily by activating the serotonin 5HT2A receptor. This receptor can enhance cognitive flexibility and neural plasticity as well as decrease activity in the default mode network — a circuit that fosters daydreaming and our sense of self.

Together, these mechanisms may explain experiences of mysticism and provide answers about how psilocybin can treat disorders like depression. Studies like one in the New England Journal of Medicine in 2021 discovered that only two doses of psilocybin for depressed patients performed equally — and in some instances better — in reducing

depression symptoms than those who received six weeks of traditional antidepressants.

### What is MDMA?

Known as molly or ecstasy, MDMA increases the release of neurotransmitters like oxytocin, serotonin, norepinephrine, and dopamine, which can escalate peoples' empathy and mood. Therapists have used MDMA in psychotherapy underground for decades for people with PTSD or trauma histories.

MDMA is believed to help people form more empathic relationships with their therapists and help them process painful memories in a more positive light

to create new and less painful associations with their trauma. A landmark study in 2021 published in Nature demonstrated that in a double-blind, placebo-controlled trial, three sessions of MDMA-assisted psychotherapy contributed to the remission of PTSD in 67 percent of patients versus 32 percent of participants that received a placebo.

### How safe are psychedelic drugs?

Despite the plethora of positive press, psychedelic use continues to possess numerous potential problems. The euphoria they can induce can promote misuse or abuse. Rarely, these substances can produce psychotic episodes. One

study found that mental health complications from regular psilocybin use arose in less than 0.2 percent of a vulnerable population — those with previous psychiatric or family histories of psychosis.

While states like Oregon and Colorado have started the process of decriminalizing and legalizing psychedelics like psilocybin in the last two years, it will likely take several more years and published clinical trials before these mind-altering molecules like MDMA are FDA-approved and hit the mainstream for mental health treatment.

Nathen Spitz  
Fourth-year medical student  
Class of 2023

POINT/COUNTERPOINT

## Are dogs or cats better companions?

In the U.S., two-thirds of homeowners have a pet. The question remains — are dogs or cats better?



Elise Cagnard  
Opinions Contributor

### Dogs

dearly. Simply put, there is just nothing that compares to the bond you have with your dog.

There are many perks to dogs and very few cons. The biggest concern is usually that a dog is relatively high maintenance. While that is true, this actually turns out to be a positive thing.

A dog gives you no choice but to live a healthy lifestyle. Dogs, like humans, need to exercise daily. As we all know, sometimes it's hard to motivate yourself to get up and

move your body. Having someone else depend on you for their daily walk is an incredible motivator to get out of the house and step into nature, which in turn is great for your mental health, according to the Mental Health Foundation.

Additionally, dogs are proven to be smarter than cats, according to CNN. Dogs have over double the neurons that a cat does, which means they can process information more efficiently. Because of this, they can perform more high-level tasks and serve as guide dogs or detection dogs.

Dogs are also able to see and smell human emotions, which makes them excellent companions and service animals.

On another note, dogs can also be helpful in cases of protection. A house has a much lower chance of being broken into if the culprit hears a dog inside. Even the bark of a tiny chihuahua can be enough to save you from a home invasion.

Overall, a dog can be a genuine pillar in your life with very tangible benefits.

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Sophia Meador  
Opinions Editor

### Cats

ing to bet those researchers never lived with a cat. Although it may be an opinion, I can say without a doubt that cats are better pets than dogs.

One reason to ride the cat train is their noise — or their lack thereof. The bark of a single dog can reach 100 decibels, which is almost equivalent to the volume of a car horn. According to the Centers for Disease Control, excessive exposure to loud noises can cause stress, anxiety, depression, high blood pressure, and heart disease.

According to researchers at the American Psychiatric Association, dog and cat owners experience mental health impacts equally. I'm will-

ing to bet those researchers never lived with a cat. Although it may be an opinion, I can say without a doubt that cats are better pets than dogs.

One reason to ride the cat train is their noise — or their lack thereof. The bark of a single dog can reach 100 decibels, which is almost equivalent to the volume of a car horn. According to the Centers for Disease Control, excessive exposure to loud noises can cause stress, anxiety, depression, high blood pressure, and heart disease.

The average cat's meow is only 45 decibels. That's comparable to a quiet library or gentle rainfall.

Sure, dogs have more neurons than cats. But that's because most dogs are far larger in size, which is another reason why cats make better pets.

Most dogs outweigh cats in size. As a result, dogs require more attention to release their built-up energy. They also need fed more frequently and in greater amounts than cats. Not only do they take up more time, caring for a dog takes up more of your wallet.

Unlike dogs, most cats spend their days roaming the house and sleeping in random spots. Cats only require a scoop of chow and a litter box change.

Full disclosure: I loved my childhood dog immensely, and I will likely own a dog one day. Dogs are great companions, but they require more work and devotion than cats.

In terms of living, I'd rather have a cat for a roommate than a dog.

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Spring 2023

# CONGRATULATIONS GRADUATES

The College of Liberal Arts and Sciences is pleased to recognize the scholarship and achievement of our students graduating in May 2023 with distinction and honors.

We are proud of all of our new alumni and wish them success in their future endeavors.  
**Dean Sara Sanders**

