

History of Indigenous People's Day

By EMMA JOHNSON
News Director

On Monday, Indigenous Peoples Day celebrated its second year of being recognized as a national holiday. Indigenous Peoples Day focuses on highlighting indigenous people and communities, namely their perspectives and history in the educational systems.

Megan Heutmaker, Minnesota State Mankato's Director of American Indian and Multicultural Affairs, said that since there are over 563 federally recognized tribal nations across the U.S., each community celebrates Indigenous Peoples Day differently.

"Communities have differences in cultures, languages and histories, so if you look at Minneapolis, the Minneapolis American Indian Center has had performers like hoop dancers come or drum groups. For the last couple of years here, we've found books that are connected to indigenous topics. That's really important," Heutmaker said.

Over the weekend, MSU hosted a variety of activities from a screening of the film "Gather" and a festival with food trucks and live music. While Mankato's city council officially recognized Indige-



DYLAN ENGEL • The Reporter

Indigenous People's Day has been recognized in Mankato since 2018, but only last year did President Joe Biden declare the second Monday in October Indigenous People's Day nationwide.

nous Peoples Day in 2018, it was only nationally declared a holiday in 2022. Last year, President Joe Biden proclaimed that Indigenous Peoples Day would be celebrated on the second Monday of October, the same as Columbus Day. Heutmaker said that for the city of Mankato, it was intentional to have it coincide on the same day.

"The purpose comes from

the idea that the histories we're taught in our schools and educational systems only focus on one perspective. It's flagrant to say you've discovered a place where there were already hundreds of thousands of indigenous people living there," Heutmaker said. "Indigenous Peoples Day has tried to include that there's more than just that dominant narrative we've been taught in

schools for many years."

Indigenous Peoples Day holds special significance in the city of Mankato as the city was the site of the largest mass execution of in U.S. history. President Abraham Lincoln ordered the execution of 38 Dakota men Dec. 26, 1862. Heutmaker said Indigenous Peoples Day helps to have reconciliation and remembrance

HISTORY on page 2▶

MSU hosts noir-themed Speech and Debate Tournament

By CARLY BAHR
Staff Writer

Students from various colleges filled the rooms of Armstrong Hall Sunday to compete in a speech and debate tournament.

Minnesota State University, Mankato hosted the film noir-themed tournament, dubbed "Film Schnoir" in honor of the forensics program founder, Larry Schnoor. The tournament, put on by director Tennisha Sonsalla, featured a variety of categories, including dramatic interpretation, persuasive speaking and impromptu speaking.

The theme was reflected in old Hollywood costume pieces worn by students as well as decorations hung in the halls. The decorations included a red carpet before the check-in table and a photobooth area with a cut-out of Frank Sinatra's body featuring Schnoor's face.

Although Schnoor retired in 1991, he makes appearances at forensic events as an alumnus and gives speeches of encouragement to the current team members. The current forensics director, Katie Brunner, described him as an "institution" in the forensics community, due to his creation of multiple events still used in competitions.

Brunner, who returned to direct forensics after her graduate program at MSU, is seeing the program begin to resemble its pre-COVID self, which includes in-person tournaments and opportunities for Schnoor and other alumni to return.

"Obviously things have gotten pretty difficult over the last few years. So, it's really, really awesome to have him come back," Brunner said.

Among the students competing was returning member James Ziegeweid who competes in limited prep events, where the competitors are given a prompt and limited time to prepare a speech.

"It's quite a rush," Ziegeweid said.

SPEECH on page 2▶

IBE students pitch their businesses to bankers

By JULIA BARTON
Editor in Chief

The three student-made businesses affiliated with the Integrated Business Experience Program at Minnesota State University, Mankato pitched their ideas to several representatives from United Prairie bankers Thursday in hopes of obtaining a loan.

Fit Fruit, Kato Kozy and Horns Up are the three IBE businesses this fall that students created and used their entrepreneurial minds to operate a full-functioning business.

With 100% of the proceeds going to a charity of their choice, these students have been working since the semester began to create a physical product and develop a marketing plan.

"It has allowed me to get out of my shell and lead people, which is something I've always



LILLY ANDERSON • The Reporter

Integrated Business Experience Students who created the Fit Fruit business pitch their products to the United Prairie representatives.

loved doing," said Izzy Leonard, CEO of Fit Fruit. Fit Fruit COO Jack Wahnoutka said there were several challenges in creating a business from scratch.

"A big thing is dealing with problems and solutions and managing them as a team," he said. "Everybody pitched in and we did run into some boundar-

ies and had to figure out how to get around them."

The products they will be selling include shaker bottles, stickers and sweatshirts. They chose to donate proceeds to Feeding Our Communities Partners (FOCP), which is an organization that aims to fight youth hunger.

Horns Up plans to sell funny packs and cooler backpacks. Their charity of choice is the Blue Earth Nicollet County Humane Society.

Kato Kozy, an apparel brand focused on comfort as well as fashionable design, will donate proceeds to Leisure Education for Exceptional People (LEEP) a nonprofit that provides inclusive opportunities for individuals with developmental and intellectual disabilities in the Greater Mankato Area.

Pitching their businesses to

BUSINESS on page 7▶

Mid-Autumn Moon Festival highlights harvest festivities



ASUTOSH SILWAL • The Reporter

Asian Students in America (ASIA) hosted the Mid-Autumn Moon Festival last Friday. Students were able to create their own lanterns, listen to music and try a variety of mooncakes, a common treat at the festival.

By AMALIA SHARAF
Staff Writer

Last Friday, October 7, the Mid-Autumn Moon Festival was held, which is actively celebrated in the countries of East and Southeast Asia. The festival was held by the multicultural organization Asian Students in America (ASIA) under the leadership of Pakou Lee. The event's main idea is to show gratefulness for the harvest and embrace the moon.

The mid-autumn moon festival carries a huge historical significance. In China, the legend of Chang'e is associated with the festival. She kept the elixir of the immortality of her husband, Hou Yi, which was given to him in honor of saving the people and harvesting from the heat of the ten suns by destroying nine of them.

Hou Yi's disciple tried to steal the elixir, but to save it Chang'e drank it and flew to the moon. In honor of his wife, Hou Yi prepared mooncakes,

which Chang'e loved so much, and put them on the table under the bright moon.

After hearing about this story, citizens annually began to bring harvesting and bless the Moon Goddess Chang'e.

ASIA member Emily Vo said that she has celebrated this event her whole life.

"[The Moon Festival] is for appreciating nature. We appreciate the moon, and it is a big symbol. I celebrate it every year since I was born. It is also a lot about harvesting. We share our culture and make it possible for students to be a part of us," said Vo.

The event provided students with the opportunity to partake in a number of activities related to the festival. Students were able to create personalized Chinese lanterns, origami items as well as small drums.

"[Students] can take lanterns and make their own [design], we have some on display for them to see. They can make a little drum kit here, and paint

on them to personalize it. We have origami making table. And the highlight of the event is the mooncakes. They are traditionally made during the moon festival," said Lee.

Besides the activities, Asian snacks were offered for students to try. They included rice crackers, chocolate and mooncakes with several different flavors. Vo explained mooncakes are traditional meals that are typically made in mid-autumn.

"[I like] the mooncakes. It is usually made with lotus paste. Otherwise, some of them are made with red bean or other fillings," said Vo.

The students also enjoyed four original songs performed live by Leita Guyen, as well as a lion dance to the sound of Chinese drums. Some students attended the event in traditional costumes. MSU junior Jer Yang wore a costume called Hanfu, a long sleeve dress worn during the festival.

"This is a traditional dress
FESTIVAL on page 7

◀HISTORY from page 1

for indigenous and American Indian people.

"Mankato has a dark history in connection to the American community, specifically the Dakota community. Many of us on the Indigenous Peoples Day committee are connected to the Mahkato Wacipi which reconciles the history as well. The importance of continuing to have events like this shows American Indian people are welcome here in this town," Heutmaker said.

While topics surrounding American Indians have been discussed more in the last few years, Heutmaker said rais-

ing awareness and representation for American Indians starts in educational systems. Heutmaker added that, while more accurate histories need to be taught, American Indians need to be taught about in modern society.

"In your sixth grade history class, you talk about everything up to the Trail of Tears and then you don't really talk about [American Indian history] anymore. The contributions of American Indian people are often hidden because we only teach a lot of things from a dominant historical perspective," Heutmaker said. "The more we

can learn as a community, the more we can read things that are written by native authors that we can engage in learning about what indigenous folks are doing today."

