FEATURE ON SPORTS **P**SYCHOLOGY

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Minnesota State University ΜΑΝΚΑΤΟ

#### THURSDAY, OCTOBER 3, 2024

## Student Government talks FSL, Homecoming

**By AMALIA SHARAF** News Editor

Last Wednesday, the sorority house Alpha Sigma Alpha (ASA) presented their community at the weekly Student Government meeting.

Vice President for Communication for ASA Haley Robertson said the sorority was founded in Farmville, Virginia in 1901 by a group of five friends.

"We were established at Minnesota State University, Mankato, on Nov. 4, 1995. That is when we celebrate our founders here on campus," said Robertson. "Next year, we will celebrate our 30 years here."

Currently, ASA has 28 members. Their motto is "Aspire, Seek, Attain" and the mascot is a ladybug named Dot. ASA is focusing on volunteering and community hours. They have five different philanthropies organizations where they volunteer. According to Robertson, they were able to achieve 329 hours of community service last spring. Last fall, ASA achieved even more - 429.5 hours of community service in the chapter.

"Girls on the Run is the program that we are partnering with," Robertson said about the



The Student Government members heard a presentation from the sorority Alpha Sigma Alpha before going over

Highway each semester, where

we take some trash bags and

nity volunteering and activities,

ASA is developing leadership

In addition to their commu-

clean up the highway."

## **CSU** Blog ranks second globally

#### By EMMA JOHNSON Editor in Chief

When it comes to students getting information in a timely manner, it's crucial to put out the most important information as possible. The hard work of the Centennial Student Union has paid off as Feedspot ranked the CSU's blog second globally among the best Student Union RSS Feed Sites.

Feedspot is an online database comprised of 250,000 bloggers and social media influencers to compile the RSS feeds of blogs, podcasts, news websites and forums.

RSS feeds — "Really Simple Syndication" — on Feedspot are ranked by relevance, freshness, authority and social media followers.

Centennial Student Union Communication Coordinator Lenny Koupal explained the blog has an RSS component that pushes a small excerpt from the story into a carousel that's displayed on monitors throughout the CSU and Myers Field House.

"We get a lot of comments saying 'Oh, I read about this event on your monitors," Koupal said. "We feel it has value. It gives us a lot more visibility for our blog posts keeping students informed."

Koupal runs the CSU blog along with the Maverick Insider, the weekly newsletter sent to student emails. He said when it comes to making the CSU's blog stand out, he picks stories

## Blue Cross and Blue Shield donate to new clinic

weekly reports which included talking about upcoming Homecoming events.

philanthropy. "I was actually a

running buddy and it was one

of the greatest experiences in my

life. We also do Polar Plunge for

the Special Olympics, which is

also very fun. We also Adopt-a-

#### By BEN LIVINGSTON Staff Writer

Minnesota State and Blue Cross and Blue Shield of Minnesota (Blue Cross) are teaming up to help tackle rural mental health inequities with the creation of an on-campus behavioral health clinic.

Blue Cross of Minnesota has chipped in \$5 million for the project. That is on top of a \$1.5 million allocation by the Minnesota State Legislature and



rural south-central Minnesota. Greater Minnesota and other rural residents often face increased barriers to accessing services compared to their urban counterparts.

skills of their members. They are

involved on campus and often

take multiple leadership roles

in organizations, which include

Student Government, Interna-

STUGOV on page 9►

Brett Hart, vice president of mental and behavioral health parity at Blue Cross, says this partnership will seek to bridge that gap.

"Geography should not be a barrier between accessing mental and behavioral health services," Hart said. "Far too often, especially in greater Minnesota, mental health needs far exceed available resources." Moreover, he says the clinic is part of Blue Cross' bigger mission in its "ongoing commitment to train and develop the next generation of mental health professionals for greater Minnesota and other rural areas." Blue Cross has given financial support to the University a couple of times before. This includes pledging \$500,000 in 2021 to Minnesota State Mankato to establish a presidential scholarship program and provide annual support for the University's Health and Biomedical Sciences CLINIC on page 9►

\$1 million in recently approved federal funding.

Initially, the clinic will provide services including in-person mental health counseling as well as case and medication management. These services will be available to patients of all ages, regardless of insurance status. They later hope to expand to offer psychoeducation evaluation and substance use disorder counseling.

MSU is also seeking to have the clinic licensed as an outpatient mental health clinic, with hopes of becoming a certified community behavioral health clinic (CCBHC) in the future.

#### Courtesy Bluecrossmn.org

Blue Cross and Blue Shield of Minnesota donated over \$5 million to help with a new mental health clinic to open on MSU's campus.

MSU students will also get the opportunity to garner real-world experience at the clinic. Those studying social work, counseling and student personnel, alcohol and drug studies, psychology or nursing.

This dual purpose is rare, according to MSU President Edward Inch.

"There are no other academic training clinics in the state that are also specifically focused on providing integrated outpatient mental health services to rural Minnesotans," said Inch. "We thank Blue Cross and Blue Shield of Minnesota for its commitment and for joining support from the Minnesota legislature and U.S. Senate to provide critical behavioral health care to our region."

The clinic intends to serve

that would hold student's attention while also keeping them informed.

"We want to feel like we're one of those news sources that students can walk by a monitor and say 'What's going on? What's happening that I would be interested in?' It's always been about helping students be informed, engaged and successful," Koupal said.

Feedspot credited the CSU's blog for its wide variety of content ranging from "academic success, alumni spotlight, assistance, campus news, events, fraternity BLOG on page 3▶



Cranes usually running day and night are shut down during a strike by ILA members at the Bayport Container Terminal on Oct. 1, 2024, in Houston

#### By CATHY BUSSEWITZ The Associated Press

The massive port workers' strike that has shut down all the major dockyards on the Eastern seaboard of the U.S. and the Gulf coast is highlighting a fear held by many workers: Eventually, we will be replaced by machines.

The International Longshoremen's Association, which represents the approximately 45,000 dock workers who walked off the job Tuesday, is testing whether it's possible to fight back.

The union is demanding, along with hefty pay raises, a total ban on the automation of gates, cranes and container-moving trucks in its ports. But it's unclear whether they'll be able to stave off a trend that has seeped into virtually every workspace.

The growth of automation and technological advances

have created tension between workers and management since the Industrial Revolution, when machines first began to manufacture goods that had previously been made by hand.

And with the growing use of artificial intelligence, the group of jobs workers perceive as threatened with disruption is ever-widening.

"You cannot bet against the march of technology," said Yossi Sheffi, director of the MIT Center for Transporta-tion & Logistics. "You cannot ban automation, because it will creep up in other places."

History of pushback against automation

It's not the first time that port workers have resisted automation.

In 1960, as ports on the West Coast introduced machinery to move cargo once moved by hand, the union representing longshoremen negotiated protections for workers, including assurances that the current workforce would not be laid off, according to the International Longshore & Warehouse Union.

Harry Bridges, who led the union at the time, negotiated pay increases and job security arrangements for some of the workers, said Adam Seth Litwin, associate professor of industrial and labor relations at Cornell University.

"He saw that this was going to become potentially a real problem if he didn't try to get ahead of it," Litwin said. "Essentially what he was saying was, 'I recognize the reality of what's happening here, and the way to best represent my members is to make sure that they are protected.""

The downside was that as port machinery became more common, the size of the union eroded precipitously over the years.

## Cybersecurity head speaks on future election results



**BEN CURTIS** • The Associated Press Director of the U.S. Cybersecurity and Infrastructure Security Agency (CISA) Jen Easterly speaks to The Associated Press.

#### By CHRISTINA CASSIDY The Associated Press

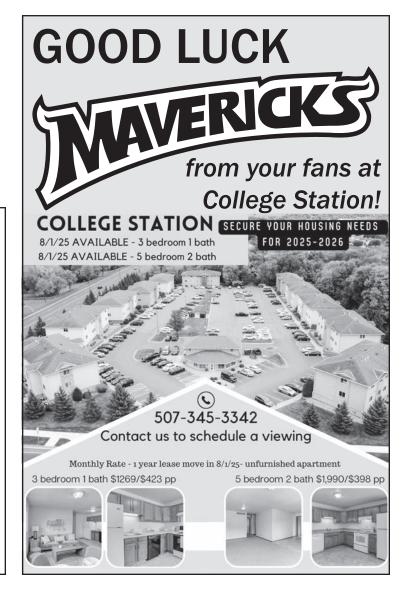
Nearly a month out from Election Day, the head of the nation's cybersecurity agency is forcefully reassuring Americans who have been swept into the chaotic churn of election disinformation and distrust that they will be able to feel confident in the outcome.

State and local election officials have made so much progress in securing voting, ballot-counting and other election infrastructure that the system is more robust than it has ever been, said Jen Easterly, director of the U.S. Cybersecurity and Infrastructure Security Agency. As a result, she said, there is no way Russia, Iran or any other foreign adversary will be able to alter the results.

"Malicious actors, even if they tried, could not have an impact at scale such that there would be a material effect on the outcome of the election," Easterly told The Associated Press in an interview Wednesday.

Easterly's trust in the election process comes as intelligence officials have warned of escalating efforts by foreign adversaries to influence voters, deepen partisan divides and undermine faith in U.S. elections.

Her comments stand in contrast to the doubts millions of Americans, especially Republicans, have held since the 2020 election when former President Donald Trump refused to accept his loss. He has built on his false claims of vote rigging since then.





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#### MINNESOTA STATE UNIVERSITY, MANKATO

## Palestinians in West Bank risk crossing Israel's barrier



MAHMOUD ILLEAN • The Associated Press

A Palestinian man climbs the separation wall at the town of al-Ram to illegally cross into Jerusalem, Sunday, Sept. 15, 2024.

#### By JACK JEFFERY The Associated Press

At dawn in mid-May, Sayyed Ayyed and dozens of other unemployed Palestinian men gathered at the foot of the towering wall of concrete and barbed wire dividing the occupied West Bank from Israel.

A smuggler was there with a ladder and ropes. Each man handed over the equivalent of \$100. Ayyed waited his turn as others clambered over.

The 30-year-old father of two young daughters hadn't found work for a year. Debts were mounting. Rent had to be paid. On the Israeli side, there was the lure of work on a construction site. He just had to get over the wall.

"When we reach the point where you see that your children do not have food," he said, "the barrier of fear is broken."

A year of war in Gaza has reverberated across the West Bank, where the World Bank warns the economy is at risk of collapse because of Israeli restrictions barring Palestinian laborers from entering the country for work, and the biggest Unemployment has skyrocketed, reaching 30% from around 12% before the war. The past year, some 300,000 Palestinians in the West Bank, many of whom worked in Israel, have lost their jobs, the Palestinian Economy Ministry says. Over the first quarter of 2024, the territory's economy contracted by 25%, according to the World Bank.

Desperate for jobs, some Palestinians are resorting to smuggling themselves at great personal risk through the guarded barrier and into Israel.

When they find them, Israeli security forces arrest them or at times open fire. There are no official figures from Palestinian authorities about workers killed or injured by Israeli gunfire trying to cross the barrier. The Associated Press spoke to families of three Palestinians who said their relatives were killed trying to sneak across.

"These people are being shot at trying to go to work," said Assaf Adiv, director of MAAN, a worker's association that focuses on Palestinian labor rights.

Wedding debt cost one Palestinian his life 150,000 Palestinians from the West Bank were crossing legally every day into Israel to work, mainly in construction, manufacturing and agriculture.

After Hamas attacked Israel on Oct. 7, Israeli authorities barred entry to most Palestinians, saying it was necessary for security. Tens of thousands of Palestinians became jobless overnight.

Eyad al-Najjar, a 47-yearold laborer from a village near the West Bank town of Yatta, slipped into Israel through a barbed-wire section of the barrier in July, earning the equivalent of \$650 for a week's work, his family said.

Then his son got married. The wedding set the family back \$8,000. So al-Najjar tried his luck again.

He approached a hole in the barrier Aug. 26, three days after the wedding. Israeli troops spotted al-Najjar and opened fire, killing him with a shot to the head, his relatives said.

"His children will have to work to close this debt in the future," relative Jawadat al-Najjar said. "No one helps in these difficult days."

The Israeli military told the

### Oracle settles suit over tracking your data

#### By CORA LEWIS

The Associated Press

Tech behemoth Oracle has agreed to settle a class action lawsuit for \$115 million over allegations that it tracked consumer activity both on and offline.

The suit alleges Oracle captured, compiled, and sold individuals' data to third parties without their consent. Oracle maintains its practices were lawful, that it disclosed its activities, and it admitted no wrongdoing.