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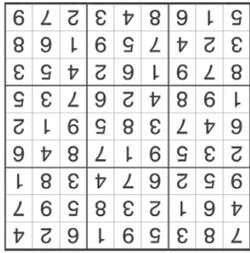
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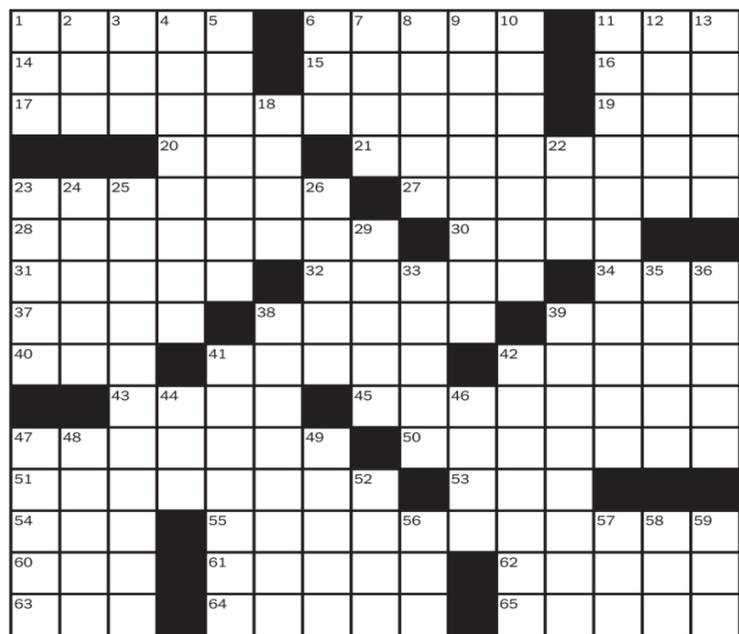
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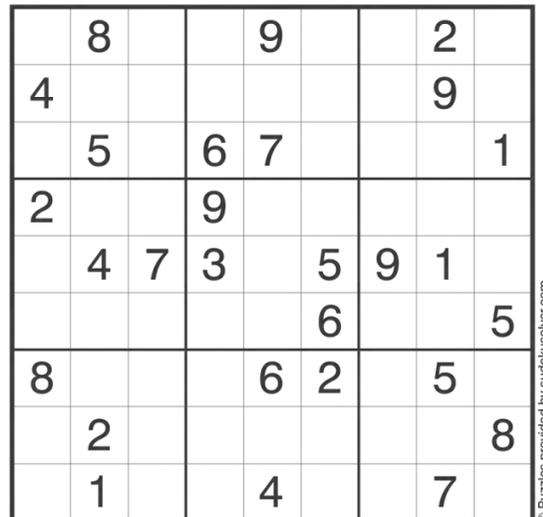
Puzzle solutions at top of page  
Edited by Will Shortz No. 0329



- ACROSS**
- Entertain
  - Apples with chips
  - Call upon, as for a position
  - Like a wet blanket
  - Loaded chip
  - Wish undone
  - Fasteners near hasps ... and an anagram of 11-Down
  - Ripen
  - More than a stone's throw away
  - Like a laundry pile
  - Prelude to bandwidth throttling
  - Inserts used in orthodontics
  - Adornment that may have a certain charm
  - Nuptial exchanges
  - Followed a curve
  - Snowboards, in lingo
  - Busy professional in Apr.
  - Talks sweetly
  - Ancient Greek city-state
  - Subsequently
  - E.V. battery capacity unit
  - Ticketed
  - Be the head of, as a band
  - Dos + seis
  - 2016 Lucasfilm production starring Felicity Jones
  - In good shape financially
  - Prepared to pop the question, say

- Thai dish that translates as "fried with soy sauce"
  - The Eiger, for one
  - "\_\_\_ you serious?"
  - Challenge for a fire-walker ... and an anagram of 25-Down
  - \_\_\_ Tagesspiegel (German daily)
  - Word with tall or short
  - Up to now
  - Newsroom folks, for short
  - Justin Timberlake's former band
  - Not self-sufficient
- DOWN**
- "Details, please ...?"
  - Ranch sound
  - Supposed Roswell crasher
  - Grass and clay, for tennis
  - Twined together
  - QB goof: Abbr.
  - Ernst who studied sonic booms
  - Years (for)
  - Bargain bin finds
  - Some scrubbers
  - Vocational training provider ... and an anagram of 55-Across
  - Foretell
  - Friends and associates, in slang
  - \_\_\_ Sea, outlet of the Amu Darya

- Intro to -logical
- Arizona player, informally
- > or <--
- Specialized tableware for serving some Mexican food ... and an anagram of 17-Across
- Presidential candidate of 1992 and 1996
- Bathroom remodeling specialist
- Passed without flying colors
- Tubular pasta variety
- Paid table stakes
- Groundbreakers
- Yogi's balancing stance with arms overhead
- Root for
- Something a Tesla driver doesn't need to carry
- Rite Aid competitor
- Irksome buzzer
- Ground-breaker
- Like galleys
- Bit of sleepwear
- "Say \_\_\_"
- Tolkien horde member
- Vote for
- Conducted
- Farm structure



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Daniel McGregor-Huyer/The Daily Iowan  
Iowa midfielder Josie Durr interacts with teammates before a game between Iowa and Northern Iowa at the UNI soccer field in Cedar Falls on Sept. 11, 2022. The Hawkeyes defeated the Panthers, 6-0. Durr played for 54 minutes.



Averi Coffee/The Daily Iowan  
Iowa gathers at the mound during a softball game between Iowa and Maryland at Pearl Field on April 14. Maryland defeated Iowa 5-2 in the first game, and 2-0 in the second.

**DURR**

Continued from Page 8A

mindful player during her high school years would be an understatement. Durr, then an attacking midfielder, led the Spartans in goals scored each of her four years. She even led the state of Iowa in goals her junior season, tallying 46 in 19 games.

After sitting out her freshman year of college, Durr's role began to shift. She assumed the No. 8 position, a midfielder focused on linking the forwards and defenders, in Iowa head coach Dave DiIanni's game plan. Over the course of the 2019 and 2020 seasons, Durr totaled just two scores.

"She helps in a position where she connects the two lines and is a little bit of a conduit for how they flow," DiIanni said of Durr. "She's so athletic and smooth with how she moves, and she's very, very productive with her touches. She doesn't get on the ball a ton, but when she does, she connects with others and gets the ball where it needs to be and when it needs to be there."

Durr said the adjustment to steals wasn't difficult. After all, she led the state in steals as a point guard in basketball her senior year of high school.

Durr constantly recovered from injuries while adjusting to the new position. She broke her wrist her junior season and tore her hamstring the following year. In addition, she missed the entire 2021 season after tearing her ACL in an exhibition game against South Dakota.

"I just had to keep reminding myself why I was doing it, why I was going to the rehab, and all the stuff to be able to just stay focused on getting better," Durr said.

Durr started every game of the 2022 season, logging over 1,411 minutes — fourth most on the Hawkeyes. DiIanni told her she still had a lot to

give and pitched a return in 2023, but Durr originally declined the offer.

Then, Hawkeye goalkeeper Macy Enneking and defender Samantha Cary reached out to Durr, and DiIanni said the exchange made the difference.

"I took a couple of months off, and I [was] just kind of like, 'Oh crap, maybe I'm not done, maybe I do have more to give,'" Durr said. "So, [the coaching staff, teammates, and I] had a couple of conversations, and then I decided I might as well come back if I have the opportunity to."

