

The Daily Iowan

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Jordan Barry | The Daily Iowan

Kilo plays guitar near his camp on Sept. 23, 2023. At the time, Kilo was living within the southside encampment located off the Iowa River. "I never expected to be homeless in Iowa City," Kilo said.

A CITY WITHIN: AN INSIDE LOOK AT HOMELESSNESS

A *Daily Iowan* photojournalist followed several unhoused Iowa City residents over the course of five months.

Jordan Barry
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Editor's note: Jordan Barry is a *Daily Iowan* photojournalist from the Iowa City area and a University of Iowa student double majoring in anthropology and journalism and mass communications. Barry spent five months following a community of local individuals experiencing homelessness and documented their stories. The piece is written in a first-person perspective to provide a more intimate understanding of the individuals who were followed.

For the safety of the individuals discussed, *The Daily Iowan* has agreed to the sources' request to only be referred to by their first names.

Just south of Highway 6 near South Gilbert Street in Iowa City, along a wooded embankment abutting the Iowa River, a makeshift community for local unhoused individuals burst into flames in early October, bringing with it the attention of city law enforcement and media.

The property — dubbed "Tent City" or "River Camp" by some of those who lived there — is owned by the Iowa City Municipal Airport Commission who have since evicted over a dozen people residing on the land. Airport officials are working with Shelter House to provide resources for the individuals displaced by the fire.

I visited the camp for about a month and a half before the fire, during which time I became acquainted with a number of the individuals living there. I was hesitant to photograph my first day at the encampment as I could sense the collective uneasiness surrounding my being there. But

as weeks passed to months, the tension of my presence seemed to soften. Individuals opened up to me about their lives and in doing so opened up a part of Iowa City that I had never known. I encountered new perspectives during the project while talking and spending time with people who are unhoused, which I found to be extremely rewarding. I was motivated by the resilience of Iowa City's most marginalized residents, proof that hope persists in some of the darkest places.

On the day of the fire, I was one of the first journalists at the camp. Having been there multiple times before, I was concerned for the well-being of the people who considered this small stretch of land their home. I'm not suggesting other journalists were not equally troubled, but I was struck

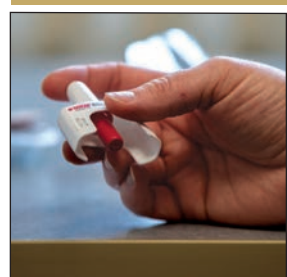
UNHOUSED | 3A



Jordan Barry | The Daily Iowan

Jessie looks back toward her camp in the early evening on Sept. 22, 2023. Jessie hails from Georgia and said she faced trauma in her upbringing there.

INSIDE



UI health experts push education on Narcan administration

University of Iowa health specialists are working to increase access to the naloxone drug for use in Iowa schools.

NEWS | 2A

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Resources on the chopping block

Federal data shows people experiencing homelessness in Iowa is rising.

Roxy Ekberg
Politics Reporter
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Advocates for Iowans experiencing homelessness say recent and proposed state policies that would reduce resources available for unhoused people threaten the growing population.

Amid an increase in people experiencing homelessness in Iowa, Gov. Kim Reynolds' plan would eliminate state boards and commissions, including the Iowa Council on Homelessness. While Reynolds claims the cuts will make state government more efficient and effective, critics question if the decision will reduce resources for the unhoused.

After previous legislation barred cities' restrictions on source-of-income discrimination — allowing landlords to reject tenants using vouchers — some critics worry the reorganization plan would decrease support for an already vulnerable population.

Reynolds' plan to reduce the size of government will eliminate 111 of Iowa's 256 boards for a 43 percent decrease. The majority of the boards and commissions will be absorbed by other boards or have their powers delegated to state agencies. But 39 will be entirely eliminated, including the homelessness council.

Depending on the pace of the legislation, David Hagen, a member of the Iowa Council on Homelessness, said the council recognizes it



Ayrton Breckenridge | The Daily Iowan

Lawmakers sit in the house chamber during the first day of the 2024 Iowa legislative session at the Iowa State Capitol in Des Moines on Jan. 8.

may dissolve in July because of the elimination of the board by the legislature.

State and national data show a current increase in people experiencing homelessness.

The annual Point in Time report conducted by the U.S. Department of Housing & Urban Development revealed 2,653 unhoused individuals on

a single given night in 2023 in Iowa, which is the highest number recorded in the report since 2018.

HUD's Annual Homeless Assessment Report showed a 12 percent increase in homelessness nationally in 2023 — the highest number of people

COMMISSIONS | 2A

UNHOUSED

from 1A

by those in my profession who appeared to only focus on the problem of a fire caused by the carelessness of people experiencing homelessness.

From the beginning, I wanted to be a different kind of journalist. I wanted to build relationships with people and help tell honest and holistic stories. Before I started the project, I didn't personally know a single homeless person. That changed in the five months I spent covering this story. For one thing, I met a young man who said he had attended Iowa City High School. Meeting him was certainly a profound moment for me. Our common backgrounds in the Iowa City area struck an emotional chord, and amplified my sense of commitment to cover this group fairly and without bias. Today I feel fortunate to have a different perspective on Iowa City and its people. Through this experience, I have found myself more empathetic towards those facing extreme challenges, which in this case are often out of their control. The diversity of stories I heard was both captivating and extremely personal.

During my time working on this piece, I came to know several individuals, including Kilo, Ashley, and Stykx. I didn't know where to start contacting people initially, but after talking to a woman named Liz and a man named John, both of whom were sleeping on the sidewalk on a corner near the restaurant Uncle Sun, they told me to look along the Iowa River near Highway 6 and the Benton Street Bridge. I had biked along the Iowa City River Trail multiple times, which goes through that area, but I never explored it on foot. One day in September, I hopped on my bicycle and headed in that direction. The following stories concern some of those I came to know best.

KILO AND ASHLEY

Kilo and Ashley are a couple who are both in their 30s. I remember their hesitancy in speaking with me when I initially met them, but they opened up after learning I intended to simply understand their daily life. They met late last summer and started to live together in "Tent City," but when I first met them they were in the process of moving to a different camp.

On one overcast September day in particular, I recall cans of fruit perched on a foldable table next to an assortment of other camping items. I met the couple in a wooded area beyond the railroad tracks near the Iowa River, the location of their future camp. A once vibrant towel danced on a clothesline and floor mats laid on the ground as a makeshift carpet of sorts. I met a woman named Sam who had been spending her nights with Kilo and Ashley since her tent had burned down — a separate incident from the October fire — which had destroyed many of her possessions. She had previously had a relationship with Ashley's brother Ryan, but as they told me, Ryan had recently gone missing. They feared for his safety and I could see it in their eyes. Weeks later they discovered Ryan had been in Coralville. After that interaction, I realized the community Kilo and Ashley shared meant a great deal to them.