Heutmaker said that people are always welcome to engage with Indigenous People in the community in order to better understand the accurate history of American Indians, keep the culture alive and learn that American Indian people still exist.

"We're still doing amazing things. We're leaders, lawyers, doctors and teachers," said Heutmaker. "We're still here."



CARLY BAHR • The Reporter

Returning competitor James Ziegeweid presents awards to Mary Burschem (left) and her competitors in the prose category.

◀SPEECH from page 1

Ziegeweid and the rest of the team had the opportunity Saturday evening to meet with Schnoor and discuss the history of the team he created.

"It's a great opportunity to speak to his legacy," Ziegeweid said about competing in a tournament named after Schnoor. "We're one of the oldest RSOs on campus so it's been a really good opportunity to be a part of a program with such a strong legacy."

There were also a couple of first year students competing, including Mary Burschem, who made her tournament debut at this event, and E Meier, who joined the group in September.

Burschem said that, despite being nervous to compete in her prose event, she is proud to have advanced to the final round.

"I was really nervous, honestly. I was prepping myself like 'it's okay if you don't make it to finals, it's okay if you don't place, it's fine.' And then the

shock of even making it to finals was just really nice," Burschem said.

Meier stated that the connection between the MSU forensics team members and faculty stands out from their high school program.

"Especially on this team [it is] more of a family and less people are in and out," Meier said, "Even people that have graduated are definitely still involved."

This focus on the longevity of the program was stressed by both Meier and Schnoor.

"When I retired I was very concerned, but I had some good people then taking it over," Schnoor said. "I am pleased that [the program] has continued, because so many times where the director of forensics that has been at a school for a long period of time is no longer there, the program tends to die. And I'm glad that this one has never had to deal with that particular issue," Schnoor said.

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Black Intelligence Gentlemen Have “BIG” Plans for Growth



DOMINIC BOTHE • The Reporter

The Black Intelligence Gentlemen group hosted their first meeting of the year last Thursday. The group aims to gain membership through marketing, collaboration and events hosted on campus.

By CARLY BAHR
Staff Writer

The president of the Black Intelligence Gentlemen, dubbed BIG, held a meeting Thursday focused on recruiting new members to the group that has shrunk since its formation in 2012.

BIG was first formed in 2012 by former student Matnique Williamson at the suggestion of Henry Morris, the former interim dean of Institutional Diver-

sity. Williamson and Morris’ goal for the group was to foster a community among black men at Minnesota State University, Mankato and motivate them to stay enrolled at the university.

“There are issues with black males in higher education across the nation; it’s nothing unique to MSU,” Morris said to the Mankato Free Press at the inaugural meeting in 2012.

Many RSOs shrunk in membership or dissolved completely due to the COVID-19

pandemic and its unfortunate upheaval of university life. Before the pandemic, the group had roughly 40 members. Thursday’s meeting had 13. MSU junior and BIG President Xavier Thomas plans to grow the group’s membership back to its original average of 40-50 members soon through events, marketing and collaboration with other RSOs.

“Before COVID, this was an entirely different group,” said **GENTLEMEN on page 4**

Telehealth was made easy during Covid, not any more



JOHN BAZEMORE • Associated Press

Emory University student Helen Khuri had to temporarily move from Atlanta to Boston for PTSD treatment, even though she never set foot inside the hospital offering telehealth services.

By TOM MURPHY
Associated Press

Telemedicine exploded in popularity after COVID-19 hit, but limits are returning for care delivered across state lines. That complicates follow-up treatments for some cancer patients. It also can affect other types of care, including mental health therapy and routine doctor check-ins.

Over the past year, nearly 40 states and Washington, D.C., have ended emergency declarations that made it easier for doctors to use video visits to see patients in another state, according to the Alliance for Connected Care, which advocates for telemedicine use. Some, like Virginia, have created exceptions for people who

have an existing relationship with a physician. A few, like Arizona and Florida, have made it easier for out-of-state doctors to practice telemedicine.

Doctors say the resulting patchwork of regulations creates confusion and has led some practices to shut down out-of-state telemedicine entirely. That leaves follow-up visits, consultations or other care only to patients who have the means to travel for in-person meetings. To state medical boards, the patient’s location during a telemedicine visit is where the appointment takes place. One of MacDonald’s hospitals, Massachusetts General, requires doctors to be licensed in the patient’s state for virtual visits.

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NKorea confirms simulated use of nukes to 'wipe out' enemies



Korea News Service via Associated Press

North Korean leader Kim Jong Un inspects a missile test at an undisclosed location in North Korea, as taken sometime between Sept. 25 and Oct. 9. Independent journalists weren't given access to cover the event depicted.

By **HYUNG-JIN KIM**
Associated Press

North Korea's recent barrage of missile launches were the simulated use of its tactical battlefield nuclear weapons to "hit and wipe out" potential South Korean and U.S. targets, state media reported Monday, as its leader Kim Jong Un signaled he would conduct more provocative tests. The North's statement, released on the 77th birthday of its ruling Workers' Party, is seen as an attempt to burnish Kim's image as a strong leader at home amid pandemic-related hardships as he's defiantly pushing to enlarge his weapons arsenal to wrest greater concessions from its rivals in future negotiations.

"Through seven times of launching drills of the tactical nuclear operation units, the actual war capabilities ... of the

nuclear combat forces ready to hit and wipe out the set objects at any location and any time were displayed to the full," the North's official Korean Central News Agency said.

KCNA said the missile tests were in response to recent naval drills between U.S. and South Korean forces, which involved the nuclear-powered aircraft carrier USS Ronald Reagan for the first time in five years.

Viewing the drills as a military threat, North Korea decided to stage "the simulation of an actual war" to check and improve its war deterrence and send a warning to its enemies, KCNA said. North Korea considers U.S.-South Korean military drills as an invasion rehearsal, though the allies have steadfastly said they are defensive in nature. Since the May inauguration of a conservative government in Seoul, the U.S.

and South Korean militaries have been expanding their exercises, posing a greater security threat to Kim. The launches — all supervised by Kim — included a nuclear-capable ballistic missile launched under a reservoir in the northeast; other ballistic missiles designed to launch nuclear strikes on South Korean airfields, ports and command facilities; and a new-type ground-to-ground ballistic missile that flew over Japan, KCNA reported. It said North Korea also flew 150 warplanes for separate live-firing and other drills in the country's first-ever such training.

Cheong Seong-Chang at the private Sejong Institute in South Korea said the missile launches marked the first time for North Korea to perform drills involving army units tasked with the operation of tactical nuclear weapons.

◀GENTLEMEN from page 3

Thomas about the dwindled number of members. "It gets me sad. It should be packed."

Thomas began the meeting by having each present member introduce themselves and share why they decided to join the organization, which Thomas dubbed a "brotherhood."

When the group members took turns introducing themselves, they all shared that they wish to meet people like them and connect with their community.

New member Kaleb Howze said that he wanted to join during his freshman year in 2017 but held off due to a lack of time with his other groups, and then the pandemic put it off further.

"Now is the time to be able to do something that I wanted

to do, and connect with my community more," Howze said.

Thomas said his main goal with these events is to get people's minds off the stresses of academic life. When Thomas started his freshman year in 2020, he did not feel the sense of community he feels he would have if he had been a part of this group.

"I felt like I was the only one here in Mankato. I had friends of course but [let's say] I need someone to cut my hair, or if I'm struggling with a class and need upperclassmen to help me," Thomas said.

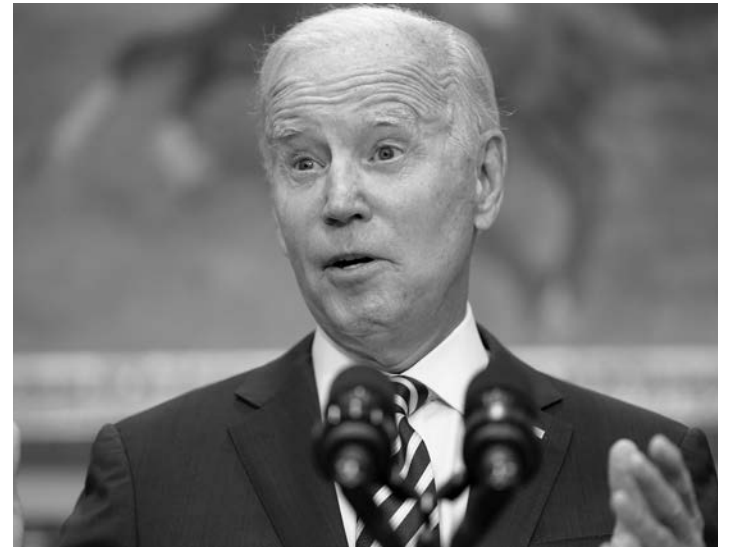
Thomas' goal with returning BIG to its original level of impact is to help other Black students connect with each other so they have a network of others with shared experiences. He also mentioned how he

views other Black people as his "family" because "we all come from the same people" and that he wishes he had the opportunity to connect with them in this way when he first came to college.