From 2017-19, Durr learned under fellow Iowa midfielder Natalie Winters about being a good player and teammate while also not taking the game too seriously. This season, the 24-year-old Durr will assume that leadership role on a team that includes 12 underclassmen.

"Just trying to be a role model for these younger kids ... there's not that many older girls left on the team," Durr said. "So, I think it's just along those lines of just, like, leadership and trying to show or teach [the younger players] the knowledge I've learned over my time at Iowa and try to give it to them so they can have that kind of same experience."

DiIanni noted that a seventh season will be tough on a body battered by injuries and will require dedication to the weight room and nutrition. But DiIanni said that resilience will be nothing new to Durr, who arrived in Iowa City from a town of around 3,000 people.

"When you come from a small town and you play in a local club, sometimes the bigger pond is hard to figure out how to find your way," DiIanni said. "And it took her a year or two, but when she learned she could play here, that she was good enough, she was all in and flying."

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**ADAMS**

Continued from Page 8A

her mother had created for her growing up. After getting to know the Hawkeye community, Jalen Adams knew Iowa was where she belonged.

"Iowa is close to home," Jalen Adams said. "I'm a homebody, and I love being close to my family. I knew that if I went here, they'd be able to come watch me play. That was always really important for me."

Iowa head coach Renee Gillispie said Jalen Adams' fight and desire to be in the spotlight make her a great addition to the Hawkeyes' squad.

"Jalen is a competitor," Gillispie said. "She's always been that way since her freshman year in high

school. We've been watching her for a long time. Seeing her and the way that she competes and wants the ball, you've seen that all year between UCLA and she won the ball at UCLA, she wants the big games. We know that she has that in her but I've seen that really early on in her career. She's a selfless player, but she's going to give you everything she can on the mound."

Against the then-No.1 Bruins on Feb. 24, in just the fifth pitching appearance of her college career, Jalen Adams held UCLA — a team that had averaged nearly eight runs per game through its first 14 contests — to a then-season-low two runs on six hits.

Jalen Adams has pitched in 27 games this season, making 17 starts as of May

1, and compiling a record of 7-11.

In games where she has been the pitcher of record, the Hawkeye offense has averaged under three runs per game, and Adams has allowed an average of 1.67 earned runs.

Despite her hard luck on the mound this season, Jalen Adams is excited for the remainder of her first season as a Hawkeye as Iowa gears up for the Big Ten tournament after its final four regular season games this week.

"Iowa has just been incredible," Jalen Adams said. "The girls are amazing, and all the upperclassmen make it a super welcoming environment. I just can't see wait to see what the postseason brings us."

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**LYONS**

Continued from Page 8A

Lyons said. "My mentality wavered a lot. I didn't think I would compete again ... But I personally think it was one of the greatest things that can happen for my athletic career."

His first focus was on his diet so he could regain lost weight in a healthy way. Once cleared to return to physical activity, Lyons took it slow, focusing on his movement and his body before gradually returning to weightlifting.

But because NCAA rules would not allow Iowa coaches to instruct Lyons, he had to practice throwing on his own. A few weeks in, he decided to go out and work on his shot put for the first time.

"It was probably the worst [I've thrown] throughout my entire life," Lyons said. "I was like, 'OK, this is going to be a little rough,' ... but I felt something in me that I didn't really feel before, so that really got me amped up."

Just a week and a half into Lyons' return to training with the team, he was set to make his return to competitive throwing for the Hawkeyes at the

Hawkeye Invite on Jan. 14. His nerves were at an all-time high, but his mind didn't expect a massive throw. Instead, he wanted to break some of the bad habits he had picked up while training individually.

He threw a 16.01-meter toss in the shot put for third, but he was unsatisfied. The motto guiding him, crafted by Robinson, became "post-operation personal record" — an abandonment of any throws he had before his surgery, and a focus on his performances from there on out.

"Our very first meet was an impressive performance because of what he had come back from. The fact that he was even out there doing it, but for him, it wasn't a good performance," Robinson said. "But we were excited because he was back."

And almost every meet after, Lyons reached a new post-op PR — 16.51 meters at the Larry Wierczorek Invitational, 16.72 meters at the ISU classic, culminating in a season-best 17.51-meter toss at the 2023 Big Ten Indoor Championships for 13th place.

At the Desert Heat Classic on April 29, Lyons broke the string of post-op

PRs when he tied his career-best with a 17.57-meter toss.

Robinson wants Lyons to keep progressing his shot put, throw over 18 meters, make a Big Ten final, and qualify for the NCAA meet this outdoor season.

But he also wants him to progress as a leader.

"Honestly, it inspired the hell out of our group," Robinson said. "You see someone that goes from literally dying, and he doesn't complain at all. He never complains about what we eat, what gear we get, where we go to throw — never complains about anything, and if he doesn't complain about his situation, what gives anyone else the right?"

Now feeling healthier and moving quicker, Lyons has not lost sight of the school record and national championship.

To other athletes going through something similar, his advice is to stay patient.

"Don't be in such a hurry to get back because it's such a slow process," Lyons said. "But you [have] got to really trust in the process because if you trust in the process, results will come in the long run."

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## HAWKEYE UPDATES



### Kupčová to represent Slovakia in international meet

Iowa swimming and diving freshman Sabina Kupčová will head to Chengdu, China, this August to represent her home country of Slovakia in the 2023 FISU World University Games.

Kupčová qualified for swimming in the 100-meter freestyle, 200-meter freestyle, 50-meter backstroke, 50-meter butterfly, and 200-meter individual medley.

"We are very excited that Sabina has been selected to represent her country of Slovakia at the World University Games

this summer," Iowa head coach Nathan Mundt said in a release. "It will be an excellent opportunity for Sabina to compete against swimmers from across the globe. It is a huge step forward for our program to have Sabina represent the Hawkeyes in such a prestigious international competition."



### Ulis, Ogundele announce transfer decisions

Former Iowa men's basketball player Ahron Ulis didn't go far to find his next team. He announced his commitment to Iowa's Big Ten West rival, Nebraska, on Monday.

Ulis spent three years with the Hawkeyes, starting 27 games at point guard for Iowa in 2022-23. He averaged 6.1 points and 2.1 assists throughout the season.

