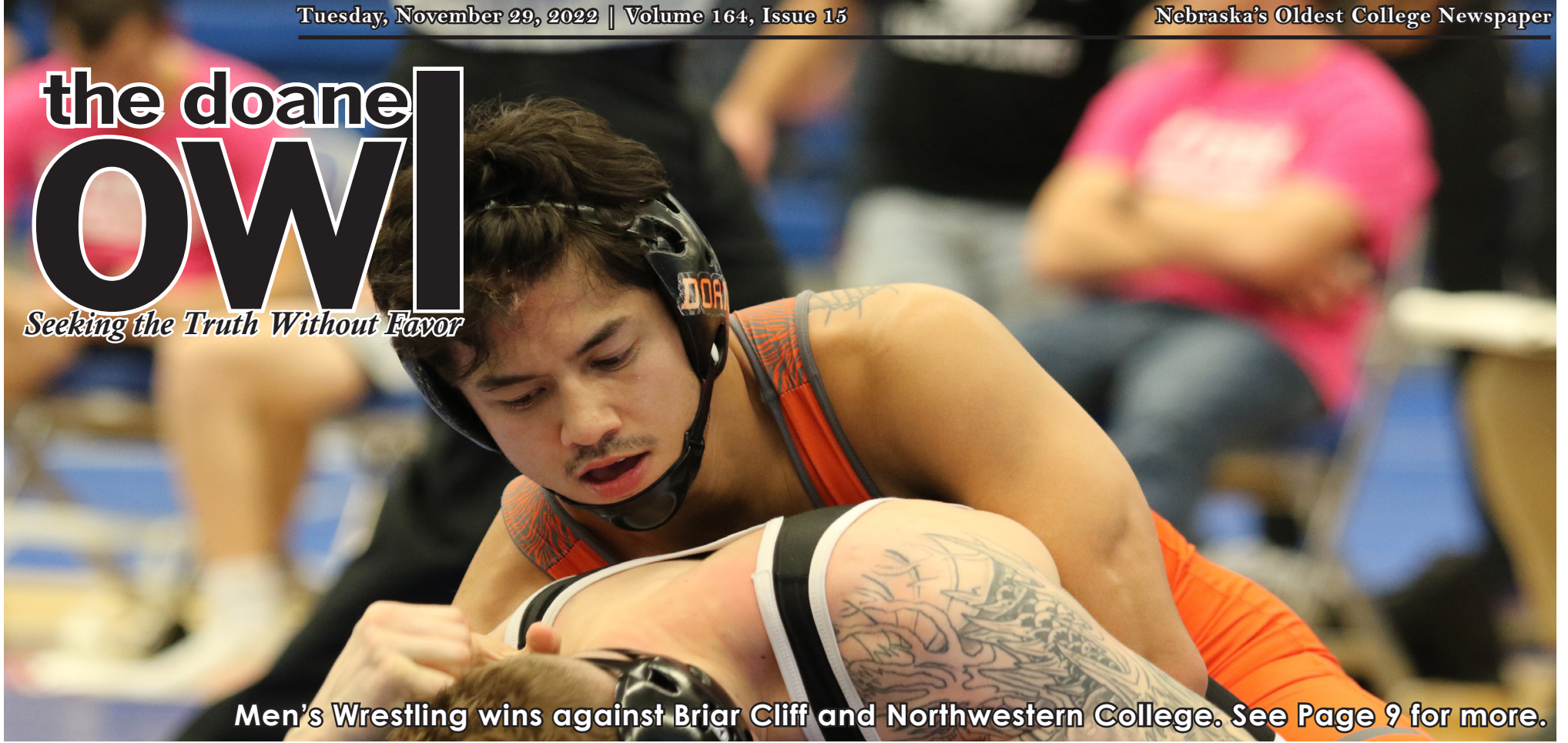


the doane OWL

Seeking the Truth Without Favor



Men's Wrestling wins against Briar Cliff and Northwestern College. See Page 9 for more.

Ross bids Doane farewell

KYLIE HUGHES
Copy Desk Chief

This week will be Executive Assistant for the Office of Admissions Abby Ross' last week at Doane.

Ross is making the move to be an Admissions Counselor at Southeast Community College (SCC) in Lincoln starting next week.

Going from Executive Assistant to Admissions Counselor at two different schools is going to be a big change for Ross. In addition to that, she will have the opportunity to

spend more time on the road, and to work more with prospective students first-hand. At Doane, Ross said she only saw prospective students when they arrived on campus to tour.