"A lot of Black students start school, but they don't finish school. If you see the percentage that don't finish school, it hurts. I think the main reason is because they think it's just them. They go to class and they might [think] 'no one looks like me, no one talks like me, I'm alone'. When you feel alone, things get dark," Thomas said. "It's struggling and I don't wanna see my family struggling."

BIG will be hosting a Halloween costume party that will occur from 6-8 p.m. on Oct. 28 in CSU 253. The school-wide event will be open to all who want to participate.

Small business group files suit over Biden student loans



EVAN VUCCI • Associated Press

A small business advocacy group has filed a new lawsuit seeking to block the Biden administration's efforts to forgive student loan debt for tens of millions of Americans.

By **JILL COLVIN**
Associated Press

A small-business advocacy group has filed a new lawsuit seeking to block the Biden administration's efforts to forgive student loan debt for tens of millions of Americans — the latest legal challenge to the program. The suit, filed Monday by the Job Creators Network Foundation, argues the Biden administration violated federal procedures by failing to seek public input on the program. It's one of a handful of lawsuits that have been filed by conservative business groups, attorneys and Republican lawmakers in recent weeks as the Biden administration tries to push forward with its plan to cancel billions in debt before

November's midterm elections.

Elaine Parker, president of Job Creators Network Foundation, slammed the program as executive overreach and complained that it does nothing to address the root cause of rising debt: the "outrageous increase in college tuition that outpaces inflation every single year."

"This bailout is going to affect everyone in this country because of the mass size of the program," she said. "And everyone should have the opportunity to provide their views to the government." She added: "These universities need to be held accountable for this student debt crisis." The new lawsuit is one of a growing number of legal challenges trying to halt the proposal.

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Russia unleashes biggest attacks in Ukraine

By ADAM SCHRECK and
HANNA ARHIROVA
Associated Press

Russia retaliated Monday for an attack on a critical bridge it claimed was carried out by Ukraine by unleashing its most widespread strikes in months.

The lethal barrage against multiple Ukrainian cities smashed civilian targets, knocking out power and water, shattering buildings and killing at least 14 people.

Ukraine's Emergency Service said nearly 100 people were wounded in the morning rush hour attacks that Russia launched from the air, sea and land against at least 14 regions, spanning from Lviv in the west to Kharkiv in the east. Many of the attacks occurred far from the war's front lines.

Though Russia said missiles targeted military and energy facilities, some struck civilian areas while people were heading to work and school. One hit a playground in downtown Kyiv and another struck a university.

The attacks plunged much of the country into a blackout, depriving hundreds of thousands of people of electricity into Monday night and creating a shortage so severe Ukrainian authorities announced they will stop power exports to Europe



LEO CORREA • Associated Press

Volunteers work to clean the debris on a site where several houses were destroyed after a Russian attack at a residential area in Zaporizhzhia, Ukraine. At least 14 people were killed and several other people were injured.

starting Tuesday.

Power outages also often deprive residents of water, given the system's reliance on electricity to run pumps and other equipment.

Andriy Yermak, a senior adviser to President Volodymyr

Zelenskyy, said the strikes had no "practical military sense" and that Russia's goal was to cause a "humanitarian catastrophe."

Russian President Vladimir Putin said his forces used "precision weapons" to target key

energy infrastructure and military command facilities in retaliation for what he claimed was Kyiv's "terrorist" actions — a reference to Ukraine's attempts to repel Moscow's invasion, including an attack Saturday on a key bridge between Russia and

the annexed Crimean Peninsula that Putin said was masterminded by Ukrainian special services.

Putin vowed a "tough" and "proportionate" response should Ukraine carry out further attacks that threaten Russia's security. "No one should have any doubts about it," he told Russia's Security Council by video.

The Russian president has been under intense domestic pressure to take more aggressive action to stop a largely successful Ukrainian counteroffensive and to react forcefully to Saturday's attack on the Kerch bridge, whose construction he used to cement his 2014 annexation of Crimea.

Putin's increasingly frequent descriptions of Ukraine's actions as terrorist could portend even more bold and draconian actions.

But in Monday's speech, Putin — whose partial troop mobilization order last month triggered an exodus of hundreds of thousands of men of fighting age — stopped short of escalating his "special military operation" to a counterterrorism campaign or martial law.

Zelenskyy has repeatedly called on world leaders to declare Russia a terrorist state because of its attacks on civilians and alleged war crimes.

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Indigenous People's Day importance

Yesterday, October 10, marked a calendar holiday: Indigenous Peoples day. However, some may be more familiar with the traditional celebration of Christopher Columbus that was taught in elementary school.

Although the name of that day may bring nostalgia, Indigenous Peoples day is what we believe deserves true celebration.

Christopher Columbus day was dedicated to the anniversary of Columbus "discovering" America. With a modern sociological lens, we can see that the land was very clearly discovered and occupied before his arrival.

American Indians had a widespread range in North America and a developed way of life on the land. Columbus, however, let him and his fellow explorers enslave Indigenous Peoples for labor, sex or sale.

Furthermore, according to Britannica Encyclopedia, "The arrival of Columbus in the Americas inaugurated the era of European settlement and economic exploitation of the Americas, in which native peoples were slaughtered, expelled from their territories, and decimated by foreign diseases."

Clearly, the man who began a butterfly effect of Indigenous abuse and slaughter is not one we wish to celebrate.

In an effort to re-write our views on the day, we are dedicating our celebrations instead to Indigenous Peoples. In order to create a society where everyone's background is accepted and respected, we must encourage education and appreciation for cultures - especially the cultures of those whose land we live on.

Redirecting our attention to Indigenous People on this day can be a chance for Indigenous People to share their culture and traditions, build our knowledge of Indigenous groups in our area and give us time to reflect on the struggles that their community has faced.

Exposure builds tolerance, which leads to acceptance. Therefore, it is crucial to encourage the exposure to Indigenous cultures.

Mankato, specifically, should take the day to recognize its terror upon Native Americans. The lost lives of those in the Dakota hanging is a part of Mankato's history that should be remembered with a heavy heart, and not glossed over.

We should now strive to respect the remaining Indigenous Peoples, ensuring that they never face something this horrific again.

On campus, if students are hoping to learn more about Indigenous Peoples, they can reach out to American Indian Affairs to continue Indigenous learning.

Perspectives

Made in China: Get with the program

By JULIA BARTON
Editor in Chief

I feel like all of us have at least one person in our immediate or extended family who needs to "get with the program."

What I mean by this is there most likely is someone you know, usually an elderly person, who doesn't understand the social climate in terms of what is the right etiquette to converse with someone, especially people of color, without sounding ignorant.

Yesterday, I had an elderly gentleman mosey into my office and asked if I was indigenous since yesterday marked Indigenous People's Day. I replied "no" and then he proceeded to ask me where I came from pointing out I had a "darker complexion."

He then proceeded to ask me about my Asian parents which I told him I didn't have since I'm adopted.

Once I told him I was from China, he went on a tangent telling me experiences he's had with other Chinese people and how the Covid-19 pandemic affected him and his family.

I was curious to see where he was going with the conversation because I'm sure my race had absolutely nothing to do with suddenly speaking about the pandemic.

I find it odd when strangers all of a sudden make unsolicited comments about the Chinese people they've met,



but for someone to randomly share the struggles they've had regarding the pandemic I thought was a very interesting subject to bring up.

If you think about it if I asked about his age and then proceeded to tell him about all of the old people in my life do you think he'd find that interesting?

However, this encounter made me ask the question "why do these experiences mostly happen with older people?"

Is it because they were raised in an era in which the norm was to talk to people of color with subtle micro-aggression? Or is it because they were raised in a world where segregation and discrimination were abundant?

Whatever the reason may be, I don't think your age should be an excuse for why you cannot educate yourself

on our social climate and the use of verbiage by people today. If not for educating yourself, you may be motivated by fear of sounding ignorant. I like to think that I try to be an educator when it comes to receiving comments like this. As someone who looks fully Chinese, but comes from a very white family, I take advantage of the opportunity to tell those who may lack awareness.