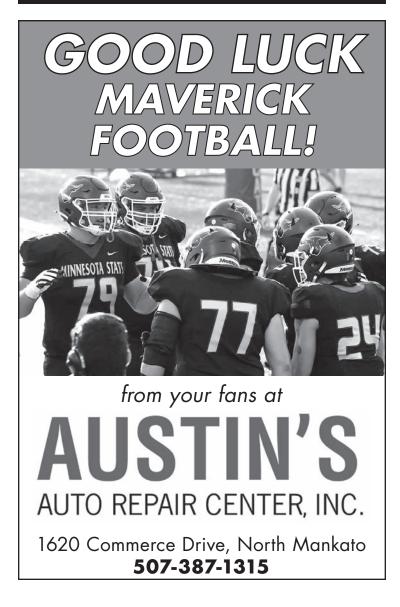
Under the class action settlement, Oracle will pay \$115 million to establish a settlement fund, and anyone residing in the United States from August 19, 2018 to the present who was affected may be eligible to file a claim. The fund will also cover up to \$28.75 million for attorneys fees and other costs. All valid claimants will receive the same amount of money, which is dependent on how many people file.

If you browsed the web, used geolocation services, or made in-store purchases electronically during the six-year period addressed in the settlement, you may be eligible. Allegedly, Oracle Advertising improperly collected personal data from these activities and subsequently sold or made that data available to third parties. The company allegedly did so using Oracle Advertising products including ID Graph and Data Marketplace.

"All natural persons residing in the United States whose personal information, or data derived from their personal information, was acquired, captured, or otherwise collected by Oracle Advertising technologies or made available for use or sale by or through ID Graph, Data Marketplace, or any other Oracle Advertising product or service from August 19, 2018 to the date of final judgment in the Action."

## **GOOD LUCK** MAVERICK FOOTBALL!





wave of violence in decades. Before the war, some AP it couldn't comment.

#### **BLOG** from page 1

and sorority and more."

Koupal said the blog represents the positive news and events going on around MSU. He said the excerpts on the monitors give students a taste of what to expect, hoping they'll click the link or head to the website to read more.

"There's a synergy about student success and the campus community that's their college home. We want to keep it brief as the Maverick Insider complements the blog," Koupal said. "We'll just give you a little se snippet that will push you to d the site."

The University of Vaasa in Finland ranked first place with University College London coming in third. MSU ranked third in Feedspot's Global Ranking of Bloggers in 2022. In attempts to reach the number one spot, Koupal said he, his grad assistant and the two staff writers have become more intent on the stories they pick for the blog.

"We want to keep being a in

source of instant news for students," Koupal said. "Weekly posts have helped boost our rankings because Feedspot sees we're not haphazardly posting things. We're constantly adding stories to our blog."

When it comes to informing the MSU campus, Koupal said the CSU takes pride in being recognized by others for their content.

"It helps motivate us and it's all for a good cause," Koupal said. "We want to continue being the best we can."

## Grandparents found hugging one another after fallen tree killed them



LAUREL LINDSEY • The Associated Press

This photo provided by Laurel Lindsay shows Marcia and Jerry Savage, who were killed by a tree that fell and crushed their bedroom during Hurricane Helene.

#### **By HANNAH FINGERHUT** The Associated Press

As Hurricane Helene roared outside, the wind howling and branches snapping, John Savage went to his grandparents' bedroom to make sure they were OK.

"We heard one snap and I remember going back there and checking on them," the 22-year-old said of his grandparents, Marcia, 74, and Jerry, 78, who were lying in bed. "They were both fine, the dog was fine."

But not long after, Savage and his father heard a "boom" - the sound of one of the biggest trees on the property in Beech Island, South Carolina, crashing on top of his grandparents' bedroom and killing them.

"All you could see was ceiling and tree," he said. "I was just going through sheer panic at that point."

John Savage said his grandparents were found hugging one another in the bed, adding that the family thinks it was God's plan to take them together, rather than one suffer without the other.

"When they pulled them out of there, my grandpa apparently heard the tree snap beforehand and rolled over to try and protect my grandmother," he said.

They are among the more than 150 people confirmed dead in one of the deadliest storms in U.S. history. Dozens of them died just like the Savages, victims of trees that fell on homes or cars.

The dead include two South Carolina firefighters killed when a tree fell on their truck.

The storm battered communities across multiple states, flooding homes, causing mudslides and wiping out cell service.

Jerry Savage did all sorts of

**Minnesota State** 

**University** MANKATO

handy work, but he worked mostly as an electrician and a carpenter.

He went "in and out of retirement because he got bored," John Savage said. "He'd get that spirit back in him to go back out and work."

Tammy Estep, 54, called her father a "doer" and the hardest worker she knew.

Marcia Savage was a retired bank teller. She was very active at their church and loved being there as often as she could, said granddaughter Katherine Savage, 27.

She had a beautiful voice and was always singing, especially gospel. Estep said her mother loved cooking for her family, making an awesome turkey for Thanksgiving and known for her banana pudding.

Condolences posted on social media remembered the couple as generous, kind and humble.

Office of the President

### Typhoon Krathon shuts parts of Taiwan for third day



CHIANG YING-YING • The Associated Press A woman struggles with winds generated by Typhoon Krathon in Kaohsiung, Southern Taiwan, Wednesday, Oct. 2, 2024.

#### By SIMINA MISTREANU The Associated Press

A slow-moving typhoon approaching Taiwan led to school and office closures for a third consecutive day Thursday, with authorities asking people to stay indoors.

Typhoon Krathon, packing fierce winds and torrential rainfall, was around 50 kilometers (31 miles) southwest of the major port city of Kaohsiung on Thursday morning, traveling northeastward at a speed of 4 kph (2.5 mph), according to the island's Central Weather Administration.

It was expected to make landfall later Thursday on Taiwan's densely populated west coast. The typhoon, packing maximum sustained winds near the center of 137 kph (85

mph) and gusts of 173 kph (107 mph), is expected to continue to weaken as it moves inland.

The typhoon has brought Kaohsiung, a city of 2.7 million people, to a standstill for the past three days. Stores and restaurants have been shuttered, and residents kept away from markets and harbors. All domestic flights have been grounded for the past two days.

Storms attributed to Krathon injured more than 100 people in southern and southeastern areas of the island, according to Taiwan's emergency response agency. Two people died — one after driving into fallen rocks on the road in the southeastern Taitung county, and the other while trimming tree branches in the city of Hualien.



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### Fate of Nibi the beaver lands in court to prevent freeing



JANE NEWHOUSE • The Associated Press October 2024 photo provided by Newhouse Wildlife Rescue shows Nibi, a 1-year-old beaver, at the Newhouse Wildlife Rescue.

#### By JAMIE STENGLE The Associated Press

Whether a 2-year-old beaver named Nibi gets to stay with the rescuers she has known since she was a baby or must be released into the wild as winter approaches in Massachusetts has ended up in court — and caused such an uproar that even the governor has weighed in.

"To literally see people from around the world come together to protect this beaver is one of the most amazing things I have ever seen in my life," said Adam Teper, an attorney representing Nibi's rescuers.

A judge on Tuesday said that for now, Nibi will allowed to stay in her home at Newhouse Wildlife Rescue in Chelmsford, located northwest of Boston. A hearing has been set for Friday in the case the rescuers filed against Mass-Wildlife, the state's division of fisheries and wildlife, to stop the release. Nibi has been a hit on the rescue group's social media since she was a baby, and posts about her impending release garnered thousands of comments. An online petition to save Nibi from being released has received over 25,000 signatures, lawmakers have weighed in as well, and this week Gov. Maura Healey pledged to make sure Nibi is protected.

Jane Newhouse, the rescue group's founder and president, said that after Nibi was found on the side of the road, they tried to reunite her with nearby beavers who could have been her parents but were unsuccessful. After that, attempts to get her to bond with other beavers also didn't work.

"It's very difficult to consider releasing her when she only seems to like people and seems to have no interest in being wild or bonding with any of her own species," Newhouse said.

Nibi has a large enclosure with a pool at the rescue.

### Alaska's Fat Bear Week contest voting starts

#### By MARK THIESSEN The Associated Press

Let the chunk-off begin. Voting started Wednesday in the annual Fat Bear Week contest at Alaska's Katmai National Park and Preserve, with viewers picking their favorite among a dozen brown bears fattened up to survive the winter.

The contest, which is in its 10th year, celebrates the resiliency of the 2,200 brown bears that live in the preserve on the Alaska Peninsula, which extends from the state's southwest corner toward the Aleutian Islands. The animals gorge on the abundant sockeye salmon that return to the Brooks River, sometimes chomping the fish in midair as they try to hurdle a small waterfall and make their way upstream to spawn.

A bear's death delays the contest

Organizers introduced this year's contestants on Tuesday — a day late — because one anticipated participant, a female known as Bear 402, was killed by a male bear during a fight on Monday. Cameras set up in the park to livestream footage of the bears all summer captured the killing, as they also captured a male bear killing a cub that slipped over the waterfall in late July.

"National parks like Katmai protect not only the wonders of nature, but also the harsh realities," park spokesperson Matt Johnson said in a statement. "Each bear seen on the webcams is competing with others to survive."

The nonprofit explore.org,



E. JOHNSTON • The Associated Press This image provided by the National Park Service shows bear 32 Chunk at Katmai National Park in Alaska on Sept. 19, 2024.

which streams the uncensored bear cameras and helps organize Fat Bear Week, on Monday hosted a live conversation about the death. Katmai National Park ranger Sarah Bruce said it wasn't known why the bears started fighting.

"We love to celebrate the success of bears with full stomachs and ample body fat, but the ferocity of bears is real," said Mike Fitz, explore.org's resident naturalist. "The risks that they face are real. Their lives can be hard, and their deaths can be painful."

Packing on the pounds for survival

The bracket this year features 12 bears, with eight facing off against each other in the first round and four receiving byes to the second round. They've been packing on the pounds all summer.

Adult male brown bears typically weigh 600 to 900

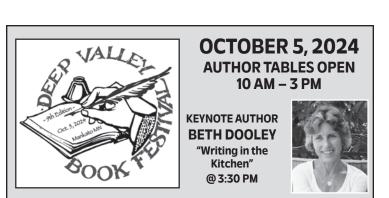
pounds (about 270 to 410 kilograms) in mid-summer. By the time they are ready to hibernate after feasting on migrating and spawning salmon — each eats as many as 30 fish per day large males can weigh well over 1,000 pounds (454 kilograms). Females are about one-third smaller.

When fans vote in each round, they shouldn't only consider the bear with the biggest belly. Bear fans are instructed to vote on the ursine that they believe "best exemplifies fatness and success in brown bears."

A taste for seagulls and a bear named after a jumbo jet

Bear 909 Jr., who last week won the Fat Bear Junior competition for the second time, will face Bear 519, a young female, in the first round. The winner will face the defending champion, Grazer, described as one of the most formidable bears on the river.





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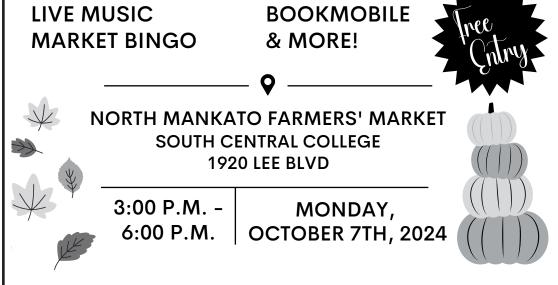
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### Prosecutors lay out new evidence in Trump election



ANY MANIS • The Associated Press Republican presidential nominee former President Donald Trump speaks at a campaign event Tuesday, Oct. 1, 2024.

#### **By ERIC TUCKER** The Associated Press

Donald Trump laid the groundwork to try to overturn the 2020 election even before he lost, knowingly pushed false claims of voter fraud and "resorted to crimes" in his failed bid to cling to power, according to a court filing unsealed Wednesday that offers new evidence from the landmark criminal case against the former president.

The filing from special

being advised that his vice president, Mike Pence, had been rushed to a secure location after a crowd of violent Trump supporters stormed the U.S. Capitol on Jan. 6, 2021, to try to prevent the counting of electoral votes.

"The details don't matter," Trump said, when told by an adviser that a lawyer who was mounting his legal challenges wouldn't be able to prove the false allegations in court, the filing states.

a Supreme Court opinion that conferred broad immunity.

## Harris surveys Helene damages

#### By COLLEEN LONG The Associated Press

Vice President Kamala Harris handed out meals, embraced a shaken family and surveyed Hurricane Helene's "extraordinary" path of destruction through Georgia on Wednesday as she left the campaign trail to pledge federal help and personally take in scenes of toppled trees, damaged homes and lives upended.

She visited Augusta, where power lines stretched along the sidewalk and utility poles lay cracked and broken.