However, change is what she is looking for in her transition. Though she said that she is nervous about the transition, she is excited for the challenge.

"It's going to be something a little bit different. You know, different challenge-wise. Something fun and something new to check out," Ross said.

This upcoming January would have been Ross' second year working in her position at Doane. Though Ross may

not have been working at Doane long, it has made an impact on her.

According to her, this position teaches someone a lot in terms of responsibility, which has been beneficial for her own growth.

"I would say [working at Doane] has been a huge change in responsibility. I would say that I had leadership skills beforehand but coming into this position and gaining more and more confidence, my leadership skills have definitely grown," Ross said.

In addition to working in the Office of Admissions for the past year, Ross also earned her undergraduate degree at Doane and is currently

working on her masters degree here.

Doane has had a large impact on Ross both professionally and in terms of education.

"Even though I'm leaving Doane, I still love the education that I got from Doane. I still love the education that I'm getting from Doane. I love all of my professors dearly. I've definitely loved my experience at Doane," Ross said.

Out of everything she has experienced at Doane, Ross said the thing she will miss most is the student ambassadors.

Nov. 30 will be Ross' last day.



Courtesy Photo | Doane University

World Cup highlights social issues

JOHN DAWES
Design Assistant

The World Cup has captured the attention of soccer and football fans across the globe; however, this year's event is marred with controversy concerning human rights violations.

Qatar is hosting the prestigious soccer tournament

this year as the first Arab nation and second country in Asia to do so. The famously dry and barren country is also the smallest nation ever to host the World Cup. This has also been the most expensive World Cup in history, costing just over \$220 billion to host.

Due to its size, Qatar lacks many stadiums and hotels to host the projected 64 million visitors that will attend the World Cup. This means that the nation is responsible for building all of the stadiums,

venues, hotels, etc. Qatar has mainly relied on migrant labor, as migrants make up 90 percent of the country's labor force.

A 2021 investigation by the Guardian revealed that over 6,500 migrant workers have died while building the necessary facilities to host the World Cup, while Qatar only admits to 40 deaths as occurring during construction and as "non-work-related" deaths.

Several human rights groups have urged both

FIFA and Qatar to reimburse the families and loved ones of those who died during construction, but that has yet to happen.

Qatar's selection as host country also faced criticism during its initial announcement in 2010, with many saying that choosing Qatar was due to internal corruption and bribing within FIFA.

These are not the only human rights concerns being flagged against Qatar.

Qatar criminally pe-

nalizes same-sex relationships and sex outside of marriage. Qatar also participates in conversion therapy and targeted harassment and policing of the LGBTQ population, policies that many countries participating in the World Cup do not agree with.

As a protest, England, Wales, Belgium, Denmark, Germany, the Netherlands and Switzerland planned on their captains wearing an armband that read "OneLove" as a way of showing support

for the LGBTQ community. However, due to FIFA threatening fines, suspending players that wore the armband or giving penalty cards, no country has worn any clothing openly supporting the LGBTQ population.

This year's World Cup has captured the attention of the world for many reasons, but the controversy surrounding it continues to stand out.

Nebraska COVID-19 update

JOSE VILLALPANDO
Multimedia Coordinator

According to the Centers for Disease Control and Prevention (CDC), the level of community transmission is low for Saline County as of November 23, 2022.

"Stay up to date with COVID-19 vaccines. Get tested if you have symptoms. Wear a mask if you have symptoms, a positive test or exposure to someone with COVID-19," the CDC reports. "You may choose to wear a mask at any time as an additional precaution to protect yourself and others."

Doane does not have a mask mandate, meaning that students are able

to walk maskless inside buildings on campus at their discretion. Even with that said, it is still recommended to wear a mask when social distancing is not possible.

Faculty can still request students wear masks, but cannot require them unless they are meeting in personal spaces, such as an office, or students are working in close proximity to each other, such as labs.

Public health areas, such as in the Student Health Office, still require masks to be worn.

Saline County is reporting 13 current COVID-19 cases as of Nov. 23, 2022.

