

Teaching to TV: Gabe Dannenbring's rise to fame

By EMMA JOHNSON
Editor in Chief

There's not much difference between surviving in the wild and controlling a room full of rowdy seventh-graders. At least that's how content creator Gabe Dannenbring views it.

"Sometimes it feels like they're the same. There are some days where being on a reality show was less stressful than trying to teach a group of middle schoolers," Dannenbring said.

For Dannenbring, starring in a Netflix's reality show "Surviving Paradise" or teaching seventh-grade science was never in the cards for him.

"I thought I was going to be a doctor, but I quickly learned two things. One, I can't do blood and two, I learned I wasn't smart enough to become a doctor," Dannenbring said.

With his dad being a teacher and his mom running a dance studio, Dannenbring decided to go into education. He graduated from Minnesota State University, Moorhead with a degree in health and public health education and a master's in education leadership with an emphasis in school administration. It landed him a job teaching sixth-grade science at Patrick Henry Middle School in Sioux Falls, South Dakota before he moved over to Ben Reifel Middle School.



Courtesy Gabe Dannenbring

Gabe (clockwise), Lellies, Shea and Linda pop champagne as the remaining four finalists in the new Netflix reality show "Surviving Paradise." A mix between "Big Brother" and "Survivor," competitors fought for a \$200,000 cash prize.

"I wanted to do a job where I felt I was doing good to society and giving back in some sort of way and I wake up every morning knowing I'm doing something good," Dannenbring said.

Dannenbring had no intention of ever becoming an influencer.

However, a video recording of his reaction to seventh-graders screaming when he played Kahoot music on TikTok would change his life.

"I kept getting TikTok notifications and I was thinking I got only 12 likes. We kept looking like 'Oh,

1,000 views. Cool. Now it's 10,000 views, then 50,000," Dannenbring said. "It's completely changed my life."

The video has over 41 million views and nine million likes. Since the video was posted, Dannen-
NETFLIX on page 4▶

Spring 2024: Perspectives on course cancellations

By Tracy Swartzendruber
Staff Writer

Minnesota State will see a major change in course availability as students register for the spring semester.

David Hood, Provost and Vice President for Academic Affairs, said undergraduate courses with fewer than 15 students and graduate courses with fewer than 10 students will be canceled.

"We'll be examining those really, really closely to see if they should continue to run each semester," Hood said.

Taylor Maki, a graduate student in Gender & Women's Studies, and Deyton Drost, an undergraduate in the same major, heard about Hood's decision from professors and fellow classmates.

"If you look at the majority of the Gender & Women's Studies Department here at Mankato, most of the classes are upper division with less than 15 students," Drost said. "A lot of people undermine what Gender & Women's Studies is."

Maki, an alumnus of University of Wisconsin-Eau Claire, compared her experience there with her concerns about Hood's decision.

"In Eau Claire, they very much targeted the Gender & Women's Studies program because people don't respect it as a real program," Maki said. "Even though it is not explicitly stated that these budget cuts are going to cut the program, it kind of suggests that in the future they're going to do it."

According to Drost, having a class with fewer than 15 students can actually help students learn better by creating closer connections between peers.

"You build closer connections with your peers, and you can have a discussion," she said.

Despite Hood's decision, Maki expressed confidence that she would still be able to finish her graduate studies although she is uncertain about the future of Gender & Women's Studies at MSU.

"I was told that I could still finish out my graduate degree," she said.

Political science professor Tomasz Inglot and history

BUDGET on page 2▶

Free relaxation resources for students

By AMALIA SHARAF
Staff Writer

Relaxation Station is a free resource for students to unwind from the stress of college life at any point during the academic year. To visit the station, students can make an appointment or walk-in to the Student Health Services Office.

The Relaxation Station offers a massage chair, aromatherapy and white noise machine. Moreover, at the station students can learn relaxing breathing techniques as well as use coloring pages and relaxing rocks to calm down after the stressful week. These resources are available for students as often as they want for up to 45 minutes a day.

Health Educator Lori Marti said students can bring their own relaxing music while using the massage chair.

"If they don't have the music or if they don't choose to bring it with them, we have a white noise machine that blocks out any of the external environmental noises from our office," said Marti.

Students can visit the station with friends. Marti said while students use the massage chair, friends can use coloring pages and relax as well.



DOMINIC BOTHE • The Reporter

The Relaxation Station is a place for students to unwind from the stress of college. To visit the station, students can schedule appointments via appointment or walk-in at the Student Health Services Office.

Massage chairs are wiped after each visitor.

"I think it's important, right now especially, since we're at the height of colds and flu season and a lot of times that kind of an infection is spread from touching a contaminated surface and then touching your eye or mouth," said Marti. "When someone is done in the relaxation station, our student workers go in there and they wipe

everything down."

In addition to the above mentioned resources, students can study in front of the day light lamps.

"We have a light that students can study in front of and see if it helps," said Marti. "This can be used as a way to address seasonal affective disorder or what's sometimes called the winter blues."

According to Marti, the Relaxation Station is a student-initiated, grant-funded service.

"This is a service to students. Ten years ago, we had student volunteers and a couple of our peer educators who wrote a grant and applied for funding to purchase the supplies," said Marti. "So the first two students wrote a grant and were funded from the North Central College Health Association."

To receive the grant, student volunteers looked at the Minnesota State students data and found that students had high stress levels. Findings also suggested a massage chair and aromatherapy had a great effect on stress reduction.