Later that day, I followed them to the Iowa City Walmart. Bags of cans jangled precariously in hand as Sam, Kilo, and Ashley biked through car lots and car dealerships along Highway 6. I spent some time with Sam at Walmart as she turned in cans and bottles for nickels, dimes, and quarters. She told me about her life growing up poor in Nebraska. Sam's hands were dirty, her fingers calloused and nails long.

Cars sped past Highway 6 in dangerous proximity as the trio pedaled past the Iowa City Municipal Airport and then crossed

"We all thought we could throw ourselves away and it didn't work like that and life goes on."

Ashley

Iowa City unhoused individual

the river. They made their way along the east side of the river before emerging out of the trees onto "Tent City" — the sprawling encampment of over a dozen or so individuals all living in intricately designed or personally modified shelters. Clothes, bike parts, and a host of other collected items were strewn across the grass and bridged the gap between tents. Ashley offered melting popsicles she had bought at Walmart to people as they emerged from their tents. The community was tight-knit, but I quickly learned communal sharing was defined differently by individuals, and sometimes disputes would erupt into altercations. Kilo and Ashley informed me they planned one day soon to move upriver, away from "Tent City". They said addiction, trauma, and mental health problems often create a landscape of social volatility in the encampment, which made them feel uncomfortable.

As a slight breeze ushered the warm day into a cool evening, I noticed a pair of joggers on the trail abutting the camp stop and look. There were trees along the encampment, but not enough to hide the various tents from prying eyes. It seemed the separation between the trail and encampment was not just physical but also an invisible disconnect between the housed and unhoused of Iowa City.

As I returned to visit Kilo and Ashley over the following weeks and months, they became increasingly more open with me. I could see their relationship was strong but also observed that it was undoubtedly intertwined with the realities of addiction. They explained that despite their drug dependence, it was a comfort to have each other rather than be alone.

When I asked what they would want people to know about them, Kilo said, "I would want people to know that I'm sorry. And I really don't care about how people look at



Jordan Barry | The Daily Iowan

Kilo and Ashley share a kiss outside Walmart in Iowa City on Sept. 19, 2023. Kilo and Ashley have been together since last summer. "We all thought we could throw ourselves away and it didn't work like that and life goes on," Ashley said.

me but I care about my family and if there is something that I would want people to know what's going on here, it's that I am a sorry person ... A humbled sorry person that's hurt. A lot of people who use meth and are hurt will come out in anger real quick. But if people really knew like in the inside of me, we are f***ing hurt — like, we are damaged. And if they knew how deep of a pit of a dark hole that we found ourselves in, I feel like they would feel sorry, too, and not just write it off as just a junkie or a liar, cheater, thief — whatever, like a lot of us are just hurting. The drug makes us feel better."

"If there is something that I would want people to know what's going on here it's that I am a sorry person."

Kilo

Iowa City unhoused individual

This fall, Kilo and Ashley's camp moved three times, and I would often find they moved to a new spot when going to see them. Their camp was in a state of continuous precarity moving up and down the banks of the Iowa River. Snow now covered the ground one December afternoon as I visited their camp. Bald eagles watched from their perch on a tree branch above as I entered the assemblage of tent and tarp, which measured roughly ten square feet of livable space. Christmas lights, powered by a generator, illuminated an entranceway where salvaged artwork was posted to the inside walls. Below the artwork, nonperishable food items were stacked neatly next to a small electric toaster. A propane tank equipped with a heater stood next to the bed. A large poster of the Hindu God Vishnu hung on the side of the tent as well as a poster of a tweet from Kanye West that read, "How to NOT kill yourself pt. 1, Avoid being around people who want to kill yourself."

STYKX

When I met Stykx, 51, he was immediately open with me about his experiences; I can remember the moment clearly. The tall, statured man laid on his side on a blank mattress with half a cigarette dangling from his mouth. His hair, dyed purple, was fading back to brown. The

midday light pierced through the trees, highlighting a motley selection of possessions: loose-leaf tobacco, a dark torn sweatshirt, a backpack, and a dirty syringe. Stykx told me about his life in Clinton, Iowa; how his daughter was taken by the DHS, and how battles with a subsequent heroin addiction almost took his life on multiple occasions. I saw the fatigue in his face, but in his eyes remained a sense of energetic youthfulness.

"I feel my eyes are open to other people. I see that a lot of people's eyes are closed and I get it from people who have homes ... I get looking at homeless people ... even acknowledging us is a difficult thing for them — it's frightening," Stykx said. "They don't wanna see it as a possible for themselves, so it's easier for them not to acknowledge, not to see."

Stykx changed camps often. Weeks went by when I would not see him. I once found him living behind the Hy-Vee on 1st Avenue in a wooded area. He was under the cover of a large red and white striped beach umbrella. Stykx walked with a noticeable limp; he told me how a bar bouncer had broken his femur several years ago in Clinton, and due to not being able to afford a hip replacement, his left leg was shorter than his right. But Stykx chose to remain positive. He claimed that his disability made him faster while riding his bicycle — which from my observations sure seemed like it might. With astonishing elegance and pace, he zigzagged through streets and empty car lots atop his modified Peugeot road bike.

It was late in the day at Stykx's current camp as he lay cocooned in a hammock, his head tilted toward the sky. He held an arm out and let it sway below him. His forearm displayed a fading tattoo of a yin-yang design a friend had drawn for him. Further down, rusted bracelets and rings appeared to constrict the blood flow to his multicolored painted fingernails. When I asked him about whether he would consider moving into a shelter he shook his head with a smile.

"I like playing Peter Pan," he said. "I could be a pirate for a long time."

LOOKING TO THE FUTURE

The last time I saw Kilo and Ashley was on Jan. 25 in their tent. It was raining and the snow was beginning to turn into slush and salt. During the sub-zero temperatures in Iowa City, they were fortunate enough to stay at a friend's house instead of going to the winter shelter like many others. Kilo

"They don't wanna see it as a possibility for themselves, so it's easier for them not to acknowledge, not to see."

Stykx

Iowa City unhoused individual

and Ashley return to their camp periodically when the weather permits.

However, at that moment, their faces — illuminated purple from lights powered by the recently restarted outside generator — shone brightly in the surrounding damp. We were happy to see each other. They acknowledged their future remains uncertain.

I met up with Stykx again at Shelter House by coincidence on the same day. Stykx looked to be in good spirits despite the dismal weather and seemed optimistic about his current living situation. He admitted that during the past winter storms this month he had moved into Iowa City's winter shelter for a week or so, but had since moved out.

As I learned during a call with Christine Hayes, director of development at Shelter House, over a dozen individuals were displaced by an eviction at the encampment. Most have housing case managers but still have been unsuccessful in finding housing in the private marketplace.

When I returned to the airport's land where the encampment used to be last week, I found it almost unrecognizable. Snow drifted into large embankments from the wind now free from the barriers of trees. The emptiness sat with me, and I stopped to reflect on the experiences I had during the project.