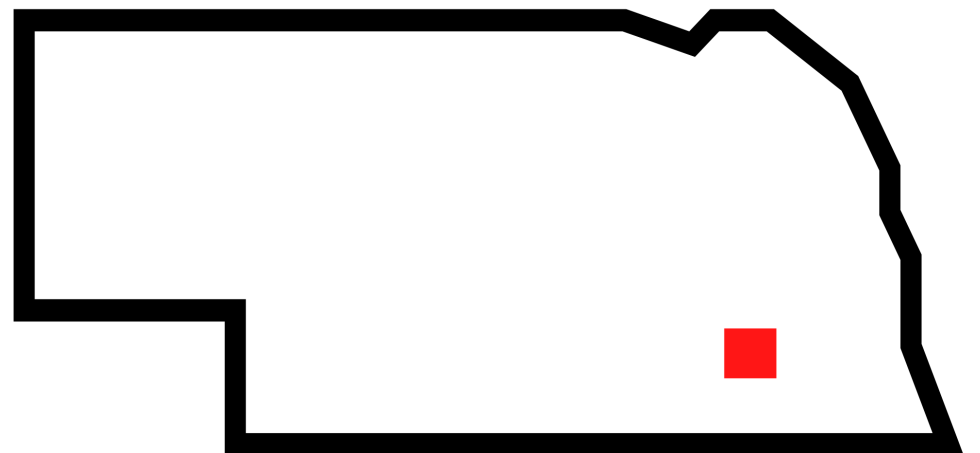
There are 63.4 percent of the Saline County population equal to or over the age of 12 in Saline County that have

been vaccinated, marking 54.9 percent of the total population as vaccinated as of Nov. 23.

Students who test positive or feel symptomatic must self-isolate and not attend classes, practice or other activities. Students must also contact the Student Health Office either by email at studenthealth@doane.edu or by calling (402)826-8265.

If a symptomatic student has not yet taken a test, they will need to do so with a rapid at-home test, writing their name and date and time of the test on the card or on a paper placed next to the test to document it for the Student Health Office.

This information was gathered from the Doane COVID-19 protocols and the CDC COVID-19 Data Tracker.



**13 REPORTED COVID
CASES IN SALINE
COUNTY**

Graphic by PJ Ramsey | The Doane Owl

Iran targeting protestors

WARNING:
mentions of
sexual assault
and abuse

Women's
rights protests
met with
violence

JOEY WINTON
Managing Editor

Since the death of a 22-year-old woman in Iran over allegedly not complying with hijab regulations, the country has been experiencing increasing social unrest.

According to The Guardian, Jina (Mahsa) Amini was traveling with her family from Kurdistan to Tehran to visit relatives in early September when she was arrested for failing to adhere to Iran's

strict rules on women's dress.

The dress regulations requiring all women to wear a hijab head-covering has been in place since the 1979 Islamic revolution, but weeks before Amini's arrest, Iran's President Ebrahim Raisi ordered a crackdown on women's rights and called for increased enforcement of the dress code.

Witnesses to Amini's arrest reported that she was beaten in the police van, resulting in her being taken to a hospital where she was admitted to an intensive-care unit at Kasra hospital. The police deny beating Amini and claim she suffered a heart attack.

However, Amini's family states that she was healthy and had not experienced any health problems at the time of her arrest. Her family also reported that when they arrived at the hospital, they were informed by staff that Amini was brain dead, and she was declared officially dead on Sept. 16.

Since her death, Iran has been in a state of social upheaval as protests supporting women's rights and Amini have been met with varying degrees of violence by Iran's police. The Guardian reports that on Nov. 16 Iranian security forces opened fire on people at a metro station in Tehran and were seen beating women with batons. Footage on social media shows passengers trampling over one another attempting to flee from the firing officers, with other videos showing police marching through train carriages and beating women who were not complying with the dress code.

The violence against the protestors does not end at beatings, as social media videos have emerged which allegedly show Iranian security forces sexually assaulting female demonstrators on the streets. According to CNN, more and more accounts of people being physically and sexually

tortured are coming to light, with some being

filmed and used as blackmail to silence protestors.

One of the many victims is Armita Abbasi, a 20-year-old from Karaj, who was arrested in October. After the protests began, social media accounts under Abbasi's name began criticizing Iran's regime, but it is unclear if she participated in any of the protests. Iranian police claimed she was "the leader of the riots [in Karaj]" and that she had "10 Molotov cocktails" in her apartment. These claims are unconfirmed at the time of this publication.

On Oct. 17, Abbasi was rushed to the Imam Ali hospital in Karaj, accompanied by plainclothes officers. According to an anonymous source at the hospital, Abbasi's head had been shaved and she was shaking violently, in addition to other physical evidence of assault.

"When she first came in, [the officers] said she was hemorrhaging from her rectum... due to repeated rape. The plainclothes men insisted that the doctor write it as

rape prior to arrest," the source said.

The civil unrest reached the World Cup competition as well, with protestors for and against Iran clashing during Iran's second match.