"We asked students 'Where's your stress level' on a scale of one to four Likert scale, before they use it and after they use the chair," said Marti. "And there was a statistically significant lowering of stress, once they used the services through the Relaxation Station so we know that it was helping students."

The station is located at the Student Health Services Office in Carkoski Commons room 100. Students are welcome to walk-in or make an appointment to use the Relaxation Station at a convenient time throughout the semester.

Palestinian death toll in West Bank surges



MAJDI MOHAMMED • The Associated Press

Palestinian mourners carry the body of Oday Mansour, 17, during his funeral in the West Bank village of Kafr Qallil, Saturday, Oct. 21, 2023.

By AMY TEIBEL
The Associated Press

Deadly violence has been surging in the West Bank as the Israeli military pursues Palestinian militants in the aftermath of the Hamas attack from Gaza, with more than 90 Palestinians killed in the Israeli-occupied territory in the past two weeks, mainly in clashes with Israeli troops.

The violence threatens to open another front in the 2-week-old war, and puts pressure on the internationally recognized Palestinian Authority, which administers parts of the West Bank and is deeply unpopular among Palestinians, in large part because it cooperates with Israel on security matters.

The tally includes six Palestinians killed in separate incidents on Sunday, including two who

died in an airstrike on a mosque in the volatile Jenin refugee camp that Israel said was being used by militants.

Israel carried out an airstrike during a battle in another West Bank refugee camp last week, in which 13 Palestinians, including five minors, and a member of Israel's paramilitary Border Police were killed.

Israel rarely uses air power in the occupied West Bank, even as it has bombarded Hamas-ruled Gaza since the militant group stormed across the border on Oct. 7.

More than 1,400 people have been killed in Israel since the war began, mostly civilians killed in the initial Hamas assault.

The Hamas-run Health Ministry in Gaza says over 4,300 Palestinians have been killed.

Budget: "We never had such drastic expectations. Students suffer the most"

professor Lori Lahlum provided insights into what faculty are thinking concerning Hood's decision. Inglot has been a faculty member since 1995, and Lahlum since 2005.

According to Inglot and Lahlum, this is not the first time the university has faced budget issues during their time as faculty.

"But we never had such drastic expectations," Inglot said. "Students suffer the most because they don't have the choices."

"For the undergraduate courses, the 15 student requirement is problematic for a lot of majors," Lahlum said.

Inglot and Lahlum pointed out that this issue is not unique to MSU.

It is a national trend. For example, St. Cloud State University cut many of their programs. Both professors suspect a contributing factor is fewer people think college degrees are a necessity.

According to Lahlum, state funding for universities has plummeted over the decades.

"If you compare the 1970s and 80s, Minnesota provided much more funding to public institutions in terms of the percentage of their budget," Lahlum said. "It goes from like 70% being provided by the state budget to today being like 35%."

Inglot and Lahlum said they are concerned that, although it is unlikely most programs will be cut in the upcoming months or even year, changes in available programs may start to appear within a few years.

MSU will guarantee the graduation of all current students but

may stop admitting new students into certain programs.

Once current students graduate, these programs may be discontinued.

Based on the faculty union contract, Inglot and Lahlum said students have more power than faculty in resisting Hood's decision.

"Students need to communicate that they are interested in liberal arts, they want to take these classes, they want these choices, and small classes is something they value," Inglot said.

According to Hood, one major cause of budget cuts is imbalances between the faculty union contracts and the state legislature funding for the university.

Every two years, the Board of Trustees for the Minnesota State universities approves payment rates for all faculty.

In a separate negotiation, the state legislature allocates a certain amount to funding these universities.

Every time, the amount negotiated in the faculty contracts is greater than what state funding provides.

"If you look at fall of 2022, spring of 2023, and now fall of 2023, on average in those three semesters, we ran about 218 lower-enrolled sections. That equates to about 50 faculty FTE lines, because most faculty teach a four-course load each semester," Hood said. "If we could fix that, we would be much more efficient in how we offer our curriculum, which means we wouldn't hire as many adjuncts."

Hood said he hopes reducing

overload and adjunct costs will decrease MSU's budget imbalance and increase investments in high-demand programs. He pointed out that the Biology Department has 11 tracks in its program and is downsizing to 7 or 8 tracks.

Some programs, such as the College of Business, are more efficient than others due to streamlined course requirements for their students.

Furthermore, some classes will have to remain small, such as nursing clinicals which are required by law to be small.

"What I've been hearing from my provost colleagues across the country is that the majority of your efficiencies and your budget savings will come through how you manage your course schedule," Hood said. "And not so much in cutting academic programs. Of course, there will be programs that will need trimming and revising."

Some small courses could be offered every other semester rather than every semester. Instead of offering several courses that fulfill the same goal area, fewer courses per goal area would be more efficient.

"That is why some courses aren't filling. Students have way too many options," he said.

Hood promised that every student will be able to graduate.

"We would never cancel a course if it would prevent or delay students from graduating," Hood said. "If you look at the work I've done in higher education, you'll see that my focus has been to get people to graduate in a shorter period of time."

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Importance of mental health as the seasons change

Although the fall colors are all sorts of orange, red and yellow and the weather has been awesome, daylight savings is getting closer; it is important to address the drastic change it plays on one's mental health so we can combat it as best as possible.

Daylight savings is only two Sunday's away as it falls on Nov. 5. This is often a time period most dread.

Going from beautiful fall weather to the dreary change in seasons as winter approaches can play a big role in how we feel on a day-to-day basis.