Ulis will have two seasons of eligibility remaining with the Huskers. Iowa and Nebraska will play just once in the 2023-24 season in Iowa City.

Former Hawkeye center Josh Ogundele also found a new home on Monday, announcing his commitment to Middle Tennessee State on Instagram.

Ogundele also spent three seasons at Iowa, appearing in 38 games and averaging 1.5 points.

The England native also entered the transfer portal following Iowa's 2021-22 season but ultimately decided to return to the Hawkeyes.

### Campbell, Clark earn UI Athlete of the Year

Iowa football linebacker Jack Campbell and women's basketball point guard Caitlin Clark were named the UI Athletes of the Year at the Golden Herkys, an annual award ceremony for Iowa athletes, on Monday night.

Campbell, who was also named the men's Hawkeye of the Year, was a nationally recognized linebacker with 128 tackles in his senior season with the Hawkeyes in 2022. He earned the Butkus Award, which is given to the top linebacker in the country, as well as the William V. Campbell Trophy.

Clark also won Record Breaking Performance and Best Moment, commemorating her buzzer-beater 3-pointer for an 86-85 victory over then-No. 2 Indiana in February. The junior was the unanimous national player of the year in 2022-23, also winning the Big Ten Player of the Year award for the second straight season.

Ulis also spent three seasons at Iowa, appearing in 38 games and averaging 6.1 points and 2.1 assists throughout the season.

Ulis will have two seasons of eligibility remaining with the Huskers. Iowa and Nebraska will play just once in the 2023-24 season in Iowa City.

## QUOTE OF THE DAY

**"They're going to be successful and just give back to the community, and that's what we hope for as coaches."**

— Head coach Renee Gillispie on her senior class.

## STAT OF THE DAY

30

— Wins for Iowa softball, a first since 2013.

# The long road back

After suffering a burst appendix, Iowa thrower Quintin Lyons is back on the field.



Jerod Ringwald/The Daily Iowan

Iowa's Quintin Lyons throws a shot put during the Hawkeye Invitational at the University of Iowa Recreation Building in Iowa City on Jan. 14. Lyons' best throw went 16.01 meters. The Hawkeye Invitational hosted Ball State, Bradley, Indian Hills, Iowa, Iowa Central, Missouri, Northern Iowa, Western Illinois, Wis.-River Falls, and unattached individuals.

### Colin Votzmeyer Sports Reporter

Iowa junior thrower Quintin Lyons ended his 2022 outdoor season with a 13th-place finish in the shot put at the Big Ten Outdoor Track and Field Championships. Four months later, he was in emergency surgery questioning if he would ever throw again.

Unsatisfied with the out-

door season finish, the Van Nuys, California, native made the commitment to stay in Iowa City over the summer to work toward his goals of breaking the Iowa shot put record and making a national championship in the upcoming indoor season.

Then the stomach pains started.

Lyons had experienced the pains before, but these became so unbearable

that he had to go to the emergency room. After time dragged on while he waited to hear his diagnosis, he was told he needed to go into emergency surgery.

His appendix had burst, and the fluid was spreading into his intestines, risking infection and even death if not treated. The operation would require surgeons to cut through his abdominal wall to clear it.

"Knowing the manner they were going to cut him open and the degree at that point, I wasn't concerned about Quintin the athlete; I was concerned about Quintin the person and him being able to survive because that's how scary it was," Iowa throws coach Ray Robinson said.

Although the surgery was successful, Lyons spent the next two months sidelined, as there were

fluid drains hooked up to his body that made it uncomfortable to sit or lay down. He lost more than 50 pounds.

But Lyons' love for throwing only grew. He was as determined as ever to get back out and compete, to build off his outdoor season successes and be even better.

"It was really rough,"

LYONS | Page 7A

## Powerhouse pitcher

Freshman Jalen Adams has been a valuable member of the Iowa softball team this season, but she's just getting started.



Averi Coffee/The Daily Iowan

Iowa pitcher Jalen Adams pitches during a softball game between Iowa and Maryland at Pearl Field on April 14. Maryland defeated Iowa 5-2 in the first game, and 2-0 in the second.

### Emma Sachs Sports Reporter

Freshman Jalen Adams is following in her mother's footsteps by playing college softball. Adams, a right-handed pitcher, is already making an impact as a Hawkeye.

As of May 1, Adams is leading Iowa with a 2.21 ERA and is second on the roster with 115 1/3 innings pitched.

Adams is an Iowa native who grew up playing softball along with other sports. However, she has always had a special connection to softball.

"I started with soccer and basketball — the common little league sports — but softball was always my sport," Adams said. "I started doing travel softball when I was five. My mom is the head coach at Fort Dodge High School, and she was pretty adamant about making me a pitcher. As I got

older I just kind of fell in love with it."

Before becoming the head coach at Fort Dodge in 2000, Jalen Adams' mother, Andrea Adams, had a hall-of-fame career at Buena Vista University in Storm Lake, Iowa, from 1994-98, with four all-conference honors and two All-American selections.

Jalen Adams said being coached by her mother deepened their connection.

"Having my mom as a coach growing up was a very unique experience that not a lot of kids get to go through," Jalen Adams said. "I'm very grateful that I got to experience something like that. We got along really well for the most part. By the time I was a senior, I kind of knew the ropes, and she just helped me get that much better."

Under the guidance of her mother, Jalen Adams' hard

work paid off.

She was a first-team all-state selection all four years at Fort Dodge from 2019-22 and was named the Iowa high school player of the year as a senior. She also made the all-state third team as an eighth grader in 2018.

As her high school career ended, Jalen Adams' dream of playing college softball became a reality.

"Since I was about maybe 10 or 11, I knew I wanted to play collegiately," Jalen Adams said. "It's always been a goal of mine since I was a little girl. Watching the high school girls play, I always wondered what they did after high school, and I knew that I could do that someday."

When deciding where to play in college, Jalen Adams wanted to be in an environment that resembled the one

## Durability on the pitch

After recovering from multiple injuries over the course of her Iowa soccer career, Josie Durr will return for her seventh season this fall.



Johnny Jarnagin/The Daily Iowan

Iowa midfielder Josie Durr dribbles the ball downfield trailed by Iowa State midfielder Lauren Hernandez during a soccer game at the Cyclone Sports Complex in Ames, Iowa, on Sept. 8, 2022. The Cyclones defeated the Hawkeyes, 2-1.