The vice president spoke from a lectern erected in front of a house with a fallen tree teetering on its roof, acknowledging those who had died in the disaster while also trying to project a tone of unity and hope for communities now facing long and expensive rebuilds.

Harris and President Joe Biden, who visited the Carolinas on Wednesday, were seeking to demonstrate commitment and competence in helping devastated communities after Republican former President Donald Trump's false claims about their administration's response.

Harris said she wanted to



**CAROLYN KASTER** • The Associated Press

Democratic presidential nominee Vice President Kamala Harris greets people who were impacted by Hurricane Helene in Augusta, Ga

'personally take a look at the devastation, which is extraordinary." She expressed admiration for how "people are coming together. People are helping perfect strangers."

The Democratic presidential nominee said that shows "the vast majority of us have so much more in common than what separates us," an echo of a line she frequently uses on the campaign trail.

Before delivering her remarks, Harris could be seen embracing and huddling with a family of five grappling with the storm's aftermath.

"We are here for the long haul," she said.

Harris also toured a Red Cross relief center and received a briefing from local officials, praising those working to "meet the needs of people who must be seen and must be heard."

"I am now listening," she said.

Brittany Smith, an Augusta resident, walked away from the distribution center.



## Condoms are an afterthought for young Americans

#### **By DEVNA BOSE** The Associated Press

It's hard to miss the overflowing bowl of condoms at the entrance of the gym.

Some University of Mississippi students walking past after their workout snicker and point, and the few who step forward to consider grabbing a condom rethink it when their friends catch up, laughter trailing behind them. Almost no one actually reaches in to take one.

Though officials say they refill the bowl multiple times a day, and condoms are available at multiple places on campus, Ole Miss students say the disinterest is indicative of changing attitudes.

Fewer young people are having sex, but the teens and young adults who are sexually active aren't using condoms as regularly, if at all. And people ages 15 to 24 made up half of new chlamydia, gonorrhea and syphilis cases in 2022.

The downward trend in condom usage is due to a few things: medical advancements like long-term birth control options and drugs that prevent sexually transmitted infections; a fading fear of contracting HIV; and widely varying degrees of sex education in high schools.

Is this the end of condoms? Not exactly. But it does have some public health experts thinking about how to help younger generations have safe sex, be aware of their options — condoms included — and get tested for STIs regularly.

"Old condom ads were meant to scare you, and all of



KAREN PULFER FOCHT • The Associated Press

Condoms and other sexual wellness items are made available to students at the University of Mississippi campus in Oxford, Miss., Wednesday, Aug. 28, 2024.

us were scared for the longest time," said Dr. Joseph Cherabie, medical director of the St. Louis HIV Prevention Training Center. "Now we're trying to move away from that and focus more on what works for you."

A shift in attitudes

Downtown Oxford was thrumming the day before the first football game of the season. The fall semester had just started.

Lines of college students with tequila-soda breath waited to be let in dim bars with loud music. Hands wandered, drifting into back pockets of jeans, and they leaned on one another.

It's likely that many of those students didn't use a condom, said Magan Perry, president of the college's Public Health Student Association.

"Using a condom is just a big, 'uh, no," the senior said.

Young women often have to initiate using condoms with men, she said, adding that she's heard of men who tell a sexual partner they'll just buy emergency contraception the next day instead.

"I've had friends who go

home with a guy and say they're not having sex unless they use a condom, and immediately the reaction is either a reluctant, 'OK, fine,' or 'If you don't trust me, then I shouldn't even be here,'" Perry said. "They're like, 'Well, I'm not dirty, so why would I use them?'"

Women have long had the onus of preventing pregnancy or STIs, Cherabie said, and buying condoms or emergency contraceptives — which are often in a locked cabinet or behind a counter — can be an uncomfortable experience and "inserts a certain amount of shame."

Annie Loomis, 25, a student at the University of Washington, said dating apps and casual sex are making it hard for people to know what a "healthy sexual relationship" looks like when it comes to intimacy and respect.

"If you say, 'Hey, I want you to wear a condom' and they say, 'no, I don't,' you're not having sex. It should be that simple," Loomis said. "But it's not."

If pregnancy risk has been the driving factor for condom usage among heterosexual couples, the fear of contracting HIV was the motivation for condom use among men who have sex with men.

But as that fear has subsided, so has condom use, according to a recent study that focused on a population of HIV-negative men who have sex with men.

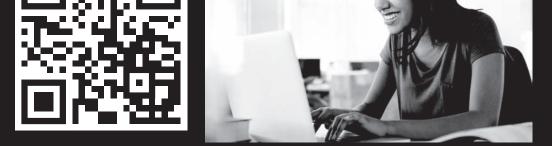
Grindr, a popular gay dating app, even lists condom use under "kinks" instead of "health." Things like that make Steven Goodreau, an HIV expert at the University of Washington who led the study, worry that the change in attitudes toward condoms is trickling down to younger generations.

Goodreau believes the promotion of pre-exposure prophylaxis (PrEP), a drug that prevents HIV, is overshadowing condoms as a prevention strategy. A strategic plan for federal HIV research through 2025 doesn't mention condoms, and neither does the national Ending the HIV Epidemic plan.

The Centers for Disease Control and Prevention acknowledges that condoms are still an effective tool that can be used.





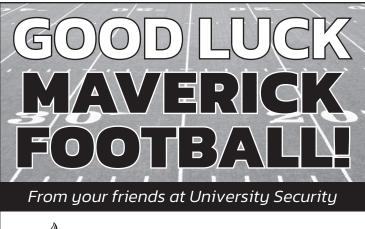


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University Security





expressed here are not necessarily those of the college, university or student body.

Emma Johnson	Amalia Sharaf	Anahi Zuniga
Editor In Chief	News Editor	Variety Editor

## Embrace Homecoming traditions

With Homecoming festivities already underway and even more fun to be had this weekend, it can be easy to think of it as just another week of the school year albeit more events similar to Welcome Weekend. However, we shouldn't consider it another school week filled with cheesy events. This is the one week of the year when we can celebrate our school and have as much fun as we want. We should be embracing Homecoming traditions instead of not participating.

Homecoming is one of the best opportunities to meet others on our campus. Whether our dorms decide to go to one of the events or we sit with our friends by another group at the football game and strike up conversations, it's a way for us to get to know others, potentially forming lifelong friendships. Even meeting alumni who return for the week of Homecoming can be a great way to hear new stories and potentially network with fellow Mavericks. Another reason is there are a variety of events to choose from. From the lip sync and coronation to the parade to the Homecoming concert, there is something for everyone. There's no excuse to not attend at least one event. Several student groups throughout campus participate in these events or even host them, allowing us to get to know more organizations and the campus community. We may even find ourselves joining one of them by the time Homecoming is over.

Of course, the real reason we should be celebrating Homecoming is to celebrate the Maverick pride we have for the university! Homecoming unites the campus community by bringing students, faculty, staff and alumni together to share their memories and celebrate all the university has done for them. At Minnesota State, there's so much we have to celebrate over the last few years. Our sports teams have reached new heights, including the Men's and Women's DII National Basketball Championships. Students and faculty had outstanding research displayed at the Undergraduate Research Symposium. Most of all, MSU was voted the "Best University" by the Star Tribune's Minnesota's Best poll for the fourth year in a row! With several great plans ahead for MSU, it's a time for us to see how far the university has come, celebrate its current accomplishments, all the while looking forward to what the future holds.

So instead of dismissing Homecoming as a week with too many decorations and events that seem cliche, embrace them. It will be part of some of your fondest memories when you graduate and may be one of the reasons we return to campus years down the road. Whether you attend every event or can only make it out to one or two of them, take time to honor MSU and all the hard work accomplished by everyone. If there's ever a time to celebrate the #MavFam, it's this one week. Roll Mavs!

## Perspectives

Why Not Today? Yes, voting does absolutely matter



Democracy is an always-changing contraption, an evolutionary marvel adapted by many societies throughout history even if it is rarely, if ever, perfectly executed.

The United States has a complicated history with democracy.

Ours is very much an imperfect democracy, one with flaws too often exacerbated by racism, bigotry and other systemic issues.

The electoral college, for example, was a terrible idea from the start with most of the justifications for it by proponents being shown to be wrong simply through empirical observation.

But imperfect democracies are not only worth fighting for but worth participating in as well.

There are also specific reasons why LGBTQ people in particular should



Jeremy Redlien Staff Writer

vote and participate in our democracy.

The U.S. government does not have the best track record when it comes to its treatment of LGBTQ people.

The Lavender Scare, in which LGBTQ people were actively persecuted by the government through what was essentially a giant witch hunt to fire as many queer government employees as possible.

Nor were LGBTQ people able to serve in the military openly until the repeal

MATT SLOCUM • The Associated Press

of Don't Ask, Don't Tell in 2011.

The Supreme Court of the United States had a handful of positive rulings in favor of the LGBTQ rulings (such as One Inc. v. Olsen in 1958) but most SCOTUS decisions prior to 2003 upheld anti-LGBTQ laws.

In 2003 SCOTUS held that states could not enforce anti-sodomy laws in Lawrence v. Texas.

Such laws were frequently used to persecute gay men for having sex in private.

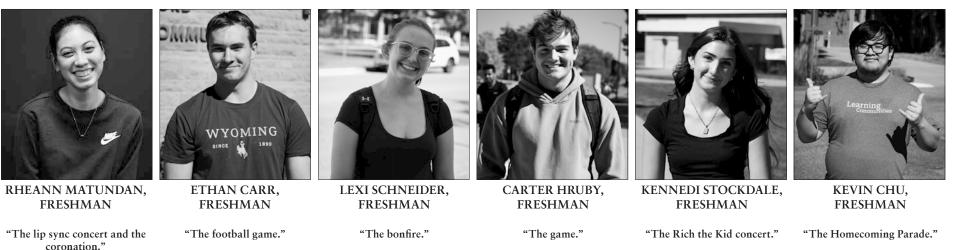
This marked a turning point when it came to the Supreme Court with cases that affirmed LGBTQ rights.

Since then, we've gotten U.S. Vs. Windsor, which helped create marriage equality, and Bostock Vs. Clayton County, which

COLUMN on page 9►

"What are you most looking forward to for Homecoming?"

#### Compiled by Logan Schlosser



## Opinion: Fellow young people, choose freedom and opportunity

#### By BEN LIVINGSTON Staff Writer

The constant election coverage can be dizzying and distracting, no doubt. But amid all of this, it is crucial to know the facts. And the fact is, this November, we face a stark choice.

Let us compare their records on critical issues for young people and see this choice face to face.

Abortion:

Trump has bragged about appointing Supreme Court Justices that were responsible for overturning Roe v. Wade, which constitutionally protected abortion rights for the last 50 years.

He has also consistently dodged questions about his abortion stance. He will give the politically convenient answer of "leaving the issue to the states," but don't be fooled.

If given a second term, Trump will continue his attack on abortion rights and will not stop there.

Harris is committed to protecting abortion rights. She is seeking to pass federal legislation that will protect a woman's right to choose.

Moreover, she has condemned overreaching restrictions on abortion rights. During her tenure as Vice President, Harris supported an executive order that protected interstate travel to access abortion care.

Economy:

Trump's only achievement during his time as president was a tax cut for corporations and his rich friends. That tax cut added a staggering 2.5 trillion to the national debt.

He also is proposing 10% across the board tariffs (or taxes on imports). This will cost working families \$1,700 a year. Trump has little substantive policy proposals, and the few he has would devastate everyday Americans.

Harris wants to create an

opportunity economy. This means investing in the next generation.

Some of these policies include things expanding down-payment assistance for first-time homebuyers, creating a \$40 billion fund to promote affordable housing, tax breaks for middle-class families, expanding the child tax credit, and cracking down on corporate price-gouging.

During the Biden-Harris administration, pandemic-fueled inflation was lowered to 2.5% year on year, 6.6 million more people got health insurance, and overseen record job creation (more than Trump's pre-pandemic numbers.)

Best of all, over 400 economists have recently endorsed Harris and are warning about Trump's policy agenda.

Climate

Trump thinks that climate change is a hoax. As president, he pulled us out of the Paris Climate Accord and overturned an estimated 100 environmental regulations.

In addition to that, a second Trump administration would trigger the downsizing of the Environmental Protection Agency as well as the repealing of green initiatives.

Harris views climate change as a significant threat. She will take on big oil companies and build on their Biden-Harris climate achievements.

One of these achievements includes the Inflation Reduction Act (IRA), in which Harris cast the tie-breaking vote for. The IRA was the biggest piece of climate legislation in our country's history.

