

New VARP Director seeks to include all

By EMMA JOHNSON
Editor in Chief

The Violence Response Awareness Program (VARP) received a new director this fall who aims to make all Mavericks feel safe and included.

Rachel Maccabee said her first few weeks in the role have included a lot of learning, but have been fantastic.

"I'm someone who has had a lot of experience having difficult conversations, so when someone comes to my office, it feels really great to be the woman that I needed when I was that age," Maccabee said. "It's been easier than I thought it would be in the parts where I thought it would be difficult and a little tougher in the parts that I thought might be easy."

Maccabee said Mankato is home to her in more ways than one. Besides living here for the past six years, Maccabee graduated from Minnesota State in the '90s with a bachelor's in forensic anthropology before getting her master's in conflict resolution and conflict analysis in Washington D.C.

During her time at MSU, Maccabee was an off-campus senator for a few years before becoming the speaker of Student Government her senior year. Maccabee was also involved in the Anthropology Club,



ALEXIS DARKOW • The Reporter

New Violence Response Awareness Program director Rachel Maccabee aims to make all Mavericks feel safe and included.

Urban Studies Club and started the Jewish Student Association. She interned with the Federal Aviation Administration, worked at the Pentagon's Department of Defense and became the spokesperson for a traveling exhibition that uses ca-

davers to teach anatomy.

Maccabee said all the roles she's had have led her to look at large systems and find the spaces where they needed to be fixed.

"I'm a confidential advocate for primary and secondary victims

and survivors of sexual violence. The other half of my job is reaching out to the entire campus to educate them about healthy relationships, consent and what good intimacy and dating look like," Maccabee

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MSU ranked #67 in U.S. News and World Report

By AMALIA SHARAF
Staff Writer

In the annual U.S. News and World Report college and university rankings, Minnesota State came in at No. 67 among Midwest Regional Universities based on tuition, enrollment and acceptance rate.

But while rankings may still get a lot of attention, they may not be as critical to choosing an academic institution as they used to be.

Lynn Akey, Vice President for Student Success, Analytics and Integrated Planning said the impact of the U.S. News and World Report rankings has changed.

"When we might have looked back 10-20 years ago, I think that students who were looking for a college or university might have gone to that as a really important source of information and thinking about the type of institution or might have taken that to be some sort of proxy or signal of the level of quality of an institution," said Akey.

She believes that today students are able to find more information about institutions to choose from and should consider whether institutional goals and strategies are well aligned with what students are searching for.

"The result of ranking is not necessarily aligned with what a student might know is important in trying to select the institution that might have the best academic program that they're interested, or student experience that they are interested in, or in the things that are important for student's success," said Akey.

Akey said MSU is focused on advancing the academic and social experience of students at the institution. For MSU it is important to provide students with the ability to be successful in a variety of ways, including academics, future careers and engaging in campus community. MSU established the Division of Student Success in March 2019.

"Within that division, we focus on four core aspects of student success," said Akey. One is making sure that we're establishing meaningful connections with our students

MSU on page 2▶

CRBH receives \$600,000 for mental health

By LAUREN VISKA
Staff Writer

Over the past two months, the Center for Rural Behavioral Health, an academic research center aimed at improving access to mental health care for rural and outstate Minnesota has received donations of \$300,000 each from the Minnesota Pork Board and Compeer Financial.

Thad Shunkwiler, director of the center, said the two companies that donated to the CRBH are leaders in the agricultural industry and mental health, and have beliefs that are aligned.

He also said agriculture as an industry has been "some of the hardest hit as it pertains to mental health and farmer suicide; it's never been higher."

"These organizations realize their stakeholders need services and need those supports. And so, thus, they said, 'We're going to help solve this problem along with you. We can't do the research, but the university can and will help support that,'" said Shunkwiler.

When people think of mental health and agriculture, it isn't something they associate together. Vice President of Compeer Financial, Bob Madsen, argues that it is talked about more than people



Courtesy Thad Shunkwiler

From left to right: Daryl Timmerman, Jill Resler, Thad Shunkwiler, Bob Madsen, Bukata Hayes. The CRBH received a generous donation from 2 companies.

think.

"A lot of times, farmers are their sole proprietors. They are the only owners of their business, so they feel the stress, and they feel like they're on an island, trying to make decisions for themselves and their family and not feeling like they have a place to go and somebody to share that with," said Madsen.

Compeer Financial is farmer-owned, meaning the people who borrow money from them are actual owners. All of their business-

es and owners are in rural America.

"Studies have shown that rural America has a severe lack of mental health resources. So when Minnesota State approached us about investing in this venture to be able to try to support rural communities and farmers more, it really matched up with our core values," said Madsen.

Director of Communications of MN Pork, Bailey Ruen, said that mental health and farming are important topics as well. This was a reason why they decided to

donate to the CRBH as their values aligned, and they wanted to help support their organization.

"Farming in general, people are like, yeah, 'we're tough,' which is so true. Farmers do the hardest job, which is to feed the world," said Ruen. "They're so used to working hard and doing what they need to do. They're so humble and hard-working that they don't want to take time for themselves and do that."

The conversation of mental health in general has changed in the last 20 years. In the past, mental health was a taboo thing to talk about and was stigmatized.

"Over the last two decades, we've had a very deliberate and intentional effort to destigmatize mental health to make it OK to not be OK," said Shunkwiler. "The conversations have changed tremendously in the last three years in a post-COVID world. We've seen the conversation changed tremendously about how important it is to take care of our mental health."

The donations made to the center will be used for research that will help them grow the behavioral health workforce and better understand the workforce challenges and needs, not just in the Mankato region but across Minnesota.

Women's Center provides free menstrual products



LILLY ANDERSON • The Reporter

The Women's Center has free menstrual products outside of their office in the upper level of the Centennial Student Union in Minnesota State's campus.

By TRACY SWARTZENDRUBER
Staff Writer

Free menstrual products are now available at Minnesota State.

The Women's Center has aided in making this possible. BriShaun Kearns, a graduate student in Gender & Women's Studies and staff member at the Women's Center, explained the concept that brought this project to fruition.

"The reality is that half of the world's population has a period. Like, statistically, it is super, super likely that at some point someone is going to be on campus and have their period," Kearns said. "One of the problems that was noticed was that students were having difficulty accessing period products. So often, they weren't able to afford it because often students aren't working full-time jobs, aren't making extra income, they often come from low-income backgrounds. And then the only access they have to an income is campus work, which often allows only like 20 hours a week. Sometimes you get caught off guard, and your period starts. And you don't realize it was happening."

In the past, there has been coin-operated access to menstrual products in women's restrooms on campus.

"But how many of us carry coins on us?" Kearns said.

In 2021, student advocates approached Liz Steinborn-Gourley, director of the Women's Center, to discuss the problem of lack of access to menstrual products. The Women's Center worked with the Student Government to create a remedy. Both entities managed to successfully petition the university.

"There is also a legislation that says that there has to be access to menstrual products in educational public spaces. So that also means that high schools too have it, but that was something that wasn't really happening here" Kearns said. "And it's something that should be built into student fees. It's something that now it is, and now it's not an extra burden on students."

The coin-operated systems now freely turn, allowing students to grab as many menstrual products as they need. Menstrual products are also available at the Women's Center.

"We also have free, reusable menstrual products. We have menstrual cups. We'll often talk to people if they have never used a cup before or reusable pads," Kearns said. "Especially those who I've noticed have really, really heavy periods, this can be helpful because you aren't spending so much money constantly on disposable pads. They also have reusable, period underwear."

Having reusable menstrual products helps students who are concerned about expense or the effect on the environment. It means a lot for the Women's Center to provide these products.

"The word I use to talk about this a lot is 'period poverty.' Like, effectively, if you do not have access to the period products, you are unable to continue to live a normal life and access school," Kearns said. "So, that is a huge thing that I think of in terms of if you want students to come to school, if you want students to do well, and accomplish their goals, and finish, and graduate. You need to be able to set them up for their best, and this is one of those things."

The Women's Center uses a portion of its budget to provide the menstrual products. Various members of the Minnesota State community have also donated supplies. The feedback from students who take advantage of these products has been positive.

"Mostly just excitement and thank-yous. And we get a lot of positive feedback in terms of having products that students have never heard of," Kearns said. "Some constructive feedback is having more consistent access."

Kearns encouraged students that are interested in what the Women's Center has to offer to check out CSU 218 or email wcenter@mnsu.edu.

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and that our students are establishing meaningful connections with the university. And also that in our interactions with students, we do our best to demonstrate care for the individual that we're working with."

The university is also focused on students' basic needs, which MSU supports through a variety of resources, such as the Counseling Center and Maverick Food Pantry.

"Recognizing more of our stu-

dents' basic needs and taking a more active role in ensuring that the support is there, that those resources are available and that our faculty and staff are knowledgeable about those resources, so they can help students connect to those resources, is important for us," said Akey.

Moreover, the university provides emergency grants and completion grant programs for those who need additional help during their academic journey.

Akey said she encourages

prospective students to be critical consumers and choose the university that fits their personal goals and pays attention to what is crucial for successful degree completion.

"I always would encourage students, family members and others of the community to be critical consumers of information," said Akey. "Ratings and rankings are one entity's perspective based on what they've chosen to focus on, may or may not align with what you might believe is important, so be that critical consumer."

U2 concert opens massive Sphere venue in Las Vegas



JOHN LOCHER • The Associated Press

Members of the media wait for celebrities to arrive during the opening night of the Sphere, Friday, Sept. 29, 2023, in Las Vegas.

By JONATHAN LANDRUM JR
The Associated Press

opened for the first time Friday night.

It looked like a typical U2 outdoor concert: Two helicopters zoomed through the starlit sky before producing spotlights over a Las Vegas desert and frontman Bono, who knelt to the ground while singing the band's 2004 hit "Vertigo."

This scene may seem customary, but the visuals were created by floor-to-ceiling graphics inside the immersive Sphere.

It was one of the several impressive moments during U2's "UV Achtung Baby" residency launch show at the high-tech, globe-shaped venue, which

The legendary rock band, which has won 22 Grammys, performed for two hours inside the massive, state-of-the-art spherical venue with crystal-clear audio. Throughout the night, there were a plethora of attractive visuals — including kaleidoscope images, a burning flag and Las Vegas' skyline, taking the more than 18,000 attendees on U2's epic musical journey.

"What a fancy pad," said Bono, who was accompanied onstage with guitarists The Edge and Adam Clayton along with drummer Bram van den Berg.

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Michigan teen shooter eligible for life sentence

By ED WHITE
The Associated Press

A teenager who killed four fellow students at Michigan's Oxford High School is eligible for life in prison with no chance for parole, a judge ruled Friday, finding only a "slim" chance for rehabilitation after the 2021 attack.

Judge Kwamé Rowe announced the decision over video conference, weeks after hearing from experts who clashed over Ethan Crumbley's mental health and witnesses who described the terror of the day in sharp detail.

He will be sentenced in Oakland County court on Dec. 8, a day when survivors and families can tell the judge about how the shooting affected their lives.

First-degree murder carries an automatic life sentence for adults in Michigan. But the shooter was 15 at the time, which now gives the judge options: life in prison or a shorter term — somewhere from 25 years to 40 years at a minimum — and an eventual opportunity for freedom.