### Matt McGowan Sports Reporter

Josie Durr's dream to play for the Hawkeyes didn't happen right away. The Solon, Iowa, native received two offers to play collegiate soccer during her sophomore year of high school: one from Iowa, and the other from Iowa State — what she referred to as "the other state school."

With two younger sisters and Iowa's campus just 18 minutes away, Durr didn't have to think hard about her decision.

But right before she started her collegiate soccer career, Durr tore her quad during her final game at Solon High School. Doctors told her the expected recovery time would be six to eight weeks, and Durr was hopeful she would make her return in time for the collegiate season. Instead, the recovery process ended up taking about six months.

As a result, Durr redshirted her freshman season with the Hawkeyes. Now, to fulfill that extra year of eligibility, she will return to Iowa City for her seventh season for the Hawkeyes in 2023.

To say that Durr was an offensively

ADAMS | Page 7A

DURR | Page 7A

# 80 Hours

THIS WEEKEND IN ARTS  
AND ENTERTAINMENT

WEDNESDAY, MAY 3, 2023



## IC SALONS OFFER GENDER-AFFIRMING HAIRSTYLES

Many Iowa City salons emphasize inclusivity by styling hair to match a person's gender expression.

# CALENDAR WEEKEND EVENTS

**THU**  
MAY 4

## TUBA AND EUPHONIUM CONCERT

Members of the University of Iowa Tuba Euphonium Studio will present a recital at the Stanley Museum of Art alongside their own art creations, which were inspired by the music that they will play as well as their favorite artworks.

12 P.M. | UI STANLEY MUSEUM OF ART  
160 W. BURLINGTON ST.

## CERAMICS: WHEEL THROWING

Learn pottery basics! This class will teach you about wedging your clay, centering, throwing, trimming, engobes/finishing, glazing, and firing.

5:30 P.M. | IC FABLAB  
870 S. CAPITOL ST.

## 'THE ROOMMATE'

Riverside Theatre presents its final production of the spring season, Jen Silverman's comedy "The Roommate." Silverman is a graduate of the University of Iowa Playwright's Workshop.

7:30 P.M. | RIVERSIDE THEATRE  
119 E. COLLEGE ST.

## ALEX KERRY, SYBIL GRACE, BARON VON FUTURE, AND NOBLETIGER

Alex Kerry, Sybil Grace, Baron Von Future & Nobletiger perform at Gabe's.

8 P.M. | GABE'S  
330 E. WASHINGTON ST.

**FRI**  
MAY 5

## CAL SCRUBY LIVE

Cal Scruby will perform at Gabe's.

7 P.M. | GABE'S  
330 E. WASHINGTON ST.

## 'FOLLIES'

ICCT's 2022-2023 season wraps up with "Follies." Join this fabulous cast for a show you won't forget.

7 P.M. | IOWA CITY COMMUNITY THEATRE  
4261 OAK CREST HILL ROAD

## 'THE ROOMMATE'

Riverside Theatre presents its final production of the spring season, Jen Silverman's comedy "The Roommate." Silverman is a graduate of the University of Iowa Playwright's Workshop.

7:30 P.M. | RIVERSIDE THEATRE  
119 E. COLLEGE ST.

## FEED ME WEIRD THINGS PRESENTS: ELI WINTER

Chicago guitarist and composer Eli Winter's self-titled album released in August 2022 on Three Lobed Recordings and will be performed at Trumpet Blossom.

9 P.M. | TRUMPET BLOSSOM CAFE  
310 E. PRENTISS ST.

**SAT**  
MAY 6

## IOWA POP ART FESTIVAL

Join us for a day of art, free live music, demonstrations, vintage, thrift, interactive installations, and more at NewBo City Market.

10 A.M. | NEWBO CITY MARKET  
1100 3RD ST. SE

## LIBRARY TATTOO FLASH FUNDRAISER WITH VELVET LOTUS TATTOO

Choose from specially created library-themed flash designs for your next ink to support the Antelope Lending Library.

11 A.M. | VELVET LOTUS TATTOO, 401 HIGHWAY 1 W.  
4261 OAK CREST HILL ROAD

## CANDLE MAKING AND CUPCAKE DECORATING

This Candle Pour Bar event has limited seating and will offer the opportunity to create a custom 9-ounce candle then decorate, and maybe eat some delicious cupcakes from Molly's.

1 P.M. | DODGE STREET COFFEEHOUSE  
2790 N. DODGE ST.

## 'THE ROOMMATE'

Riverside Theatre presents its final production of the spring season, Jen Silverman's comedy "The Roommate." Silverman is a graduate of the University of Iowa Playwright's Workshop.

7:30 P.M. | RIVERSIDE THEATRE  
119 E. COLLEGE ST.

**SUN**  
MAY 7

## VINYL MARKET ON THE LAWN

A vinyl market on the lawn with a variety of record vendors. The market will go on rain or shine and will be inside in the event of inclement weather.

12 P.M. | BIG GROVE BREWERY & TAP ROOM  
1225 S. GILBERT ST.

## 'FOLLIES'

Iowa City Community Theatre's 2022-2023 season wraps up with "Follies." Join this fabulous cast for a show you won't forget.

2 P.M. | IOWA CITY COMMUNITY THEATRE  
4261 OAK CREST HILL ROAD

## 'THE ROOMMATE'

Riverside Theatre presents its final production of the spring season, Jen Silverman's comedy "The Roommate." Silverman is a graduate of the University of Iowa Playwright's Workshop.

2 P.M. | RIVERSIDE THEATRE  
119 E. COLLEGE ST.

## SUNDAY FUNNIES OPEN MIC

An open mic comedy hour at Joystick every Sunday.

9:30 P.M. | JOYSTICK COMEDY BAR & ARCADE  
13 LINN ST.

## REVIEW

# 'The Roommate' shows age never dictates identity

UI alum Jen Silverman's play premiered at Riverside Theatre on April 28 and explored the theme of friendship.

Stella Shipman  
Arts Reporter

If you think you've had bad experiences with roommates, imagine a former criminal from New York moving into your house. This is exactly what happens in the comedic and hard-hitting play "The Roommate."

"The Roommate" premiered at Riverside Theatre on April 28. Written by the University of Iowa Playwright Workshop's Jen Silverman, the play focused on two very different characters whose lives were forever changed when they became housemates. The production will play at Riverside until May 14.