According to the World Resources Institute, "The IRA includes nearly \$370 billion in investments in disadvantaged communities, prioritizing projects that repurpose retired fossil fuel infrastructure and employ displaced workers, setting the U.S. on a course toward a fair, equitable and economic clean energy transition." Democracy

Trump fused to concede in the 2020 election, and his dangerous lies caused a violent insurrection.

His Project 2025 agenda calls for giving himself unchecked power, including the ability to replace non-partisan government officials with his extreme supporters.

Additionally, top generals and officials who worked under Trump are warning of his irrational and odious behavior. Overall, Trump and powerful people around him seek to erode our democratic system without any accountability, and in turn, take away our fundamental rights.

Harris will not that happen. Take it from the source. She said, "Across our nation, we are witnessing a full-on attack on hard-fought, hard-won fundamental freedoms and rights, and we will not stand for it, and that, "Attacks on the freedom to vote, attacks on the freedom to be safe from gun violence, the freedom to breathe clean air and drink clean water, the freedom to love who you love openly and with pride, and the freedom of a woman to make decisions about her own body and not have her government tell her what to do.'

She will be a bulwark against the authoritative aspirations of Donald Trump and will protect our fundamental rights.

We know that Kamala Harris and Tim Walz will fight for the freedom, opportunity, and prosperity of every American. We also now know that Donald Trump and JD Vance will fight for themselves, corporations, and their rich friends.

Given all of this, I invite my fellow young people to vote for freedom and opportunity in this election.

Help protect our democracy and your rights. Vote for Kamala Harris and Tim Walz in 2024.

### Letter to the Editor: November Elections

It's fairly obvious that the Democrat Party has been taken over, is being run, by leftwing extremists and fanatics who are so corrupt and sleazy they actually believe it's okay to discriminate against, legally persecute, and make criminals out of decent, moral businesspeople (e.g., bakers, photographers, etc.) who merely don't want to cater to heterophobic homosexuals.

These left-wing, bigoted extremists actually passed laws in numerous states which legalized discrimination against those decent, moral businesspeople. (Thankfully the U.S. Supreme Court ruled such bigoted laws were unconstitutional.)

Presidents Biden and Obama degradingly pandered to heterophobic homosexuals by actually lighting up the White House in rainbow colors, thereby offending millions of decent, moral Americans and probably several billion

decent, moral people around the world. (What kind of people would do that?)

President Biden and "border czar" Kamala Harris have allowed the invasion of our country by illegal immigrants. They have implicitly encouraged hundreds of thousands of people to actually violate our immigration laws. Some might think that's traitorous.

What kind of people would vote for sleazy, left-wing, extremist bigots like Biden and Harris? And don't we have enough crime problems, housing problems, traffic congestion, school problems, expensive food problems, etc., etc., without adding to them by letting hundreds of thousands of illegal immigrants into our country to drive up demand for things like housing and food and make our conditions worse and more crowded? The "woke" really need to wake up.

Sincerely, Wayne Lela

#### **STUGOV** from page 1

tional Student Association and Honorary Societies.

Later on the meeting, President Roshit Niraula gave a weekly report, where he said the Homecoming Week is exciting as well as the weather, meaning that "[students] will hopefully have a bonfire."

#### **CLINIC** from page 1

Summit and Undergraduate Research, as well as \$600,000 in 2023 to establish the operational structure and advance the growth of the Blue Cross and Blue Shield of Minneso-

"Speaker Youngberg and I met with three university affairs committee and had some talks with representatives from South Central, Bethany, City of Mankato" said Niraula. "It looks like we are the only Student Senate that is looking at a really positive numbers this year."

ta Center for Rural Behavioral Health at the University.

The clinic, which is expected to be open by the end of the year, will be located at 1600 Warren St. (Suite 6) in Mankato.



#### COLUMN from page 8

held that discrimination on the basis of sexual orientaton to get the end of LGBTQ

als on the Supreme Court.

In Minnesota we have also We had to elect Bill Clin- seen the benefits of having a democratic Governor in Tim

tion and gender identity is illegal.

The point being that we should give into the too common cynical views such as politics does not matter or that both democrats and republicans are the same.

Nor should we reduce our imperfect system as one where we can only choose the lesser of two evils.

Ultimately we need to remember that progress is possible even if it is not always easy.

It took electing of democratic politicians to get liber-

people being actively persecuted in the military, replacing it with Don't Ask, Don't Tell.

While Don't Ask, Don't Tell had it's problems, it took the election of Barack Obama to get it repealed altogether.

Obama also helped to temporarily ban discrimination in the military on the basis of gender identity, while Trump then tried and somewhat succeeded at repealing Obama's progress on the issue.

It took Biden to fully end discrimination against Transgender service members.

Walz, who banned conversion therapy in our state via executive order in 2021 and later signed the ban into law in 2023.

The thing is, democracy not only "dies in darkness," it dies when we give into the darkness of cynicism and apathy. It dies when we forget what's possible.

So vote and vote again (in the next election as well as the one after that) so that we may continue to benefit from being part of a free and democratic society.

## **Good Luck Maverick Football!**

CITY CENTER MANKATO pub500.com

### US school-entry vaccination rates fall, exemptions rise



ERIC RISBERG • The Associated Press A vial of a measles, mumps and rubella vaccine sits on a countertop at a pediatrics clinic in Greenbrae, Calif., on Feb. 6, 2015.

#### **By MIKE STOBBE** The Associated Press

U.S. kindergarten vaccination rates dipped last year and the proportion of children with exemptions rose to an all-time high, according to federal data posted Wednesdav.

The share of kids exempted from vaccine requirements rose to 3.3%, up from 3% the year before. Meanwhile, 92.7% of kindergartners got their required shots, which is a little lower than the previous two years.

Before the COVID-19 pandemic the vaccination rate was 95%, the coverage level that makes it unlikely that a single infection will spark a disease cluster or outbreak.

The changes may seem slight but are significant, translating to about 80,000 kids not

getting vaccinated, health officials say.

The rates help explain a worrisome creep in cases of whooping cough, measles and other vaccine-preventable diseases, said Dr. Raynard Washington, chair of the Big Cities Health Coalition, which represents 35 large metropolitan public health departments.

"We all have been challenged with emerging outbreaks ... across the country," said Washington, the director of the health department serving Charlotte, North Carolina.

The Centers for Disease Control and Prevention data show that coverage with MMR, DTaP, polio and chickenpox vaccines decreased in more than 30 states among kindergartners for the 2023-2024 school year, Washington noted.

## Southerners stay in touch after Helene

#### By JEFF AMY The Associated Press

Isolated and without electricity or phone service since Hurricane Helene inflicted devastation across the Southeast nearly a week ago, residents in the mountains of western North Carolina are relying on old-fashioned ways of communicating and coping.

At the town square in Black Mountain, local leaders stood atop a picnic table shouting updates about when power might be restored. One woman took notes to pass along to her neighbors. Alongside a fencerow, a makeshift message board listed the names of people still missing. In other areas, mules delivered medical supplies to mountaintop homes. Residents collected water from creeks and cooked over camp stoves. And across the region, people were looking after each other.

President Joe Biden, after surveying the area by helicopter on Wednesday, praised the Democratic governor of North Carolina and the Republican governor of South Carolina for their responses to the storm, saying that in the wake of disasters, "we put politics aside."

While government cargo planes brought food and water into the hardest-hit areas and rescue crews waded through creeks searching for survivors, those who made it through the storm, whose death toll has topped 180, leaned on one another - not technology.

"I didn't know where I was going, didn't know what was going to happen next. But I got out and I'm alive," said Robin Wynn, who lost power at her Asheville home early Friday



JEFF ROBERSON • The Associated Press

People ride in the back of a pickup truck on a mud-covered street left in the aftermath of Hurricane Helene, Tuesday, Oct. 1, 2024.

and was able to grab a bag of canned goods and water before getting to a shelter despite water up to her knees.

Now that she's back home, she said her neighbors have been watching out for one another. Plenty of people have come around to make sure everyone has a hot meal and water.

Helping one another in the hardest-hit areas

In remote mountain areas, helicopters hoisted the stranded to safety while search crews moved toppled trees so they could look door to door for survivors. In some places, homes teetered on hillsides and washed-out riverbanks.

Nearly a week after the storm, more than 1.1 million customers still had no power in the Carolinas and Georgia, where Helene struck after barreling over Florida's Gulf Coast as a Category 4 hurricane. Deaths have been reported in Florida, Georgia, Tennessee

and Virginia, in addition to the Carolinas.

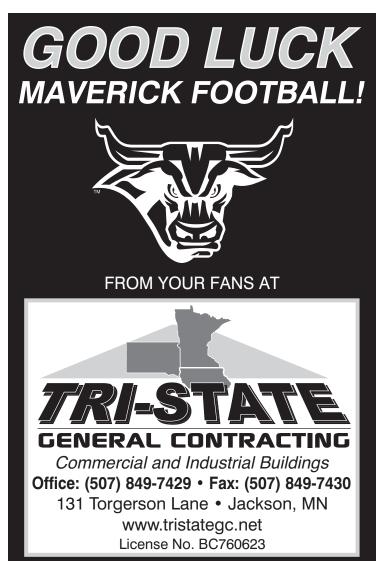
Sarah Vekasi is a potter who runs a store in Black Mountain called Sarah Sunshine Pottery, named after her normally bubbly personality. But these days she's struggling with the trauma of Helene and uncertainty about the future of her business.

"All I can say is that I'm alive. I'm not doing great. I'm not doing good. But I'm extremely grateful to be alive, especially when so many are not," Vekasi said.

One thing that makes her feel a little better is the fellowship of the daily town meeting at the square.

"It's incredible being able to meet in person," Vekasi said after Wednesday's session, where more than 150 people gathered.

Martha Sullivan was taking careful notes at the meeting so she could share the information - roads reopened, progress in getting power restored.





# Grace period for student loan payments is over, what to know



DAMIAN DOVARGANES • The Associated Press UCLA students celebrate during a commencement ceremony inside Pauley Pavilion on UCLA campus, in Los Angeles, June 14, 2024.

#### By ADRIANA MORGA The Associated Press

The 12-month grace period for student loan borrowers ended on Sept. 30. The "onramp" period helped borrowers who are struggling to make payments avoid the risk of defaulting and hurting their credit score.

"The end of the on-ramp period means the beginning of the potentially harsh consequences for student loan borrowers who are not able to make payments," said Persis Yu, Deputy Executive Director at the Student Borrower Protection Center.

Around 43 million Americans have student loan debt, amounting to \$1.5 trillion. Around eight million of those borrowers had enrolled in the SAVE plan, the newest income-driven repayment plan that extended the eligibility for borrowers to have affordable monthly student loan payments. However, this plan is currently on hold due to legal challenges.

With the on-ramp period and a separate program known as Fresh Start ending and the SAVE plan on hold, student loan borrowers who are struggling to afford their monthly payments have fewer options, added Yu. Student loan borrowers who haven't been able to afford their monthly payments must consider their options to avoid going into default. this year-long period, borrowers were encouraged to keep making payments since interest continued to accumulate.

"Normally, loans will default if you fall about nine months behind on making payments, but during this on-ramp period, missed payments would not move people towards defaulting and then being subject to forced collections. However, if you missed payments, you still be falling behind ultimately on repaying your loans," said Abby Shaforth, director of National Consumer Law Center's Student Loan Borrower Assistance Project.

Since this grace period has ended, student loan borrowers who don't make payments will go delinquent or, if their loans are not paid for nine months, go into default.

Borrowers who cannot afford to make payments can apply for deferment or forbearance, which pause payments, though interest continues to accrue.

What happens if I don't make my payments?

Borrowers who can't or don't pay risk delinquency and eventually default. That can badly hurt your credit rating and make you ineligible for additional aid and government benefits. If a borrower missed one month's payment, they will start receiving email notifications, said Shaforth. Once the loan hasn't been paid for three months, loan servicers notify to the credit reporting agencies that the loan is delinquent, affecting your credit history. Once the borrower hasn't paid the loan for nine months, the loan goes into default.

plan, which determines your payments by looking at your expenses. You can see whether you qualify by visiting the Federal Student Aid website. If you've worked for a government agency or a non-profit organization, you could also be eligible for the Public Service Loan Forgiveness Program, which forgives student debt after 10 years.

What happens when a loan goes into default?

When you fall behind on a loan by 270 days — roughly 9 months — the loan appears on your credit report as being in default.

Once a loan is in default, it goes into collections. This means the government can garnish wages (without a court order) to go towards paying back the loan, intercept tax refunds, and seize portions of Social Security checks and other benefit payments.

What if I can't pay?