The hearing was the result of a series of major decisions from the U.S. Supreme Court and Michigan Supreme Court about how to treat teenagers who are convicted of



MANDI WRIGHT • The Associated Press

Buck Myre, left, and Sheri Myre parents of slain son Tate Myre, listen to testimony as their son's killer, Ethan Crumbley appears in the Oakland County courtroom of Kwame Rowe, on Aug. 18, 2023, in Pontiac, Mich.

murder. The burden was on prosecutors to show that a life sentence in the Oxford tragedy would not be

an excessive punishment.

Rowe, who read his opinion aloud for nearly an hour, said they

had cleared that hurdle.

"This crime is not the result of impetuosity or recklessness," Rowe

said. "Nor does the crime reflect the hallmarks of youth. Defendant carefully and meticulously planned and carried out the shooting."

The judge said the teen had downloaded a school map, figured out the likely police response time to a shooting and also researched where Michigan teens are placed in prison.

Prosecutor Karen McDonald, who is seeking a life sentence, said she hopes the judge's ruling brings "some comfort" to the Oxford community ahead of the final hearing in December.

Crumbley, now 17, and his defense team listened to the decision while in the county jail. The lawyers later declined to comment.

"The judge still has the option of a term of years," said Detroit-area defense attorney Margaret Raben, who is not involved in the case.

The shooter pleaded guilty to murder, terrorism and other crimes. The teen and his parents met with school staff on the day of the shooting after a teacher noticed violent drawings. But no one checked his backpack for a gun and he was allowed to stay.

The shooter kept a journal and wrote about his desire to watch students suffer and the likelihood that he would spend his life in prison.

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said. "This job has allowed me to be a better analyst for what would best serve our campus."

Maccabee said she was glad she was "shouldered out" by coworkers after previous VARP Director Shadow Rolan left.

"People in this division kept saying 'Wouldn't you love to take this role? Isn't it a good fit for you?' I'm happy for every day I can

keep serving and helping both the Mankato and MSU population," Maccabee said.

Maccabee said her stretch goal is to make MSU a violence-free campus.

"I want that to be something we're known for, that we're a safe place for women, men and gender non-conforming folk," Maccabee said. "I want MSU to be a place where it's safe to let others know

violence is not acceptable here and you will be supported at this university."

In order to reach as many students as possible, Maccabee said she's planning several events to interact with multiple communities. An intersectionality high tea during Black History Month and a Ramadan meal during American Day of Muslim Women are in the works.

"VARP is not always ending or confronting violence. Sometimes I'm literally sitting here and saying 'Here's your band-aid. Here's your blanket.' Sometimes I'm doing things like programming and figuring out what's going on," Maccabee said. "It helps when you get to know more populations."

Maccabee said even though her office is located in the Women's Center, all genders are welcome to

speaking with her.

"I want people who are bold and brash to come in. I want people that are modest to come in. I would like everyone to know they are welcome here," Maccabee said. "I'm here for all 14,000 of you."

Students can set up an appointment with Maccabee through email at rachel.maccabee@mnsu.edu or stop by the Women's Center from 8 a.m. to 4:30 p.m.

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Tupac Shakur's killing stems from Biggie Smalls

By RIO YAMAT and
KEN RITTER
The Associated Press

The first arrest in the 1996 slaying of Tupac Shakur had its roots in the investigation of the killing of Biggie Smalls.

The shooting deaths of the two hip-hop luminaries and rivals — Shakur in Las Vegas and Smalls in Los Angeles six months later — have always been culturally inseparable, and one man, Duane Keffe D. Davis, found himself involved in both investigations.

On Friday, Davis was arrested and charged with murder, with prosecutors saying he ordered and masterminded the Shakur killing.

Now retired Los Angeles police detective Greg Kading was assigned to investigate the slaying of Smalls — whose legal name was Christopher Wallace — and in 2009 interviewed Davis as a person of interest in the case. Davis had had been at the party at the Peterson Automotive Museum that Wallace had just left when he was shot.

Kading had helped build a federal drug case against Davis to get leverage to compel him to talk to Los Angeles police, who to date have made no arrests in the Wallace case.

"He confesses to his involvement in the Tupac Shakur case, he gives all the details of how he and his co-conspirators killed Tupac," Kading recalled in an interview



CHRIS PIZZELLO • The Associated Press

A portion of a mural by artist sloe_motions depicting Oscar De La Hoya, Vin Scully, Kobe Bryant, Snoop Dogg, and Tupac Shakur is seen on the side of Speedy Auto Tint on Friday, Sept. 29, 2023, in Bellflower, Calif.

Friday with The Associated Press.

Davis, who had immunity for what he said in his police interview but not what he said outside it, went on to divulge many of the same details in documentaries, on podcasts and in a tell-all 2019 memoir that would give new life to the Las Vegas police probe and help

lead to his grand jury indictment.

"He has essentially talked himself right into jail," Kading said.

Davis had long been known to investigators as one of four suspects identified early in the investigation. He isn't the accused gunman but was described as the group's ringleader by authorities at a news conference

and in court. In Nevada a defendant can be charged with a crime, including murder, if you help someone commit the crime.

Davis, now 60, said in his memoir, "Compton Street Legend," that he provided the gun used in the drive-by shooting.

Davis was arrested early Friday

while on a walk near his home on the outskirts of Las Vegas, hours before prosecutors announced in court that a Nevada grand jury had indicted the self-described "gangster" on one count of murder with a deadly weapon. He is due in court next week.

The grand jury also voted to add a sentencing enhancement to the murder charge for gang activity that could add up to 20 additional years if he's convicted.

Hundreds of pages of transcripts released Friday provide a view into the first month of grand jury proceedings, which began in late July with testimony from former associates of Davis, friends of Shakur and a slate of retired police officers involved in the case early on. Their testimony painted a picture for the jurors of a deep, escalating rift between Shakur's music label Death Row Records and Bad Boy Records, which had ties to Davis and represented Wallace.

"It started the whole West Coast/East Coast" rivalry that primarily defined the hip-hop scene during the mid-1990s, one of Davis' former associates testified.

Davis denied an interview request Friday from jail, and court records don't list an attorney who can comment on his behalf. Phone and text messages to Davis and his wife on Friday and in the months raided their home in the nearby city of Henderson on July 17 were not returned.

Keep MOVING Forward!



GOOD LUCK MAVERICKS!

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Editorial

Editorials represent the opinions of The Reporter editorial board. The opinions expressed here are not necessarily those of the college, university or student body.

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The importance of mental health

Mental health is something many of us have struggled with, quietly or vocally. Vulnerability is not always glamorized, and even though college students go through similar situations, these shared experiences may pass unknowingly because we are too intimidated by judgment.

Discussion around mental health awareness became more common after the impact COVID-19 left on the world. The isolation and depression that rooted from quarantine left many of us struggling to bounce back. For us in school and university, we lost a large chunk of important years of our young lives, leaving us with lingering mental health issues. Throwing us back into the swing of a somewhat normal educational experience brought about stress, worry, fear, anxiety, among many other difficult emotions.

The taboo that appears to surround the topic of mental health is rooted from decades ago, yet we still seem to struggle with letting go of our historical ways. It wasn't until recent discoveries that mental health was not just humans being sensitive, but is real. Mental health illnesses are just as serious as any other illness, even if it cannot be physically seen.

On top of completing assignments and exams to the best of our abilities, working a part-time job, and trying to compete with classmates to get accepted into programs, we have to balance our mental health needs into the mix. We are expected to become experts in time management while staying afloat mentally, which is an endless battle.

Minnesota State has examined how students here struggle with mental health issues. Because of this, they provide numerous opportunities that may potentially provide some relief. There is counseling available on campus, the center for rural behavioral health, prescription medications, off-campus resources listed, and events held that draw awareness to mental health.

We have the resources on campus to aid in our mental health struggles, but taking the initial leap can be difficult. It is so important to continue to talk about how we are feeling, and asking our peers how they are doing mentally as well. The more we spread awareness on mental health, the more comfortable we will be with admitting our internal conflicts. Once we come to terms with the fact that we need to seek extra help is when we can begin to utilize the sources available to us.

With Mental Illness Awareness week as the first week in October, we can take this opportunity to shed light on the subject. We can take time this week to reflect on our own circumstances, while reaching out to friends and family as a listening ear. It is through our efforts that we can break the negative connotations that surround mental illness, and spread awareness in our own communities.

Perspectives

Matters of the mind are hard to define



Courtesy Emma Johnson

Medication, mindfulness activities and encouragement from family and friends have been such a big help in getting me through my anxiety and depression.

If someone had asked me back in middle school during health class if mental health were something I would grapple with in the future, I would've said "Not me." I knew it was something important, but it was never anything I had to deal with. I tucked the names of the disorders, symptoms and coping mechanisms in the back of my mind and moved on with my life.

This week, it's Mental Health Awareness Week. Besides having a week to discuss the importance of mental health, May is Mental Health Awareness Month. This year in particular, I realized just how important this week and month earlier this year are. In the first issue of the year, I mentioned how over the summer my anxiety (which had been at bay for a long time) brought on the coupled



Emma Johnson
Editor in Chief

symptom of depression and took a toll on my body. I felt off for days on end, physically, mentally and emotionally. It truly was like nothing I'd ever felt before.

I felt like I was in an illness from which I couldn't escape. I felt nauseous constantly, my head felt like a river rushing with thoughts because I couldn't focus and I fell out of touch with the activities I loved doing. My mood fluctuated from wanting to cry all the time and feeling numb, trying to remember when

the last time I had genuinely laughed or smiled. I couldn't recognize who I was anymore and I felt like I was playing a character in a show. Each day, I had to convince everyone around me that my mind was controlling me.

Since everything started back at the beginning of May, I've been seeing a therapist and on daily medication. While I knew friends who utilized these tools, initially I thought I could get through everything of my own free will. As my mental health grew worse, I realized it couldn't hurt just to try and see if it would help. My therapist gave me helpful strategies such as a thought record to help me reframe my mindset and let me spill on how I'd been feeling. She encouraged me to start taking more time for myself and to

COLUMN on page 7▶

Pulse

"How do you take care of your mental health?"

Compiled by Alexis Darkow



AMANDA ENG,
JUNIOR

"Prioritizing my work-life balance by knowing what my limit is until I need a break."



COOPER KARAN,
FRESHMAN

"I let myself have a break after work. I talk to friends and family for support."



JACK MULLVAIN,
SENIOR

"Separate my activities to keep the day interesting, do mindful activities when stress begins"



GRACE ARNOLD,
JUNIOR

"Set aside time to myself and do what makes me happy. Taking time for yourself is important."



OLIVIA JENKINS,
FRESHMAN

"Take time to myself, could be a spa night or a night in watching movies. Just focus on yourself."



JACKSON SCHILD,
FRESHMAN

"I work out three times a week and talk to my roommates about stuff."

Chicago is keeping hundreds of migrants at airports while waiting on shelters and tents



ERIN HOOLEY • The Associated Press

Run by a private firm hired by the city, migrants stay in a makeshift shelter at O'Hare International Airport, Wednesday, Sept. 20, 2023, in Chicago.