I recalled a quote from Stykx: "I love my life, even the hard days are a blessing too ... and it's not the meth thing, it's the life thing, we're living each moment, each minute, having our adventures and our good and bad times. I think the good times we are experiencing more deeply because the hard times, because of freezing out here, because of the moments when we are just miserable, when we have a good moment it's just f***ing amazing," he chuckled to himself. "You know I've got this girl ... and I'm head over heels for her and I'm willing to just love her and be open with her and not hide from it the way I would've in the past. There is a lot of joy to be had when you got a lot of misery."



Jordan Barry | The Daily Iowan

Stykx poses for a portrait near the Iowa River on Dec. 14, 2023. "I love my life, even the hard days are a blessing too," Stykx lived at this encampment, along with other individuals, known by them as "River Camp" or "Tent City." The encampment existed for at least 18 months before the eviction by the Iowa City Municipal Airport Commission around Dec. 29, 2023.



NATIONAL CONTEXT:

Between 2022-23, 41 states, including Iowa, saw an increase in people experiencing homelessness.

— U.S. Department of Housing and Urban Development

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Michael
Iowa City unhoused resident

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(Top) An individual sleeps on the ground outside the Iowa City Public Library on Sept. 22, 2023. Shelter House estimates there are 55-80 individuals who live unsheltered and unhoused in the summer and 10-15 individuals in the winter. As fall and winter weather brings colder days to Iowa City, individuals living outside can be put at risk. Iowa City's homeless population must navigate a set of difficulties which includes food insecurity, exposure to the elements, and often personal traumas and/or addiction. Despite the hardship, individuals have become increasingly resourceful and have built community-like networks as well as intricate encampments. (Far left) Kilo looks through a gap in his tent to the outside on Nov. 15, 2023. "I don't like dope man. I do not like the fact that I don't talk to my mom or my brother as much as I should — that I'm not in my nieces life, like he [my brother] just had his first kid. It sucks ... when we do it, when we get high, a lot of times I don't enjoy it, I don't enjoy helping her [Ashley] because I know its f****ked up. And I can put my mind in that frame of understanding like damn, what we're doing ain't good for us — and I love you [Ashley] and I want you to get well, but it's how we met ... it's who we are now," Kilo said. (Middle) Ashley, Sam, and Kilo search for evidence of Ashley's brother, Ryan, on the south side of Iowa City along the river on Sept. 22, 2023. Ryan disappeared and they had feared for his safety. "We see amid like all of the bullshit some really sweet f****ing acts of service from one to another," Ashley said. They later discovered Ryan had been in Coralville. (Far right) Michael looks for a hatchet he lost in a body of water near an encampment on Dec. 6, 2023. "We've long lost touch with our environment outside; we don't realize we have to coexist with it." The encampment known by individuals who lived there as "River Camp" or "Tent City" existed for at least 18 months before the eviction by the Iowa City Municipal Airport Commission around Dec. 29, 2023.

See more online:

View more of *The Daily Iowan's* coverage from the A city within: An inside look at homelessness project at dailyiowan.com.



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(Top) An individual sleeps on the ground outside the Iowa City Public Library on Sept. 22, 2023. Shelter House estimates there are 55-80 individuals who live unsheltered and unhoused in the summer and 10-15 individuals in the winter. As fall and winter weather brings colder days to Iowa City, individuals living outside can be put at risk. Iowa City's homeless population must navigate a set of difficulties which includes food insecurity, exposure to the elements, and often personal traumas and/or addiction. Despite the hardship, individuals have become increasingly resourceful and have built community-like networks as well as intricate encampments. (Far left) Kilo looks through a gap in his tent to the outside on Nov. 15, 2023. "I don't like dope man. I do not like the fact that I don't talk to my mom or my brother as much as I should — that I'm not in my nieces life, like he [my brother] just had his first kid. It sucks ... when we do it, when we get high, a lot of times I don't enjoy it, I don't enjoy helping her [Ashley] because I know its f***ked up. And I can put my mind in that frame of understanding like damn, what we're doing ain't good for us — and I love you [Ashley] and I want you to get well, but it's how we met ... it's who we are now," Kilo said. (Middle) Ashley, Sam, and Kilo search for evidence of Ashley's brother, Ryan, on the south side of Iowa City along the river on Sept. 22, 2023. Ryan disappeared and they had feared for his safety. "We see amid like all of the bullshit some really sweet f***ing acts of service from one to another," Ashley said. They later discovered Ryan had been in Coralville. (Far right) Michael looks for a hatchet he lost in a body of water near an encampment on Dec. 6, 2023. "We've long lost touch with our environment outside; we don't realize we have to coexist with it." The encampment known by individuals who lived there as "River Camp" or "Tent City" existed for at least 18 months before the eviction by the Iowa City Municipal Airport Commission around Dec. 29, 2023.

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Without Balance...
 ... There is Chaos
 Without Control...
 ... there is defeat
 Without Foundation...
 ... there is weakness
 Without Flexibility...
 ... there is no grace
 Without Knowledge...
 ... there is no wisdom
 Without breath...
 ... there is no life
 CONTROL YOUR BREATH,
 AND YOU WILL CONTROL YOUR
 LIFE.
 Moshe King Yeshua!
 VKTR



Jordan Barry | The Daily Iowan

(Top) Michael lies among his possessions after a fire at the encampment on land owned by the Iowa Municipal Airport on Oct. 4, 2023. The fire destroyed many of his material items. "The whole walls thing, I feel anxious the whole time. I've been doing it for so long [living outside] that it is the only thing I can really think of," Michael said. **(Top middle left)** Viktor, an individual who frequents Iowa City Southside encampments, wrote the above writing sample after being asked to write his name. **(Top middle right)** Michael searches for any usable materials in the aftermath of an encampment fire which destroyed many of his possessions on Oct. 4, 2023. "I kinda think they [The Iowa City Municipal Airport] were hoping we would just leave ... It seems just unnecessary [the eviction] to me because again, like I said we're just gonna move," Michael said. **(Middle)** Viktor prepares to toss a bowling ball near his camp around dusk on Sept. 25, 2023. Viktor is one of several individuals who live sporadically in unlicensed encampments on Iowa City's southside. "You have to know someone's language to speak to them," Viktor said. **(Bottom left)** The sun sets over the Iowa River near one of the encampments, seen on Sept. 25, 2023. The encampment known by individuals who lived there as "River Camp" or "Tent City" existed for at least 18 months before the eviction by the Iowa City Municipal Airport Commission around Dec. 29, 2023.

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OPINIONS

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COLUMN

Generation Z needs help to overcome 'pandemic skip'

The COVID-19 pandemic has caused a learning lag among students who missed time in school.



Hannah Kinson | The Daily Iowan

UI graduate instructors John Jespen (Department of History) and Kassie Baron (Department of English), and associate professor Megan Knight (Department of Rhetoric) discuss why they will only teach online classes in the upcoming semester during a press conference over Zoom on Aug. 4, 2020. They say returning to campus is a health risk for students and faculty, as well as members of the community.



Kennedy Lein
Opinions Contributor

I may be about to graduate college, but the drastic effects of the pandemic have left me feeling like I am still 17 years old.