If your budget doesn't allow you to resume payments, it's important to know how to navigate the possibility of default and delinquency on a student loan. Both can hurt your credit rating, which would make you ineligible for additional aid. If you're in a short-term financial bind, you may qualify for deferment or forbearance allowing you to temporarily suspend payment. To determine whether deferment or forbearance are good options for you, you can contact your loan servicer. One thing to note: interest still accrues during deferment or forbearance. Both can also impact potential loan forgiveness options. Depending on the conditions of your deferment or forbearance, it may make sense to continue paying the interest during the payment suspension.

### Coach praises Tim Walz's son for helping protect other kids after shooting

#### By STEVE KARNOWSKI The Associated Press

When the issue of gun violence came up at the vice presidential debate, Minnesota Gov. Tim Walz had a personal story to tell: His teenage son, Gus, had been at a sports center last year when a shooting took place.

Gus Walz was at volleyball practice at the Jimmy Lee Recreation Center in St. Paul the afternoon of Jan. 18, 2023, when a 16-year-old was shot and seriously wounded outside.

It wasn't the first time Tim Walz had spoken about his son's brush with gun violence, and the shooting itself was widely publicized locally.

But the Democrat's remarks Tuesday night at his debate with Republican JD Vance, as the public is still getting to know both vice presidential candidates, offered the biggest stage yet to personalize an issue that has deeply affected many American families.

On Wednesday, the youth's volleyball coach, David Albornoz, praised Gus in an interview with The Associated Press for how he helped get other kids to safety and keep them calm amid the chaotic scene.

"I was impressed by Gus and the kids in general, and how they handled it," Albornoz said. "Gus stayed with the kids as he was supposed to do."

The shooting came up as Walz and Vance were debating gun violence.

"Well, I think all the parents watching tonight, this is your biggest nightmare," Walz said. "Look, I've got a 17-year-old and he witnessed a shooting at a community center playing volleyball. Those things don't leave you."

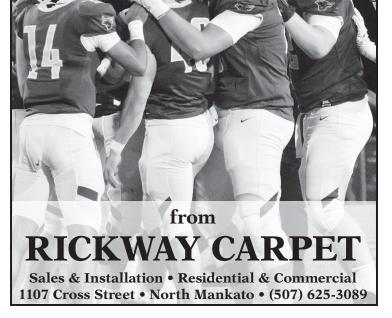


If you have student loans, here's what you need to know.

What was the on-ramp period?

The Education Department implemented this grace period to ease the borrower's transition to make payments after a threeyear payment pause during the COVID-19 pandemic. During

If you're struggling to pay, advisers first encourage you to check if you qualify for an income-driven repayment







# SPORTS Sports Psychology degree on the rise

By EMMA JOHNSON Editor in Chief

While athletes may look focused and determined on gameday, fans rarely see what's going on mentally. Thankfully, with the help of those at the Sport, Exercise and Performance Psychology Center, athletes in the Mankato area don't have to face their troubles alone.

The program was started in the early 1980s by Joe Walsh who ran the program until 2007 when current director Cindra Kamphoff took over. Kamphoff said students getting master's degrees in Sports, Exercise and Performance Psychology can work as sport psychology consultants, mental performance consultants, in collegiate or professional athletic departments to name a few.

"The military is one of the biggest employers of people who get a degree in our field as they can work with military members to focus on their ability to deal with pressure," Kamphoff said.

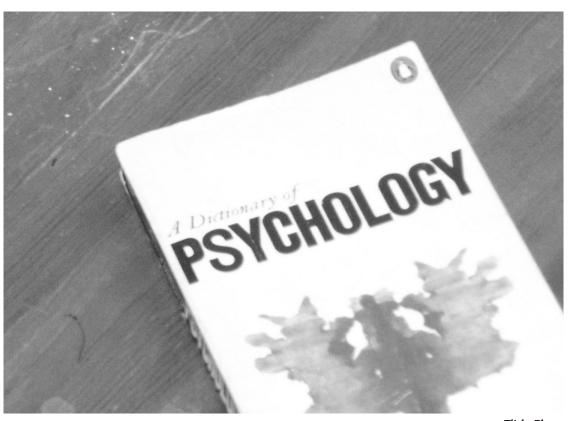
Recently, MSU was ranked 8th in the country for the master's program by sportsdegreesonline.org. Kamphoff said one of the reasons the program was ranked so highly was for the real-world experience students get by getting certification hours in the community. Students in the master's program work with Maverick Athletics, the MSU ROTC team, St. Peter Schools and Mankato East and West high schools.

Kamphoff said the experience master's students get involves mental training workshops where they teach others skills related to performing under pressure, letting go of the fear of failure, motivation and confidence. MSU athletes and students can access these services for free. Community members can access the center for \$25 a session.

The 36-credit program allows students to become Certified Mental Performance Consultants (CMPC). Classes range from psychology courses to interpersonal skills and research courses. MSU is also home to one of the only programs with dual enrollment for the sport and performance psychology program and the mental health counseling program.

While sports psychology has been around since the 1970s, Kamphoff said the degree has become more prominent in the last 10 years, thanks to athletes like Simone Biles and Michael Phelps being open about their mental health struggles.

"In the early 2000s, people weren't as open to talking about mental health. Now, the teams and coaches we work with see



Flickr Photo

With athletes struggling to perform under the pressure of hundreds of people watching them, those with their degrees in sports, exercise and performance psychology can help them overcome their challenges.

the importance of the mental game," Kamphoff said. "They know they have to train physically, but usually it's the mind that gets in the way."

Second-year master's student Tess Limberg got her undergraduate degree with a bachelor's in psychology and a minor in sports medicine. She said in high school, athletics were a big part of her life. When she got to college, she focused more on the health and fitness side.

"It sounded like the most fun career ever. I always knew I wanted to do something to help people and it just sounded perfect," Limberg said.

Limberg said her dream job would be to work as a counselor for an athletic department or professional sports league on the "mental performance side PSYCHOLOGY on page 18>

## Gritty Tigers close out playoff sweep of Astros

#### By KRISTIE RIEKEN The Associated Press

Manager A.J. Hinch wanted his Detroit Tigers to embody their home city. Hard-working with a never-give-up attitude, but most of all a team that had grit.

That's how they stormed into October — and just kept going.

Andy Ibáñez hit a tiebreaking three-run double in Detroit's four-run eighth inning, and the Tigers swept the Houston Astros with a 5-2 victory in Game 2 of their AL Wild Card Series on Wednesday. "Our city is built on grit," a jubilant Hinch said in a prosecco-soaked clubhouse. "That's what it is. I remember saying that I wanted to have a team that this city is proud of. I think the city is pretty proud of what we're doing and how we're doing it and the fight that this team shows." Parker Meadows homered as Detroit ended Houston's run of seven consecutive appearances in the AL Championship Series. It was a sweet moment for Hinch, who led Houston to a



gers is a trip to Cleveland to take on the AL Central champions in a best-of-five AL Division Series. Game 1 is on Saturday.

"Regardless that nobody was rooting for us, regardless that nobody was putting us in the playoffs in a good spot, we didn't care," Ibáñez said. "We just put in hard work ... to make the results come."

Kerry Carpenter sparked Detroit's eighth-inning rally with a one-out single off Ryan Pressly (0-1), who converted his first 14

KEVIN M. COX • The Associated Press

Detroit Tigers' Andy Ibanez celebrates his bases-clearing double against the Houston Astros in the eighth inning of Game 2 of an AL Wild Card Series baseball game Wednesday

championship in 2017 and was tros' sign-stealing scandal. fired in the aftermath of the As-

"This is what you play for,"

he said. "Baseball's great." Next up for the wild-card Tipostseason save opportunities. Carpenter advanced to third on a single by Matt Vierling and scored on a wild pitch, tying it at 2.

Pressly departed after Colt Keith reached on a two-out walk, and closer Josh Hader walked Spencer Torkelson to load the bases.

Hinch then sent Ibáñez up to hit for Zach McKinstry, and he lined a 1-2 sinker into the corner in left for a 5-2 lead.

Ibáñez hadn't driven in a run since Sept. 10. He hit just .167 in September.

"He's had a tough stretch," Hinch said.

## Knicks add Karl-Anthony Towns from Timberwolves



Minnesota Timberwolves center Karl-Anthony Towns (32) drives to the basket over Dallas Mavericks forward Maxi Kleber (42) during the second half in Game 4 of the NBA basketball 2024 Western Conference finals.

#### By BRIAN MAHONEY The Associated Press

Karl-Anthony Towns joined the Knicks on Wednesday after the Minnesota Timberwolves sent their four-time All-Star to New York in a three-team trade that also included the Charlotte Hornets.

The deal was agreed to Friday but took a few days to complete under the NBA's complicated new trade rules, meaning Towns has not been able to practice with the Knicks in their first two days of training camp in Charleston, South Carolina.

After practice in Minnesota, Timberwolves coach Chris Finch fondly reflected on his time with Towns and praised him for how welcoming he was upon being hired midway through the 2020-21 season to replace Ryan Saunders, with whom Towns had a close relationship.

"Performance wise, one of the most skilled players I've ever coached, no doubt about it. Incredibly talented player who did a lot of amazing things in last year's playoffs. That doesn't happen without his contribution on both ends of the floor, for sure," Finch said. "Just a really good guy, big for the community. So it's always hard. It just is. You don't think about the human side of things when you're contemplating these types of moves, but when they happen, that's the first thing that comes to mind." The Knicks can't wait to plug him into their center spot, believing his outside shooting can be the key for a team that thinks it can contend for a title this season. "He possesses a blend of playmaking, shooting, rebounding and defending that in combination with his size allows him to compete at a level that is rare in this league," Knicks President Leon Rose said in a statement.

The Timberwolves received three-time All-Star Julius Randle and guard Donte DiVincenzo from the Knicks, while reacquiring Keita Bates-Diop and also receiving a first-round pick

The Knicks sent Charlie Brown, DaQuan Jeffries and Duane Washington Jr. to the Hornets, along with two second-round picks, and acquired the draft rights to center James Nnaji.

Towns arrived in Minnesota as the No. 1 pick in the 2015 draft and leaves what appears to be a team on the rise. The Timberwolves reached the Western Conference finals last season, even though Towns was limited by injuries to 62 games.

Now the 7-footer, who has averaged 22.9 points and 10.8 rebounds while shooting 39.8% from 3-point range, leaves behind an All-Star pairing with Anthony Edwards for one with Jalen Brunson.

"Nine years ago, I arrived in Minnesota as a young man with a dream. Little did I know that this place would become my home, and its people would become my family. Your love, support, and unwavering loyalty have fueled my journey and inspired me to be the best player I could be," Towns wrote on X in what he called a post to the Timberwolves family. "Thank you to my teammates, coaches, and the entire Timberwolves organization for the countless opportunities and experiences. I'll cherish the friendships I've made and the battles we've fought together." He rejoins Tom Thibodeau, one of his former coaches in Minnesota, after the Knicks gave up two key pieces to get

him.

Randle was the NBA's Most Improved Player in 2021, when he led the Knicks to their first playoff berth since 2013, and the Knicks went to the postseason in three of his five seasons in New York after being one of the league's worst teams before he arrived. The Knicks reached the Eastern Conference semifinals the last two years, though Randle missed the postseason last season after surgery for a dislocated shoulder.

"Julius played a major role in establishing the foundation and culture of our team and we cannot thank Julius enough for what he did for this city and organization both on and off the court," Rose said.

DiVincenzo averaged a career-high 15.5 points last season, his only one with the Knicks, and his career-best 283 3-pointers made were third in the NBA and set a single-season franchise record.

For the Timberwolves, Di-Vincenzo was the vital part of the deal for added depth on the wing. Finch said the club was not financially motivated to move Towns' contract, even if they were on track to pass the second apron of the luxury tax. "Our ownership was and is committed to paying large amounts of tax for this team to be highly competitive. That hasn't changed," Finch said. "This deal in totality checks a lot of boxes. We think it's a great basketball trade. We think it makes us deeper in a lot of ways and in ways that we needed. It does give us flexibility and mechanisms to keep remaking the team going forward. That, more than anything, that whole package there was the reasons for the deal. But it doesn't change either our expectations coming into the season."

### Vikings plan to bring Hockenson back to practice



BRYCE KLUCKHOHN • The Associated Press Minnesota Vikings tight end T.J. Hockenson walks on the field before an NFL football game against the San Francisco 49ers Sunday.

#### By DAVE CAMPBELL The Associated Press

The Minnesota Vikings plan to open tight end T.J. Hockenson's practice window later this week, putting the two-time Pro Bowl pick another step closer to returning from the torn ACL and MCL in his right knee suffered Dec. 24 in the Week 16 game last season.