I personally do not think this man had ill intentions, however, as someone who really doesn't identify with Chinese culture, it is quite strange for someone to talk to you in-depth about something you have no association with.

Teaching an old dog new tricks isn't so hard; it is those who don't wish to learn that contribute to these awkward encounters.

Pulse

"What's your favorite movie?"

Compiled by Lilly Anderson



EMMA BENJAMIN,
SOPHOMORE

"Hocus Pocus."



BENJAMIN BLUME,
SOPHOMORE

"Modern Times."



BREANNA ALVARADO,
FRESHMAN

"Hellfire."



HARVEY BUCHANAN,
FRESHMAN

"Good Bye Lenin!"



MADDIE JOHNSON,
SENIOR

"Spiderman: No Way Home."



SOREN HABEL,
FRESHMAN

"Nope."

As suicides rise, US military seeks to address mental health



SUSAN WALSH • Associated Press

After finishing a tour in Afghanistan in 2013, Dionne Williamson, of Patuxent River, Md, felt emotionally numb. The Pentagon is seeking to confront spiraling suicide rates in the military ranks.

By ASHRAF KHALIL
Associated Press

After finishing a tour in Afghanistan in 2013, Dionne Williamson felt emotionally numb. More warning signs appeared during several years of subsequent overseas postings.

“It’s like I lost me somewhere,” said Williamson, a Navy lieutenant commander who experienced disorientation, depression, memory loss and chronic exhaustion. “I went to my captain and said, ‘Sir, I need help. Something’s wrong.’”

As the Pentagon seeks to confront spiraling suicide rates in the military ranks, Williamson’s experiences shine a light on the realities for service members seeking mental health help. For most, simply acknowledging their difficulties can be intimidating. And what comes next can be frustrating and dispiriting.

Williamson, 46, eventually found stability through a monthlong hospitalization and a therapeutic program that incorporates horseback riding. But she had to fight for years to get the help she needed.

“It’s a wonder how I made it through,” she said.

In March, Defense Secretary Lloyd Austin announced the creation of an independent committee to review the military’s mental health and suicide prevention programs.

According to Defense Department data, suicides among active-duty service members increased by more than 40% between 2015 and 2020.

The numbers jumped by 15% in 2020 alone. In long-time suicide hotspot postings such as Alaska — service members and their families contend with extreme isolation and a harsh climate — the rate has doubled.

A 2021 study by the Cost of War Project concluded that since 9/11, four times as many service members and veterans have died by suicide as have perished in combat. The study detailed stress factors particular to military life: “high exposure to trauma — mental, physical, moral, and sexual — stress and burnout, the influence of the military’s hegemonic masculine culture, continued access to guns, and the difficulty of reintegrating into civilian life.”

The Pentagon did not respond to repeated requests for comment. But Austin has publicly acknowledged that the Pentagon’s current mental health offerings — including a Defense Suicide Prevention Office established in 2011 — have proven insufficient.

“It is imperative that we take care of all our teammates and continue to reinforce that mental health and suicide prevention remain a key priority,” Austin wrote in March. “Clearly we have more work to do.”

Last year the Army issued fresh guidelines to its commanders on how to handle mental health issues in the ranks, complete with briefing slides and a script. But daunting long-term challenges remain.

Many soldiers fear the stigma of admitting to mental health issues within the internal military culture of self-sufficiency. And those who seek help often find that stigma is not only real, but compounded by bureaucratic obstacles.

Much like the issue of food insecurity in military families, a network of military-adjacent charitable organizations has tried to fill the gaps.

◀FESTIVAL from page 2

that a lot of Chinese people wear. During the Chinese moon festival, people celebrate and embrace the moon. I am trying

to dress like the Moon Goddess, her name is Chang’e,” said Yang.

Thanks to the ASIA organization, students had the oppor-

tunity to immerse themselves in the celebration of Asian culture, traditional snacks and activities surrounding the annual Mid-Autumn Moon Festival.

◀BUSINESS from page 1

the representatives of United Prairie is some feat.

“We look for confidence and that they have collectively worked as a group on what they’re presenting,” Jamie Germscheid, Vice President Business Banker at United Prairie Bank, said. “It’s important

that they understand their financials and business plans without getting tripped up on some of the questions we ask them.”

However, the students have unique circumstances as their market audience is their own peers.

“They’re obviously younger,

also with being on campus they have a target market they can easily market to as well as their friends and family,” Spenser Bradley, Market President at United Prairie Bank, said.

The release date of these items is still unknown but expected to arrive by the end of the month if not sooner.

Social Security boost will help millions of kids too



ANDREW HARNIK • Associated Press

Cassandra Gentry and her granddaughter Jada pose for a photograph in their apartment in Washington. Social Security is expected to be around 9% or higher, the highest it has been in the last 40 years.

By FATIMA HUSSEIN
Associated Press

Seventy-year-old Cassandra Gentry is looking forward to a hefty cost-of-living increase in her Social Security benefits — not for herself but to pay for haircuts for her two grandchildren and put food on the table. The three live in a Washington apartment building that houses 50 “grandfamilies” — where grandparents take care of children who do not have parents present. Gentry, who took in her grandkids to keep them in a safe environment, says the boost in benefits will help her make ends meet.

“I never thought about contributing to Social Security when I was working, but now that’s what I depend on,” the

communications retiree said. “I depend on my Social Security to care for these kids.”

Social Security’s cost of living adjustment, otherwise known as the COLA, for 2023 is expected to be around 9% or even higher, the highest in 40 years, analysts estimate. It will be announced Thursday morning. It’s not just old people who will gain. About 4 million children receive benefits, and an untold number of others also will be helped because they’re being cared for by Social Security beneficiaries, sometimes their grandparents.

High inflation remains a burden on the broader economy, which has caused the Federal Reserve to raise interest rates in hopes of cooling high prices.

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SPORTS

Mavs split season openers against Gophs

By KARSON BUELOW
Staff Writer

The Minnesota State men's hockey team split a weekend series with the University of Minnesota, with the Gophers taking the opener in Minneapolis Friday and the Mavericks winning at home Saturday.

Led by freshman forward Jimmy Snuggerud's first career goals, the Gophers won 4-1 Friday. The following night, Ryan Sandelin was the hero when he potted his first goal of the season late in period three to lift the Mavericks to a 3-2 win.

Both teams started out strong during Friday night's action, but the Mavericks appeared to control much of the first period. However, a late surge by Minnesota turned the tides, and Snuggerud tapped in his first collegiate goal with just over a minute remaining in the period which put the Gophers up by one.

It didn't take long for Minnesota to net another one. Just over five minutes into the second, Snuggerud fired one from the high slot that made it past sophomore Maverick goalie Keenan Rancier, giving the Gophers a 2-0 lead.

With nearly 10 minutes remaining in the second, junior Maverick defenseman, Akito Hirose, appeared to have cut the Gopher lead in half with a snipe from the left circle. But after a successful Gopher challenge, the goal was



JULIA BARTON • The Reporter

The two nationally ranked teams fought hard this weekend splitting the 2022-23 season opener. The Maverick's next game is against the Minnesota Duluth Bulldogs this Friday and Saturday in Mankato.

reviewed and called back for goalie interference.

With momentum on the Gophers' side, the Mavericks were able to escape the second period only down two goals. Early in the third period, the Maverick fans were finally given something to cheer about as junior Maverick defenseman Jake Livingstone lit the lamp and cut the lead to just 2-1.

After some back and forth action by both teams, the Gophers took to the powerplay looking to add to their lead. And they wouldn't take long,

as Snuggerud wired a slapshot from the left circle, giving him the hat trick and the Gophers a 3-1 lead.

Minnesota remained in control for the remainder of the third period, adding an empty-net goal and taking care of business by a score of 4-1. Minnesota State head coach Mike Hastings commented following the game about things he saw and what needed to change heading into Saturday's game.

"I really liked the way some of our young guys played," Hastings said. "I liked Fitzger-

ald and I liked Wheeler. We've just got to do a better job being harder to play in the paint and some of those areas."

Following the game on Friday night, the two teams had a quick turnaround to make the drive down to Mankato. Saturday's game in the Key City got out to a similar start as Friday's game, with back and forth action for much of the first period.

In similar fashion to Friday night, Snuggerud put the Gophers on the board late in the first period, this time with

MHOCKEY on page 11 ►

Mavs unable to defeat the Wildcats

By CHARLIE GROEBNER
Staff Writer

After starting to find rhythm following the first loss of the season, The Minnesota State University, Mankato Mavericks seem to have hit a snag after a tough loss against Wayne State Wildcats snapping their two-game win streak.