It is always hard to see less sun. Getting that vitamin D keeps smiles on our faces and our brains healthy.

One very common thing that happens after daylight savings is seasonal affective disorder.

According to everydayhealth.com, some symptoms of SAD are feelings of depression, feeling tired, having low energy, loss of interest in things of pleasure, changes in appetite and sleeping too much.

One way to combat this is to get ahead of it in the fall. We need to make sure to make the most out of the seasons leading up to winter. Some things that may help could be setting up routines of hanging out with friends, doing new and enjoyable activities, finding new hobbies and engaging in clubs. Those things can help because they can carry over and be a light during the dark months of winter.

Once the winter months hit it is key that we focus on ourselves and those around us.

There are a few things we recommend.

The first is staying active. Going on walks, runs, stretching or working out can help stimulate the mind and combat SAD symptoms. It is best to do these things outside in the sunlight but often that is tough due to the cold and snowy nature of Minnesota.

Another thing that may help is keeping a journal. Writing down your thoughts on the old pen and paper can have a positive affect on our moods as it gets negative thoughts out of our systems. Writing down our thoughts can help realize where we are having problems and how to help them. Journaling about priorities we have and when we need to get them done can also help due to the ways SAD affects energy.

Lastly, opening up the shades and letting in the sunlight is paramount. In the winter months we have little time with the sun. It is hard to get outside due to the weather and the sun goes down so early in the day. Opening up the blinds and letting the sun in may seem like a little thing but it can truly go a long way.

Perspectives

A Diabetic Talks: The annoyance of sleep deprivation



Luke Jackson
News Director

Sleep is everyone's joy, something everyone needs, loves and can almost never get enough of.

For type 1 diabetics, it can sometimes be something that is hard to come by and for me, has been my never-ending battle and biggest negative with the disease.

The goal always is to have in-range blood sugar throughout the day. I have always been pretty good at keeping it in-range when I'm awake. Although it does have its ups and downs, I have been pretty good at keeping it in range for the past three and a half years since my diagnosis.

Where my problem lies is when I'm asleep. It seems the moment I go to bed my blood sugar can never just be nice to me and work in my favor.

It almost always ends up rising to high levels which is very unwanted and occasionally goes low which is very dreaded.

I never want to use my platform here to just complain; I want to raise awareness on big issues in the type 1 world. But today, I am fed up and burnt out.

According to the Juvenile Diabetes Research Foundation, diabetics receive 10 fewer hours of sleep than the average individual due to complications with the disease.

They also found that less sleep corresponds with worsened blood sugar averages which can negatively impact your health down the line.

Essentially, it becomes a lose-lose as diabetics get worsened sleep due to the disease which then makes the disease harder to manage down the line.

Half the issue I face is I simply lose sleep — and a lot of it.

This would aggravate the average individual and often affects the rest of my day. The other half is it can deeply affect my health in the future which becomes a looming presence in my head that causes anxiety and stress.

When I wake up to a low blood sugar it is the worst feeling in my world. I wake up to a blaring alarm that startles me in my sleep.

I then sit up to turn it off and instantly feel a wave of weakness and worry. I am more than likely profusely sweating as well as I scramble to find the nearest sugar.

I can't describe perfectly the way it feels to wake up in a state of hypoglycemia but the best way to describe it is it feels like the world is collapsing around me.

Not to sound dramatic, but it feels like death.

Once I drink or eat the sugar, I then play the waiting game.

This is where the loss of sleep comes in. I have to sit and wait for my BGL to rise before going back to bed as it is very dangerous to sleep while having a low. This could be 30 min or an hour or more.

Where my health would be at a true danger is from high blood sugar throughout the night. This sometimes wakes me up, sometimes doesn't.

What's bad is when it doesn't wake me and I had high blood sugar all night.

Prolonged high blood sugars have a serious long-term effect on the body and can be detrimental to long term health.

This is a serious stressor and is something I try my best to avoid but can sometimes be very challenging.

Often to avoid this, I stay up later than desired to wait for my insulin to kick in and bring down my BGL before bed.

This can also take hours which results in me falling asleep in the very late hours of the night.

This invisible disease often sucks.

If I seem grumpy with you, mad at you or not attentive, it very well could be lack of sleep. If I seem tired or burnt out, it could be the disease and if I oversleep, miss class, am late to work or just need a couple extra Z's, it is more than likely due to type 1 diabetes.

Pulse

“What is the last song you listened to?”

Compiled by Dominic Bothe



JAYCI LOPEZ,
FRESHMAN

“Into you - Ariana Grande.”



SAMARY LOPEZ,
FRESHMAN

“Love you like a love song - Selena Gomez.”



ADHARSHA MAHARIAN,
FRESHMAN

“Freestyle - Lil Baby.”



MISAN RIJAL,
FRESHMAN

“Water - Tyla.”



JAKE MILLER,
SOPHOMORE

“Du Hast - Rammstein.”



LAUREN JOHNSON,
SENIOR

“The Spins - Mac Miller.”

Netflix: “1.6 million followers on TikTok”

bring has amassed over 277,000 followers on Instagram and 1.6 million followers on TikTok with over 52 million likes.

Senior Trinitey Bryant followed Dannenbring on TikTok after her sister-in-law sent one of his videos. As a Family and Consumer Science Education major, Bryant said she's interested in his perspective of teaching through the creative content lens.