The COVID-19 pandemic caused a widespread, uneasy feeling of lost time despite almost three years having gone by. Experts have labeled this feeling the "pandemic skip," and it especially affected young people who were in the most formative years of their lives when the pandemic struck.

According to the *New York Post*, "Nova Cobban, a psy-

I missed out on junior prom and the first half of my senior year. I never got to tour college campuses and pick my favorite one. Now, I have two semesters left of college, and it still feels like I just graduated high school. It is terrifying.

chologist in the UK, describes the 'pandemic skip' as the sense that we missed out on growth milestones and opportunities that would have occurred during the years the world was on hold."

The pandemic skip is a real phenomenon that affects many people deeper than they may realize. The lack of awareness around this topic is a problem and leaves those who felt lost and confused after the pandemic still lost and confused.

Cobban told *The Post* that people's sense of passing time during the pandemic was lost. *The Post* quotes Cobban, saying, "Days would often pass without any new stimulus, significant change, or progress. It altered our perception of

how much time was passing."

Although many days felt like an illusion to some, the pandemic was three years long, so once it was over, no one wanted to discuss the effects or the often-posed "What do we do now?" question. Instead, they moved away from COVID and didn't discuss the possible developmental or mental health problems it created.

The pandemic skip is especially problematic for the younger generation and developing minds.

Think about how important experiencing graduation or college visits are to our lives. Or prom, or the first year of college. When we miss out on certain moments that shape who we are and what we remember most in life, we are left feeling like something is missing or possibly still waiting for it to happen.

I know I feel this. I missed out on junior prom and the first half of my senior year. I never even got to tour college campuses and pick my favorite one. Now, I have two semesters left of college, and it still feels like I just graduated high school. It is terrifying.

Yamalis Diaz, a psychologist at NYU Langone Health, says this is a major delay in development for younger generations. She told FOX, "Young adults in particular may feel this impact when it comes to completing education, making career decisions, dating, establishing long-term relationships and becoming financially independent."

This delayed development will only continue and worsen if never addressed to the extent it needs to be. This is a problem that needs to be talked about in therapy, schools, and on the news. It is important, especially for the children that went through it.

According to KFF, 50 percent of young adults ages 18 to 24 reported anxiety and depression symptoms in 2023, making them even more likely than older adults to experience symptoms of mental illness.

Discussing this topic on a wider scale may help or encourage people, especially the younger generations, to get help. It will make them feel as if they are not alone. Then maybe, collectively, we can finally move on.

COLUMN

Seasonal depression is not the same as 'winter blues'

Seasonal sadness is often overlooked, but could be a sign of SAD in some cases.



Shelley Mishra
Opinions Contributor

When the much-awaited winter break approaches, students usually anticipate catching up on sleep or binge-watching their favorite shows after a semester loaded with assignments, projects, and exams.

Sometimes, however, neither sleep nor TV can help people relax or escape stressful schedules. Every day, when we wake up and look at the gloomy weather, a sense of sadness begins to take over.

Some of us notice this pattern every year. Winter, with a lack of sunshine, makes us dreary. According to the National Institute of Mental Health, sadness accompanied by symptoms such as oversleeping, changes in appetite, and social isolation for at least two consecutive years, may be signs of Seasonal Affective Disorder, or SAD.

Although symptoms may be noticed by those who experience SAD, it is often dismissed as a "normal" seasonal cycle. We must clear all misconceptions about SAD, because "misrepresenting" any mental illness is dangerous.

As per John Hopkins Medicine, SAD usually occurs in late fall through early winter. The symptoms of SAD include hypersomnia, or excessive sleeping, as well as anxiety, social withdrawal, fatigue, inability to focus, changes in appetite, and carbohydrate cravings that can lead to weight gain.

According to the American Psychiatric Association, SAD affects nearly 5 percent of the adult population in the U.S. The general population must be made cognizant of this disorder. The feelings of depression and anxiety that follow a seasonal cycle should not be dismissed; they require psychological intervention.

SAD especially affects college students because they endure the stress of living away from home in addition to pressure and adjustment to new academic and social environment. These stressors can help prepare them for the world—but at a cost. We can aid students in this transition by educating them about neglected mental health issues like SAD.

Mayo Clinic recommends devising a treatment plan, such as a visit to a therapist, before the onset of the SAD season. Treatment options also include light therapy, exposure to light brighter than indoor lights, which restores the brain's circadian rhythm and cognitive behavioral therapy.

There are also certain self-care options that help relieve symptoms, such as exercising, doing indoor or outdoor activities that one enjoys, and connecting with friends and family.

When those "winter blues" linger and seem to disrupt routine activities, they cannot be dismissed as a minor seasonal issue. More people should be educated on the symptoms so they can know when to seek appropriate treatment.

The general population must be made cognizant of this disorder. The feelings of depression and anxiety that follow a seasonal cycle should not be dismissed; they require psychological intervention.

DOC IS IN

How to utilize psychodermatology to its fullest extent

An up-and-coming field called psychodermatology explores how the health of your skin and mind are connected.

Will Moody
Guest Opinion

When you're stressed, it shows. Your skin health and mindset might be more connected than you think.

Unfortunately, this sounds like a familiar story for many university students. During a stressful time, you may have noticed that skin conditions like acne and eczema tend to act up. In the last 25 years, researchers have begun to learn more about a field they call psychodermatology, which is the study of the delicate interplay between your skin and your mind.

In 2001, researchers wondered what was happening to their students most important barrier to the environment: their skin. They studied 27 graduate students at times of higher and lower stress. The researchers measured the students' psychological stress and skin barrier permeability right after their return from winter break as a baseline for a low-stress time and then once again during a time of

high stress, which, you guessed it, was during final exams. After a defined injury to the skin, the researchers showed that during times of higher perceived stress, the students' skin was slower to recover than during times of lower perceived stress.

Based on its findings, the research team proposed that students' stress could be a factor in initiating or worsening skin diseases. A complex interaction between your mind, immune system, and skin may help cause eczema sprinkled on your arm while writing that term paper.

Eczema prevention

We can't stop taking tests, and we can't magically make ourselves less stressed out ... or can we?

Earlier this year, researchers from Stanford compared mindfulness meditation techniques against controlled breathwork, and the results were surprising. Breathwork

control was more effective at improving positive attitude and decreasing respiratory rate. The best method for improving mood was a breathing technique called cyclical sighing. Cyclical sighing involves breathing in through your nose slowly until your lungs feel relatively full and then inhaling again until it feels like your lungs are as full as possible. Then, slowly breathe out until your lungs are empty. Repeat this pattern for up to five minutes. This new twist on your oldest skill might be just the tool we have been looking for to decrease general stress and alleviate the skin issues that come with it.

At the end of the day, being a student is stressful. The most important thing you can do is start one daily practice, even if it is small, and stick to it. Remember to take a deep breath the next time you're gearing up for the big test. Your skin might even thank you for it.

Will Moody is a second-year Carver College of Medicine student at the University of Iowa.