By SOPHIA TAREEN and MELISSA PEREZ WINDER
The Associated Press

Hidden behind a heavy black curtain in one of the nation's busiest airports is Chicago's unsettling response to a growing population of asylum-seekers arriving by plane.

Hundreds of migrants, from babies to the elderly, live inside a shuttle bus center at O'Hare International Airport's Terminal 1. They sleep on cardboard pads on the floor and share airport bathrooms. A private firm monitors their movements.

Like New York and other cities, Chicago has struggled to house asylum-seekers, slowly moving people out of temporary spaces and into shelters and, in the near

future, tents. But Chicago's use of airports is unusual, having been rejected elsewhere, and highlights the city's haphazard response to the crisis.

The practice also has raised concerns about safety and the treatment of people fleeing violence and poverty.

"It was supposed to be a stop-and-go place," said Vianney Marzullo, one of the few volunteers at O'Hare. "It's very concerning. It is not just a safety matter, but a public health matter."

Some migrants stay at O'Hare for weeks, then are moved to police stations or manage to get into the few shelters available. Within weeks, Chicago plans to roll out winterized tents, something New York has done.

Up to 500 people have lived

at O'Hare simultaneously in a space far smaller than a city block, shrouded by a curtain fastened shut with staples.

Their movements are monitored by a private company whose staff control who enters and exits the curtain.

Sickness spreads quickly. The staffing company provides limited first aid and calls ambulances. A volunteer team of doctors visited once over the summer and their supplies were decimated.

Chicago offers meals, but only at specific times and many foods are unfamiliar to the new arrivals. While migrants closer to Chicago's core have access to a strong network of volunteers, food and clothing donations at O'Hare are limited, due to airport security concerns.

◀COLUMN from page 6

keep up with yoga, meditations and mindfulness activities. My medication took a few weeks to kick in, but I noticed I didn't feel as worn out as before.

I'll be honest, I'm still recovering nearly five months later. Some days, I have to find the motivation to get out of bed and go through the motions of my schedule. On other days, I feel like I'm floating on cloud nine. I might want to spend a few days surrounded by friends doing fun activities and others I want to spend in solitude. On the days my mind spirals, I feel like I can't focus on my schoolwork which just adds to the anxiety and those are the days where I have to prove to myself I can get through it.

So many people say, "Don't think about it and it'll get better." Anxiety is not like the pain of a paper cut or waiting for a class to be over. It's very real and it terrifies the hell out of us. We can't always pinpoint why

we feel this way or why our bodies choose to react with symptoms that replicate hundreds of illnesses. The best thing you could do for someone who has anxiety is to support and listen to them.

By just being there for us and letting us tell you all our thoughts and lending a helping hand however you can mean so much to us. If you've had similar situations you've been through, tell us if you're comfortable. Some of my most meaningful reassurances have been from people who I never knew had been through their own mental health struggles.

I'm very thankful to be living in a generation where it's becoming more common to seek out help for mental health. Again, I'm beyond lucky to have such a great family that's reassured me and been there for me. The same could be said for all my friends. Whether it's just letting me sit with them in

silence or unintentionally inviting me to do something such as getting ice cream when I was having an off-day have made me so grateful for them. We all have our own struggles and you never know how much a small act of kindness could mean to someone.

You are not alone. I guarantee someone you know is struggling or has struggled with mental health.

There are several Instagram pages full of encouragement, websites like resilienttoday.org full of resources and even the Counseling Center and the Center for Rural Behavioral Health are here to help you. The more we talk about mental health, the more we can normalize it's just another part of our health we need to focus on.

As Fitz and the Tantrums say in their song 'Dark Days,' "Just keep dreaming in these dark days because you never know..."

Church collapses, kills 11 people in Mexico on Monday



JOSE LUIS TAPIA • The Associated Press

Rescue workers search for survivors amid debris after the roof of a church collapsed during a Sunday Mass in Ciudad Madero, Mexico, Sunday, Oct. 1, 2023.

By ALFREDO PENA
The Associated Press

The collapse of a church roof during a service in northern Mexico has killed at least 11 people and injured 60, and searchers said Monday that no further people were believed to be trapped in the wreckage.

State police had initially estimated about 100 people were inside the church in the Gulf coast city of Ciudad Madero when it collapsed during a baptism Sun-

day, and said that approximately 30 parishioners may have been trapped in the rubble when the roof caved in.

But Tamaulipas state Gov. Américo Villarreal later said only 70 were believed to have been inside. That represented a kind of miracle in itself; a parish priest said that minutes before the collapse, the main Sunday mass attended by as many as 300 people had just ended and people had exited the church.

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Supreme Court will take up abortion and gun laws in new term



ERIN HOOLEY • The Associated Press

Run by a private firm hired by the city, migrants stay in a makeshift shelter at O'Hare International Airport, Wednesday, Sept. 20, 2023, in Chicago.

By MARK SHERMAN
The Associated Press

The Supreme Court is returning to a new term to take up some familiar topics — guns and abortion — and concerns about ethics swirling around the justices.

The year also will have a heavy focus on social media and how free speech protections apply online.

A big unknown is whether the court will be asked to weigh in on any aspect of the criminal cases against former President Donald Trump and others or efforts in some states to keep the Republican off the 2024 presidential ballot because of his role in trying to overturn the results of the 2020 election that he lost to Democrat Joe Biden.

Lower-profile but vitally important, several cases in the term that begins Monday ask the justices to constrict the power of regulatory agencies.

"I can't remember a term where the court was poised to say so much about the power of federal administrative agencies," said Jeffrey Wall, who served as the deputy solicitor general in the Trump administration.

One of those cases, to be argued Tuesday, threatens the ability of the Consumer Financial Protection Bureau to function.

Unlike most agencies, the bureau is not dependent on annual appropriations from Congress, but instead gets its funding directly from the Federal Reserve. The idea when the agency was created following the recession in 2007-08 was to shield it from politics.

But the federal appeals court in New Orleans struck down the funding mechanism.

The ruling would cause "profound disruption by calling into question virtually every action the CFPB has taken" since its creation, the Biden administration said in a court filing.

The same federal appeals court also produced the ruling that struck down a federal law that aims to keep guns away from people facing domestic violence restraining orders from having firearms.

The three-judge panel of the

5th U.S. Circuit Court of Appeals said its decision was compelled by the Supreme Court's 2022 ruling expanding gun rights and directing judges to evaluate restrictions based on history and tradition.

Judges also have invalidated other long-standing gun control laws.

The justices will hear the Texas case, in November, in what is their first chance to elaborate on the meaning of that decision in the earlier case, which has come to be known as Bruen.

The abortion case likely to be heard by the justices also would be the court's first word on the topic since it reversed *Roe v. Wade's* right to abortion.

The new case stems from a ruling, also by the 5th Circuit, to limit the availability of mifepristone, a medication used in the most common method of abortion in the United States.

The administration already won an order from the high court blocking the appellate ruling while the case continues.

The justices could decide later in the fall to take up the mifepristone case this term.

The assortment of cases from the 5th Circuit could offer Chief Justice John Roberts more opportunities to forge alliances in major cases that cross ideological lines.

In those cases, the conservative-dominated appeals court, which includes six Trump appointees, took aggressive legal positions, said Irv Gornstein, executive director of the Georgetown law school's Supreme Court Institute.

"The 5th Circuit is ready to adopt the politically most conservative position on almost any issue, no matter how implausible or how much defiling of precedent it takes," Gornstein said.

The three Supreme Court justices appointed by Trump — Amy Coney Barrett, Neil Gorsuch and Brett Kavanaugh — have been together in the majority of the some of the biggest cases in the past two years, including on guns, abortion and ending affirmative action in college admissions.

But in some important cases last term, the court split in unusual ways.

NYC scuba divers look to find litter

By BOBBY CAINA CALVAN
and TED SHAFFREY
The Associated Press

On a recent Sunday afternoon, the divers arrived on a thin strip of sand at the furthest, watery edge of New York City. Air tanks strapped to their backs, they waded into the sea and descended into an environment far different from their usual terrestrial surroundings of concrete, traffic and trash-strewn sidewalks.

Horseshoe crabs and other crustaceans crawl on a seabed encrusted with barnacles and colonies of coral. Spiny-finned sea robin, blackfish and wayward angelfish swim in the murky ocean tinted green by sheets of algae.

Not all is pretty. Plastic bottles, candy wrappers and miles and miles of fishing line drift with the tides, endangering sea life.

The undersea litter isn't always visible from the shore. But it has long been a concern of Nicole Zelek, founder of the dive school SuperDive who four years ago launched monthly cleanups at this small cove in the community of Far Rockaway, where New York City meets the Atlantic Ocean, about 4 miles (6.4 kilometers) south of John F. Kennedy International Airport in Queens.

A throwaway culture of single-use plastics and other hard-to-degrade material has sullied the world's waters over the decades, posing a danger to marine life such as seals and seabirds.

Dive by dive, small groups like Zelek's have been trying to undo some of the damage as part of the DIVERS-ity Initiative, which promotes inclusion in the sport.

"Every month we have a prize for the weirdest find," she said. They have included the occasional



ANDRES KUDACKI • The Associated Press

Scuba divers, Sarah Sears, right, and Tanasia Swift, left, prepare to enter the water during an underwater cleanup in the Queens borough of New York on Sunday, Aug. 27, 2023

goat skull, perhaps used as part of some ritual, Zelek surmises.

"The best find of all time was an actual ATM machine. Unfortunately, it was empty," she said.

The divers' haul one late-summer Sunday wasn't much, but there were clumps and clumps of fishing line untangled from underwater objects.

What the divers can't pull away by hand is cut with scissors.

"Unfortunately, tons of crabs and horseshoe crabs — which are under threat — get tangled in the fishing line and then they die," Zelek said.

While more ambitious projects are underway to scoop up huge accumulations of floating debris in deeper waters, small-scale coastal cleanups like Zelek's are an important part of the battle against ocean pollution, said Nick Mallos, vice president of conservation for Ocean Conservancy.

"The science is very clear and

that's to tackle our global plastic pollution crisis," he said. "We have to do it all."

Every September, the conservancy holds monthlong international coastal cleanups.

Since its inception nearly four decades ago, the cleanups have retrieved about 400 million pounds (181.4 million kilograms) of trash from coastal areas around the world.

The best way to combat plastics going into the oceans, Mallos said, is to reduce the globe's dependence on them, particularly in packaging consumer products. But human-powered cleanup is the least costly of all cleanup options.

By 2025, some 250 million tons (226.7 million metric tons) of plastic will have found its way into the oceans, according to the PADI AWARE Foundation, a conservation group sponsoring a global project called Dive Against Debris.

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Women voices loom large in Vatican City

By NICOLE WINFIELD and TRISHA THOMAS
The Associated Press

A few years ago, Pope Francis told the head of the main Vatican-backed Catholic women's organization to be "brave" in pushing for change for women in the Catholic Church.

Maria Lia Zervino took his advice and in 2021 wrote Francis a letter, then made it public, saying flat out that the Catholic Church owed a big debt to half of humanity and that women deserved to be at the table where church decisions are made, not as mere "ornaments" but as protagonists.