In his first game back after being out with injuries, sophomore quarterback Hayden Ekern would be back under center and showed some rust because of it. The offense would be clamped down by the Wildcat defense and unable to get down the field for the majority of the first quarter. Allowing for opposing sophomore quarterback Nick Bohn to pick the Mavericks stout defense apart on drive after drive to put ten points on the board in the first quarter.

Going into the second quarter, the Mavericks would continue to try and take the lead but could only manage a field goal and a touchdown pass caught by freshman wide receiver Grant Guyett. Even for a dominant performance from the Maverick offensive line which allowed the running back tandem of junior Shen Butler Lawson and sophomore Christian Vasser to run, it would not be enough. The Mavericks trailed by fourteen points as they made their way to the locker room for halftime.

Coming out of the half, the Mavericks would get the ball and push the ball down the field to score a touchdown to start the third quarter and cause a fumble to get the ball back on the Wildcats first drive. However, the Wildcats would capitalize after a redzone interception by Ekern lead to them putting responding with another touchdown drive.

The Mavericks would desperately try to will a fourth quarter comeback but ultimately could not break through on either side and fell short in the end with a final score of 41-33 Wildcats, as they finish there Homecoming in style. Their

FOOTBALL on page 12 ►

Cricket Club heats up in prep for international tournament

By AYAN MUHAMMAD
Staff Writer

Cricket is not a single person game, it's a team sport where all 11 players put their effort together to achieve victory. Cricket is the second most watched sport in the whole world. In American culture it did not have that much recognition. Cricket has pretty much the same concept as Baseball. Instead of homerun in baseball or cricket, if you hit the ball out of bounds it gives you a score of six or four. First team gives a target to the other team and then the other team tries to chase that target in certain balls. The Minnesota State University, Mankato cricket Club was established back in 2008. Abdur Rehman, senior at the MSU, took over the club right after covid hit in the spring of 2020. Rehman

joined the club as a vice president. Under his leadership and management many tournaments were hosted in the Minnesota State University Mankato.

"Although I am not raised in a country where cricket isn't much popular but the blood my family, uncle and cousin everybody shares the passion of cricket come through blood," Abdur Rehman, said.

The MSU cricket club hosts one tournament every semester. In their upcoming tournament teams from other universities in North Dakota, South Dakota and the University of Minnesota will participate. The international tournament is scheduled on October 21 and 23. Hosted by MSU the Cricket Club this will be the first outer states tournament after Covid-19.

Cricket teams have diver-



Courtesy photo

Minnesota State University, Mankato's Spring 2022 international tournament winner and runner up team the Bengal Tigers and Team Lions.

sity from Nepal, Bangladesh, India, and Pakistan. In this tournament there are going to be four teams, each team will consist of 11 players in which 9 players going to play rest three will be substituted.

In these four teams Sri Lankans will have their own team which is team Lions, Pakistan team MSU Markhor, Bangladesh team Bengal tigers, Indians team India. Among all

CRICKET on page 12 ►

Schmitz impact on the MSU golf program



Courtesy of MSU Athletics

Alex Schmitz is the head coach for both Men and Women's golf at Minnesota State University, Mankato.

By LUKE JACKSON
Staff Writer

The new changed culture for Minnesota State University, Mankato's golf team has been groundbreaking for the program, all thanks to the new head coach.

Over the past year and a half, Alex Schmitz started as the men's golf coach but when women's coach Bailey Gerdes resigned, Schmitz took over both programs. Schmitz saw both golf programs as full of potential and acted on them quickly. This started with changing the culture.

Schmitz has created an atmosphere for the student-athletes to feel comfortable, not only on the golf course but off it too. He wants his players to be both students and athletes, "The culture is one, letting the student-athletes be students, I mean they technically are still kids," Schmitz said. "A lot of women have come out of their shells because we have changed the atmosphere to be a fun place and now they have seen what we can do to win."

With this change, the women's golf team has now won three out of their last four tournaments. Schmitz says that they work together at all times and are one, "All in it together, all in to for the same goal, the biggest thing is they are having fun. When you are having fun, you are competing, you are winning. Winning is not everything, but it is the icing on the cake".

When the women's team realized they were allowed to have fun while learning lessons it changed the game for them. Schmitz never wanted golf to seem like a harsh job and when he made that clear,

the team was ready to shine.

The women's team broke a groundbreaking record for the program this season on Sept. 9. They shot under 300 two days in a row. MSU's women's golf has never been able to hit under 300 before and Schmitz led them to do it, twice in back-to-back days.

"To me, it is more about seeing the smile on their faces when they go to get their trophy, their smiles pay off all their hard work. It's not all about winning but setting the school record at 299 and then tying the school record the next day again and that is really cool".

With this record, Schmitz realized he needed to show the recruits that they were ready to win and that he cared for the future. This future relied on landing his potential recruits, "I make the time to go wherever I need to go. I'll go to Wisconsin or northern Minnesota. It's a 12- or 15-hour day but it's worth the face-to-face contact". He spends his days driving out to wherever he needs to go to sit down and converse with his recruits instead of over the phone.

The team's future is now set up for success with the changes he has made. When Schmitz arrived at MSU's campus he noticed how great the campus facilities were. He saw plenty of winning programs across MSU's sports and a campus with amazing facilities. He didn't see this with the golf program though, but he wanted to make this a possibility.

Recruiting is hard for Schmitz because of the lack of golf facilities MSU has to offer. The practice's in the

winter are held in an old gym and the team has to set up mats and nets to hit into, this wasn't a viable option for winning and the recruits saw it too, "We lose recruitments too. They might not have a better campus or programs, but they do have better practice facilities" Schmitz said. This is all actively changing now.

Schmitz started a new project and it took off, now going better than ever. When sitting down with Schmitz we were sitting in his new but empty office space that is soon to be their new practice facility.

"The room we are sitting in was a storage facility, you would've walked in here and said no way we are going to get a golf facility out of this. Hundreds of boxes were in here and I looked at them and decided we need to reevaluate this room. Now we are going to have two simulators in here, a putting green, and I finally got my own office".

This whole room would not have been possible if it wasn't for his idea to raise money for the program. Schmitz set up raffles at local golf courses and sold 550 raffle tickets for 20 bucks each. The result of these raffles ended up being around \$11,000 for the program. MSU's golf team also hosted the Nick Campa Maverick Golf Classic which is in honor of long-time coach Nick Campa. This golf classic raised four to five more grand. The last of the money that was raised for the golf teams were from donors and Schmitz himself. This was all for the new facilities.

With the new golf sim-
GOLF on page 12 ▶



DYLAN ENGEL • The Reporter

◀MHOCKEY from page 10

a short-side snipe that beat Rancier over his right shoulder. Minnesota retained the 1-0 lead heading into the second period.

Early in the second period, the Mavericks received a crushing blow, as junior Maverick forward David Silye was given a major and a game misconduct penalty for checking from behind, sending him to the locker room for the rest of the night. But much to the delight, the Mavericks were able to kill off the major penalty and watch momentum shift to their side.

After a faceoff win by the Mavericks late in the second period, freshman Maverick defenseman Cambell Cichosz walked the blue line and sent a shot that beat Minnesota senior goalie Justen Close, tying the game up 1-1. The physicality started to pick up late in the second period, as each team took every opportunity they could to lay a big hit.

Early in the third period, the Mavericks took the lead as junior Maverick forward Josh Groll potted a rebound after a shot came in from the point. But their lead wouldn't last long, as junior Gopher forward Mason Nevers finished off a tic-tac-toe play just over a minute later, tying the game up 2-2. The nerves started to settle in for both teams as the game clock kept ticking down past the ten

minute mark of a tied game. The Mavericks were able to get several good scoring opportunities on a powerplay late in the third but to no avail. With about six minutes remaining in the game, senior Maverick forward Sam Morton was able to win a puck battle and pass across to Sandelin who was turning into the slot. Sandelin was able to catch the pass and fire a shot past Close which sent the crowd into a frenzy and gave the Mavericks a 3-2 lead.

The Mavericks switched into a defensive mode for the remainder of the game, trying to turn away any Gopher shot that got to Rancier. But with each save and blocked shot, the crowd got louder and louder.

To the elation of all Maverick fans and players, the final horn sounded, concluding a hard-fought game and ending with Minnesota State defeating Minnesota by a final score of 3-2. Hastings commented following the game about his team's effort on Saturday night.

"Minnesota's a really good hockey team and we thought it was gonna be a physical battle, and it was," Hastings said. "I like the way we stuck around and didn't go away."