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- Hawkeye Updates
- Quote of the Week
- Stat of the Week
- Point/Counterpoint

MEN'S BASKETBALL

Found family on the court

Iowa men's basketball's familial culture has developed over decades of hoops.



Theodore Retsinas | The Daily Iowan

Iowa men's basketball players dance before a men's basketball game between the Iowa Hawkeyes and the Maryland Terrapins at Carver-Hawkeye Arena on Jan. 24. The Terrapins defeated the Hawkeyes 69-67. Iowa head coach Fran McCaffery is known for prioritizing life over basketball as a coach.

Chris Meglio
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Fran McCaffery has been the Iowa men's basketball head coach for 14 years. Over those 14 years, he has added to a widely respected culture that prioritizes life over hoops.

Anyone who knows McCaffery — from players to fans and media members — recognize that he's all about character and family, despite this season's highs and lows.

In November 2023, Iowa fourth-year guard Tony Perkins' grandmother died. Perkins was very close with her, and the team embraced him with open arms while his family was back home in Indiana.

"I found out in practice — [the team has] been helping me with everything," Perkins said. "Everyone has my back — coaches as well."

Perkins went on to play a fantastic game the following day on Nov. 29 against North Florida, contributing 21 points to the 103-78 blowout win.

"He obviously had a point to prove, and he had a little bit more to play for," forward Owen Freeman said postgame. "To go out and see him do that, it's really something special ... Tony, he's a special player."

As the Hawkeyes' next match came against Purdue in West Lafayette, Indiana,

McCaffery allowed the Indianapolis local to remain with his family after the game while the rest of the team returned to Iowa.

It wasn't long after that when another tragedy struck the team: Freeman learned of his grandma's passing the day Iowa hosted Purdue on Jan. 20.

Freeman never spoke publicly about the loss, but McCaffery confirmed that he allowed the first-year standout to bypass

BASKETBALL | 3B

MEN'S WRESTLING

The race for 133 pounds

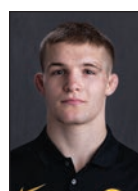
Coaches are working to solidify the starting lineup.



Sara Stumpff | The Daily Iowan

Iowa's 133-pound Cullan Schriever wrestles Columbia's Nick Babin during a wrestling dual between No. 4 Iowa and Columbia at Carver-Hawkeye Arena in Iowa City on Dec. 8, 2023. Schriever is battling teammate Brody Teske for the starting spot at the 133-pound place in the lineup. Iowa defeated Columbia, 38-3.

Isaac Elzinga
Sports Reporter
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Schriever

The Iowa men's wrestling team has had four different athletes in the lineup at 133 pounds this season, and no one has locked down the spot well into the conference schedule — but Cullan Schriever seems to be a favorite.

Brody Teske started the season well at 133 with a pair of wins during the Hawkeyes' first two duals of the season against Cal Baptist and Oregon State, where he picked up a ranked win against No. 22 Gabe Whisenhunt in the latter.

However, a loss to No. 19 Evan Frost in the Iowa State dual soon after saw Teske fall out of the lineup and open the door for those behind him to compete for his spot.

The Hawkeyes then had two different wrestlers in the lineup at the following two

duals, with Jace Rhodes getting the call against Penn and Cullan Schriever against Columbia.

Rhodes lost his matchup against No. 13 Michael Colaiocco, but Schriever won in his first match of the season against No. 11 Angelo Rini.

Schriever, hailing from Mason City, Iowa, was left out to begin the season due to a suspension after his involvement in the Iowa Division of Criminal Investigation's probe into illegal sports wagering.

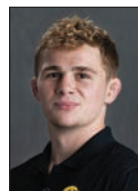
Iowa had only four athletes listed on the lineup against Columbia, and after the dual, Hawkeye head coach Tom Brands said the team would continue to do so "until we figure it out."

The Hawkeyes went into the winter break with a question mark at 133, hoping to find some clarity at the spot during the Soldier Salute at the end of December. There, Iowa had five wrestlers compete at 133 with Teske making the finals.

Teske beat Nebraska's Jacob Van Dee in



Van Dee



Teske

TRACK AND FIELD

Smith soars to second

Smith ranks near the top in men's weight throw in UI history.

Mia Boulton
Sports Reporter
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Smith

Two years before second-year track and field thrower Sean Smith became the second-best weight thrower in Hawkeye history, he was building a makeshift training facility in his basement.

Back home in Webster, New York, Smith passed the time in COVID-19 quarantine by bettering his craft within the confines of his home, building a throwing net in his basement with tarps and any miscellaneous materials lying around the house.

Smith's dedication to throwing began in middle school after receiving a mass letter from the track and field coach asking kids to join the team. There, Smith began to realize his natural strength and thus started to challenge his limits.

"I started throwing weight and hammer outside of the high school team where we did discus and shot put," Smith said. "It took off from there."

Smith's high school career was covered with track and field honors. His highlights include being a four-time state medalist in track and field, four-time conference champion, six-time sectional champion, USA Track & Field Junior Olympics runner-up in the hammer throw, and second runner-up at Indoor Nationals in the weight throw.

At the University of Iowa, Smith's progress skyrocketed. After the Larry Wiecek Invite from Jan. 19-20, Smith became the second Hawkeye in school history to have a weight throw over 70 feet and earned Big Ten Men's Field Event Athlete of the Week honors.

The mark was 21.83 meters, which is 0.37 meters behind former Hawkeye Tyler Lienau's top mark.

Smith's performances and dedication have begun to create a domino effect on



Lienau

WRESTLING | 3B

SMITH | 3B

UPCOMING SCHEDULE

- Women's basketball**
Wednesday, Jan. 31
 At Northwestern
 7 p.m., Peacock and Hawkeye Radio Network
- Men's basketball**
Friday, Feb. 2
 vs. Ohio State
 6 p.m., FS1 and Hawkeye Radio Network
- Men's wrestling**
Friday, Feb. 2
 At Michigan
 7:30 p.m., Big Ten Network and Hawkeye Radio Network
- Gymnastics**
Sunday, Feb. 4
 vs. Nebraska
 Xstream Arena
 1 p.m., Big Ten Plus
- Tennis**
Saturday, Feb. 3
 vs. Kansas State
 11 a.m.
- Sunday Feb. 4**
 At Denver
 11 a.m.