Francis appears to have taken note, and this week opens a global gathering of Catholic bishops and laypeople discussing the future of the church, where women — their voices and their votes — are taking center stage for the first time.

For Zervino, who worked alongside the former Cardinal Jorge Mario Bergoglio when both held positions in the Argentine bishops' conference, the gathering is a watershed moment for the church and quite possibly the most consequential thing Francis will have undertaken as pope.

"Not only because of these events in October in Rome, but because the church has found a different way of being church," Zervino said in a recent interview in her Vatican offices. "And for women, this is an extraordinary step forward."

Women have long complained they are treated as second-class citizens in the church, barred from the priesthood and highest ranks of power yet responsible for the lion's share of church work — teaching in Catholic schools, running Cath-



DOMENICO STINELLIS • The Associated Press

Southern African Catholic Bishops' Conference Communication Officer Sheila Pires poses for a portrait at The Vatican, Friday, Sept. 29, 2023. Pires has been invited to take part in the next synod of bishops starting Oct. 4.

olic hospitals and passing the faith down to next generations.

They have long demanded a greater say in church governance, at the very least with voting rights at the periodic synods at the Vatican but also the right to preach at Mass and be ordained as priests. While they have secured some high-profile positions in the Vatican and local churches around the globe, the male hierarchy still runs the show.

This 3-week synod, which begins Wednesday, is putting them more or less on an equal playing field to debate agenda items, including such hot-button issues as

women in governance, LGBTQ+ Catholics and priestly celibacy. It's the culmination of an unprecedented two-year canvassing of rank-and-file Catholics about their hopes for the future of the institution.

The potential that this synod, and a second session next year, could lead to real change on previously taboo topics has given hope to many women and progressive Catholics. At the same time, it has sparked alarm from conservatives, some of whom have warned that the process risks opening a "Pandora's Box" that will split the church.

American Cardinal Raymond Burke, a frequent Francis critic, recently wrote that the synod and its new vision for the church "have become slogans behind which a revolution is at work to change radically the church's self-understanding in accord with a contemporary ideology which denies much of what the church has always taught and practiced."

The Vatican has hosted synods for decades to discuss particular issues such as the church in Africa or the Amazon, with bishops voting on proposals at the end for the pope to consider in a future document.

This edition is historic because its theme is so broad — it's essentially how to be a more inclusive and missionary church in the 21st century — and because Francis has allowed women and other laypeople to vote alongside bishops for the first time.

Of the 464 participants, 365 are voting members, and of them only 54 are women. While organizers insist the aim is to reach consensus, not tally votes like a parliament, the voting reform is nevertheless significant, tangible evidence of Francis' vision of the Catholic Church as being more about its flock than its shepherds.

"I think the church has just come to a point of realization that the church belongs to all of us, to all the baptized," said Sheila Pires, who works for the South African bishops' conference and is a member of the synod's communications team.

Women, she said, are leading the charge calling for change.

"I don't want to use the word revolution," Pires said in an interview in Johannesburg. But women "want their voices to be heard, not just towards decision-making, but also during decision-making. Women want to be part of that."

Francis took a first step in responding to those demands in 2021 when he appointed French Sister Nathalie Becquart as under-secretary of the synod's organizing secretariat, a job which by its office entitled her to a vote but which had previously only been held by a man.

Becquart has in many ways become the face of the synod, traveling the globe during its preparatory phases to try to explain Francis' idea of a church that welcomes everyone and accompanies them.



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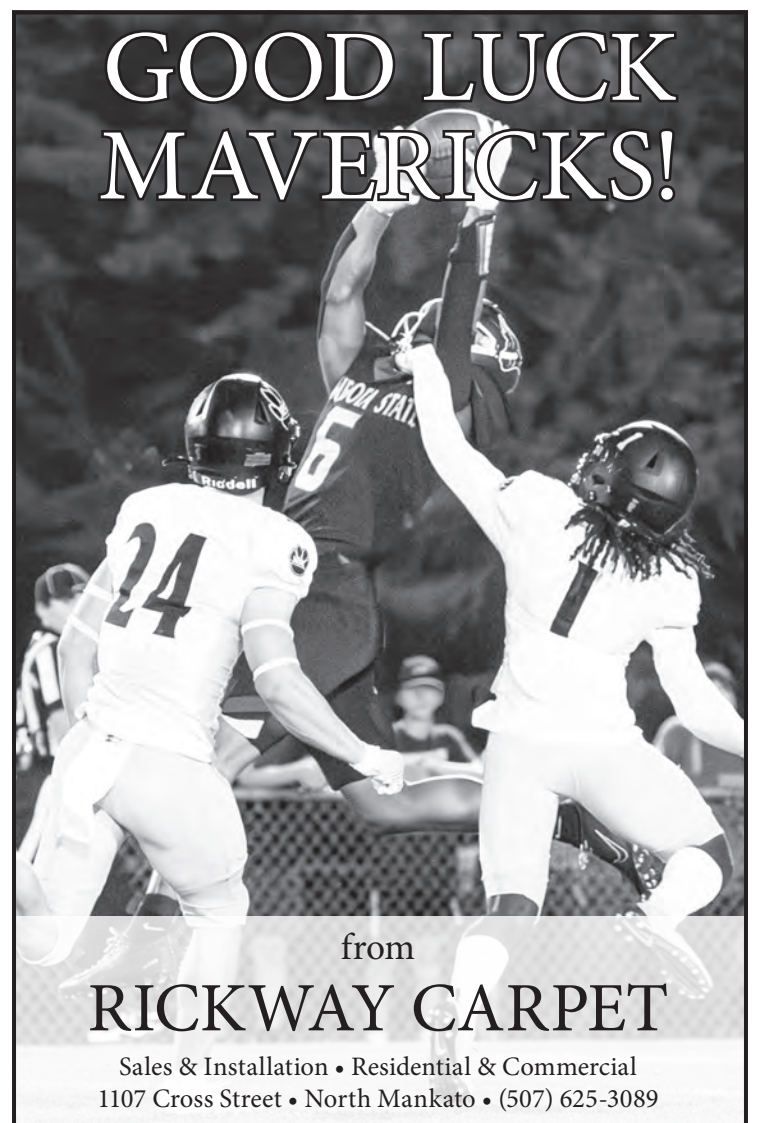
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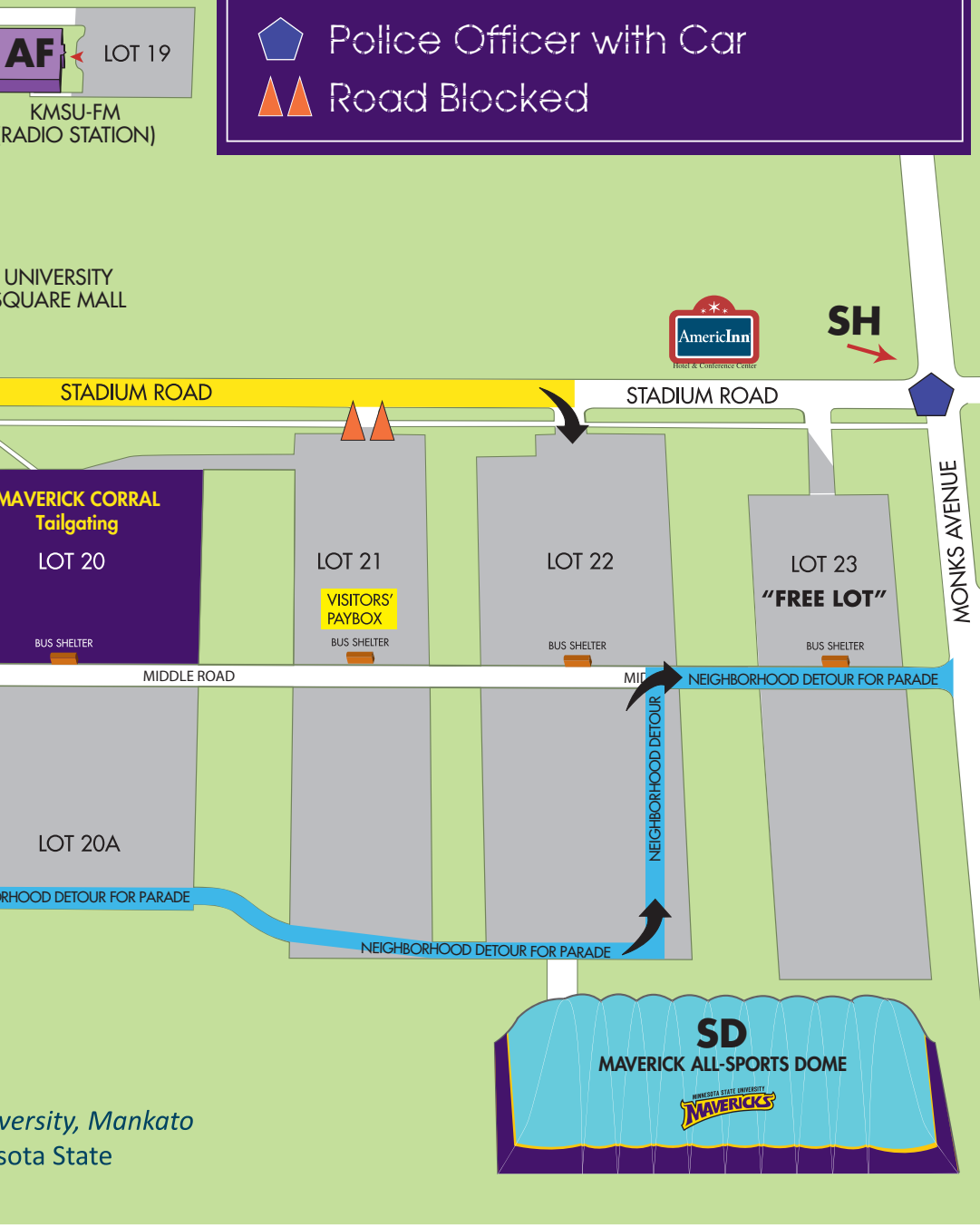
CALENDAR OF EVENTS



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SATURDAY, OCTOBER 7, 2023

- Route
- Line-Up General Units
- Neighborhood Detour for Parade
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EVENTS CALENDAR

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TUESDAY, OCTOBER 3

12:00 PM Lego Building Contest.....Hearth Lounge
6:00 PM Volleyball Tournament
Myers Fieldhouse

WEDNESDAY, OCTOBER 4

9:00 AM Blood Drive CSU Ballroom
 Sponsored by Fraternity & Sorority Life

THURSDAY, OCTOBER 5

2:00 PM Office Decorating Contest Judging
 Bresnan Arena
7:30 PM Homecoming Lip Sync & Coronation
 Bresnan Arena

FRIDAY, OCTOBER 6

3:00 PM Anime Signing Scholarship Fundraiser Memorial Library (1st Floor)
4:00 PM Maverick Machine Celebration
 Blakeslee Stadium
6:00 PM Athletics Hall of Fame Dinner
 CSU Ballroom
6:00 PM Volleyball vs. MSU Moorhead
 Bresnan Arena
7:30 PM Bonfire & Fireworks... Blakeslee Stadium
9:00 PM Homecoming Concert w/Kid Ink
 Myers Field House

SATURDAY, OCTOBER 7

9:00 AM President's Pancake Breakfast
 Campus Mall (Next to Fountain)
11:00 AM Volleyball vs. Northern State
 Bresnan Arena
11:00 AM Homecoming Parade
 Warren Street, Mankato
11:30 AM Mavericks on the MallCSU Mall
 Goofy Goats, Jeremy Poland Band, Bouncy House, Mini Golf
2:00 PM Football vs. MSU Moorhead
 Blakeslee Stadium
7:00 PM Homecoming Dance..... CSU Ballroom

SPORTS

5-0

Mavs defeat Beavers in battle of ranked NSIC teams

By HAYDEN LEE
Sports Editor

The No. 4-ranked Mavericks football team faced its biggest challenge of the season Saturday as it took on the No. 9-ranked Bemidji State Beavers.