“I'm interested in the ‘record-your-day’ content and I'm interested in following in his footsteps,” Bryant said. “It gives you the perspective of what's going to happen when you get in the classroom.”

Bryant said Dannenbring's content on relatable classroom experiences gives credibility to the teaching field.

“I like his perspective because a lot of people frown down on teachers. Him showing everyone what he does in a fun way gives teachers credibility to let others see what's actually going on in education,” Bryant said.

Dannenbring's videos range from roasts students have told him, the different types of teachers and the ins and outs of being an educator. Even with working alongside middle schoolers, he's drawn a fine line of keeping social media out of the classroom.

“During the work day when the kids are there, I'm strictly a teacher. I don't ever address it or talk about it,” Dannenbring said.

Besides starring in a Netflix show, TikTok has opened several other doors for Dannenbring. From co-hosting the “Teachers Off Duty” podcast, getting brand deals from companies such as Google, Target and Amazon and helping his brother with a financial advising company designed to help influencers, his schedule is consistently packed.



Courtesy Gabe Dannenbring

By posting one video on TikTok showing his students' reactions to playing Kahoot, Gabe Dannenbring has had several doors opened for him including a chance to co-host a teacher's podcast and getting brand deals with major companies.

tently packed.

Dannenbring said he's learned to manage his time by learning how to fail enough times.

“It took a lot of over-committing to things and letting people down to realize I can't do everything. There's all these different opportunities and now I'm like ‘Is this worth being gone?’ Dannenbring said. “It's been a game changer to have the ability to realize I can't say yes to everything and I got to take care of myself.”

Last summer, Dannenbring spent a month in Lefkada, Greece filming “Surviving Paradise.” The show is a combination of “Big

Brother” and “Survivor” where 12 competitors think they'll live in a luxurious villa, but instead get sent down to a camp to sleep in the elements and compete in challenges. Alliances can vote people up to paradise, but can also turn on them and send them back to camp.

Dannenbring said the soft skill of having crucial conversations and maintaining his emotions in the classroom worked to his advantage on the show.

“One of the things that teaching teaches you is to control your emotions. If you have someone swearing up a storm in your face, as a teacher you just have to take it

and that's how I approached it on the show,” Dannenbring said.

Dannenbring said his most memorable moment of filming was when he found out he was going to be on the show. After a 10-day quarantine in Greece, producers told him he might not even appear on the show.

“The producers said ‘If you don't get a call by Wednesday, you're not going to go on the show and we'll fly you back home.’ It was Tuesday night and I remember calling the producers saying I wanted to go back home but they told me to wait a day,” Dannenbring said.

The next day, they called to say

he would be shooting the next day, pulling up to a party yacht on a jet boat.

“Just being stuck and feeling lonely, to all of a sudden getting a call saying ‘Hey, you're going to be on the show tomorrow morning. Pack your bags,’ was such a cool moment,” Dannenbring said.

Dannenbring said having a growth mindset has helped him navigate the challenging parts of being a content creator who grew from overnight success.

“I'm a teacher in South Dakota. I'm the last person who should be on Netflix or have a million followers on TikTok, but if I can do it, then other people can do it,” Dannenbring said.

Bryant said she considers Dannenbring an inspiration.

“Lately, I've been super scared about classroom management and going into that field, but he inspires me to keep going,” Bryant said.

Dannenbring said for those looking to become influencers is to be themselves.

“People can see phonies right away. People want to follow those who are authentic and original. I tell people all the time to make themselves different from everybody else and the only way to do that is by being yourself,” Dannenbring said.

Besides upcoming quizzes and tests, Dannenbring said he's not sure what's next for him, but he plans on saying yes to new opportunities.

“I want to stay a teacher for a long time and I want to keep making content because I enjoy it. I'm going to keep doing what I'm doing, but I'm not going to say no to different doors opening up,” Dannenbring said.

All episodes of “Surviving Paradise” are now available on Netflix.



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SPORTS

Mavs give up reign over NSIC

By LUKE JACKSON
News Editor

The Minnesota Maverick football team no longer rules the Northern Sun Intercollegiate Conference as Augustana bested them Saturday in a 28-10 blow-out. With the loss, the Mavs drop to 7-1 while Augustana moves to 8-0.

Augustana is now the only undefeated team in the NSIC. The Mavs also drop in the national rankings as they move back nine spots. They went from fourth to 13th while Augustana is now at 12.

“Well I thought the score resembled how we played,” head coach Todd Hoffner said. “Augustana played really well and controlled the line of scrimmage.”

The game started with pure defense as no team got on the scoreboard in the first quarter. MSU’s Matthew Jaeger put up the first points on the board as Mankato went on a 31-yard drive to set him up for a 24-yard field goal. He sent the ball through the uprights making the score 3-0.

The Mavs seemed to be the dominant team as their defense recovered a fumble on their own 18 yard line to stop Auggie

from gaining their first points. They then drove the ball down to AU’s 35 but Augustana’s Logan Lenord intercepted the ball on the 14 to give them another chance before the half ended.

One play later, Jarod Epperon broke away for a 86-yard rushing touchdown to put the Vikings up 7-3. This score concluded the half and was the start of the downfall for the Mavericks.

The game continued to be a defensive battle in the third as the lone score came from Augustana to put the team up 14-7. They scored once more late in the fourth to give them a late lead of 21-3.