According to the Associated Press, before, during and after the game, supporters of Iran's government harassed those protesting against it. After the game, groups of men surrounded three different women giving interviews about the protests to foreign media outlets and disrupted the broadcasts. This, in addition to men circling groups of women and shouting or blowing horns at them and filming their faces, has caused distress to countless people.

With at least 419 people reported dead since the protests began, it is unlikely the protestors or the Iranian government will back down anytime soon.

There are no further updates as of this publication.

Global climate meeting ends

JOSE VILLALPANDO
Multimedia
Coordinator

The Sharm el-Sheikh Climate Change Conference (COP 27) held in Sharm el-Sheikh, Egypt occurred Nov. 6 through Nov. 20 after much deliberation between countries surrounding climate goals.

According to the Guardian, decisions were made within multiple areas, including but not limited to: loss and damage, "1.5C" gas, fossil fuels, World Bank reform, adaptation and tipping points.

In a historic turn of events, COP 27 agreed to the creation of a global fund to aid developing countries suffering loss and damage after extreme weather brought on due to climate change. Now that the decision to create the fund has been

approved, the actual creation of the fund must follow, along with the financing for it. This has yet to be decided.

"1.5C" refers to the advisories on temperature, as outlined within the 2015 Paris agreement. Last year at COP 26 in Glasgow, Scotland, it was decided to try to keep the rise in temperature to 1.5 degrees celsius above pre-industrial levels. The commitment on cutting greenhouse gas emissions ended up being too weak to stay within the 1.5 degree limit, so they agreed to return each year in hopes of strengthening the cut to emissions. This process is known as the ratchet.

At COP 27, some countries tried to break the 1.5 degree promise and wanted to abolish the ratchet. These countries failed, but a resolution to set the peak of emissions to 2025 was taken out, which concerned many.

The final text of COP 27 included a provision to boost "low-emissions

energy." This could affect multiple types of energy, from solar and wind to nuclear energy. Some believe that this could be interpreted to mean gas as well. Although gas has lower emissions than coal, it remains a major fossil fuel. Furthering this notion, many countries, particularly those from Africa which have large reserves of gas to be exploited, showed up to Sharm el-Sheikh hoping to make deals on it.

A conclusion of COP 26 to reduce the use of coal was agreed upon and attempted to be taken further at COP 27. The new proposal hoped to reduce the use of all fossil fuels but ultimately failed after much deliberation late into the conference. The result upheld the COP 26 resolution of phasing down coal usage.

As for World Bank reform, many countries are calling for publicly funded finance institutions to provide the aid that they say have failed to give poor countries adequate

funding to cut greenhouse gas emissions. Reforms as discussed at COP 27 would mean a recapitalization of the development banks to allow them to provide more assistance to developing countries.

Adaptation involves the building of flood defenses, preservation of wetlands, restoration of mangrove swamps and regrowing of forests to help countries become more resilient to the impacts of climate breakdown. In 2020, poorer countries were promised \$100 billion in assistance to help cover the costs of making such adaptations, but that has yet to be fulfilled. Some countries at COP 27 motioned to fall back on the commitment. After much deliberation and struggle, the commitment was reaffirmed.

Since last year's conference, the Intergovernmental Panel on Climate Change (IPCC) has published key findings, warning that catastrophic climate impacts can only be

avoided through sharp, urgent cuts in greenhouse gas emissions. At COP 27, some countries asked to leave out some of the IPCC's key findings from the final documents. Instead of this, a reference to the key finding of "tipping points" was included.

A tipping point being a "warning that the climate does not warm in a gradual and linear fashion, but that we risk tripping feedback loops that will lead to rapidly escalating effects," the Guardian reports.

COP 27 saw a more prominent role being given to medical professionals within climate talks and protests. This bridges the gap between climate change and health that many have been linking together for quite some time.

More information about COP 27 can be found on the United Nations Framework Convention on Climate Change's (UNFCCC) website at unfccc.int.

This Week's
Weather

Forecast

Wednesday

11/30



High: 34

Low: 19

Thursday

12/1



High: 49

Low: 37

Friday

12/2



High: 58

Low: 20

Saturday

12/3



High: 38

Low: 26

Sunday

12/4



High: 48

Low: 30

Monday

12/5



High: 41

Low: 13

Tuesday

12/6



High: 34

Low: 14

Graphic by Kendall Meyer |
The Doane Owl

Weather data retrieved
from weather.com.