It felt like a 2022 Minnesota Vikings game with the way the anticipation grew as the game continued. It took until the final minute of the game for the Mavs to clearly see their path to victory as the Mavs' Dakota Smith blocked the potential game-tying field goal for the Beavers.

The Mavs lead the NSIC in blocked kicks, and the often-forgotten stat proved to be the difference in the game. They say "good teams always find a way to win," and the best team on the field Saturday found their way to move to 5-0. The Beavers now fall to 4-1 with the loss.

"The game-winning blocked field goal by Dakota Smith was an outstanding way to finish the game," said head coach Todd Hoffner in a press release posted to the Maverick Athletics website.

But to begin the game, the Mavs got off to a less-than-ideal start. Their offense was solid, putting together a six-play, 64-yard drive that stalled in the red zone, forcing a field goal attempt. Unfortunately, Matthew Jaeger's kick was no good, and the Beavers took over on downs.

Taking over with 9:28 remaining in the first quarter, the Beavers

put together the first scoring drive of the afternoon. Their 11-play, 73-yard drive was aided by a personal foul penalty committed by the Mavs as they eventually put the ball in the end zone on a two yard pass from quarterback Sam McGath to wide receiver Dhel Duncan-Busby.

The Mavs would answer back on their next possession, as running back Shen Butler-Lawson proved why he is one of the best in the conference. On the first play of the drive, Butler-Lawson exploded for a 51 yard gain, bringing the Mavs all the way inside the Beavers' 15 yard-line and forcing a timeout to be called by the Beavers. However, the Mavs were unable to punch it in themselves, settling for a field goal that Jaeger was able to knock through the uprights, getting back on track and putting some points on the board for the Mavs.

The first quarter ended with the same 7-3 score, but on the first play of the second quarter, Mavs' QB Hayden Ekern hooked up with WR Mason Perich for a 37-yard score to put the Mavs up, 10-7.

With the Mavs' offense clicking, it was the defense's turn to make a play. Exactly when the team needed it, DL Shawn Brodie knocked the ball free from Beavers' RB Ali Mohamed on the second play of their ensuing drive.

Taking the lead and recovering a fumble all in the span of a minute of game time, the game was in the hands of the Mavs, facing first-and-ten from inside the redzone. After a short run and an incomple-



JACKSON FORDERER • SPX

It takes a really good team to go into the opponent's home stadium and come out with a win, but the Mavs are just that good.

on third down, Ekern was intercepted by BSU's Princeten Harris in the end zone for a touchback as the Beavers' defense proved why it is one of the NSIC's best. However, Harris was a bit too excited about his interception, drawing an unsportsmanlike conduct penalty that sent their offense back 10 yards, where they would start their drive from their own 10-yard line instead of the 20.

This would not end up being a problem for the Beavers, as they put together the longest drive of the game, a 15-play, 66-yard drive resulting in a field goal to tie the game at 10.

Feeling in the mood for field goals, the Mavs would add another one of their own to put them back on top, 13-10 with 1:52 left in the half. The teams were unable to pick up a first down on each of their fi-

nal first-half drives, sending them to the locker rooms with the same 13-10 score.

The third quarter would see the most scoring of the game, with three touchdowns being scored. Two from the Mavs and one from the Beavers. One play after completing a 31-yard pass, BSU QB Brandon Alt was intercepted by LB Jacob Daulton of the Mavs. Then, **CHALLENGE on page 13**

Self-care over softball: Sydney Nelson's story

By LUKE JACKSON
News Editor

For four years, Sydney Nelson played for MSU's softball team. During her time with the Mavericks she started in 50 games, recorded 21 hits, drove 13 runs in and scored 12 points. Nelson was also named to the NSIC All-Academic Team of Excellence.

But as her final year of eligibility approached, Nelson made a decision that probably surprised a lot of people. She stepped away.

Due to stressors and burnout she faced as a student athlete, she decided it was time to focus on herself.

"It is a really rare opportunity to play in college and I never want to sound ungrateful because I'll forever be grateful for everything," Nelson said. "For me it was the burnout, it started to feel like the same day over and over again. You put all your eggs in one basket and then you have nothing else to lean on once you need a break."

Being a student can be tough, mix in practices, workouts, training and games on top of it and it can become even more complicated.

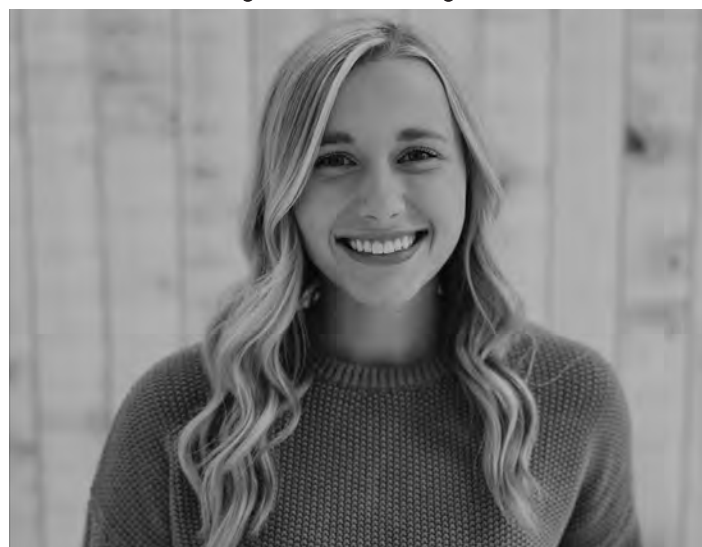
Oftentimes the phrase student athlete is overlooked by the public, Nelson is advocating for the struggles student athletes face on a day-to-day basis and wants them to be recognized as students just as much as they are athletes.

During her time as a student athlete she was elected President of the Student Athlete Advisory Committee.

While there she made sure to set an initiative to bring awareness to mental health.

One thing they always did was host a panel with players and coaches to talk about the stigmas of mental health and how to break those barriers.

Nelson said her first time battling anxiety and depression was her sophomore year of high school when she suffered a pars defect in her back; the injury left her out of



Courtesy Sydney Nelson

all sports as she essentially had a broken spinal cord due to overuse.

"It was a punch in the gut," Nelson said. "I didn't know how to cope with being out because I was so result driven. That's when I first started having anxiety. Being in a sport and being active gave me purpose. I started having an unhealthy balance that made me

think that if I don't work out every day then I'm lazy."

Nelson's injury caused her to face other mental health battles she has noticed in other athletes.

"When adversity hits what can you lean on that's not just running up and down a track? I think it produced a borderline eating disorder and I feel that's common in ath-

letes. I've heard my peers say 'Well I didn't play so I shouldn't get a big meal because I didn't get results.'"

Once she got back onto the field, the "yips" and burnout caused her mental health struggles to continue as the recruiting process began.

The "yips" is an unexplainable occurrence where players struggle to throw the ball. It is a mental block that affects their muscles and it often sends the ball flying inaccurately in an unwanted spot. Nelson faced this problem while she was recruited by MSU.

She questioned her future in the sport. It caused her stress, leaving her burnt.

"I was playing third base and normally it was muscle memory to throw it to second, I ended up sending it flying to the right field fence," Nelson said. "I ended up getting really timid everytime I would play catch and would stop when I was supposed to release it and the ball would go sailing. It caused me to feel a sense of embarrassment."

After meeting with a sports psy- **SELF-CARE on page 15**

Mavs begin "Socctober" with a win

By MOHAMED WARSAME
Staff Writer

The Minnesota State women's soccer team was back home for the first time in two weeks Friday as they took on St. Cloud State University.

The match ended in a scoreless draw — the Mavericks' third draw of the season and second scoreless one.

The Mavericks were able to create some chances but were unable to find the back of the net. They outshot the Huskies 12-7, and forced five saves from their goalkeeper Jaylee Strickland. The closest they came to scoring was hitting the crossbar from a free kick on two separate occasions. One of them came in the first half from a shot by Allie Williams in the 12th minute.

The Mavs' previous match against Minot State also ended in a draw, but head coach Brian Bahl said he felt his team controlled the match and an unfortunate bounce denied them a win. MSU assistant coach Elizabeth Vetter had different thoughts on the Mavs' performance in their draw with the Huskies.

"A disappointing result for what we expected going into it. I think our effort was low and our ability to execute our game plan didn't go as expected. We're always going to come out and fight, but ultimately we are struggling to put the ball in the back of the net and that's hurting us in situations like this," Vetter said.

Among the problems Vetter noted were a lack of speed when they passed the ball and wrong decision making in certain areas of the field.

"I didn't think we were getting the ball wide. We weren't moving it fast enough. We were trying to go one v. one in the wrong places on the field. They're a good team. We knew they would come out and press us. We knew they would



DALTON GRUBB • The Reporter

Goalkeeper Mackenzie Rath moved to second on the all-time MSU shutout leaderboard after her performance against St. Cloud State.

come out and try to attack us and build through us," Vetter said.

The match had 27 fouls and three yellow cards between the two teams. Despite the amount of fouls, Vetter said she doesn't believe it should be something that affects the team.

"We expected that. St. Cloud's a physical team, they always have been. So yeah, it can disrupt a game a little bit, but we can't allow it to affect us the way that it did," Vetter said.

After the first match of the season, goal scoring has been an issue for the Mavs and Vetter can't quite put her finger on why.

"I don't really know what it is at the moment. We're getting shots. We outshot them 12-7. So we're getting chances, I just don't think it's maybe the most productive chances. We're giving up the ball when we could be taking a shot or not being focused enough in the final third. So obviously that's a huge factor for why we're not putting the ball away," Vetter said.

At the back, the Mavs were able to get their seventh clean sheet of the season. Goalkeeper Mackenzie Rath got her 29th ca-

reer shutout, which moved her to second on the all-time MSU shutout leaderboard, surpassing Alexa Rabune.

The next match for the Mavs was against the University of Minnesota Duluth Sunday. The Mavs were able to bounce back and get a 3-0 win.

The scoring began for the Mavs in the 30th minute when Addison Clarey found the back of the net after a pass from Libby Spangler. In the 55th minute, Maddix Archer capitalized on a misplaced pass from the Bulldogs' goalkeeper and was able to score.

Bahl praised his team's effort and defensive performance on the day.

"Great bounce-back game today. We had to overcome some injuries today as well and had a lot of players step up. Really proud of our ladies for that. Our focus and effort were excellent, allowing us more chances than we had been. We were able to find the back of the net which was great to see. Another phenomenal defensive effort for another shutout as well," Bahl said in a press conference posted to the Maverick Athletics website.