Mankato responded with their only touchdown of the game to Jeremiah Howard on a four-yard dish from Hayden Ekern after a eight-play, 75-yard drive. With only 1:37 to play they opted to onside kick which resulted in AU’s ball. The Vikings didn’t let up and had their last touchdown on a 23-yard touchdown pass to finalize the score of 28-10.

“We need to do a better job of putting our players in better positions to make plays,” Hoffner said. “We’ll need to refocus and find a way to move forward.”



LILLY ANDERSON • The Reporter

The Mavericks lost their undefeated streak to the Augustana Vikings 28-10. Both teams were undefeated until the Vikings put up a tough battle. The Mavericks are currently ranked 13th in the NSIC.

Ekern finished his day with 181 passing yards and one touchdown. Nine Mavericks caught at least one pass, including freshman Andrew Laplant who led the team with 36 re-

ceiving yards. Ekern also led the Mavericks in rushing yards with 48.

Senior Jacob Daulton led the Maverick defense with six tackles, while junior Joey Goettl

notched five.

The Mavs next take on Southwest Minnesota State University 1 p.m. Saturday at Blakeslee Stadium.

Mavericks go winless in soccer on road trip

By MOHAMED WARSAME
Staff Writer

The Minnesota State women’s soccer team took their show on the road for a two-game road stint against Northern State University and Minnesota State University, Moorhead.

The Mavericks were unable to win either match. It’s only the second time this season they have gone two consecutive matches without a win.

The first of two matches took place against Northern State University Friday. It ended in a 1-1 draw.

The Mavs generated 24 shots compared to the Wolves’ 10. Both teams shot eight attempts on target, but the Mavs had the 8-3 advantage in the corner kick department.

“It was a tough one tonight. I thought we really played well enough to get a better result than what we came away with,” head coach Brian Bahl said in a press release posted on the Mavericks Athletics website.

After a scoreless first half, Northern State’s Calista Kocmick broke the deadlock early in the second half with a goal in the 48th minute.

Kocmick’s goal was the first the Mavs had conceded from



Courtesy Maverick Athletics

The Minnesota State women’s soccer team competed against both Northern State University and Minnesota State University, Moorhead over the weekend. Their next game is at home against University of Minnesota Crookston.

open play all season. The two other goals that they let in up that point had been from the penalty spot. The Mavs salvaged a draw thanks to a late equalizer by Anna Van Wyngarden in the

86th minute — her fourth of the season.

“I was proud of our ladies for battling back to at least find the tie after falling down a goal, especially when it was a first

runoff play goal we have given up this year. It really could have rattled us, but we stayed focused and found a way to pull on back,” Bahl said.

The Mavs then suffered their

second loss of the season in their next match a 2-1 defeat against MSU Moorhead Sunday. It was the Dragons first win over the Mavs since Oct. 14, 1997.

In this match, the Mavs opened up the scoring in the 29th minute. Maddix Archer found the back of the net from the penalty spot. The Mavs went into halftime with the lead, but the Dragons quickly flipped the script early in the second half.

Moorhead’s Tabea Czech got the comeback going when she scored the tying goal off of a corner kick. Czech then assisted Madeline Etter’s game-winning goal in the 54th minute.

The Mavs outshot the Dragons 26-10, but only nine of those attempts were on goal. They were once again unable to capitalize on the chances they created. It’s been an issue for them all season.

“We’ve struggled all season to take advantage and capitalize on the chances we create. It’s been the theme this season. We’ll keep working to get better. I believe in our team, and I know we’ve got a higher ceiling than what we’ve reached so far,” Bahl said.

Next up for the Mavs is a home game against the University of Minnesota Crookston.

NFL, What Do You Know? Week 7 Edition



ALEX BRANDON • The Associated Press

Baltimore Ravens quarterback Lamar Jackson throws during the second half of an NFL football game against the Detroit Lions Sunday.

By MOHAMED WARSAME
Staff Writer

Maybe not as wacky as Week 6, but still a pretty weird week of football.

Ravens Flying High
Something that the 2023 NFL season has taught us thus far, is that the team that has been getting praised all week for how good they are, gets humbled. A few examples of this have been, the Dallas Cowboys after Week 2, the Miami Dolphins after scoring 70 points in Week 3 and the San Francisco 49ers after Week 5. After Week 6, everyone, including myself, was talking about how great the Detroit Lions are. Some of the narratives included if they were genuine Super Bowl contenders, and if they could get the number one seed do the ease of their remaining schedule.

The Baltimore Ravens had other ideas in their 38-6 win against the Lions on Sunday. The Ravens made it pretty clear early on that they business. They jumped out to a 14-0 lead in the first quarter, and went into halftime up 28-0. The Ravens showed me that as of now, they are the second best team in the AFC, after the Kansas City Chiefs. Their defense has been really good this season, but up until the Lions game, they didn't play any offense that is looked at as a tremendous offense. Against the Lions however, their defense proved they could shutdown one of the best offenses in the league. According to Next Gen Stats, th

ey recorded five sacks and eight quarterback hits. They made Jared Goff, who has been

playing really good football for a while now, look ordinary.

The thing that makes the Ravens perhaps the most dangerous since they have been in the Lamar Jackson era, is Jackson's play. Against the Lions, Jackson completed 21 of 27 passes, threw for 357 yards and had three touchdown passes. While he may not be having those crazy highlight runs he was having his first few seasons, this version of him is so much more dangerous because of his improvement as a passer.

A play against the Lions that encapsulates his improvement for me, was his touchdown pass to Nelson Agholor. The old Jackson would have looked to run when things got hectic in the pocket, instead he escaped the packet with the intent to pass it like he did.