Coach Kevin O'Connell said Wednesday that Hockenson, who started the season on the physically unable to perform list, would start practicing with the team Friday in London.

Hockenson will then have 21 days to continue ramping up before the Vikings (4-0) must add him to the active roster out there as fast as I can, but I told them at the beginning: 'I'm kind of a workhorse. Throughout this whole process, I'm going to do everything times two that you're going to tell me to do, so you're going to have to put the reins on me and pull me back,'" Hockenson said Wednesday after finishing his individual workout.

Hockenson credited vice president of player health and performance Tyler Williams and associate head athletic trainer/director of rehabilitation Matt Duhamel and the rest of their staff for harnessing his eagerness without letting him skip steps.

"These guys have done a really good job of not really putting timelines in my head, because that stuff really gets to me," Hockenson said.

"I've been pushing to get



Right off intersection of Madison Ave. & Victory Dr.

## NHL shooting for another great season

#### **By STEPHEN WHYNO** The Associated Press

Aleksander Barkov lifted the Stanley Cup over his head, passed it around to his Panthers teammates and hockey's holy grail got a new home in South Florida. The next morning, Matthew Tkachuk gave it a saltwater bath in the Atlantic Ocean.

Commissioner Gary Bettman woke up after what former player-turned-analyst Paul Bissonnette called the greatest season in NHL history and said to himself: "Wow, that was great. Now we've got to do it again."

It will be a tough act to follow.

The Panthers will be looking for a third consecutive trip to the final, the Edmonton Oilers will be eager to avenge their Game 7 loss to Florida and the league is out to keep the momentum going after setting an attendance record, hitting a new high water mark in revenue and getting more eyeballs on the sport in North America and beyond than perhaps ever before.

"You've got to do it again, and you've got to do it better," Bettman said on the eve of training camps. "If you take anything for granted, if you're satisfied with the status quo, no matter how good it is, you will



WILFREDO LEE • The Associated Press

NHL commissioner Gary Bettman, left, presents the Stanley Cup to Florida Panthers center Aleksander Barkov after the Panthers beat the Edmonton Oilers in Game 7 of the NHL hockey 2024 Stanley Cup Finals.

slide backwards, so we've got to keep pushing."

Reigning playoff MVP Connor McDavid, Leon Draisaitl and the Oilers are pushing to win the Cup for the first time since 1990. Alex Ovechkin is in hot pursuit of Wayne Gretzky's career goals record. And after McDavid and Tampa Bay's Nikita Kucherov each racked up 100 assists, can Toronto's Auston Matthews score 60 goals again?

"There's so many good players," Hall of Fame goaltender Henrik Lundqvist said. "It's so fast. The players are so skilled, creative. The game is in a great place, and you can feel the excitement."

Panthers claw for more Florida has won the Eastern

Conference each of the past two

years, losing to Vegas and then beating Edmonton for the first title in franchise history. They are trying to follow the crossstate rival Lightning, who were East champs from 2020-22, and also go back to back.

"You put all that work in your whole life, I don't think it's something you're ever going to forget or not think about," Panthers forward Sam Reinhart said. "Pretty quick after, you flip the switch in terms of getting ready to next year to try and do it all over again."

The Panthers are about to defend the Cup for the first time. Coach Paul Maurice can't wait to find out what that is like.

"I'm very aware of all the challenges that come with it, how few repeats there are, how hard it is just to get there in any year, let alone the potential to get to the final for three years in a row," Maurice said. "But then there's also an excitement for this year to start. Let's go, right? Every guy that's walked in, it's not euphoria anymore. There's just a little smile that you share. But, oh, it's great."

Florida will have to contend with some other beasts in the East, including Carolina and the New York Rangers, along with Toronto featuring an accomplished new coach behind the bench.



## Patrick Mahomes sees himself turning a corner

#### By DAVE SKRETTA The Associated Press

Patrick Mahomes has been through self-described slumps before, including last year, when the Chiefs struggled so mightily late in the season that some were calling them a long shot to win another Super Bowl title.

Then the two-time league MVP played his best football in the postseason and they won a second straight championship.

So even though Mahomes has not played well during a 4-0 start heading into Monday night's game against New Orleans — by his own lofty standards, anyway — he knows things can change in a hurry. The important thing is to continue working on the details, all those small but often overlooked things, and keep the confidence that he has been through this before.

"That's what I learned last year," Mahomes told a small group of reporters Wednesday. "I obviously went through a slump where I didn't play as good at the end of last year, and I just continued to work on it in practice. And in the playoffs, I thought I played a very high level. And so that's what I've been focusing on right now."

Indeed, Mahomes threw for his fewest yards in a full season



ASHLEY LANDIS • The Associated Press

Kansas City Chiefs quarterback Patrick Mahomes, left, talks with head coach Andy Reid during the second half of an NFL football game against the Los Angeles Chargers Sunday, Sept. 29, 2024, in Inglewood, Calif.

in six years as a starter last regular season, along with his fewest touchdown passes and most interceptions.

Yet when the playoffs rolled around, Mahomes completed nearly 70% of his passes, threw six TD passes against one interception, and led Kansas City to wins over Miami, Buffalo and Baltimore.

In the Super Bowl against San Francisco, he threw for 333 yards with two TDs and was MVP of the Chiefs' overtime victory. That all provides optimism for the rest of this season.

Mahomes has so far played perhaps his worst four-game stretch as an NFL starter, throwing for 909 yards with six TD passes and five interceptions. And he knows it, too, insisting after each win that he needs to perform at a higher level.

He believes there are several reasons for the slow start, though none have to do with a busy offseason away from the field.

For one thing, opposing defenses have developed shell coverages that have taken away the deep shot that Mahomes made so famous when Tyreek Hill was running routes for him. They are basically daring Kansas City to beat them with the run game, or at worse, forcing Mahomes into throwing short passes, pick up first downs and grind the ball down the field.

"It's not as fun," he admitted with a smile. "You're not going to see a lot of one-play touchdowns unless you hit, like, a crazy shot. So we have to keep working so that we can execute at a high level. And I think that has been something I've worked on with how teams are playing us. I have to continue do to that, and show that we can drive the ball all game long."

The other big reason Mahomes believes he's gotten off to a slow start? Paralysis by analysis.

Just like baseball players often look at video of themselves when they're trying to end a slump, Mahomes will occasionally look at film of his younger days.



## Georgia is looking for faster start against Auburn after loss to Alabama



Georgia quarterback Carson Beck (15) throws the ball against Alabama during the first half of an NCAA college football game, Saturday, Sept. 28, 2024, in Tuscaloosa, Ala.

#### By ERIC OLSON The Associated Press

It's bounce-back week for two of the Southeastern Conference's top teams.

No. 5 Georgia, coming off a 41-34 loss at Alabama, hosts an Auburn team that will be playing its first road game. The Bulldogs have won 26 straight in Athens for the nation's longest active home streak.

The Bulldogs are looking for

#### a better start. It took them until the third quarter to score its first touchdown against Clemson in the opener, they were shut out until late in the second quarter against Kentucky and they were down 28-0 to Alabama before getting on the board.

No. 12 Mississippi has a tricky game at South Carolina following 20-17 home loss to Kentucky. Remember, the Gamecocks went on the road and beat Kentucky 31-6 in

#### l Week 2.

"Really hard place to play, going on the road here to South Carolina with a team really good, that really easily is one penalty away from being undefeated and probably ranked really high," Ole Miss coach Lane Kiffin said, referring to the Gamecocks' 36-33 loss to LSU.

The only game matching Top 25 teams is No. 9 at No. 25 Texas A&M.

#### PSYCHOLOGY from page 14

of things." Her favorite class so far has been a seminar in sports psychology.

"It helped me get to know myself as a consultant and influenced the way I understand myself so I can understand the way I want to help other people," Limberg said.

Limberg said the experience she's received from working with students at MSU, Bethany Lutheran College and Gustavus Adolphus College in St. Peter has helped prepare her for postgrad life.

"I've had the opportunity to do individual work with clients once a week or every other week where we work on more mental performance things," Limberg said. Bachelor's in psychology with minors in sociology, sports psychology and coaching. Goldsmith said he played soccer in college and by majoring in psychology, his two worlds combined.

"I went into my last year of being on my college team and I started to think about how I could make a difference not just as a player, but as someone studying sports psychology," Goldsmith said.

Goldsmith works with Mankato East and St. Peter's high school soccer teams. He said bringing psychology into the sports field is important in helping athletes change their perceptions. well because that's part of their identity," Limberg said.

Goldsmith said students should join the program if they are looking for a way to get plenty of experience through applied hours.

"I don't remember a week where I haven't been getting hours. In Mankato, you need to get 400 hours total while other school's master's programs require 50 or 100 hours," Goldsmith said. "It saves a lot of hassle post-graduation when you're trying to finish off that certification."

The biggest takeaway Limberg has got from the program has been the relationships she's created. Governor to allow LA Clippers' new arena to serve booze past 2 a.m.



RYAN SUN • The Associated Press The exterior of the new Intuit Dome is seen during the LA Clippers' NBA basketball team's media day, Sept. 30, 2024, in Inglewood.

#### **By TRAN NGUYEN** The Associated Press

The last call for drinks is 2 a.m. in California, but the state will soon carve out an exception to allow alcohol to be served until 4 a.m. for one private, members-only club located in the Los Angeles Clippers' new state-of-the-art arena.

The new law signed by Gov. Gavin Newsom over the weekend will allow about 100 club members to be served wine, beer and other liquor until 4 a.m. in private suites inside the Intuit Dome after game days and concerts.

It was sponsored by a group owned by Steve Ballmer, the current Clippers owner and former CEO of Microsoft. Ballmer funded the Intuit Dome and his wife, Connie Ballmer, gave Newsom's campaign \$1 million in 2021 to help fight a recall election against the governor.

The group owned by Steve Ballmer also spent roughly \$220,000 this year to sway lawmakers on the legislation, among other proposals, according to lobbying reports.

The measure drew criticism from some, including ethics experts, for granting an exception benefiting a major campaign donor's family member.

"It's certainly going to become an issue for his opponents and critics to point to the fact that he seemed to provide a special favor to a wealthy sports franchise owner and its facility and its wealthy fans," said John Pelissero, director of government ethics at Santa Clara University. "It just doesn't look good."



While the program has students from the surrounding Mankato area, Kamphoff said several international students are involved in the program. Past students have been from Italy, Sweden, Spain, Hong Kong and the Philippines.

"A lot of our students go back to their country and make sports psychology more prominent there. It's cool to see the impact one program in Minnesota can make throughout the world," Kamphoff said.

First-year master's student Callum Goldsmith is from the UK where he received his "Some athletes value their mental performance at 80% and others at 10%, but if you could be 10% better, why wouldn't you be?" Goldsmith said. "If they go out and play better because of it, then we've done our job."

Limberg mentioned the importance of bringing psychology into the sports field as student-athletes face a unique set of challenges.

"They have the stressors of normal people and they also have the high-demanding stress of going to practice every day and performing in front of lots of people. There's a lot of selfworth around performing as "You're working with so many different types of people with so many different backgrounds. Everybody is so supportive and there for each other," Limberg said. "It's given me such a sense of reward and confidence to prepare me for a future in this career."

Kamphoff said students who want to make a difference by changing how others think should consider joining the master's program.

"It's a rewarding field because we're behind the scenes and you can make a major difference that impacts athlete's actions and the results they get," Kamphoff said.



# VARIETY

Rally For Women in Charge

By ANAHI ZUNIGA Variety Editor

To rally potential voters on campus, the Minnesota State's College Dems hosted a rally and concert titled "Put a Woman in Charge," in the EJ Halling Recital Hall Tuesday where several elected women officials and candidates were in attendance to speak on the upcoming election and discuss the importance of voting among college aged-women, along with featured performances from women musicians.

President of Students for Reproductive Justice Deyton Drost and vice president Avalon Luehman both served as emcees for the event where they introduced the speakers and performers while also listing significant statements about the ongoing fight for women's reproductive rights.

Luehman shared what the planning process was like for the rally and concert, saying that "there was a lot of logistics and a lot of different people all working together."

"It was kind of hectic. Working with everyone's schedules, making sure everyone was on the same page, that we all knew what was going on. A lot of things were changing as well in the background so it was adapting scripts and order of performance to all the changes," Luehman said.

In addition to the College Dems, Students for Reproductive Justice also collaborated with the Blue Earth County DFL and received support from both the LGBT Center and the Women's Center. Drost said that by working



The MSU College Dems hosted a rally and concert titled "Put a Woman in Charge," where elected women officials and candidates were in attendance to speak on the upcoming election, along with featured performances from women musicians

with different organizations and seeing how they make decisions, it created an engaging and interesting experience.