◀**CHALLENGE** from page 12
Butler-Lawson took the Mavs' first offensive play of the second half to the house as he ran in an 80-yard score to put the Mavs up 20-10.

Feeling the pressure, the Beavers came back on offense, running every play in their no-huddle offense until they found the end zone on a three yard score from Mohamed.

Two drives later, the turnovers would begin to haunt the Mavs, as Ekern threw an interception and after forcing a punt from the Beavers, the punt was muffed and the Beavers took over inside the Mavs' 15-yard line. One play later, and the Beavers had taken the lead, 24-20.

After a Mavs' punt, the turnover pendulum would swing back the Mavs' way, as Alt was strip-sacked by Cody Brown and the ball was recovered by Zach Krause at the Beavers' 32-yard line, setting the Mavs up in prime scoring position.

To begin the fourth quarter, the Mavs were faced with a fourth down. Fourth-and-two from the 2-yard line. Going for it and risking coming away with nothing,

the Mavs were unable to convert and turned the ball over on downs.

The risk turned out to be the right decision, as the Beavers could not get anything going and the Mavs forced a punt. Following the defensive stand, the Mavs put together an 8-play, 57 yard touchdown drive that ended up being the game-winner.

Taking the lead 27-24, the Beavers were on their heels, needing a score on offense to keep them alive. They were held in check by the Maverick defense, and punted, taking only 45 seconds off the clock and giving the ball back to the Mavs who needed to just run the clock out.

They did just that. Running five plays, picking up two first downs and taking over four minutes off the clock, all seemed good for the Mavs. Until on their sixth play of the drive, Butler-Lawson coughed up the ball, and it was recovered by the Beavers.

Taking over with just over two minutes left in the game, the Beavers drove all the way down to the Mavs' 24-yard line where Dakota Smith left his mark on the game and helped the Mavs take home

their most important win on the season, 27-24.

"I'm proud of our players and coaches on winning the football game," Hoffner said. "It's an impressive win on the road for the Mavericks as we beat a top-10 nationally ranked team. We played exceptionally well on defense and on offense we put up enough points to help our team win."

Butler-Lawson finished with a career high 235 yards rushing and two touchdowns, while Ekern threw for 198 yards, leading the way for a Maverick offense that finished with 483 yards of total offense.

Defensively, Daulton led the way with 10 tackles, a tackle for loss, a sack and an interception. His efforts were recognized and rewarded, as he was named this week's NSIC Defensive Player of the Week.

With their three-point victory, the Mavs have now cemented themselves atop the NSIC and will head back to Blakeslee Stadium for their homecoming game. Their matchup with MSU Moorhead will begin at 2 p.m. Saturday afternoon.

Six sets, two sweeps, and steps in the right direction



DALTON GRUBB • The Reporter

Getting back to .500 is critical for this Mavs team. In a very strong conference, every game matters.

By HAYDEN LEE
Sports Editor

The path to success just got a little bit easier for the Minnesota State volleyball team.

In a tough Northern Sun Intercollegiate Conference with five nationally ranked teams, the Mavericks went into the weekend looking for some momentum within the conference.

With a chance to get back to .500, the Mavs looked to matchups with the University of Mary and Minot State to get back on the right track, and that's exactly what happened.

The Mavs picked up two sweeps on the weekend to move to 7-7. Their seven wins on the season are already more than the team had a season ago, and the Mavs are now trending in the right direction.

Their sixth win of the season occurred Friday in Bismarck,

N.D. against the UMary Marauders. Despite the sweep, the Marauders gave the Mavs all they could handle as the Mavs took 25-22, 25-22 and 26-24 wins.

The first set was a back-and-forth affair until the teams were brought to a tie at 15. From there, the Mavs scored five straight points, putting the set in their control. Despite a comeback attempt from the Marauders, the Mavs were able to hold them off to take the first point.

The second set was another dogfight, with both teams going on runs and playing it close as the two teams were neck-and-neck up until a 20-20 tie. The Mavs were able to close out the game once again, sealing the set with another 25-22 victory.

Two-zip Mavs, and victory was in sight.

The Marauders were able to see the same things that the Mavs

SWEEPS on page 15▶

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NFL, What Do You Know? Week 4 Edition

By MOHAMED WARSAME
Staff Writer

Here's what I know.

Bills Mafia Sink Dolphins

The Buffalo Bills steamrolled the Miami Dolphins 48-20 in their highly anticipated Week 4 match-up. The Dolphins were coming off of their historic victory over the Denver Broncos where they scored 70 points and seemed to be the consensus number one offense in the league heading into the game. After their disappointing Week 1 performance, the Bills bounced back with two dominant wins over the Las Vegas Raiders and Washington Commanders. Going into the game, I gave the advantage to the Dolphins even though the game was in Buffalo. It felt like their offense was unstoppable at this point, and I thought they performed very well last season in their two trips to Buffalo. They lost both games by three points, and that included a playoff game where they had to start Skylar Thompson.

For me it's quite simple, the Bills go as Josh Allen goes. Right now, he's going. Since his horrific performance against the Jets, Allen has thrown for nine touchdowns and one interception. Against the Dolphins he completed 21 of 25 passes, threw for 320 yards, had four touchdown passes and a perfect quarterback rating of 158.3. It doesn't take a genius to figure how dangerous the Bills can be if Allen is playing at that level. The Bills' defense was the concern I had going into this game. For such a talented unit, they get picked apart far too often. On Sunday however, that was not the case. They forced two turnovers and they did what teams really haven't been able to do much this season. Which is getting to Tua



JEFFREY T. BARNES • The Associated Press

If this already wasn't a known fact: The Bills are a dangerous team. Their win over the Dolphins just proves that even more.

Tagovailoa. Until Sunday's game, Tagovailoa had only been sacked once. He was sacked four times against the Bills. I think this is just a blip for the Dolphins, but for now the Bills have control of the AFC East.

Cowboys Back on their Horse

After their humiliating loss to the Arizona Cardinals in Week 3, the Dallas Cowboys got back to winning ways and dismantled the New England Patriots 38-3. The Cowboys did what teams that have Super Bowl aspirations do. Which is making sure that losing to far less inferior competition doesn't happen in consecutive games. The Cowboys' offense and defense were

both clicking from the jump. The defense was back to causing havoc and forced three turnovers. Daron Bland was able to get himself two interceptions on the day. Bland took one of them back to the house and Leighton Vander Esch recovered a fumble and also took it back for a touchdown.

Dak Prescott had another extremely efficient game against a good defense. Prescott completed 28 of 34 passes, threw for 261 yards and a touchdown. According to Next Gen Stats, against the Patriots, Prescott completed +10.7% of his passes over expected. This stat tracks the likelihood a given pass is completed at the time it is thrown.

It is his seventh game with a CPOE of over +10% in the last two seasons. No other quarterback has more than five such games over that time period. Even the Cowboys' special teams joined in on the fun with a two point conversion after faking an extra point attempt.

They will now shift their focus to the red hot San Francisco 49ers team in Week 5. Fairly or unfairly, it is these types of games that the Cowboys will be judged on. Going into the game, there are a couple of things from a mental standpoint that I think they will have to overcome. First of those being their red zone offense. Despite putting up 38 points against the Patriots, their red

zone offense still wasn't good. The other thing is the questioning of if the 49ers just have their number. After all, they are the team that has ended their season in back to back years.

Zach Wilson's Lifeline?

If you read the Week 3 edition of this column, you may have seen that I was basically begging the New York Jets to bring in anybody to replace Zach Wilson. Heading into Sunday Night Football, where the Jets played the Kansas City Chiefs, the fact that Wilson was in at quarterback just tainted the excitement I had for the game. As we all know, this was supposed to be Aaron Rodgers vs Patrick Mahomes.

The game started even worse for the Jets than I imagined that it would. Before you knew it they were down 17-0 at the end of the first quarter. I expected the rest of the game to be about Taylor Swift and we'd have to sit through a boring game. Instead, as the saying goes, sports is the best reality show. Wilson goes on to have probably the best game of his career. He went 28 of 39 for 245 yards passing and two touchdowns. He finally showed signs of life as a starting quarterback. He was decisive, he showed mobility and displayed great ball placement on some throws.

To go along with his play, the thing that showed me that he still may have a chance to turn his career around, was the way his teammates like Allen Lazard and Randall Cobb supported him after he was blaming himself for the loss after he fumbled, and the fact that he was taking accountability in the first place. That was something that we didn't see enough from Wilson last season. It's just one game, but

WEEK 4 on page 15 ▶

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◀**SELF-CARE** from page 12
chologist, she realized the “yips” is not as uncommon as most think, and she was taught ways to combat the condition. Nelson also had a good support system when she got to MSU.

In a study done by The American College of Sports Medicine, they found that 30% of women and 25% of men who are student-athletes report having anxiety.

Only 10% of all student athletes with known mental health conditions seek care from a mental health professional.

To help combat this issue, MSU’s team implemented one-on-one meetings with players and coaches as well as group meetings to let the players open up about whatever is on their mind and to break the stigma around mental health.

Nelson wants to remind people that mental health days should be treated the same as sick days.

“If you’re mentally not there, treat it as though you have the flu or an injured foot,” she said. “Mental health is not seen does not mean it should be invisible and untreated.”

After her fourth year, she went through a self realization that led her to the decision to step away from softball.

“I felt like I couldn’t have any days off and I had to be at the field,” she said. “I would be up late at night thinking of an at bat from two weeks ago or thinking of one bad play I had at practice. No one

was thinking of these things but me and I realized I don’t want to live like this anymore.”

“I had a great four years, experience-wise, I had great teammates, we had great seasons and priceless memories and I realized I was satisfied with that,” she said. “I realized I don’t need to put myself through something that will drain me every single day.”

Now she is embracing her decision to step away. She continues working toward her degree in speech language pathology, and is taking it “day by day” saying she wants to “live more in the moment.”

“I wouldn’t change a thing because it made me the person I am today. I am so grateful for the connections I’ve made with teammates and coaches. Now I have been making connections outside of the athlete world and it has been very unique, I get to enjoy sports from a different perspective.”

Nelson says she hopes there is more advocacy for student athlete mental health and hopes it isn’t so “hush-hush.”

“Let your story be heard,” she said. “Even if you think it is major or minor, people are going to listen and your message can actually make others more comfortable and willing to talk on behalf of themselves as well. I think the biggest thing is I don’t want mental health to just be talked about during Mental Health Awareness Month. Let it be normal, it is okay to not be okay, we are all trying to figure life out together.”

◀**SWEEPS** from page 13
saw, and made life hard for the Mavs as they tried to close out the night and head home with a sweep. Despite taking a 4-0 lead as the game began — and holding a 14-10 lead midway through the match — the Marauders always fought back and made the game close.

Taking a lead at 20-18, it was looking like the Marauders would pull away with this one. Furthermore, the Marauders had a 24-22 lead, within one point of taking the third set, but the Mavs fired back with four straight points to win the set, 26-22.

Sophie Tietz led the way offensively for the Mavs, with 16 kills and two service aces, along with Elizabeth Dille, who recorded nine kills and 13 digs, which led all players in Friday’s match.