Steelers Steal Another Victory

I'm going to stay in the AFC North and give some love to the Pittsburgh Steelers. The Steelers beat the Los Angeles Rams 24-17. In typical Steelers fashion, they had a terrible first half on the offensive side of the ball, but turned it around in the second half. Things got going for them as it often does, thanks to T.J. Watt.

The Rams got the ball to start the second half with a 9-3 lead and some momentum after they got a touchdown to end the first half.

On their first play of the drive, Watt picked off Matthew Stafford and took it back to the house. The Steelers went on to outscore the Rams 14-0 in the fourth quarter and get on the victory.

full story on our website

Indigenous lacrosse team goes Olympic

By EDDIE PELLIS
The Associated Press

One of the first gifts any member of the Onondaga Nation receives is called a "crib stick" — a small lacrosse stick given to babies that symbolizes the importance of that sport to people who invented it.

Nearly 1,000 years after lacrosse was first played on fields that could sometimes stretch for miles across the Haudenosaunee Confederacy, the sport will be on the Olympic schedule in Los Angeles in 2028. Whether players for the Haudenosaunee, a collection of six Indigenous nations whose territory covers upstate New York and adjacent sections of Canada, will be able to suit up in that tournament is a question that will keep the lacrosse world on edge between now and then.

For now, the International Olympic Committee has ruled out having the Haudenosaunee (formerly known as the Iroquois) play as their own team, the way they have at past world championships and last year's World Games. This is because of a rule that only allows teams at the Olympics from countries with a national Olympic committee.

But there are still pathways. A spokesperson for the IOC told The Associated Press it's up to Olympic committees in the U.S. and Canada, in coordination with World Lacrosse, "to decide if they include athletes from Haudenosaunee in their respective teams depending on the passport they hold."

Leo Nolan, the executive



PAUL NEWBERRY • The Associated Press

Lois Garlow of the Haudenosaunee Nationals lacrosse team heads toward the sideline during a match against Canada at the World Games.

director of the Haudenosaunee national team, said people associated with the team were excited to see their sport — and hopefully, their nation — represented on the world's biggest stage.

"It's a community spirit, not just a sport," Nolan said. "It's an integral part of who we are and what we're about. How many other sports have that kind of wherewithal, something that really has a true meaning? I don't know of many sports that have the same spiritual meaning that this has."

Working with World Lacrosse, the sport's international federation, organizers for the Los Angeles Olympics leaned heavily into the Indigenous history of the sport to sell the IOC on bringing lacrosse back to the games as a medal event for the first time since 1908.

The story goes back much further than that — to around

the year 1100. Tribes in north-eastern North America often played games involving more than 100 men on a side. Lacrosse was used to help tribes get ready for wars; it was focal point of social gatherings, a religious experience and also sometimes a diplomatic tool used to settle disputes. As the story goes, Canadian settlers liked what they saw when they first laid eyes on the game. A dentist named George Beers wrote the sport's first rulebook in 1867.

Established in 1983, the Haudenosaunee national team has been a regular participant at world championships since 1990.

"I got a glimpse of it, and everybody else did, too," one of the team's founders, Rex Lyons, said in an interview on the team website about the feeling of his people being included in a global competition.

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VARIETY

“What Does a Rooster Say?”

By ANAHI ZUNIGA
Staff Writer

An exhibit featuring the Master of Arts Thesis works of Kim Cao Pfeffer opened Monday in Minnesota State’s Conkling Gallery.

The title for the exhibition: “What does a Rooster Say?” It is not a traditional art gallery but is instead referred to as a design show.

Pfeffer moved from Vietnam to Mankato in 2016. Formerly a math educator, she switched her major to art education, where she earned her degree and teaching license.

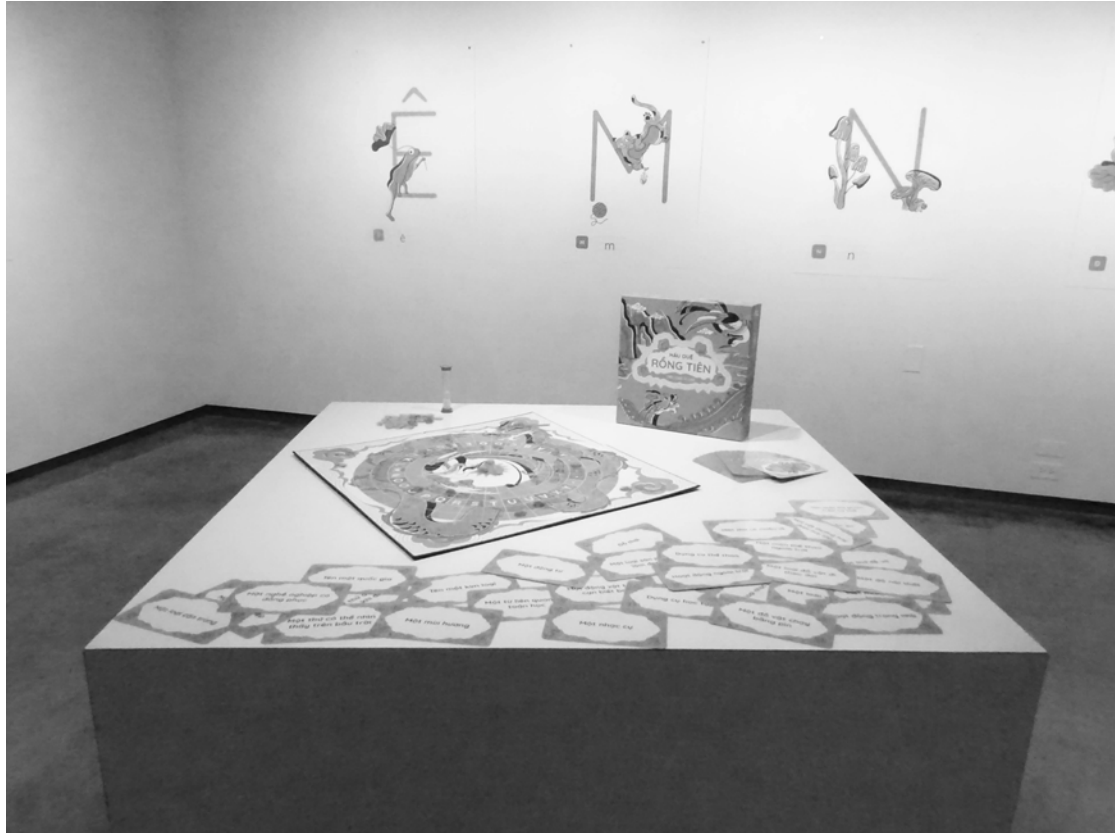
She later came back for another year to finish her BFA in graphic design and stayed to continue with her master’s in graphic design.