The Mavericks will be back in action Oct. 14 and 15 as they play host to Minnesota Duluth.

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Senior Spotlight: Blake Van Veldhuizen

By HAYDEN LEE
Staff Writer

Blake Van Veldhuizen has spent the last two years with the team clogging up the running lanes and eating up blocks as a defensive tackle for Minnesota State University, Mankato. He has 5.5 tackles for loss and 3 sacks, along with 27 total tackles over two seasons with the Mavericks. The senior is currently majoring in manufacturing engineering and technology, with a minor in agriculture.

The Iowa native attended Iowa Western Community College out of high school and after a year and a half, Van Veldhuizen decided to transfer to MSU and was welcomed as a member of the football team.

This change in scenery has been great for Van Veldhuizen, and being a part of the football team has only further enhanced his experience.

"The best part of being on the team here at MSU has really just been the team camaraderie, I play with all of my best buddies, and hanging out with them all the time has been really special," Van Veldhuizen said.

He has taken the transition from a high school to a college athlete in stride, he truly embraced playing his role on the team, prioritizing film study and weights in order to prevail over his competition.

Putting in the time and dedication to a sport as a student athlete has its challenges. Van Veldhuizen tries his best to prepare to be able to perform at his best.

"Coming out every week, knowing that we have pre-



ASUTOSH SILWAL • The Reporter

Blake Van Veldhuizen #93 is a defensive lineman for MSU football.

pared as well as we could all week to put our best effort out on the field, I am proud of how we take on the process every week," Van Veldhuizen said.

As the season wears on, Van Veldhuizen says that the coaching staff has been a great motivation for the players. "I would say that Coach Gold inspires me every week, he always has a quote to get us going, he always knows how to get on us when we aren't doing so well."

As for the rest of the season, Van Veldhuizen wants the team to approach each game with the understanding that it is the most important game on the schedule, and to not look past anyone in front of them.

"I feel like when we look more at the big picture, it's hard to focus on one game at a time. So as a team, our goal is just to take it one game at a time," Van Veldhuizen said. "For my personal goals, I just want to do my job to the best of my ability out there, and the stats will come along with that if I am doing my job right."

There's no telling the future, but we can expect to see Van Veldhuizen back home in Iowa on the farm as a mechanical engineer in ten years. As for now, look for #93 this Saturday, as the Mavericks take on the Upper Iowa Peacocks at 1:00 p.m. in the Mavericks' very own Blakeslee Stadium.

a hard-fought game. Even though Ekern did show some signs of struggle, he looked to improve later in the game. However, it still is in question if he will get the call to start next week or be in rotation with the other quarterbacks. With only five games left

in the season, many people still are skeptical if this team can make the post season. In what could be considered the turning point in this season, the Mavericks return to the campus ground and prepare to defend Blakeslee Stadium.

er communities and other clubs in Minneapolis they call themselves The Viking. The Vikings are not affiliated with any university but still play against the MSU cricket team. "I know over here you won't see many people and you won't see many things about cricket but the enthu-

siasm for cricket is very important because over here if you like cricket it's going to start from you. First thing I want new people to have enthusiasm to play and keep the game alive anybody who is interested to play they can join," Rehman said.

around and a more enticing way to land recruits.

It is evident that Schmitz has changed MSU's golf program for the better. From seeing the smiles on the athlete's faces, making them feel welcome when they are on and

off the course, and making constant selfless acts for the betterment of the golf team's programs, Schmitz proves time and time again that he is here to make a difference and is planning to continue to do so.

Women's hockey falls short on the road against University of Minnesota Duluth

By KOLE BUELOW
Staff Writer

The Minnesota State University, Mankato women's hockey team traveled north to the University of Minnesota Duluth's home rink this weekend to face off against the No. 4 Bulldogs. A grueling game one sent the two teams to overtime but Duluth prevailed to remain undefeated to start their 2022-23 season.

Game two was another close battle, but a slow start from the Mavericks was all the Bulldogs needed to jump out to an early lead and hold on. With the series loss, Minnesota State drops to 0-4-0 this season but has made every game a close one.

It has been a tough start to the season for the Mavericks, but sophomore defenseman Shelbi Guttormson says the team's spirits are still high.

"Our starting schedule is definitely not the easiest," explained Guttormson. "That first weekend against Ohio State was definitely a; we're a good team, we can stick with the number one team in the nation, kind of thing. We thought we had it."

After losing by one goal in each of their first two games against No. 1 Ohio State, Minnesota State fell in a similar fashion to Minnesota Duluth in overtime 2-1 on Friday. Senior forward Kennedy Bobyck scored the lone goal for the Mavericks, finding the back of the net shorthanded to kick off game one.

The Bulldogs tied it up later in the first and it wasn't until

overtime that Duluth finished it off just 14 seconds in. Ashton Bell, a fifth-year senior, was the overtime hero for the Bulldogs.

Despite the loss, Guttormson stated, "I thought we had a really good start on Friday. It was nice to get that first goal."

The two Minnesota teams then faced off again on Saturday to cap off their first of two series this year.

"Saturday was a quick turnaround at three and kind of a slow start for us," explained the sophomore defenseman. "I think we got outpaced as we eased into the first and second, but we have a lot to learn from that Saturday game too."

Two goals at the 4:57 and 5:20 marks of the first period were all the Bulldogs needed to fend off the Mavericks in game two, and now Minnesota State looks forward to a home-and-home series against the Minnesota Gophers this weekend.

When asked about what the team is looking to implement this coming weekend, Guttormson kept it simple: "Keep with the pace and set it right away."

The sophomore also went on to say, "We have to keep shooting on their goalies. We didn't test the Duluth goal enough last week, and I think we had a total of 25 shots in both games... We need to create more offense and continue to have a solid defense."

The Mavericks' struggles have definitely come by not scoring the puck as much as they need to, but with more shots on goal per game, the team will undoubtedly find themselves as the victors in one-goal games.

◀FOOTBALL from page 10

win would also help them as they jump the Mavericks into the third-place spot going into a big match against Augustana.

As for the Mavericks, concerns are starting to build as the team returns home from

◀CRICKET from page 10

these teams there will be only 11 players selected for the MSU team which will play in the outer state tournaments.

MSU cricket club is a recognized student organization who not only play in varsity, but also on other platforms. They play against many oth-

◀GOLF from page 11

ulators, putting greens and launch monitors the team will now be able to practice more efficiently than they have in the past. This will leave them with more skill for when the spring season rolls

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VARIETY

Areca Roe's gallery is full of 3-D images

By LAUREN VISKA
Staff Writer

The current Conkling Gallery artist is Areca Roe, an MSU associate professor in the art department. Conkling is a professional touring exhibit space that houses work by graduate students, faculty, and other artists. For Roe, this is her first solo gallery in the space. The gallery, Symbiotic, will be available for viewing from Oct. 3 until Nov. 4.

Using three-dimensional lenticular pictures and film, Roe combines three distinct bodies of work in this exhibition to examine how people attempt to connect with nature while accepting its limitations.

When coming up with the show's title, she thought a lot about the human relationship to the natural world. That relationship can be positive, negative, or neutral. Thus, she settled on Symbiotic, which refers to a relationship "characterized by, living in, or being a close physical association between two or more dissimilar organisms."

"The work in the show references human interaction with the natural world. And the show's work has plants native to Minnesota," said Roe. "I have a big collection of nature pattern fabrics, and I incorporate those into a lot of my work to sort of reference the home or the domestic."

The thing that makes these photographs unique is the illusion her photos give off to the viewer. These illusions are done by taking multiple images and layering them on top of one another.

"I have been obsessed with



LILLY ANDERSON • The Reporter

Roe combines the influences of nature and family in order to create an environmentally aware series, which she named Symbiotic as a representation of the relationship the two should have.

3D photography and wanted to incorporate it into this show. There is a whole process involved," said Roe. "You take 36 images on a rail in order to achieve the different perspectives and achieve the 3-D effect. This took me about a month or two to learn with a lot of trial and error."

In addition to nature, she incorporated her family into her work. In one of the images, she

is seen with her back facing the camera and hugging her child.

"There are some images of birches and willows. I incorporated my own kids into the scene," said Roe. "When creating those images, I thought about the legacy we're leaving children regarding the natural world or climate crisis and how we are not living up to our obligations. In a way, I am projecting them or trying to nurture them in those frames."

Roe first got into art when she was 14. It was not until she took a class on the skill that she fell in love with photography.

"I borrowed my parents' cameras and just started photographing. I then got into the dark room in high school and fell in love with photography specifically," said Roe. "I'd always been interested in art, but photography became my main medium."