Head coach Corey Phelps expressed confidence in his players and was pleased with the way his team performed.

“Sophie and Dille played very well. We’re taking steps in the right direction and making good changes defensively,” said Phelps in a press release posted to the Maverick Athletics website.

After taking home the sweep, the Mavs were right back in action the next day to take on the Minot State Beavers.

The Beavers made it easier on the Mavs. Either that or the Mavs were much more motivated to get their second win of the weekend.

In the first set, the Beavers jumped out to an early lead, but the Mavs gnawed away, eventually tying it at 13 before taking control

of the game and cruising to a 25-17 win.

The ability to flip the switch and close out games was a huge help to the Mavs’ ability to win. In the second set, it was shown yet again.

This time, it came later in the set. The Mavs and Beavers played their most competitive set this time around, and the lead changed hands 10 times before the Mavs took over after tying the game at 20.

They scored four more points to put the game out of reach before a kill from Dille ended the Beavers’ hopes for set no. 2, and in essence, the series.

Set No. 3 was another Maverick domination, taking home the 25-18 win while never trailing by more than a point.

Toryn Richards and Kiya Durant combined for 22 kills, Ellie Kline had 17 digs, a match-high, and the Mavs were able to work in some of their reserves to show the quality of talent throughout their roster.

“I’m happy we notched a couple wins this weekend,” said Phelps. “Toryn was very solid today. Our depth as a team shines through when we can have different athletes step up.”

After their wins, the Mavs will head back to the Taylor Center where they will host MSU Moorhead and Northern State for Homecoming week.

They will play the Dragons Friday at 6 p.m. and the Wolves Saturday at 11 a.m.

◀**WEEK 4** from page 14
we saw a glimpse of what the Jets

hoped they were getting when they drafted him.

Okay, so now what?

By HAYDEN LEE
Sports Editor

“And away we f***** go.”

Kevin O’Connell in the locker room after Sunday’s win in Carolina was all Vikings fans across the world after their 21-13 win over the Panthers.

While the win over the Panthers was not the most pretty game I have ever watched, a win is a win. And now we have one. That’s what matters. This group of guys needed something to rally around and believe in. Now they have it. In a season where it seems like no one wants to see the Vikings be good, they finally have a chance to build some momentum.

I admit I still felt like pain might be on the menu again Sunday night after the first offensive possession ended in a 99-yard pick-six, two plays after Justin Jefferson’s touchdown was called back. Starting the game like that is not ideal, but it definitely shows that last year’s magic may not yet be dead.

And along with that magic comes the defense making the game a lot harder than it needs to be. (Terrace Marshall lit it up, Adam Thielen continued his career resurgence and Bryce Young completed nearly 80% of his passes.) However, they were good against the run. I know this because I was starting Miles Sanders in nearly every fantasy league that I had him in and he had 6.2 points. I am never starting him again. He is trash.

Anyway, Justin Jefferson still has game-wrecking potential. Shocking development, I know. He was targeted nine times when Kirk threw the ball 19 times, and look what happened. Six catches, 85 yards and two touchdowns. Nothing absolutely insane, but that is why we won the game. Forget



RUSTY JONES • The Associated Press

AHAHAHAHAHA I knew we weren’t dead! Alert the media, tell everyone that the Vikings can still go to the Super Bowl!

about T.J. Hockenson having only two catches, Jordan Addison going ghost and Osborn being a non-factor. Jefferson is the offense, and if that means sacrificing the rest of the passing game, that’s okay.

However, Alexander Mattison and Cam Akers just might work. 17 carries for 95 yards for Mattison and five carries for 40 yards for Akers is encouraging. Hopefully Dalton Risner will work his way into the lineup and improve the run game even more. Also, I believe Garrett Bradbury will be back next week, so, yay.

Defensively, obviously D.J. Wonnum taking the Bryce Young fumble to the house was a great play and he did a great job to scoop and score that, but who caused that play? Harrison Smith. Our long-time hero on the defensive side of the ball is back. His versatility is a dream for Brian Flores. Whether he lines up at free safety, box linebacker, edge rusher, slot cornerback or wherever else he wants to play, he deserves it. The swiss army knife is

the best player on our defense, and he needs to be free in order to unlock his potential. 14 tackles, three sacks, two tackles for loss, a strip sack and the game sealing sack. It is easy to be a prisoner of the moment, but that may have been the best game of the future hall-of-famer’s career.

Apart from Harrison, I want to give a shoutout to Camryn Bynum, who is quietly having a great season. According to PFF, he has an 83.5 grade on the year, good enough to be the eighth best safety in the NFL. In simpler terms, how many times have you been pissed at Cam this year? Not many. But the true X-Factor of our defense for the rest of the year is and will be Marcus Davenport. His impact was noticeable Sunday afternoon, and if he can play up to his potential, he and Danielle Hunter will give QBs nightmares. Additionally, I could gush about Ivan Pace Jr., but I think we are all seeing how good he is.

Okay, so now the Vikings **NOW WHAT? on page 15▶**

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Jimmy Butler has a new look, and even the Miami Heat were surprised

By **TIM REYNOLDS**
Staff Writer

Jimmy Butler had a new look for Media Day, and the NBA world immediately took notice.

The Miami Heat forward arrived for the team's first official day of work this season with piercings — eye, lip and nose — along with a new hairstyle and his fingernails painted black.

It's become a trend of sorts for Butler, who went through the Media Day gamut last year with dreadlocks in a deviation from his usual look.

"I'm very emotional right now. This is my emo state and I like this. This is me," Butler said. "This is how I'm feeling as of late."

Coaches greeted Butler with smiles and laughs. Teammates, it seemed, were caught a bit off guard. Heat center Bam Adebayo — who hadn't seen his teammate before meeting with reporters — thought someone had photoshopped something when a reporter showed him photos of Butler's look.

"That is not real. ... That is (expletive) hilarious," Adebayo said.

Added Heat guard Tyler Herro: "He told me this was his Halloween today."

Still unclear: If Butler will keep the look when Miami opens practice on Tuesday. The team will hold



TIM REYNOLDS • The Associated Press

Miami Heat NBA basketball player Jimmy Butler attends the team's Media Day in Miami Monday, Oct. 2, 2023.

camp at Florida Atlantic University in nearby Boca Raton.

WEMBY MANIA

Victor Wembanyama's first Media Day in San Antonio was Monday, and Spurs coach Gregg Popovich says he has a simple plan

to handle all the buzz that will surround the No. 1 draft pick this season.

Pop's plan: Just roll with it.

"You all are going to do what you do. Fans are going to do what they do," Popovich said. "But be-

cause I know the players and because he's got such high character and he's used to this — this isn't the first time that he's gotten attention — I think just handling it organically is better."

That said, Popovich does have a specific plan when it comes to the

team's travel arrangements.

"If there are people hanging on the top of the bus, we've got to get them off," Popovich said. "Short of that, we'll be OK."

Also, after a summer when Wembanyama's height was oft-discussed — 7-foot-4? 7-foot-5? — the Spurs are still listing him at 7-foot-3.

RUBIO UPDATE

Ricky Rubio remains away from the Cleveland Cavaliers as they open camp while the Spanish guard continues focusing on his mental health.

Rubio said he was stepping away from the game this summer, when he was scheduled to play for Spain in the Basketball World Cup. There is no timetable for his return.

"We remain fully supportive of Ricky and his efforts, which for now are best continued away from the team and have excused his absence from camp," the Cavaliers said Monday in a news release. "We remain in regular communication and consultation with Ricky and will continue to assist him in any way possible."

The team declined further comment.

Rubio asked in early August that his "privacy be respected so that I can face these moments and be able to give more information when the time comes."

◀**NOW WHAT?** from page 14 are 1-3, where do we go from here? What's next? Kansas City. Ooooooakayyyyy.

Taylor Swift. Travis Kelce. Patrick Mahomes. Isiah Pacheco. Chris Jones. With all the hype surrounding the Chiefs, I would

bet that the Vikings come into the game as at least seven point underdogs. I'm not sure how the Vikings can beat the Chiefs, and Taylor Swift, and the NFL social media team, and the refs. Maybe forfeit is the best option.....

.....Is what I would say if I

hated my team and wasn't ready to put my all into figuring out how we can continue to keep our season going. Zach Wilson looked competent Sunday night, and Mahomes looked human. Did you know that that was the first time that Mahomes got completely outplayed in a game? (Statistically speaking.)

The point is, anything is possible. In this league, any given Sunday, anything can happen. That is why I believe that they can do it. The Vikings can beat the Chiefs. For everyone that said that they need to come back down to Earth after all of the good luck we had last year, there is reason to believe that

after all of the bad luck we have had up to this point, that we can rise to the occasion and take down the dynasty that the Chiefs are trying to build. We can hope, we can pray, but the game is played on Sunday, so this is going to be a long week. Skol.



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VARIETY

Orange Shirt Day: EVERY CHILD MATTERS



MSU students and faculty gathered near the fountain to take a group photo in orange shirts Friday in order to represent Indigenous children lost to boarding schools.

By MERCEDES KAUPHUSMAN
Variety Editor

In 1973 at 6-years-old, Phyllis Webstad picked out a shiny orange shirt for her first day at residential school. Upon arrival, she was stripped of this shirt, her culture and dignity.

“Her story inspired the whole organization that is now well known,” president of the Native American Student Association Winona Williams said.

Orange Shirt Day, held annual-

ly Sept. 30, brings awareness to the thousands of Indigenous children alongside Webstad who attended residential boarding schools, many of whom never returned home.

“The orange shirt is a symbol of that cultural genocide that they were trying to simulate onto Native people,” vice president of the Native American Student Association Ayasha Williams said.

Minnesota State brought Orange Shirt Day to campus Friday with the help of MSU sophomores Winona and Ayasha Williams,

twin sisters with Native heritage from the Ojibwe nation in Wisconsin.

“When we came here last year on Orange Shirt Day it was just us two wearing our orange shirts,” Winona Williams said. “There was nobody else – that’s only because nobody knew about it, and we wanted to change that for this year.”

From the efforts of the Native American Student Association, displays of orange and the phrase, “Every Child Matters,” were present on MSU’s campus, paired with

flags by the water fountain. Members passed out orange shirts to willing students, who participated in a group photo in commemoration for the young victims.

“These kids were going to these schools expecting to learn and instead got stripped of all these things that made them who they are,” Winona Williams said. “These events that occurred and what these children had to go through at school should have never been a thing, and it’s just emphasizing that these

ORANGE on page 19►

“Autumn Variations” slows down Sheeran’s discography

By EMMA JOHNSON
Editor in Chief

As fall gets into full swing, the rush of summer fun and constantly running around winds down. It’s a time for calm reflection, slowing down and cool days.

To accompany those late morning drives to apple orchards and late nights around the bonfire, Ed Sheeran released his latest album “Autumn Variations” Friday, just in time for the start of October.

Dropping nearly five months after “Subtract,” Sheeran took a smaller indie approach leading up to the release of the album.

While “Subtract” featured several music videos and multiple lead singles, “Autumn Variations” took the opposite route.

In an Instagram post, Sheeran said, “There’s no singles, no videos, it’s on my own label, so no pressure for anything.” Putting out music solely for the fans, this is one of Sheeran’s slower albums that “feels like a warm hug.”