"It was really good, because we haven't really done any collaborations in the past, to be completely honest, because our group is so new that last year, we really focused on getting the group started and off the ground so now that we're actually able to collaborate, we can put a nice, new experience," Drost said.

With 33 days left until Election Day, Drost and Luehman discuss why it was overall important to have the rally on campus as many college students, specifically women, hold the power to make an impact with their vote and their voice.

"The main demographic or target audience is young college-aged women. Because, our generation really does have the power to fight for our rights this November. And I think if we can get a lot of people together, especially college students, that have the right to do so, we can make some changes with this district specifically," Drost said.

"With the ballot this November, our reproductive rights are at stake and reproductive rights is a human right, and women have been left out of politics for far too long, and we want to get young, college-aged women to hear how important they are," Luehman said. "How valuable their voices are, and how we can come together and use our vote to make sure that we have one, women in office and two, make sure we're voting for women that want to protect our reproductive rights."

Since the rally was also a concert, the featured performers at the event were duo Hannah Cesario and Kristie Campana, duo Mal Murphy and Christa Bohlman, Stephanie Thorpe, Ann Fee and Laura Schultz.

Between the performances, speakers came on stage to address the audience, such as Sara Nett who is running for Minnesota House of

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## Attention to Artists: Sofi Tukker

By EMMA JOHNSON Editor in Chief

If you haven't determined already, I love finding up-and-coming artists who deserve to find massive success and have their music shared amongst millions of followers. One of the ways I've found some of my favorite musical artists has been by hearing only a tidbit of their work and discovering more about them.

High school Emma was curled up in her bed, watching "To All the Boys: P.S. I Still Love You" when protagonist Lara Jean walks into a senior citizen home and a clubby, pop tune played. Not what I was expecting for the scene. While the rest of the movie continued to play, I just couldn't get the beat out of my head. The subtitles read "Purple Hat by Sofi Tukker" and once the movie was finished, I decided to look up the band.

Needless to say, I've been hooked on their music ever since. The duo's name comes from combining Sophie Hawley-Weld and Tucker Halpern's names. They met at Brown University where they combined their two different cultural backgrounds (Hawley-Weld's Portuguese vocals and Halpern's West African percussion) into danceable bops.

While their EP "DANCING ON THE PEOPLE" shot their music to more listeners, their first single "Drinkee," released in 2015, earned them a Grammy nomination. Their debut EP "Soft Animals" has hints of country, tropical beats and dance music woven throughout the record's six songs.

Sofi Tukker expanded their talents further while still capitalizing on the exotic club beats on their debut album "Treehouse" released in 2018. The duo slows their usual energy down on "Benadryl," focusing on the aftermath of a wild night full of "colored hair in the sink/jewels, glitter, sushi and candy." The hangover doesn't last too long before the following song "Bats\*\*t" shows just how wild those nights get with tunky electric beats. Songs like "The Dare" show Hawley-Weld's poetic side through lyrics while "Baby I'm A Queen" encapsulates house music in a powerhouse club anthem. While I loved hearing their early works and getting a taste of musical genres outside of what I typically listened to, "DANCING ON THE PEOPLE" quickly became my favorite of their albums. Sofi Tukker's versatility shines from the second "Swing" starts, a synth-filled track with strings peppered throughout. From the tropical festival vibes on "Playa Grande" to the packed New York clubs on "Purple Hat" and the dream-like essence of "Fantasy,"

## Tis the season to watch your favorite fall film

By TINA DOLAN Staff Writer

As the sun sets sooner and the weather gets cooler, many of us cozy up and do relaxing activities like watching our favorite fall movie.

Whether you prefer a heartwarming classic or a chilling horror movie, many autumn-based films will surely get you into the spirit of



Shop follows three young waitresses (Julia Roberts, Annabeth Gish and Lili Taylor) through their love lives, hardships, hopes and dreams for the future.

Scream (1996). If you are willing to watch a movie with a darker and spookier plotline, look no further than the fan-favorite scary movie, "Scream." Enter into a small California town where teenagers at Woodsboro High are being terrorized by a serial killer wearing a ghost mask. Unlucky for Sidney Prescott (Neve Campbell) and her friends, the killer is targeting them next. If you enjoy the first film, six others are in the franchise. Practical Magic (1998). I adore this movie because it tells the story of the friendship between sisters who happen to be witches. Watch leading ladies Sally Owens (Sandra Bullock) and Gillian Owens (Nicole Kidman) go through challenging times as they try to find true love, but a long family curse prevents them from doing so. The sisters become closer than ever before after they kill Gillian's abusive boyfriend out of defense, but his evil spirit still lingers.

the season.

So grab the popcorn, wrap yourself in a fluffy blanket and enjoy the show!

The Twilight Saga (2008-2012). The "Twilight" films are a fall and Halloween staple because of their gloomy and rainy backdrop, supernatural creatures and dark romance storyline. Set in Forks, Washington, the story follows an ordinary teenage girl, Bella Swan (Kristen Stewart), her overprotective vampire boyfriend, Edward Cullens (Robert Pattinson) and her werewolf best friend, Jacob Black (Taylor Lautner). The vampires and werewolves have a long-standing rivalry, leaving Bella in the middle of the drama. To heat the Courtesy of IMDb Julia Roberts, Annabeth Gish and Lili Taylor star together in fall favorite film "Mystic Pizza," which follows the lives of three young waitresses.

conflict even more, a love triangle forms between the characters, leaving Bella having to choose between one of the hunky men.

Hocus Pocus (1993). This iconic Halloween movie is one for the ages. Although the film bombed at the box office, it later became a cult classic after its many airings on television and being released on streaming services sites. The film's popularity comes in part from the humorous and evil Sanderson Sisters (Bette Midler, Sarah Jessica Parker and Kathy Najimy), who are 17th-century witches that terrorize Salem, Massachusetts, on the night of Halloween after being awakened by teenage boy Max (Omri Katz). Mystic Pizza (1988). This film is based in a town on the New England coast during the fall and is aesthetically pleasing because of its beautiful scenery as the leaves change color. The Mystic Pizza

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Representatives to represent District 22B, Marisa Ulmen who is running for Minnesota House of Representatives District 22A and Julie Blaha who has been serving as the state auditor of Minnesota since 2019.

Rachel Bohman, who is running for election to the U.S, House to represent Minnesota's 1st Congressional District, was also in attendance and spoke on the power that college students have on the upcoming election.

"I think about all the young people that are here in this university and the world, and the difference that they will have the power to influence in their lifetime. I think about how inspired I am every single day by the men and women in this college and across this district and other colleges. There are 44 million Gen-Zers. They have the power this November to make such an impact on our election." Bohman said.

Lt. Gov. Peggy Flanagan, who was not able to make it in person, sent in a video discussing the legacy of hard work that women have done for the past few years.

"I was raised by an incredibly strong woman who taught me that

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there's seldom a track that doesn't bring a form of energy on the album.

Since then, Sofi Tukker has gained more publicity from other groups. Icona Pop, best known for their 2012 hit "I Love It" collaborated with the duo on "Spa," a cheeky song full of beauty-puns and "wanting to feel the sweat from the steam room and the sauna" instead of the clubs. Full of heavy bass, it couldn't be more different from a spa's soothing environment. The duo was asked to record a song, "Feeling Good" which was a track in the "Birds of Prey" movie about Harley Quinn in 2020. Their music has even been featured in commercials for Peloton, Apple and most recently, SmartWater used the title track off their 2022 album "WET TENNIS?

I've mentioned before how much I love listening to musicians we need to fight for each other, we need to stand up for each other. And that is a legacy that she left in me and certainly in my daughter. We lost my mom right after the election in 2022 and I miss her every day," Flanagan said. "But I know that ensuring that our young people have access to breakfast and lunch when we pass paid family and medical leave, when we protected access to abortion care, that all continues the good work of my mom and so many other women who have laid a path for all of us. Now it's our turn."

As the voter registration deadline approaches, Drost and Luehman offer advice to MSU students who are planning to register to vote for the first time.

"Do your research. Make a decision that is best for you and be informed about what it is and who it is that you're voting for," Luehman said.

"There's no excuse. If you don't know who somebody is, then look them up," Drost said.

Voter registration for Minnesota ends on Oct. 15. If anyone is interested in registering or checking their registration, visit www.vote. gov

whose songs vary and don't sound

the same. I can't think of a better

group than Sofi Tukker. If I want to

### Doctor involved in Matthew Perry's death pleads guilty

#### By ANDREW DALTON and KAITLYN HUAMANI The Associated Press

A San Diego doctor became the third person to plead guilty in the case of Matthew Perry's fatal drug overdose, as prosecutors collect cooperators in an attempt to convict two bigger targets they say are responsible for the death of the "Friends" star.

Dr. Mark Chavez, 54, entered the plea Wednesday to a felony count of conspiring to distribute the surgical anesthetic ketamine in federal court in Los Angeles, after reaching a plea agreement with prosecutors in July.

Chavez agreed to cooperate as the U.S. Attorneys Office pursues more serious charges against Dr. Salvador Plasencia, who prosecutors say gave ketamine directly to Perry. The other major target in the investigation is Jasmine Sangha, an alleged dealer who prosecutors say was known as the "ketamine queen" of Los Angeles and supplied the doses that killed Perry last year.

Chavez stood in court with his lawyer and answered dozens of questions from Judge Sherilyn Peace Garnett. He agreed to give up his right to trial and other rights.

He listened to prosecutors as they read through every instance of him meeting with Plasencia be-



DAMIAN DOVARGANES • The Associated Press Dr. Mark Chavez, a physician from San Diego is charged in connection with actor Matthew Perry's death from an accidental ketamine overdose.

tween San Diego and Los Angeles to hand off ketamine he got using fraudulent prescriptions. In all, he admitted to supplying 22 5-milliliter vials of ketamine and nine ketamine lozenges.

Chavez cleared his throat when a prosecutor described Perry's death.

"Are you pleading guilty because you did the things the prosecutors described?" Garnett asked Chavez. "Yes, your honor," he said.

Chavez remains free on bond until his April 2 sentencing. He has turned over his passport and agreed to surrender his medical license, among other conditions.

The judge told him that she is not bound by any agreement or recommendation and can still sentence him to the full 10 years allowed by law. But he is likely to be sentenced to far less time because of the plea and his cooperation with prosecutors.

His lawyer Matthew Binninger spoke only briefly to reporters outside the courthouse.

"Mark entered his plea of guilty and that's now public record," Binninger said.



dance around my room, I'll throw on "Spiral" from their recent 2024 album "BREAD" or "Sun Came Up" on "WET TENNIS." If I need a pick-me-up for confidence, I'll listen to "Kakee," their bossa-nova spy film-sounding track. If I want to slow things down a bit, I'll listen to "Ringless," their most mellow, gentle song produced. The best part about music is anyone and everyone should be able to enjoy the rhythms and dance. If you

had told me five years ago, I could sing lyrics in other languages, I wouldn't have believed you. Thanks to Sofi Tukker, I've found a great appreciation for cultural music. From crossing multiple genres of music and blending cultures effortlessly, Sofi Tukker should be who musicians are watching on how to keep people on a dancefloor.



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## Chanel wrestles with designer void and appoints new ambassador

#### By THOMAS ADAMSON The Associated Press

A giant empty cage greeted Chanel's guests at its return to the Grand Palais on Tuesday. Though perhaps not intentionally symbolic, the décor seemed to capture the current state of the house itself: a majestic structure empty of creative direction. With Virginie Viard's recent departure, Chanel finds itself at a crossroads, as the fashion world eagerly awaits the appointment of a new creative leader.

Meanwhile, in a powerful step toward embracing diversity, Chanel announced Lupita Nyong'o as its newest ambassador. The appointment of the Oscar-winning actor, who is Kenyan Mexican, comes at a pivotal moment for the French fashion house that had faced criticism in the past for its lack of inclusivity. This move follows the widely-lauded appointment of British-Indian Leena Nair as Chanel's global chief executive in 2022, making her the only woman of color at the helm of a major luxury brand.

Here are some highlights of spring-summer-ready-to-wear shows:

Chanel: seeking a vision beyond the empty cage

The spring collection delivered many familiar elements from Chanel's vast repertoire — chiffon capes, slit skirts, embroidered transparent shirt dresses, trench coats adorned with multicolored feather prints, aviator jackets with Peter Pan collars, total pink or blue tweed looks, and the iconic little black dress that Chanel herself introduced to the world. Tweed, jersey, faille, transparent embroidery, sequins, fringe, pastel knits, and sparkling platform shoes all made



VIANNEY LE CAER • The Associated Press Models wear creations as part of the Chanel Spring/Summer 2025 collection presented Tuesday, Oct. 1, 2024, in Paris.

an appearance, forming a showcase of the house's signatures.