NEW OC IN TOWN



Lester
 Iowa football has hired Tim Lester as the next offensive coordinator. Lester most recently served as a senior analyst for the Green Bay Packers, where he was tasked to "study the offense of each of the Packers opponents and help the defense game plan." He was hired as Western Michigan's head coach in 2017 and was fired in 2022 after going 5-7, his first losing season at the helm. Lester finished his tenure with the Broncos 37-32 overall and 26-20 in MAC play. Lester was the starting quarterback for Western Michigan from 1996-99, leading the Broncos to a Mid-American Conference Championship appearance his senior season. Lester served as Syracuse's quarterbacks coach from 2013-15 and doubled as offensive coordinator in 2014-15. He then served as quarterbacks coach at Purdue for one season before returning to his alma mater. Lester was set to take a coordinator role at Troy, sources told ESPN. Iowa also strongly considered Kevin Johns, who was seen having breakfast with Kirk Ferentz at the Courtyard Marriott across from Kinnick. Lester is replacing Brian Ferentz, who served as Iowa's offensive line coach from 2012-16 before taking on the offensive coordinator role on Jan. 9, 2017. Iowa averaged over 25 points per game in four of his six seasons as offensive coordinator. The Hawkeyes averaged 28.2 points per game in 2017, 31.2 in 2018, 25.8 in 2019, 31.8 in 2020, and 23.4 in 2021. One of the worst offensive seasons of head coach Kirk Ferentz's tenure came in 2022. The Hawkeyes averaged 17.7 points per game — 123rd in the FBS — and ranked second-to-last in total offense with 251.6 yards per contest. In 2023, he 10-4 Hawkeyes averaged 15.4 points and 235.4 yards per game, ranking second-to-last and last in the FBS, respectively.

QUOTE OF THE WEEK

"None of us ever want to let her down ... She is one of the best basketball minds there's ever been."
Caitlin Clark
 on head women's basketball coach Lisa Bluder

STAT OF THE WEEK

3
 The number of times Kalen Walker has broken the 60-meter school record this season.

GYMNASTICS

All-around the scoresheet

Second-year gymnast Karina Muñoz builds on first-year campaign.

Jake Olson
 Sports Reporter
 jake-olson@uiowa.edu

Iowa second-year all-around gymnast Karina Muñoz took every opportunity she could to get in competitions during her first season for the Iowa women's gymnastics team last year — and now it's paying off.

As a first-year from East Brunswick, New Jersey, Muñoz competed in all 12 meets. She was one of only two athletes to compete in all-around during the season.

She notched seven event titles and 13 top-three finishes, scoring a 9.800 or better on every vault performance in the year.

"As a freshman, I didn't expect to do as much as I did," Muñoz said. "I feel like that was kind of different. I feel like I had to prepare my head more. But now that I was able to compete at all-around last year, and leaning toward this year too, I felt that was something."

That "something" was momentum propelling into her second year with GymHawks, in which she is now poised to break out for this Hawkeye squad.

After her impressive rookie season at Iowa, Muñoz earned a spot in the Big Ten Gymnasts to Watch List this preseason.

Despite not enjoying what comes with the early hype, Muñoz uses it as fuel to power her through her second-year campaign.

So far this season, Muñoz has done just that. She's lived up to the preseason expectations.

In three meets this year, she has already earned three event titles, averaging a 9.800 or higher on beam, bars, and vault.

"I feel like I held back and could have done more [last season]," Muñoz said. "Now that I have that year out of the way, I can use everything I didn't use last year and use it this year."

One factor that Muñoz thought she could improve on was the mental aspect of the sport. Head-



Matt Sindt | The Daily Iowan

Karina Muñoz competes on beam during session two of the Big Ten gymnastics championship at Xstream Arena in Coralville on March 18, 2023. Michigan won the Big Ten women's gymnastics title with a score of 198.000.

ing into a new year, both athletically and academically at the University of Iowa, Muñoz has a more positive mentality than she has ever had as a GymHawk.

"During the summer or even during the preseason, I feel like things were hard for me," Muñoz said of the balance.

Iowa head coach Larissa Libby still thinks Muñoz can improve after an already impressive first-year campaign, emphasizing that she hasn't scratched the surface of her full-blown potential.

"I think that she trusts herself more," Libby said. "She's a good competitor — there is no question about that. But I think that she's a little more self-assured, so that presents a lot better."



Libby



Grace Smith | The Daily Iowan

Iowa enters the arena during a gymnastics meet between No. 23 Iowa and No. 21 Washington at Xstream Arena in Coralville, on Jan. 12. In the fourth meeting between Iowa and Washington, the Hawkeyes defeated the Huskies, 196.400-196.250.

Q&A | CHLOE LARSEN

Mid-distance runner shares motivations



Chloe Larsen
 Second-year
 Mid-distance runner
 Waunakee, Wisconsin

Mia Boulton
 Sports Reporter
 mia-m-boulton@uiowa.edu

The Daily Iowan: What motivates you to work hard?
 Chloe Larsen: I feel like a lot of the time, it is the people I am with in practice. When I am home alone during breaks by myself, it is hard to find motivation. Being with the different girls that we train with every day kind of helps me push myself.

What was the last show you watched?
 This is basic, but I have been watching "The Office" a lot lately. It's a comfort show, and I have seen it so many times. It's just perfect to throw on at the end of the day.

What is one thing you couldn't go a day without?
 Chewing gum. I have to have it when I am running, training, in races, and in class. I am always chewing gum.

How would your friends describe you?
 I would say optimistic. I think that's how we all are, too, especially in practice. We all try to make the most of it when we are dying in a workout.

What is your favorite track memory?
 Last year, it was super fun taking the 4x400 to nationals. In my freshman year, I loved going to indoor nationals. I didn't even run in the 4x400, but it was so fun just being there and experiencing it.

What was your favorite subject in school?
 I feel like I was always a big science girl. I always just stuck with that, and it still has to do with what I am doing now.

What are you majoring in?
 I'm majoring in health studies and finishing up my minor in Spanish.

Who knows you best?
 My coach. He knows me as a person and a runner really well.

What is your proudest accomplishment?
 Being a student-athlete. Competing and juggling academics is hard, but it can definitely be done.

POINT | COUNTERPOINT

Which player would help Iowa football?



Brad Schultz
 Sports Reporter

Kyler Kasper, Oregon WR

Iowa has a ton of holes to fill in order for its offense to be even marginally successful. Sure, the new offensive coordinator might solve part of the problem, but they won't magically fix all of it.

The Hawkeyes landed their first big target in the transfer portal when former OL commit Kadyn Proctor transferred in from Alabama just days ago. Proctor's homecoming is huge for the offensive line, but Iowa is severely lacking explosive playmakers.

Enter Oregon wideout Kyler Kasper.

Kasper already has a connection to the Iowa program. His father Kevin played for the Hawkeyes from 1997-2000 and currently ranks fifth on the school's all-time receiving list. He also played in

the NFL for a few years.

At 6-foot-6, 205 pounds, Kasper has exceptional length that gives him a distinct advantage over most defensive backs, and he would be the perfect red zone target for an Iowa offense that has struggled mightily in that area.

Kasper is also known for his explosiveness off the ball, and if you compare that with his large frame, he is extremely difficult to defend. After watching some of his highlights in high school, he reminds me of current NFL star wide receiver Mike Evans.

Despite his impressive background in high school, Kasper has seen little playing time with the Ducks. After redshirting in 2022, the wideout hailing from Gilbert, Arizona, caught only two passes in 2023. He hasn't officially entered the transfer portal, but should he enter, he will have many teams seeking his services. I expect head coach Kirk Ferentz to keep a close eye on him through this offseason.

Though Iowa isn't exactly an entertaining program for wide receivers, Kasper would certainly have plenty of playing time, and give Iowa some explosiveness at a position that has been lacking for a long time.