The record starts off with “Magical” which dilates the emotions of being in love from shared touches, stolen kisses and quiet mornings.

“England” shifts Sheeran’s love from his wife to his home country, highlighting his favorite places. “Amazing” pairs piano with a positive outlook on trying to beat sadness to feel like himself again.

After a few songs, Sheeran picks up the pace with “Plastic Bag.”

The most energetic song on the record, Sheeran looks forward to Saturday nights and “relying on the strobe lights” and finding “love in a plastic bag.”

Turning to partying to forget about his troubles, it turns into a mellower version of “Bad Habits.”

It all winds down from there as he reassures listeners their emotions can fluctuate, but they will be OK in the end.

“American Town” highlights Sheeran’s relationship with his wife and seeing her incorporate elements of England into America. It’s as if the listeners are taken along for watching someone fall in love with a new city.

“That’s On Me” brings snappy guitar and guilt to the forefront of admitting past mistakes. “Spring” lets listeners know they can redeem themselves after all they have been through.

“When Will I Be Alright” pairs guitar with the melancholic lyrics of fighting depression after a failed relationship and wondering if life will ever be the same again.

The tone carries on to “The Day I Was Born” where Sheeran fixates on celebrating another birthday alone as his friends and family get caught up with busy schedules.

AUTUMN on page 19►

BSU and BMW throw 90s themed block party

By GRACE ANDERSON
Staff Writer

Last month the Black Student Union (BSU) and Black Motivated Women (BMW) collaborated to create a 90s-themed block party on the Performing Arts Lawn.

The party provided food to anyone who wanted to join in the festivities which consisted of cheeseburger sliders, chicken diablo empanadas, Santa Fe chicken egg rolls, vegetable egg rolls, water, and additional condiments. It also involved yard games such as jumbo jenga and giant uno as well as a photo booth to capture the memories. Music from the 90s music blasted from the speakers for everyone to dance to as students



The 90’s block party hosted by the Black Student Union and Black Motivated Women featured a night with 90’s music, yard games, a photo booth and free food.

let loose and had fun with their friends under the clear blue skies and crisp evening air.

Lizzie Nyemah, the Marketing Chair of BMW, said that the theme was intentional as the 90s served as an influential time for black culture.

“I feel like the 90s were very influential for black culture,” said Nyemah. I feel like the 90s really had people accepting what black culture really is and I feel like that’s what we really wanted to highlight here.”

She also expressed excitement regarding 90s fashion, the overall feeling that the era brought and the goal of the event.

“I feel like they had the best

BLOCK on page 18►

MSU showcases a night of music and talent

By ANAHI ZUNIGA
Staff Writer

Homecoming week has already begun but don't let it distract you from all the other events that MSU has to offer. Halling Recital Hall, located in the Earley Center for Performing Arts, was the site of a showcase on Monday night that featured award-winning Minnesota singer/songwriters.

The event featured performances by Sarah Morris, Emily Haavik, and Hailey James; the three talented singers and songwriters who all individually composed their songs and have expressed their love of music for years with others. All three artists have gained a following through social media, and have performed in various venues in Minnesota and out of state.

Both Morris and Haavik shared their first chapters and experiences in starting off their music careers.

"I grew up playing piano. My parents put me in the lessons and I didn't like it very much. As I grew a little bit older into my teen years, I started really appreciating that foundation," Haavik said. "As a teenager, then in high school, I started writing my first songs and I think that's really when I fell in love with writing and performing music once I saw how I could sort of com-



Courtesy of Sarah Morris

Sarah Morris, pictured, spent the first years of her music career in Nashville, where she developed her own unique melody.

municate an idea and connect with people through songs."

Haavik shares that, when it comes to starting off a music ca-

reer, the main concerns most artists have is making a living out of it and sometimes defining success as an artist. However, Haavik reveals that

there's more to fame and income.

"If you define success on a lightning bolt happening, and someone discovers you in some

way that makes you famous," she said. "Ninety-five percent of musicians, maybe 99%, will end up feeling like a failure. And I think, for me, it's really helped me to define success by making music that I'm proud of; working with musicians that I admire and respect; and really writing something that impacts people and connects with people. And if I'm doing that, it doesn't really matter what the reaction is or how many people hear it. It's more about making something that I'm really excited about."

Morris spent her first years of her music career in Nashville where she was able to develop her own unique melody and songs.

"I have always wanted to sing. It's always been the only thing I loved. The thing I'd loved to do the most since I was a little girl; singing in my parents' living room and so I just kept doing whatever made sense. Joining choir and then going to college for music," Morris said. "And then when I was in college, it made sense to move to Nashville and it made sense to keep singing."

Music is incredibly important, especially for those who create it. Morris and Haavik have listed that the main concern in starting off a music career is making a living out of it. But despite all worries, they continue to create

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◀**BLOCK from page 17**

clothing and it was very community-based so that's what we really wanted to bring back and show," Nyemah said. "I just wanted most students to experience more than just their everyday thing so this is a way for people to collab with each other."

Sheri Alowonle, President of

BMW, said months of planning went into the party itself.

"We've been planning this since last semester, in the spring. It was an idea for a while and then we realized that BSU had a plan to do a similar event so we decided to work together to plan the event for the semester," Alowonle said.

Students attending the event were excited to try the different foods as well as spend time with friends and fellow students. English Secondary Education student, Lataiya Jackson, enjoyed the safe and welcoming environment.

"It's a safe environment. You come here and everyone is welcome," said Jackson.

Pre-nursing students Massy Toward and Devona Zarzar shared that they are friends of the hosts and were showing their support for the party and the 90s theme.

"Some of our friends are hosting it. We decided to pop out and show our support for them," said Toward.

"A lot of the 90s fashion is

around black culture so I liked how they did that," Zarzar said.

As students arrived, it was clear that many fully embraced the 90s-themed fashion styles as well as showed their support for the event by dressing up, dancing, and playing games with friends.

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Becky G shows her regional Mexican roots in “Esquinas”



CHARLES SYKES • The Associated Press

Becky G performs on NBC’s “Today” show at Rockefeller Plaza on Aug. 25, 2023, in New York. Because she grew up on the border between Mexico and the United States, Becky G spoke English, but sang corridos, boleros and mariachi in Spanish.

By BERENICE BAUTISTA
The Associated Press

Growing up on the border between Mexico and the United States, Becky G spoke English, but sang corridos, boleros and mariachi in Spanish. All her life, she dreamed of an album that would honor her family’s roots and delve into those genres that she enjoys so much.

“A lot of the times they would tell me that I am too Mexican to be American or too American to be Mexican and that you can’t be in the middle. Why would I have to give up a part of myself to be accepted here and the other way

around?” said Becky G from New York in a recent video call interview conducted in English and Spanish.

Now, that album is finally here: “Esquinas” was released on Thursday night. Becky described it as “a love letter to my abuelitos, to my younger self and hopefully to the future generations.” “It’s like the cross streets of two flags, two cultures, two languages,” said the singer, who was born in Inglewood, California, and thinks of her identity as 200%: 100% Mexican, 100% American.

The album was produced by the Latin Grammy nominee Edgar Barrera. Initially, Becky wanted to do something very traditional to

show she was capable of dabbling in Mexican genres, so she incorporated elements such as trumpets, tololoche and acoustic guitar. She included covers of classics she listened to when she was younger, such as “Un puño de tierra” (“A handful of soil”) by Ramón Ayala — dubbed “the king of the accordion.”

But as the project evolved, it allowed for more alternative sounds and collaborations with the new generation of regional Mexican music artists: Iván Cornejo on “2ndo Chance,” DannyLux with “Cries in Spanish” and Peso Pluma with “Chanel.”

◀**MUSIC** from page 18
music and share it with everyone.

“I think that the biggest obstacle would be believing in myself consistently. This is a worthy path. I think it’s really, as a musician, getting started you have to briefly tell the world and the people around you ‘I’m going to do this job that pretty much pays no money.’” Morris said. “But it’s really important to my heart, and I’m going

to keep doing it.’ That’s an obstacle that I face all the time and I keep doing it anyway.”

Prior to the showcase, the singers prepared songs they wanted to perform and connected with one another as both singers and listeners. They expressed their ability in forming a friendship with one another as they shared their passion for music.

“I think knowing that I’m going

to be sharing the stage with people who are so easy to talk to and fun to be around I think just makes me really excited about it. And so part of preparing I think it’s just looking forward to spending time with them on stage.” Haavik said.

For more of their content, all three artists have their music available on Spotify.

◀**ORANGE** from page 17
children did matter and they still do.”

Orange Shirt Day was created with the purpose to reveal truth, and to witness and honor the healing journey of survivors.

“It’s a bit of closure for these families, especially since the majority of Indigenous people are either a residential boarding school survivor themselves, or grandchild, or all of the above,” Ayasha Williams said.

Although residential schools have since been shut down, Native

children today continue to face discrimination in American schools.

“A lot of these children will wear their hair long for those that could not, and I think it’s important that people know why these children have their hair long, so we can prevent that bullying,” Ayasha Williams said.

With success in reaching their own college campus, the Williams sisters strive to extend the display beyond Minnesota schools and colleges; with more education, more change will follow.

“The phrase ‘Every Child Mat-

ters’ strongly emphasizes that every indigenous child’s body that’s found does matter,” Ayasha Williams said.

As awareness surrounding Orange Shirt Day continues to grow, so does the search for indigenous children lost to residential boarding schools.

“They’re still searching. They’re still searching open landfills, underneath churches, in grave sites,” Winona Williams said. There’s so many that they’re still recovering. Our display out there just only represents some of those bodies that were found, not all of them.”



Courtesy edsheeran.com

Autumn Variations is the seventh studio album by English singer-songwriter Ed Sheeran, released Friday, just five months after his previous album, “Subtract.”

◀**AUTUMN** from page 17
Never one to shy away from heavier discussions, it’s a gentle reminder to listeners they can get through hard times.

While less upbeat than his previous albums, it’s a poignant creation full of reminiscence, reflection and renewal of the soul.

Sheeran’s songwriting is at its

best by taking the simplicities of life and giving them a complex meaning.

It gives listeners a glimpse into Sheeran’s vulnerability while connecting them through melodic beats and lyrics.

If Sheeran plans on heading up the indie route, his fans are in for a treat.

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Join President Inch in Celebrating

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October 7, 2023

October 7 is Homecoming Day and our 155th Anniversary. President Inch invites all current and former Mavericks, families and friends to join in a day of celebration.

Go Mavs!

Schedule of Events Oct. 7, 2023

- | | |
|----------------------|---|
| 9:00–11:00 a.m. | President's Free Pancake Breakfast
NEW LOCATION on the University Mall |
| 11:00 a.m. | Homecoming Parade on Warren Street
Maverick Volleyball Game vs. Northern State |
| 11:30 a.m.–1:30 p.m. | NEW! Mavericks on the Mall featuring Food, Games, Live Music, Caricatures by Casey, Bounce House, Campus Tours, College and Department Tabling and More! |
| 2:00 p.m. | Maverick Football Game vs. MSU Moorhead
<i>Rent</i> performed by the Department of Performing Arts |



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