A few things about the medi-

um stuck out to Roe.

"I like the idea that it's freezing a moment or memory in time. You can sit and study it in depth. I like that sort of immediacy of changing things and also the relationship to reality," said Roe. "I like how quickly you can manipulate an image or a scene just by changing the moment and changing your perspective. A photograph is not necessarily true or real, but it usually has some basis in reality."

Whats poppin' at African American Affairs this year?

By LILLY SCHMIDT
Variety Editor

Recently, African American Affairs at Minnesota State University, Mankato kicked off a series of events: On&Poppin'. Balencia Crosby, the Interim Director of the group, explained the hopes of the series.

"It's an opportunity for the black collective to come together, to celebrate one another, to spend time with one another and really start to knit and strengthen the community that is within us here at Mankato," said Crosby. "It's really just a way for us to get out of our heads and get out of our own ways and stop thinking like, 'what are they thinking about me?'"

In order to get students connecting with each other, at the

first event students had to construct towers in teams using pasta and marshmallows.

"It was silly and funny, but competitive at the same time," said Crosby. "We're gonna roll one out again in October and November, and then we'll do two in the spring. This next one is going to be a big game day."

She's hoping it can further develop the bond of the students from the first group, and create new bonds with all who join. "COVID happened and it is still a lingering concern for a number of people. We have a large population of students who are sophomores and juniors who missed a lot of that connectivity. I think for those students to come together and share space and rub elbows with one another – that's where they see one another; they see a larger part of

the community."

Seeing a larger community is crucial for all students, but especially students in minority groups. "I've had a number of students this week and weeks prior to come in and say, 'I'm the only person in this class and it feels like this. I'm the only person in my program and it feels like this,'" said Crosby. "Yes, sometimes we are a single individual in the room – the single black individual in the room, the single woman in the room, so on and so forth. But there are so many other bodies that look and feel and experience a number of experiences just like you and can support in that way."

Of course, though, students can visit the African American Affairs office anytime for support – and not just if they are African America.



DYLAN ENGEL • The Reporter

African American Affairs focuses on the connection of students on campus to combat the walls built by the pandemic. Future On&Poppin' events include a game night and a banquet.

"Anyone can come into this office and feel supported. When you come in here, I want that person to feel like they are the most important person in the

room," said Crosby. "This is the place for support and it's a place for connectivity at large. I think that's really what this center is."

Cirque Italia makes their splashtastic return to Mankato



JOEY ERICKSON • The Reporter

The performers dazzled the audience with their gravity-defying stunts and death-defying tricks.

By JOEY ERICKSON
Variety Co-Editor

Big white tents were set up in the River Hills Mall parking lot last Friday, marking the splashtastic return of Cirque Italia's water circus show. Created in 2012, the show has traveled from city to city across the country entertaining the masses.

Friday's show theme was pirates. Inside the tents sat a massive beached pirate ship, with performers donned in their best swashbuckling attire, selling snow cones, candy apples and light-up toys before the show began.

The show was filled to the brim with daring, gravity-defying stunts. One man shot balloons backward with a crossbow, blindfolded, as they hung over their fellow performer's head.

Another performer soared through the air in a trapeze performance, suspended only by their wrist. Donned in a mermaid suit, the performer

swam through the air like a fish in the water as water streams shot out of the stage.

The mermaid, Morgaine Rosenthal, has been in the Cirque Italia shows for eight years. She originally began as an aerialist but has grown her role as the show has grown its success.

"My position and role with the company has grown and now I am the manager and director of the show, in addition to being an aerialist," Rosenthal said.

Another member of the team is Manuel Rebecchi. The founder of the show, Rebecchi is the nephew of Moira Orfei, the world-renowned queen of the Italian circus. Rebecchi's family has performed in the circus for generations, but Rebecchi decided he wanted to bring the show to the United States.

Emigrating to the States with limited funds and a dream, Rebecchi worked hard to create the Cirque Italia show. Due to his relentless work ethic

and broad vision, Cirque Italia has now become the premiere traveling circus in the United States.

"We are bringing high level, unforgettable entertainment to your hometown," said Leah Hryniewicki, the show's public relations specialist. "It's our hope that every audience member can attend the show and experience the magic that is Cirque Italia.

According to the show's performers, what keeps them coming back to the stage each night is the sheer love and passion, as well as seeing the audience's reception.

"What keeps me performing night after night is being able to share my love and passion for my art with the American public. Seeing the reaction from the crowd and the joy... is the most rewarding part of being an artist," Rosenthal said. "The combination of artistry, athleticism, fearlessness, and fun under our big top is unlike anything you have ever seen."

Instagram suspend Kanye West over antisemitic posts



EVAN AGOSTINI • Associated Press

Kanye West arrives at the Vanity Fair Oscar Party on Feb. 9, 2020, in Beverly Hills, Calif. West's Twitter and Instagram accounts have been locked because of posts by the rapper, now known legally as Ye.

ASSOCIATED PRESS

Kanye West once suggested slavery was a choice. He called the COVID-19 vaccine "the mark of the beast." Earlier this month, he was criticized for wearing a "White Lives Matter" T-shirt to his collection at Paris Fashion Week.

Now the rapper who is legally known as Ye is again embroiled in controversy — locked out of Twitter and Instagram over posts that the social networks said Sunday violated their policies. In one antisemitic post on Twitter, Ye said he would soon go "death con 3 on JEWISH PEOPLE," according to internet archive records, making an apparent reference to the U.S. defense readiness condition scale known as DEFCON.

"You guys have toyed with me and tried to black ball anyone who ever opposes your agenda," he said in the same tweet posted late Saturday, which was removed by Twitter.

The comment drew a sharp rebuke from the Anti-Defamation League, which called the tweet "deeply troubling, dangerous, and antisemitic, period."

"There is no excuse for his propagating of white supremacist slogans and classic antisemitism about Jewish power, especially with the platform he has," a statement said.

Representatives for Ye did not return requests for comment.

Ye has alienated even ardent fans in recent years, teasing and long tinkering with albums that haven't been met with the critical or commercial success of his earlier recordings. Those close to him, like ex-wife Kim Kardashian and her family, have ceased publicly defending him after the couple's bitter divorce and his unsettling posts about her recent relationship with comedian Pete Davidson.

But the social media suspensions cap a whirlwind week for Ye, even by his standards. On Oct. 3 he wore a "White Lives Matter" T-shirt while debuting his latest fashion line in Paris, prompting harsh criticism. According to the Southern Poverty Law Center, which tracks hate groups, White Lives Matter is a neo-Nazi group.

Rapper Sean "Diddy" Combs posted a video on Instagram saying he didn't support the shirt, not to buy it.

'Amsterdam' and 'Lyle Lyle' struggle

By JAKE COYLE
Associated Press

David O. Russell's star-studded 1930s mystery "Amsterdam" flopped and the children's book adaptation "Lyle, Lyle, Crocodile" debuted softly, allowing the horror thriller "Smile" to repeat atop the box office in U.S. and Canada theaters, according to studio estimates Sunday.

Neither new release caught fire with moviegoers but the disappointment was most

acute for "Amsterdam," a poorly reviewed \$80 million screwball romp starring Christian Bale, Margot Robbie and John David Washington. The 20th Century Studios production, co-funded by New Regency and released by the Walt Disney Co., opened with just \$6.5 million — a stinging rebuke for the decorated filmmaker of "Silver Linings Playbook" whose splashy ensemble also includes Chris Rock, Anya Taylor-Joy and Taylor Swift.

Sony Pictures' "Lyle, Lyle,

Crocodile," a musical based on Bernard Waber's children's book featuring Shawn Mendes as the voice of a computer-generated reptile, fared better, collecting \$11.5 million in ticket sales. But that still was a relatively modest result, especially for the first major family movie to land in theaters since the summer. The film, which cost \$50 million to make, could benefit from children being out of school for Monday's Columbus Day and little kid-movie competition this month.



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Europe praises, Belarus scorns Nobel for rights



EFREM LUKATSKY • Associated Press

Managers of the Center for Civil Liberties react in Kyiv, Ukraine, Friday, Oct. 7, 2022.

By FRANK JORDANS
Associated Press

Officials in Europe and the U.S. praised the awarding of this year's Nobel Peace Prize to activists standing up for human rights and democracy in Russia, Belarus and Ukraine while authorities in Belarus scorned the move.