Matt McGowan
 Sports Reporter

Jack Wilty, Colorado OG

While the Iowa offensive line room received a significant boost this off-season with the transfer of five-star recruit Kaydn Proctor from Alabama, the Hawkeyes can still add to the group, especially on the interior. Guard Rusty Feth served a valuable veteran presence last season and started several games in the Black and Gold, and his departure will be missed. The perfect but realistic person to fill that void would be Jack Wilty from the transfer portal.

Wilty appeared in 11 games for Colorado in 2023 but only started one contest. In the limited snaps he did receive, the interior lineman allowed no sacks on 146 pass attempts.

The 6-foot-4, 310-pounder has

two seasons of eligibility left and has experience before Boulder. After redshirting a season at Northern Illinois, Wilty spent two years at Iowa Central Community College, where he earned all-conference honors in 2022.

While he may not have eye-popping numbers, Wilty is more likely than his counterparts to head to Iowa City, as he is from Altoona, Iowa, and attended Southeast Polk High School, where Proctor and Xavier Nwankpa also starred at.

While lineman Nick DeJong announced he would return to Iowa City next season, Wilty would provide solid support for the senior as the pair look to fill one or both guard positions.

Plenty of fans may clamor for another side receiver in the portal, but with the health of quarterback Cade McNamara, the strength of the line will be key in making sure he stays upright and avoids another season-ending injury.

As evidenced from last season when Deacon Hill was under center, the Hawkeyes need solid quarterback plus to have success. McNamara is the best option for the offense, and protection will be critical.



HAWKEYES STICK THE LANDING

No. 20 Iowa women's gymnastics defeated No. 41 Southern Utah 195.800-195.425 at Xstream Arena on Jan. 26. With 3,109 fans in attendance, Iowa gymnast Bailey Libby scored her personal best, 9.900 on floor.

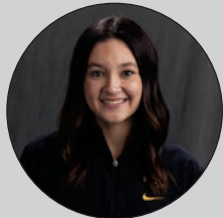
KEY IOWA GYMNASTS



Eva Volpe scored a career-high with 39.075 all-around.



Ilka Juk scored 9.900 on beam.



Bailey Libby scored 9.900 on floor.



Cody Blissett and Isabella Tisdale | The Daily Iowan

(Top) Iowa all-around gymnast Ilka Juk competes in beam during a gymnastics meet between No. 20 Iowa and No. 41 Southern Utah at Xstream Arena in Coralville on Jan. 26. The Hawkeyes defeated the Thunderbirds, 195.800-195.425. Volpe scored 9.750 on her beam routine. (Beside) Iowa all-around gymnast Kaia Vanney competes on bar during a gymnastics meet between No. 20 Iowa and No. 41 Southern Utah at Xstream Arena in Coralville on Jan. 26. The Hawkeyes defeated the Thunderbirds, 195.800-195.425. Vanney scored 9.725 on bars. (Bottom) Iowa's Bailey Libby embraces head coach Larissa Libby following a gymnastics meet between No. 20 Iowa and No. 41 Southern Utah at Xstream Arena in Coralville on Jan. 26. The Hawkeyes defeated the Thunderbirds, 195.800-195.425.

See more online:

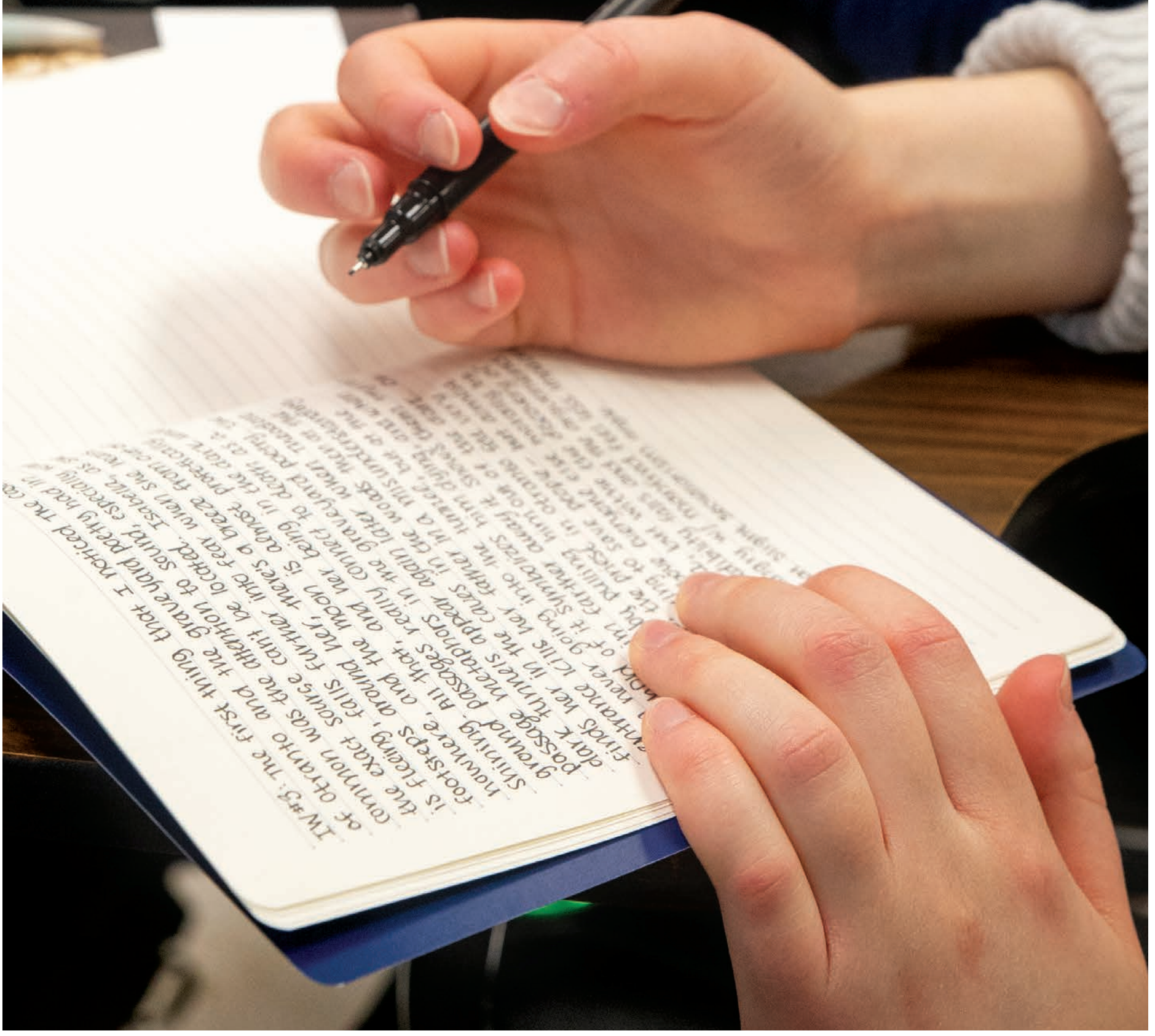
To view more of *The Daily Iowan's* coverage of the women's gymnastics team, visit dailyiowan.com.