Much of the production's humor poked fun at Iowa and the Midwest through its Iowa City setting. The script often made direct references to downtown streets, businesses, and events.

The story began with Robyn, played by Mary Mayo, moving into a house owned by Sharon, played by Joy Vandervort-Cobb. From the moment we meet them,

it is painfully clear that the pair are nearly opposites.

Robyn's abundant life experience made her more open-minded and relaxed. Sharon's lack of life experience had made her slightly uptight and socially conservative. She quickly found that Robyn filled a hole in her life that she hadn't realized was empty.

Over the course of the play, Robyn revealed more about her past and the less-than-legal activities she participated in. At Sharon's insistence, Robyn passed on her knowledge to her housemate.

Robyn and Sharon also shared the fact that they were mothers with relationships with their children that had been strained over time. Without her son or her ex-husband, Sharon was lonely until Robyn became an electrifying presence in her house.

These two characters explored several different types of relationships, including that of housemates, best friends, and perhaps even something more, all over the course of roughly a month.

Nina Morrison, the director of "The

Roommate," pursued the project because she was intrigued by the idiosyncratic text and the representation of women in their 50s.

"[Jen Silverman] has a quote somewhere about having all this agency and power onstage as women in their 50s, and I was so into that, and was just like 'When are we allowed to change?'" Morrison said. "When are we allowed to be different and just let go of something even if we've been that identity our whole lives?"

"The Roommate" tackles these questions by suggesting that evolution and change can occur at any time in one's life, and no one is too old to be trapped in a life they are not satisfied in.

The production was carried out with lighting that communicated how much time had passed between scenes and brief interludes set to music that reflected the evolution of the characters. Each scene change was also completed by prop and set changes by assistant stage man-

ager Reese Morgan under the direction of stage manager Maggie McClellan.

Mayo and Vandervort-Cobb had notable chemistry onstage. Audience members could easily sympathize with characters and invest in their respective searches for happiness, especially if that happiness was found in each other.

"The performances were brilliant," said Esther Claudio, the 2022-23 Mellon Sawyer Seminar Postdoctoral Scholar at the UI. "You could see every little change happening, and you believe it."

Audience members like Debra Weiler, who is a Riverside Theatre member — also called a Riverdog — also enjoyed the show. She said she was transported by the production and found the transformations of the characters surprising.

"The characters are really strong," Weiler said. "[ "The Roommate" ] takes you outside your own world and into other people's situations."

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## Still: A Michael J. Fox Movie

Genre: Documentary

Cast:  
Michael J. Fox  
Tracy Pollan  
Danny Irizarry  
Hannah Galway  
Esme Annabelle Fox  
Aquinah Fox  
Sam Fox  
Schuyler Fox  
Andrew Barber

Parker Jones  
Arts Editor

Over 30 years since his diagnosis, Michael J. Fox has collaborated with filmmakers to share his story and document the progression of his Parkinson's disease. "Still: A Michael J. Fox Movie" will premiere on Apple+ on May 12.

Known for his rise to fame in the 1980s as the star of classic films of the decade like "Back to the Future" and "Teen Wolf," Canadian American actor Fox was diagnosed with Parkinson's in 1991 when he was 29 years old. The documentary reflects upon the Emmy and Golden Globe award-winning actor's journey since his diagnosis and his role as an advocate using archival footage, documented interviews, and scripted reenactments of moments from Fox's life.

The documentary is directed by filmmaker Davis Guggenheim, who is also a producer and writer known for his work on other documentaries like "He Named Me Malala," and "An



### Classics for finals week motivation

Etude Op. 25 No. 11 (Winter Wind) | Frédéric Chopin  
Coconut Mall | Mario Kart Wii  
Flight of the Bumblebee | Nikolai Rimsky-Korsakov  
Winter | Antonio Vivaldi  
Danse Macabre | Camille Saint-Saëns

Inconvenient Truth." Producers Nelle Fortenberry, Laurene Powell-Jobs, Jonathan Silberberg, and Nicole Stott serve as executive producers of the film.

"Still" largely features Fox as himself as well as his wife and actress Tracy Jo Pollan. It also features their children, Esme Annabelle Fox, Aquinah Fox, Sam Fox, and Schuyler Fox. Actor Danny Irizarry will play a younger Fox, actress Hannah Galway will play a

younger Pollan, and actor Andrew Barber will play director Steven Spielberg in certain scenes.

Since his diagnosis, Fox has made a dedicated effort to spread awareness of Parkinson's disease and advocate for a cure, including the Michael J. Fox Foundation for Parkinson's Research. "Still" will be another contribution to his decades of activism.

parker-jones@uiowa.edu

## REVIEW

# Community theater presents story of love in 'Follies'

After a three-year wait, the theater will perform the show until May 7.

Emma Gaughan  
Arts Reporter

In a bittersweet story of love, aging, and theater, the Iowa City Community Theatre's production of "Follies" began April 28-30 and will continue May 5-7. The show is the final show of the theater's 2022-2023 season.

"Follies," written by James Goldman with music by Stephen Sondheim, tells the story of two unhappy couples returning to their old theater for one last time before it is demolished. As the couples and their friends explore their old theater through musical numbers and conversation, pieces of the past return to them, and they must reconcile past loves and losses.

The production is directed by Josh Sazon, who has been involved in the theater for nearly 20 years. Originally, the theater planned on performing "Follies" three years ago and was finally able to make it happen this year. At the time that it was meant to be performed, the

theater's building was set to be demolished, making it a particularly timely musical.

While the show takes place in the 1970s, it reflects much of the past, as the characters began their careers in the '30s and '40s. Sazon said that social and idealistic changes in American society are well represented within the musical and what the characters go through.

"For lack of a better word, the ideals of American society were pretty much falling apart," Sazon said. "This was wonderfully reflected by the musical and what was going on with the characters throughout the show. So that's also part of the appeal for me at least."

Sazon shared that "Follies" is one of Sondheim's lesser-known musicals, and the music can be difficult to learn. The actors did not use microphones and had to learn difficult music and how to sing it loud enough for the audience to hear. Still, the cast and crew persevered to put on a wonderful production.

"I think it has one of the catchiest scores that he has ever done," Sazon said.