Yet despite the breadth and richness of the offering, something was amiss. There was little cohesion, and at times, the collection lacked the unmistakable soul that once characterized Chanel's shows. A series of foulard-printed gowns seemed out of place — as if borrowed clumsily from another narrative altogether.

With a snip of scissors, Gabrielle "Coco" Chanel freed women from their corsets. Today, Chanel itself needs liberation. The applause at the end of the show, which featured designs that often felt uninspired, was distinctly muted, with critics visibly shifting in their seats.

Star appearances by Elvis Presley's granddaughter Riley Keough, who capped the show with a funky vocal performance of a Prince hit from inside the gilded cage, as well the starry presence of Nyong'o, Aaron Taylor-Johnson, Vanessa Paradis, Margaret Qualley and Naomi Campbell, seemed like an effort to divert attention from the elephant — or the empty cage — in the room.

Chanel is unquestionably a fashion juggernaut, and it will weather this moment of transition. However, there is no overstating

the importance of the decision the house now faces. Chanel must find a designer who can reshape and redefine its vision for the future. The industry is rife with speculation. Potential successors include Daniel Roseberry, known for his dramatic work at Schiaparelli, Marc Jacobs, a seasoned classicist with Paris experience, and Nadège Vanhée, the skilled designer from Hermès.

Viard, ousted this summer, succeeded Karl Lagerfeld upon his death in 2019 and was his closest collaborator for decades. She had overseen record sales for Chanel, reaching a reported \$19.7 billion last year. Ready-to-wear sales reportedly increased 23% during her tenure. Viard was only the third creative director in Chanel's over 100-year history, following Lagerfeld and legendary founder Chanel herself.

Lupita Nyong'o named Chanel ambassador

Nyong'o shared her excitement and the deep sense of responsibility accompanying the new role. "It's a great honor," she said. "Chanel is a legacy brand with a long history. And to be the newest face of it feels monumental. I feel very, very proud and excited to take this new journey with a brand that I think is dynamic and always feminine and regal."

Nyongo's appointment comes as a breath of fresh air in an industry criticized for lack of diversity and reluctance to change. The number of Black designers leading heritage houses remains alarmingly low currently only Balmain's Olivier Rousteing and Louis Vuitton men's designer Pharrell Williams hold such positions in Parisian legacy brands.

For Nyong'o, joining Chanel is about more than wearing beautiful clothes — it's about contributing to a narrative shift in fashion. "The message that I bring naturally and deliberately to the role is that things have changed. And we don't want them to go back to what they once were," she said.

Nyongo drew inspiration from watching a recent documentary about Bethann Hardison, the iconic model and activist who was at the forefront of pushing for diversity in fashion during the 1960s and 1970s. Hardison, who rose to prominence after her appearance at the historic 1973 Battle of Versailles — a groundbreaking fashion show that brought American designers.

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# DreamWorks Animation at 30: Painting a path forward with 'The Wild Robot'



DREAMWORKS ANIMATION/UNIVERSAL PICTURES • The Associated Press This image released by Universal Pictures shows Roz, voiced by Lupita N'yongo, background, and Brightbill, voiced by Kit Connor, in a scene from DreamWorks Animation's "Wild Robot."

#### By LINDSEY BAHR The Associated Press

Filmmaker Chris Sanders had finally cracked "The Wild Robot."

Peter Brown's middle-grade book, about an intelligent robot living in the wilderness, had been sitting on the shelf at DreamWorks Animation for a bit. No one had quite figured it out. Then Sanders, the man behind beloved animated features from "Lilo & Stitch" to "How to Train Your Dragon," came along.

His vision, however, was different from the norm: The story started without zippy dialogue and didn't follow traditional beats. He also wanted to embrace a more illustrated style that melded analog warmth with computer generated imagery capabilities, which was finally technologically possible. Before he got too deep, he needed to make sure the studio was on board.

"They said, 'That's the reason we bought the book. We want to do something different," Sanders said. "One of the great strengths of DreamWorks is they're willing to try new things. To everybody's credit, they stayed the course."

And it's already paying off. "The Wild Robot" opened No. 1 in theaters nationwide this weekend, riding in on a wave of critical acclaim. Sanders didn't know it at the time but something bigger was at play too: "The Wild Robot" would be released coinciding with the studio's 30th anniversary. It wasn't so long ago that DreamWorks was the new kid on the block. The upstart, founded by Jeffrey Katzenberg, Steven Spielberg and David Geffen, was in October 1994 the first new studio in 60 years. Since their first animated release ("Antz," in 1998), Dream-Works Animation has released 49 feature films that have grossed more than \$17 billion at the box office. They have major franchises, including "Shrek," which became the first best animated feature Oscar winner, "Kung Fu Panda" and "How to Train Your Dragon," originals and Emmy-winning television series.

Animation continues to be a major force at the box office. This year there are already three animated films in the top 10 global earners: Disney and Pixar's "Inside Out 2" (\$1.6 billion), Illumination's "Despicable Me 4" (\$953.3 million) and DreamWorks' " Kung Fu Panda 4 " (\$549.1 million). Post-theatrical, too, animated movies are regularly among the top performers on streaming services. Their wildly popular preschool series "Gabby's Dollhouse" was the sixth-mostviewed streaming original series in 2023.

"Every studio has its ups and downs, but their franchises really spoke to me," said Margie Cohn, who was named DreamWorks Animation president in 2019. "They never spoke down to kids, they were movies that were made for the entire family. And they respected animation not as a genre, but as a theatrical experience."

A veteran of Nickelodeon, Cohn was recruited by Katzenberg in 2013 to build the DWA Television department where she saw opportunities in groundbreaking partnerships with streaming companies like Netflix. Three years into her tenure, DWA, then essentially an independent studio, was acquired by NBCUniversal, a division of Comcast Corp., for \$3.8 billion. Universal also has the animation studio Illumination under its banner. DWA and Illumination (think "Minions" and "Despicable Me") mostly operate separately, with "Shrek" as the one crossover. In her new role, Cohn oversees both film and television properties.

"The Wild Robot" is a key part of that equation, different visually and thematically from what came before and what's coming. Next year has three films on the schedule: "Dog Man," based on Dav Pilkey's graphic novels about a police officer and dog who become one after an injury, "The Bad Guys 2" and "Gabby's Dollhouse: The Movie." Then, in July 2026, they plan to release the first new Shrek movie in over 15 years.

The diversity of the slate, the appeal to different audience segments from pre-school age on up and the lack of house style, Cohn said, are a great signifier of the ambition of the studio.

"It's still an event for a family to go to the movies, but you have to give them a reason to go," Cohn said. "The bar for theatrical has gotten higher, but that makes us better. It raises the bar for us too."

Critics and audiences have noticed the care taken with "The Wild Robot," which is already in the Oscar conversation. Sanders collaborated more closely with his actors than ever before, including star Lupita Nyong'o, who had the difficult task of voicing a robot, ROZZUM unit 7134, or Roz for short, who has an emotional arc.

"There's a timelessness to it and

### Reese Witherspoon teaming with writer Harlan Coben on first suspense novel

#### By HILLEL ITALIE The Associated Press

Reese Witherspoon's latest literary news marks a new direction for the Oscar-winning actor, producer and founder of her own book club.

Grand Central Publishing announced Wednesday that the "Legally Blonde" and "Big Little Lies" star is teaming with the bestselling thriller writer and Netflix producer-creator Harlan Coben on a suspense novel, her first work of adult fiction. The book, currently untitled, is scheduled for next fall and is being developed out of an idea — details to come — that Witherspoon came up with.

"To say I am a fan of Harlan's body of work is a massive understatement," Witherspoon said in a statement issued through Grand Central, an imprint of Hachette Book Group. "The fact that he found my idea for this thriller intriguing enough to want to partner with me on it as co-author is a dream becoming a reality. Scheming with Harlan on how to thrill audiences with mysterious characters and complex narrative twists and turns has already been more fun than I can describe. I can't wait for everyone to read what we have been imagining."

Coben has sold tens of millions of books worldwide, his notable works including the Myron Bolitar series and such standalone novels as "Hold Tight" and "Fool Me Once," which he helped produce for Netflix. In a statement Wednesday, he praised Witherspoon for her "unrivaled" storytelling instincts.



"You don't come to the studio and then suddenly you have a slate. You have to build the slate, and it takes years," Cohn said. "We just needed to get back to those roots." I loved the core message of kindness being a survival tactic and that sometimes you have to go beyond your programming," Nyong'o said. "But I wanted to know that he was looking for a collaborator not an executor."

Sanders is certain the film wouldn't be nearly what it is without the thoughtfulness she applied to "deconstructing the architecture of Roz's mind."

Animation technology also allowed more human involvement on the project than he's had since "Lilo & Stitch," which came out 22 years ago.

"Every square inch of this film is painted by a matte painter."



## Jonathan Majors' 'Magazine Dreams' lands theatrical release for early 2025



Jonathan Majors poses in the press room during the BET Awards at the Peacock Theater in Los Angeles, June 30, 2024.

By JAKE COYLE The Associated Press

The Jonathan Majors -starring bodybuilder drama "Magazine Dreams" has been acquired for theatrical release after it was dropped following Majors' conviction for assaulting his ex-girlfriend.

Briarcliff Entertainment has picked up distribution rights to the film, its chief executive, Tom Ortenberg confirmed Wednesday. Ortenberg said in an email that Briarcliff is planning a "robust" theatrical release in the first quarter of 2025. Deadline first reported the acquisition.

Before Majors' conviction, "Magazine Dreams" had been a critical hit at the Sundance Film Festival in January 2023. Searchlight Pictures had set a release for later in the year, with widespread expectations that it could land Majors his first Oscar nomination.

But that changed after a confrontation in March 2023 led to Majors arrest. Majors' former girlfriend, Grace Jabbari, accused him of attacking her in the backseat of a chauffeured car, saying he hit her head with his open hand, twisted her arm behind her back and squeezed her middle finger until it fractured.

Majors maintained he was innocent. But in December, Majors was found guilty of one misdemeanor assault charge and one harassment violation.

Within hours of that decision, Marvel Studios dropped Majors from the role of Kang the Conqueror, which was to have been a focal point in its films and TV series for years to come. In January 2024, Searchlight - which, like Marvel is owned by the Walt Disney Co. returned its distribution rights to "Magazine Dreams" to the film's producers.

In April this year, Majors was ordered to complete a yearlong.



### Sean 'Diddy' Combs accused of sexual misconduct by 120 people

#### By JUAN A. LOZANO The Associated Press

An attorney said Tuesday he is representing 120 accusers who have come forward with sexual misconduct allegations against Sean "Diddy" Combs, the hip-hop mogul who is awaiting trial on sex trafficking charges.

Houston attorney Tony Buzbee said he expects lawsuits to be filed within the next month, with most expected to be filed in New York and Los Angeles. Buzbee described the victims as 60 males and 60 females, and that 25 were minors at the time of the alleged misconduct. One individual alleged he was 9 years old when he was abused, Buzbee said. The allegations cover a period from 1991 to this year.

"This type of sexual assault, sexual abuse, sexual exploitation should never happen in the United States or anywhere else. This should have never been allowed to go on for so long. This conduct has created a mass of individuals who are injured, scared and scarred," Buzbee said at a news conference.

Following the announcement of the accusations in Texas, an attorney for Combs said the performer "cannot address every meritless allegation in what has become a reckless media circus."

"That said, Mr. Combs emphatically and categorically denies as false and defamatory any claim that he sexually abused anyone, including minors," attorney Erica Wolff said in a statement. "He looks forward to proving his innocence and vindicating himself in court, where the truth will be established based on evidence, not speculation."

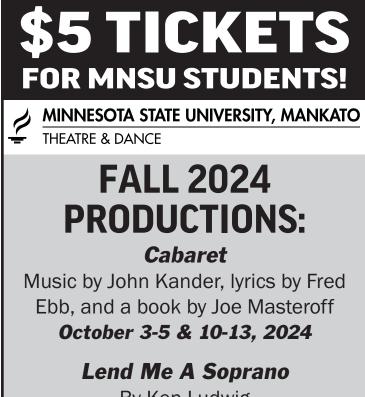
Buzbee said more than 3,280 individuals contacted his firm and alleged they were victimized by Combs and that after vetting the allegations, his firm decided to represent 120 people. Other cases are still being reviewed. He said some of his clients have spoken with the FBI.

The individuals that Buzbee's firm is representing are from more than 25 states, with the majority from California, New York, Georgia and Florida.

The abuse that's being alleged took place mostly at parties held in New York, California and Florida where individuals were given drinks that were laced with drugs.

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