80 HOURS

Leafing through literary genre classes at Iowa

Ranked the top public writing program in the country, the University of Iowa offers outside-the-box alternative writing classes.



ASK THE AUTHOR

Samuel D. Hunter

Contributed photo of Samuel Hunter



Iowa Playwrights Workshop alum and the MacArthur Genius Grant recipient speaks on all things playwrighting, storytelling, and Iowa City.

Caden Gantenbein
Arts Reporter
caden-gantenbein@uiowa.edu

Writer of the Academy Award-winning play-turned-movie "The Whale," Samuel D. Hunter is also a 2007 alum of the University of Iowa's Playwrights Workshop.

Not only has Hunter experienced exceptional success as a playwright post-graduation, he has also managed to break into the film industry with his first project being directed by Darren Aronofsky.

With the recent debut of his play, "A Case for the Existence of God," at Iowa City's Riverside Theatre, it was extremely fitting to have Hunter speak on behalf of that play and his work, as well as his writing process, achieving success in New York, and asking the questions we simply don't have the answers to.

The Daily Iowan: What is your preparation like before you put your pen to page?

Samuel D. Hunter: It usually starts with a question. I normally don't want to write a play that says a singular statement like 'war is bad', because then every scene is going to be 'war is bad', that's like a bell you're hitting over and over but starting with a more open-ended question allows you to explore anything. With "A Case for the Existence of God" I think it's more than one thing, but there was definitely a guiding question of, 'How can I use a secular language to talk about the necessity of grace and definitely why is it so hard to be a middle-class person in this country right now?'

How does an Iowa Playwrights Workshop graduate go on to win an Obie Award only five years later, then receive the MacArthur Genius grant only three years after that?

A lot of it is luck and being at the right place at the right time, but I always tell my students that you need to fall in love with the process. I never got bored of it. In New York, my first play wasn't received very well at all so when you look at my portfolio everything seems linear, but that's not including the failure, embarrassment, and bad reviews, of which there were plenty. Almost no one has their first play coming out of school to see big success, and if it does, I think it's setting you up for failure because if your first play coming out happens to catch fire, there's no way your second play will do the same thing.

How do you think your time at the UI has benefitted you both socially and professionally?

I went to New York University for my undergrad and came straight to Iowa City after that, and I was actually a little worried about it because I had fallen in love with New York City, and so much of my education for being a playwright was just living in NYC and seeing a bunch of plays. So, I was worried about moving back to a place that felt more similar to where I grew up. What I found there, though, was incredibly valuable. I had what could almost be seen as a three-year writer's retreat.

How do you think the culture of Iowa City benefits the writers who receive their education here?

Sometimes I teach at NYU or Columbia University and it's surprising to me when I find these students in Master of Fine Arts programs, and they really haven't read what's canon. In Iowa, I just find that students know the mechanics, they know their stuff better and it's because they're hungrier. I think some kind of complacency can come with living in New York being surrounded by plays but in Iowa City it's like people really focus on plays as literature ... it's such a writing university so it feels like it's really in the air out there.

What drove you to create a play that is so isolating like "A Case for the Existence of God"?

My impetus for "A Case for the Existence of God" was my husband and I doing two things on top of one another — buying a house and adopting a child. These are middle-class goals, owning a two-bedroom apartment and having one child. These aren't big asks, but they were by far the hardest thing we've ever done in our entire lives. It was such a process, the number of times we needed to be fingerprinted or let random people into our homes and the mountain of paperwork we had to do. It was really like a new full-time job for a good year, just trying to convince this country that we are capable of being parents and so in "[A] Case [for the Existence of God]" I wanted to illustrate that.

What draws you to write about this type of destructive individual?

I'm kind of tired of the hero's narrative. Incredibly self-possessed people doing incredibly sexy things is not really my experience of the world. I don't think that's the experience for most people. I actually think it's kind of a virus to write middle-of-the-road characters who kind of effortlessly walk through life. The portion of Americans finding themselves on the losing end of life is ever-increasing, and I think these are people worth talking about.

EVENT

Traveling film festival screens at Big Grove

The Indian Creek Nature Center screened environmental backcountry films.

Isabella Nektivinda
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Silence washed over the crowd at Big Grove Brewery's screening room as film festival patrons digested filmmaker Josh Goldsmith's newest short documentary. His film "What If?" explores courage and doubt through the odd pairing of backcountry skiing and poetry.

The Winter Wildlands Alliance Backcountry Film Festival has been featuring environmental short films that highlight the amazing feats of winter nature explorers for the past 19 years.

On Jan. 26, the nonprofit conservation group, centered around protecting wild snowscapes, took the festival to Big Grove Brewery, hosted by Indian Creek Nature Center. Its vision is to establish a sustainable ecosystem and restore a balanced environment to the national parks, something they hope to spread awareness of through short films made by local filmmakers.

The Indian Creek Nature Center is an environmental preserve that aims to educate others and restore their natural habitat and has worked with the Winter Wildlands Alliance for five years.

The featured films combined the missions of both the Winter Wildlands Alliance and the Indian Creek Nature Center through their portrayal of a variety

of nature-themed topics.

The film festival spanned 120 minutes with individual film lengths ranging from six to 20 minutes, exploring topics such as Indigenous heritage, snow sports, and rescue volunteers.

Goldsmith's six-minute documentary follows backcountry skier and poet Malory Duncan.

Goldsmith, whose previous work ranges from historical period pieces to documenting the experiences of cruise ship workers, does not shy away from telling stories that are not typically heard, but rather, he invites the challenge.

His most recent film, inspired by Duncan's poetry, portrays the harsh conditions and challenging feats that backcountry skiing entails. But Goldsmith and Duncan noticed most existing films about skiing typically follow the same formula.

"[Skiing films] will normally feature the athlete either conquering a goal

in the mountains or experiencing a struggle that comes from the mountains," Goldsmith said.

However, Duncan and Goldsmith set out to do something different this time.

"I wanted to capture the essence of [Duncan's] poem," Goldsmith said. "[It] describes the mental battles and self-doubt that [Duncan and backcountry skiers alike] experience during and after their exposures."

Duncan's poetry talks of dreams, warnings, and missteps through spoken word. Goldsmith delves into the feelings of doubt and fear associated with skiing by opening all his sentences with the questions, "What If?", including "What if the lessons I learned weren't enough?" for example.

While backcountry skiing isn't a universally shared experience Goldsmith said doubt is. His film is a testament to resilience and confidence.



Kathy Le | The Daily Iowan

Indian Creek Nature Center hosts the Winter Wildland Alliance Backcountry Film Festival at the Big Grove Brewery's Iowa City Taproom on Jan. 26. The film festival also had showings in Cedar Rapids.

Using alcohol to get sex is sexual assault.

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DIRECTED BY SARAH GAZDOWICZ

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