The music director of the show is Wes Habley, who has been doing musical theater for over 40 years and has been involved with the theater for the past 15 years. While Habley directs the orchestra, he said that is only a fraction of his job throughout the production.

Habley was responsible for most musical aspects of the show, including recruiting musicians for the performances. Habley was also on the team in 2020 when the production was originally meant to be performed and is looking forward to finally being able to do the show. "It means a lot to me that, having waited two and a half years in preparation to do this show, and finally watching it reach fruition, which is cool," Habley said.

Like Sazon, Habley also spoke on the music's difficulty. However, he shared that after waiting more than two years, he was excited to finally hear it all come together.

"There was wild anticipation, and the reality of it was just amazing," Habley said.

The production includes actors who are more experienced as well as actors who have never performed before, making it an exciting experience for everyone involved, said choreographer Taylor Gomez.

Gomez was also a part of the performance on stage as a part of the ensemble as well as the role of Margie for a scene toward the end as the characters begin to reconcile and learn about themselves.

"I think the biggest takeaway is not to get so caught up in the things that you think you want or you thought you wanted but to be more appreciative for the gifts that are right in front of you and that you already have," Gomez said.

They said the show, which revolves around old friends, love, and family, was also like a big family backstage.

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## STUDENT SPOTLIGHT

# Eliza Link

Eliza Link is a UI Bachelor of Fine Arts student studying ceramics and art history. Her exhibit "Smells like Smoke" displayed wood-fired pottery.

Zhenya Loughney  
Arts Reporter

Pottery, rock engravings, and pictographs are art forms from ancient civilizations that still exist but are rarely practiced. One ceramics student goes beyond tradition by exemplifying ancient and prehistoric techniques in her recent exhibit "Smells Like Smoke."

"Smells Like Smoke" took place in University of Iowa Visual Arts Building gallery from April 17-22. Bachelor of Fine Arts student Eliza Link explored remnants of the past and other themes through the history of clay techniques. The exhibit displayed almost 100 original pieces of pottery.

Link is a double major in studio arts for ceramics and art history with an entrepreneurial business management certificate, which she said is a lot to manage in four years. Link spoke about how her time at the university inspired this exhibit.

"I had the busiest semester I have ever had. It was one of those times where you wake up in the morning and you go and go until you collapse into bed," Link said. "I really started to think about how all of your days add up to what your life becomes, and that's terrifying. You have to be really intentional about how you take advantage of that time as you live it because you don't get it back."

Throughout her experience learning about art history at the university, Link felt connected to artists of ancient societies.

"It was a real struggle to live and to survive then," Link said. "And through all of that, people and cultures over generations developed ways of making art and places to make art, including new technologies like lamps and scaffolding

and different kinds of paints, and then devoted time and resources amidst the struggle to survive to make art."

"Smells Like Smoke" has been in development for over five years. However, most of its featured pottery was made over the last year and six months. Link coordinated and managed two separate kiln firing sessions where all the pieces were complete. The first one was 50 hours of rotation, and the second was 72.

Kilns are chambers made of non-melting materials meant to pressurize and heat up ceramics to bake clay and make it stronger. Contemporary kiln-firing uses gas, electricity, or other modern fuels to provide heat. Link used the ancient technique of wood firing to complete her pottery.

Most of her pottery has no glaze, which is an additive to dip pottery into before it goes into the kiln to protect it from the harsh environment the kiln provides. Because wood firing is unpredictable, Link and a team of other ceramics continuously monitored the kiln to adjust the flow of air intake to ensure balance and the success of the pottery.

All of the pottery, including vases, cups, mugs, and bowls, was ashy and organic in color, with gray and brown hues. On the floor were scattered ashes and broken bits of pottery. Ashen handprints were on the walls and podiums.

"Thinking about the historical context, thinking about my fingerprints on everything that I do, and how somebody else can hold my hand in that way," Link said. "I'll continue to slowly evolve this work in a lot of ways, and I can see myself going in this direction for quite a long time."

Scattered on the walls were also the definitions of the words smoke, archaeology, semiotics, and legacy. These four words develop into Link's thesis.

"Smoke is the evidence of what we have; of the processes that are occurring just like the work is. Archeology is the process of analyzing that. Semiotics is a tool that you can use to analyze the work, and then the legacy is what you deduce from it," Link said.

Link added that she wanted to leave her mark on the world forever through her pottery.

"I've been thinking a lot about what the future will know of me long past when I am gone," Link said. "All of this work will never degrade. It will break. It will get buried. It will turn into other things. It'll go to Goodwill. It will end up in somebody's grandma's basement, but it's never going to turn back into dust unless somebody tries really hard."

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# IC hair stylists offer gender-affirming services

Salons like Zen Salon & Spa and HABA Salon charge clients by hair length, not gender.

Zhenya Loughney  
Arts Reporter

Hair stylists in Iowa City are making strides toward offering more inclusive haircut options.

Gender-affirming hair-styling is becoming more common across the city. Hair stylists cut hair to match an individual's outer gender expression and their true inner identity.

"Regardless of what you identify as, you can come here, and you will be charged appropriately," said Nathan Stanley, a stylist who manages the Zen Salon & Spa on South Linn Street in Iowa City.

As part of the LGBTQ+ community, Stanley said his own openness about his identity makes LGBTQ+ clients more comfortable going to him for a style.

Stanley trains all the employees at Zen Salon & Spa and said that being

respectful of an individual's pronouns is a top priority. The salon's ultimate goal is to see all its customers happy, comfortable, and walking out the door with the haircut they were looking for.

Zen Salon & Spa has recently changed from gendered to non-gendered pricing. Clients pay for their hair length and the time it takes to style instead of their gender. Currently, the options on Zen's booking website include "male," "female," or "non-binary."

"So, if they choose not to divulge that information, usually they click non-binary, and I have a ton of clients myself that identify as non-binary," Stanley said.

Latisha Knight, a hairstylist at HABA Salon on East Market Street, is a barber practitioner and graduate of the American College of Hairstyling.

"To be inclusive, to me, means helping someone execute their vision for their hairstyle regardless of gender. It's how we choose to express ourselves," Knight wrote in an email to *The Daily Iowan*. "We look at lifestyle, goals, upkeep, how much time and money they want to put into the style, and what looks best on them. It's pretty simple, actually."

Knight added it is important to educate people on their hair type and texture, how it grows, how to keep their scalp healthy, and how to maximize their personal style while keeping expectations realistic.