Russia's invasion of Ukraine this year has pushed Moscow's relationship with its Western neighbors to a new low. Even before that, ties had been fraught over President Vladimir Putin's backing for pro-Russian separatists in Ukraine, his support for authoritarian Belarusian President Alexander Lukashenko and Syrian leader Bashar Assad, and his repression of political opponents, such as dissident Alexei Navalny at home.

"I hope the Russian authorities read the justification for the peace prize and take it to heart," Norwegian Prime Minister Jonas Gahr Støre said after the Nobel Committee awarded the 2022 prize to imprisoned Belarus rights activist Ales Bialiatski, the Russian rights group Memorial and the Ukrainian Center for Civil Liberties, which is focusing on documenting war crimes.

"It sends a signal that keeping civil society down is protecting one's own power. It is seen from the outside and it is criticized," he said.

French President Emmanuel Macron was among the world leaders who quickly hailed the laureates, tweeting that their prize "pays homage to unwavering defenders of human rights in Europe."

"Artisans of peace, they know they can count on France's support," the French leader said.

U.S. President Joe Biden said the winners "remind us that, even in dark days of war, in the face of intimidation and oppression, the common human desire for rights and dignity cannot be extinguished."

"The brave souls who do this work have pursued the truth and documented for the world the political repres-

sion of their fellow citizens — speaking out, standing up, and staying the course while being threatened by those who seek their silence," Biden said in a statement.

NATO chief Jens Stoltenberg congratulated the winners, tweeting that "the right to speak truth to power is fundamental to free and open societies."

Danish Foreign Minister Jeppe Kofod said the award needs to be seen against the backdrop of the war in Ukraine.

"There is war in Europe. Your work for peace and human rights is therefore more important than ever before," he said to the winners. "Thank you for that."

German Chancellor Olaf Scholz said the three groups "fully deserved" the awards.

"The bravery, passion and clarity with which (they) are fighting for freedom and justice deserves the highest respect," he told reporters on the sidelines of a meeting of European Union leaders in Prague.

In Paris, exiled Belarus opposition leader Sviatlana Tsikhanouskaya told The Associated Press that the award was "recognition of all the people who are sacrificing their freedom and lives for the sake of (Belarus)."

Over the last two years, the government of Belarus has waged a violent crackdown on journalists and protesters who say that the 2020 presidential election was rigged, beating thousands, detaining tens of thousands and charging rights defenders with cases that the opposition calls politically motivated. Many have fled the country for their own safety.

"Physically, you know, this prize will not influence their situation but I am sure it (will) influence the moods and intentions of other countries to help those people who are behind bars," Tsikhanouskaya said.

Svetlana Alexievich, a Belarusian journalist and writer who won the 2015 Nobel Prize in literature, called Bialiatski "a legendary figure."

Mav Machine stuns stadium



Photos by Lilly Anderson • The Reporter

Last Saturday, The Maverick Machine Athletic Band performed at the Annual Youth In Music Marching band show. The band performed an exhibition of their show "Time Machine" in the Minnesota Vikings very own U.S. Bank Stadium in Minneapolis, Minnesota. The Machine was one of three collegiate bands to perform at this event.

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DAY 1

- 3M
- Advanced Process Technologies, Inc.
- Ag Property Solutions
- AGCO Corporation
- Alliant Engineering, Inc.
- Amerect, Inc.
- American Engineering Testing
- Ames Construction
- APX Construction Group
- Arm
- Army Health Care, Bloomington, MN
- Arrowhead Regional Corrections
- Avery Weigh-Tronix
- Bayer
- Big-D Construction
- Blattner Energy
- Bolton & Menk, Inc.
- Braun Intertec
- Cambria
- Camp Lincoln and Camp Lake Hubert
- Carver County Employee Relations
- Christensen Farms & Feedlots, Inc.
- City of Mankato
- CMTA, Inc.
- Compeer Financial
- Conservation Corps Minnesota & Iowa
- Cummins Inc.
- D.R. Horton, Inc.
- Dahmes Stainless, Inc.
- Daikin Applied
- Dakota Electric Association
- Danny's Construction Company, LLC
- Dean Snyder Construction
- Eagle Ag Consulting
- Eagle Building Company
- Easy Automation Inc
- Elder-Jones, Inc
- Electrical Consultants, Inc.
- Emerson
- Federated Insurance
- Fernbrook Family Center
- First Bank & Trust
- Fowler & Hammer, Inc.
- Frattonone Companies
- Frerichs Construction
- Garney Construction
- Graco Inc.
- Greiner Construction
- Greystone Construction Company
- Harry Meyering Center, Inc.
- Hormel Foods Corporation
- Husco
- ICS
- Interstates
- ISG
- Jack Link's Protein Snacks
- JE Dunn Construction
- JNR Builders
- Kiewit
- Kimley-Horn
- KLJ
- Knobelsdorff Enterprises
- Knutson Construction
- Kraus-Anderson Construction Company
- LS Black Constructors
- M/I Homes - Residential Home Builder
- Mayo Clinic
- McGough
- Mediacom Communications Corporation
- Met-Con Companies
- Michaud Cooley Erickson
- Michels Corporation
- Minnesota Army National Guard
- Minnesota Department of Transportation
- Minnesota Department of Transportation - District 7
- Minnesota Natural Resources Conservation Service
- Minnesota Utilities & Excavating
- New Hudson Facades, LLC
- Nol-Tec Systems, Inc.
- Northern Tool + Equipment
- Park Construction Company
- Parker Hannifin Corporation
- PCL
- Primoris Service Corporation
- Rachel Contracting, LLC.
- RAM Construction Services
- RBC Wealth Management
- RFA Engineering
- Rice Companies
- RJM Construction
- Rochester Sand and Gravel
- Ryan Companies
- Saint Paul Public Schools
- SciTech Internship Program
- Senneca Holdings
- Sonepar USA
- SouthWest Metro Intermediate District 288
- SRF Consulting Group, Inc.
- Taoglas USA, Inc.
- Taylor Corporation
- Tecta America Corp
- Terra Construction
- Textron
- The Berg Group Construction
- The Boldt Company
- The Opus Group
- The Toro Company
- The Weitz Company
- Thin Film Technology
- TKDA
- Tokyo Electron U.S. Holdings, Inc.
- Veit & Company
- Wanzek Construction, Inc.
- WARRIOR MFG., LLC
- Weis Builders, Inc.
- Wells
- Wenger Corporation
- Whiting-Turner Contracting Company
- Widseth
- Winnebago Industries, Inc.

DAY 2

- 7-Eleven Inc
- ABC Supply Co. Inc.
- Abdo, LLP
- Airgas
- Altria
- Ames Construction
- Ampact
- Archer Exteriors
- Auto-Owners Insurance Company
- Avimoe
- Beacon Hill Staffing Group
- Boeckermann Grafstrom & Mayer, LLC
- Buckeye International, Inc.
- Buckle
- Caravel Autism Health
- Carver County Employee Relations
- Christensen Farms & Feedlots, Inc.
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- City of La Crosse, WI
- City of Mankato
- City of Minneapolis
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- Collabera
- College Possible
- Copeland Buhl & Company, PLLP
- Cultivate Mankato
- Daikin Applied
- Dakota County
- Dayton Freight
- Dominium
- Dungarvin
- DXC Technology
- Ebenezer
- Eide Bailly LLP
- Enterprise Holdings
- EON, Inc.
- ExercisAbilities
- Fargo Police Department
- Fastenal Company
- Fernbrook Family Center
- First Bank & Trust
- GN Resound
- Grant Thornton
- Greater Minnesota Family Services
- Harry Meyering Center, Inc.
- Hennepin County
- Hormel Foods Corporation
- Independence Blue Cross
- Jack Link's Protein Snacks
- Johnson Brothers Liquor Company
- Kohl's
- Kwik Trip, Inc.
- LifeWorks Services, Inc.
- MD Financial Advisors
- Meridian Services
- Minnesota Army National Guard
- Minnesota Department of Corrections
- Minnesota Department of Human Services Recruitment
- North Risk Partners
- North Star Mutual Insurance Company
- Northern Tool + Equipment
- Northwestern Mutual - Twin Cities (Faribault)
- Parker Hannifin Corporation
- Partners in Excellence
- Penske Truck Leasing
- People Incorporated
- Q Carriers
- Seasons Center for Behavioral Health
- SMC Corporation of America
- South Central College
- Southwestern Mental Health Center
- Target
- Taylor Corporation
- Thin Film Technology
- True Friends
- Turnkey Corrections
- UnitedHealth Group
- Wisconsin Lutheran Child & Family Service, Inc
- Wurth Industry North America
- Zumbro Valley Health Center

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