She described her process as a system of solving problems, such as figuring out a challenge within its context of culture, history, or environment.

“So first, I have to look for problems, things that have issues, and then come up with a solution to solve that,” she said. “The main idea for the entire show is about re-designing textbooks for Vietnamese first graders.”

Her decided challenge was textbook changes. She shared the conflicts that changes in new textbooks have created, and took inspiration from old Vietnamese textbooks. She designed a textbook called “Em và Tiếng Việt.”

“Current textbooks are not



ALEXIS DARKOW • The Reporter

Artist Kim Cao Pfeffer crafted Vietnamese art, imagery and textbooks for her MA Thesis Exhibition in Conkling Gallery.

good but the very, very old textbooks work well, so the super old textbooks became my inspiration for the art style. It’s based on Vietnamese traditional woodblock print.” Pfeffer said. “We already have a textbook system, but it’s not friendly for kids to read. They are

just very overwhelmed with the design and the curriculum, so I just want to make everything more simple and basic.”

With the textbook she has created that aims to provide better visuals and content, Pfeffer expresses hope that the textbook designs she

has created can present a solution to the challenge and can be proven beneficial.

“So the kids can read by themselves and the other pieces are all teaching as I have a background in art education. I designed the post-**ROOSTER on page 8**”

Chef teaches students ancestral principles of cooking

By LAUREN VISKA
Staff Writer

Twenty Minnesota State students got the chance last week to spend time in the kitchen with a top Twin Cities chef.

The kitchen meet-up — where students met and learned from Chef Lachelle Cunningham, owner of Healthy Roots Institute and Chelles Kitchen Catering — was part of the Black and Beyond series organized by the Office of African American Affairs.

BalenciaSariah Crosby, director of African American and Multicultural Affairs, said this series “allows students to see multifaceted beauty of Blackness.”

Enettie Malangano, a graduate assistant for the Office of African-American Affairs who helped organize this event, said she hoped students were able to take something away from this event.

“I hope that students will be able to learn how to make food. They will be able to know the recipe that goes into making different kinds of food, and then they should be able to if they are interested in cooking, then they can practice that in their apartment dorms,” said Malangano.

Cunningham held the class at her commercial kitchen in South Minneapolis by George Floyd Square. Cunningham taught the students from the Pot Likka and Smoke Curriculum. She also taught them a few techniques, like cooking using fire or smoke, passed down through many generations of African Americans.

“In the United States, our enslaved ancestors of African and Indigenous descent played a crucial role in developing these techniques. They mastered smoking foods and created Pot-likker, a nutritious stew made by concentrating essential vitamins and nutrients,” said Cunningham. “In the cooking class, we explored smoking, grilling and stewing to create a delicious, sustainable meal. We also discussed the importance of sustainability in our approach to food as individuals, as a society and for the culture and the environment.”

Cunningham has been cooking since she was a teenager and became known for her ability to satisfy the palates of friends and family. She said she fell in love with her food’s impact on people, which is why she wanted to establish Healthy Roots Institute in 2018, which has a mission centered on healing and social justice through food education, **CHEF on page 8**”

Greek life rocks: a garden of representation

By GRACE ANDERSON
Staff Writer

Behind Armstrong Hall and in front of Trafton Hall, Greek Life organizations have found a way to physically represent themselves on university grounds.

Minnesota State Fraternities and Sororities have placed large boulders with painted art and messages from members in an effort to represent the different organizations at MSU.

Brandon Gustafson, co-founder of the rock display and alumni of the Phi Kappa Psi Fraternity, said the idea originated from both himself and his fraternity brother, Zach Wickman, in an effort to represent Greek Life on campus.

“It’s another way to get freshman interested in Greek Life because some people do not know that there are sororities and fraternities on campus,” Gustafson said.

He also said the idea was inspired by other colleges representing their fraternities and sororities by utilizing similar methods.

“It started when we saw some southern schools that had a row



NATE TILAHUN • The Reporter

The Fraternities and Sororities at Minnesota State came together and painted several large rocks to represent Greek life between Armstrong and Trafton hall.

of plaques to commemorate their chapters,” Gustafson said. “Because plaques were too expensive, we landed on the rock idea where each chapter could paint and design their rock.”