"It's important to feel comfortable in your own skin," Knight wrote. "I hope I can help folks with that. I feel happy when I can help someone execute their vision."

Knight wrote she has

given many gender-neutral cuts over the years. She doesn't charge by gender, only by length.

"Hair grows! You can create shapes. You can create a multitude of colors and patterns. It can be bright. It can be natural," Knight wrote. "It's all beautiful to me no matter who wears it. I never wake up and think, 'I don't want to go to work today.' Not in 14 years."

Paul Clark, owner of Hare Parlor on North Gilbert Street, is also in the LGBTQ+ community. Clark doesn't charge by the client's gender, either. However, when he first introduced the language on the salon's website, it wasn't as smooth as he thought it would be.

"When you go to look at the options of hair cutting on the website, I have 'non-binary.' I tried to do 'non-gender-specific' pricing, but people got

confused on that," Clark said. "So, I had to change the verbiage in there with 'non-binary,' and that made it easier for people."

Clark spoke about inclusivity being a priority at Hare Parlor.

"There's a trans symbol on our door. And there's a little sticker that has the trans colors on it. We wanted to create a safe space. And we style a lot of different people," Clark said.

Mad Jac Salon on Kirkwood Avenue is co-owned by Jacqueline Nelson, a seasoned stylist downtown. Nelson spoke about her experience with gender-affirming styling.

"It's amazing when you give trans people a haircut," Nelson said. "That is who they are. You notice it as a stylist, and they know it as a person: that's who they're meant to be."

Mad Jac Salon has been

in business for over 10 years and has always made inclusivity a priority.

"I'm going to tell you that I have gay people, trans people — I have everybody — that's what I've been doing those 30-some years. We've always been an 'all are welcome' space," Nelson said.

Even though almost everyone has hair, styling is a quintessential art form that allows individuals to express themselves. Nelson spoke about how it felt the first time she gave a gender-affirming style to a trans person who had recently come out about their identity. She said those feelings still touch her to this day.

"I mean, we both cried because it was just their true self coming out," Nelson said. "People need to be allowed to be the person that's inside them."

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Emily Nyberg/The Daily Iowan

Hair stylist Nathan Stanley styles Katie Boeckenstedt's hair during a training session at Zen Salon & Spa in Iowa City on Tuesday.

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Scene from *ZigZag*. Photo: Rosalie O'Connor.

## AMERICAN BALLET THEATRE

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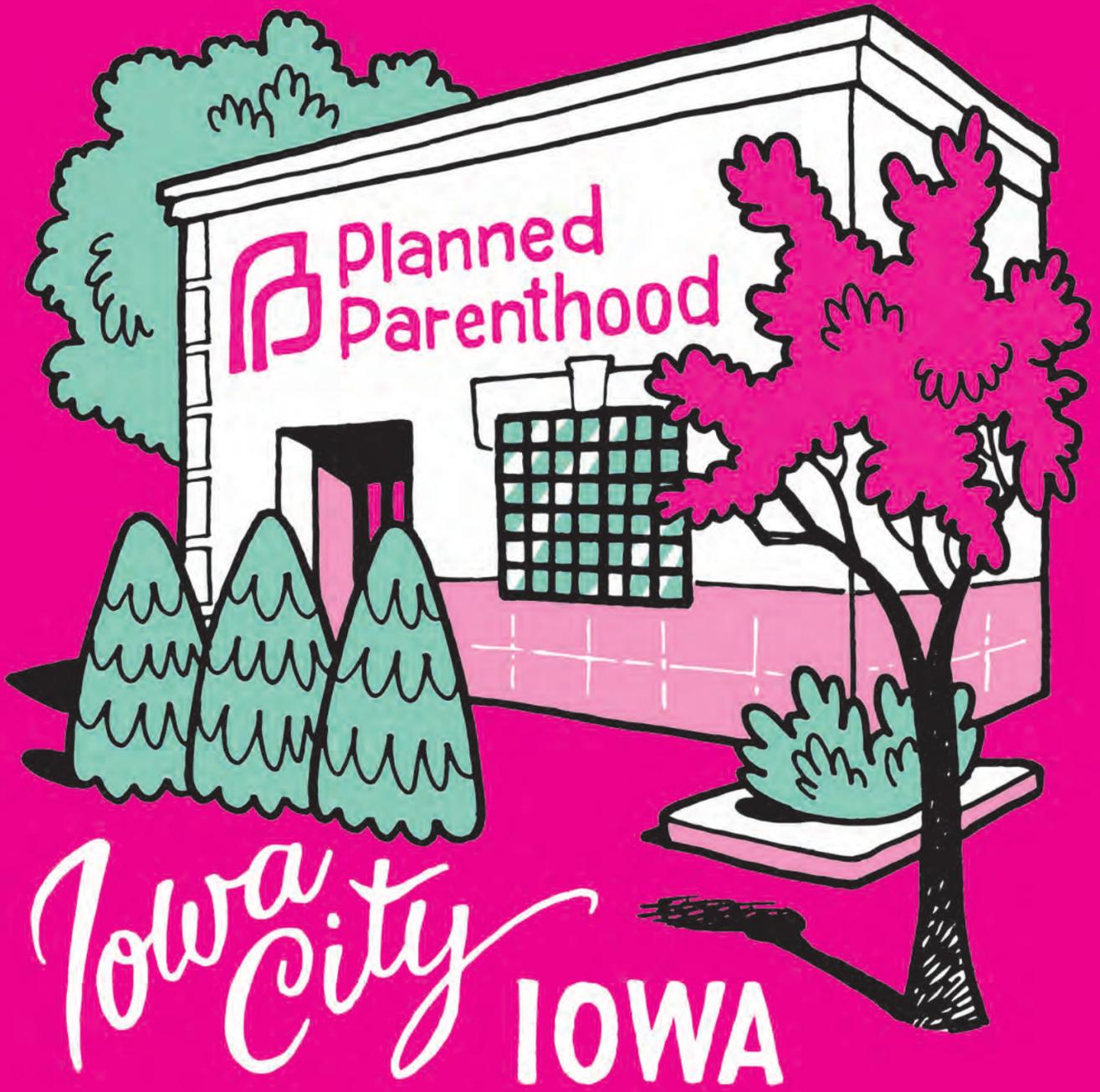
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