Gustafson said he is thrilled to see the idea come to life.

“It’s really cool to see something I’ve worked so hard for finally happen,” he said.

John Bulcock, Assistant Director of Student Activities and Advi-

sor for Fraternity and Sorority Life, said he supports the new display due to the campus lacking in traditional sorority and fraternity representation.

“On a lot of college campuses where there is fraternity and sorority life, people envision large houses for fraternities and sororities which are a noticeable and visible presence,” said Bulcock. “We don’t have that here, so the idea behind the whole project is having a mon-

ument serving as representation for those organizations on or near campus. I think it’s a creative way to have that physical and visible representation.”

Bulcock also said the organizations can change the paintings on the rock to advertise different events or updates.

“There are not many limitations,” said Bulcock. “If a group is having a big charity event and would like to advertise it, they can paint it on their rock. If a group is having a big anniversary event, it can be commemorated on their rock.”

Bulcock said the project has been successful thus far.

“The rocks were placed by the grounds crew and the landscaping is done,” said Bulcock, “The goal was to have it visible for homecoming weekend. We have already had positive remarks from alumni which was cool to see.”

The rocks have been painted and placed in a high-traffic area in the center of campus and can be viewed by students traveling to and from their classes.

◀CHEF from page 7

culinary arts, and entrepreneurship.

"In 2012, Chelles Kitchen was born. I transitioned from being an executive assistant with a strong business background to becoming an executive chef with a focus on entrepreneurial ingenuity," said Cunningham. "Through my work, I aim to connect with and support the community by making healthy local food accessible, delicious, and sustainable through cooking workshops."

Cunningham said she hoped that students got a lot out of her teaching. She also said she had a

great time teaching the students.

"I hope the students were able to gain valuable culinary skills and learn recipes they can carry with them into the future. These skills can empower them to make healthy, delicious, and sustainable food choices," said Cunningham. "I am incredibly grateful for the opportunity to share my knowledge with the students and teach them how to make healthy local food that is both delicious, accessible and sustainable. It's a fulfilling experience to help shape their culinary skills and understanding."

◀ROOSTER from page 7

er and then I have a gameboard. So when kids study spelling, they can apply it and use it in the gameboard I designed." Pfeffer said. "When we teach Vietnamese and for this show, it is more about teaching spelling for first graders. So usually what you're saying when teaching spelling, you go from ABCD in order of the alphabet, but I want to teach them in a way that they see one letter and they come by with the next letter. So knowing the letter is going to appear before they introduce it. So I start the first lesson with the letter O. In Vietnamese, 'what does a rooster say?' It's that letter sound."

The designs were inspired by

traditional Vietnamese art and imagery and from old Vietnamese textbooks. Pfeffer shares that any and every cultural aspect is important and that making these graphic designs has helped her improve.

"Art is important for me because it's basic for me and I think it's helped a lot when I continue my career into design. I want people to observe more about cultural aspects. Because I think different cultures are beautiful and just being more open to like 'how do you present media? Is that suitable for the audience that you are trying to reach?'" Pfeffer said.

Students can stop by the Conkling Gallery located in Nelson Hall until Nov. 3 to see the displayed designs.

Decorating a spooky space

By ELLIE MESCHKE
Staff Writer

'Tis the spooky month!

Whether you're into spooks and scares or just the vibe itself, we have lots of tips for you to get into the season.

First things first, you can't go wrong with cobwebs. Usually people use thin cloth or cotton balls, but the choice is yours. Find a nice doorway or corner to stick the cobwebs, and if you want to add some fake spiders – go for it.

Here's a popular Halloween activity: carving pumpkins. Get a pumpkin of any size, gut it (either outdoors or on a surface that can be easily cleaned), and carve a nice design onto the front. You can put your pumpkin inside or outside, you can even put a candle inside it. If you do decide to put your pumpkin outside, know that squirrels will stop at nothing to eat it.

If you like baking, then this one's for you. Make a treat such as cupcakes or Rice Krispy treats, and go to town with decorating. Want to have a Frankenstein rice Krispy treat? Now you can. If you want more ideas, I'd check out Rosanna Pansino on YouTube, she's a baker known for making cute and thematic treats.

Now if you live in the dorms,



DALTON GRUBB • The Reporter

With Halloween just one short week away, finding ways to spice up your space for the holiday is the last thing to put on your monthly to-do list this October.

you may feel like there isn't a lot you can do to decorate, but I assure you, that isn't true at all. Some residents put out a bowl of candy on Halloween for any passerby. Some hall advisors may give residents on their floor candy as well.

Speaking of dorm life, many residents decorate their doors for the season. Usually, they use paper cutouts of ghosts, bats, skulls, and more. They also use caution tape, banners, cutouts that go around their peephole, etc. The sky's the limit.

If you're a horror fan, you can look at your favorite horror media for inspiration. Friday the 13th?

Find a hockey mask lying around. Lavender Town? Play the music on a speaker. Uzumaki? Make some spiral cutouts and tape them to walls and doors. Get creative and think outside of the box.

The colors most commonly associated with Halloween are orange, green, purple, and black. Take a look around, what do you have that's in those colors? Perhaps a nice tablecloth? Or decorations from a past event? It never hurts to improvise.

Regardless of how you choose to decorate, the most important thing is that you have fun. Happy Halloween and happy decorating!



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