De—Stress Fest
WEDNESDAY, Dec. 7, 10:00 am – 2:00 pm
Lower Level Perry Campus Center

Activities and Giveaways:

Free Brain Food	Therapy Goats
Massages	Winter Gear
Facials	Journals
Mindfulness Exercises	Adult Coloring Books
Skincare	Thank You Card Writing
Fidget Toys	Stress Balls

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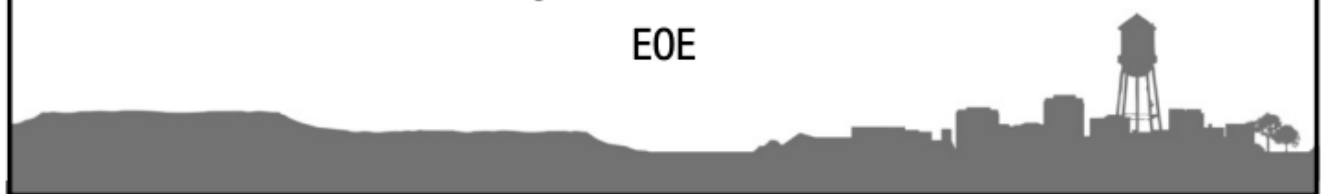
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CENTER for RURAL AFFAIRS

EOE



Trump announces run for re-election

First since Cleveland to run after losing re-election

ISABEL HENSON
Staff Writer



Courtesy photo | Flickr.com

On Nov. 15 former President Donald Trump announced his running for re-election in 2024, offering a conservative agenda that includes executing people convicted of selling drugs.

He has filed papers with the Federal Election Committee (FEC) declaring himself a candidate

for the presidency and established a campaign committee.

The announcement

came just a week after Republicans lost key midterm races, prompting some in the party to

blame Trump.

This announcement means Trump is the first former president to run

again since Theodore Roosevelt, and the first since Grover Cleveland to do so after losing re-election.

The campaign will be Trump's third run for president, but his first time trying to win votes since his refusal to accept his 2020 election loss and the insurrection that led to the deadly attack on the U.S. Capitol.

The dynamics of the 2024 GOP primary have shifted dramatically in the past weeks after newly-re-elected Florida Governor Ron DeSantis emerged as a likely challenger to Trump.

Instead of dwelling on his time in office, Trump's speech on Nov. 15 echoed his 2016 campaign speeches in many ways, painting America as a failing nation ravaged

by violent crime during "a time of pain, hardship, anxiety and despair."

Trump's mounting legal problems will also be a factor in any coming primary and general election battles.

Whoever wins the Republican primary will likely face President Joe Biden. The president has yet to formally launch his reelection campaign but plans for a campaign have reportedly solidified in recent weeks.

Visit cnbc.com for more information.



Courtesy photo | Flickr.com

Russia and Ukraine war update

Russia targets key Ukraine nuclear power grids

JOEY WINTON
Managing Editor

The war between Russia and Ukraine continues, with the primary concern being the stability of some of Ukraine's nuclear power plants.

According to The Hill, the Zaporizhzhia plant, which has been under Russia's control since March of this year, is alarming many outside of Ukraine. The plant has been the site for multiple skirmishes between the warring nations, with missiles and other high-power explosives being used primarily by Russian troops.

The Director General of the International Atomic Energy Agency (IAEA), Rafael Mariano Grossi, met with Russian

officials the week of Nov. 20 to discuss setting up a protection zone around the plant in an effort to prevent nuclear disaster.

This comes as Russia attacked one of Ukraine's electricity grids on Nov. 23, damaging two generators and delaying the restart of two reactors. According to The Guardian, Petro Kotin, the president of Ukraine's nuclear power company, Energoatom, said that repeated shutdowns caused by more Russian missile attacks could cause serious damage to Ukraine's power supply and possibly to its nuclear reactors.

The missiles launched on Nov. 23 were directed at high voltage cables, transformers and substations which triggered the first ever simultaneous emergency shutdown of all four plants. Despite the plants being equipped with diesel-powered generators as a failsafe system to keep the water circulating through the cooling pools where spent fuel is kept, experts like Grossi are concerned about future attacks against Ukraine's power grid.

"The complete and simultaneous loss of off-site power for Ukraine's nuclear power plants shows that the situation for nuclear safety and security in the country is becoming increasingly precarious, challenging and potentially dangerous," Grossi said.

This is cause for concern as there are accusations that Russia is preventing staff from entering the Zaporizhzhia plant circulating through the region.

According to CNBC, Ukraine's General Staff claimed that unless signed contracts with Rosatom, Russia's nuclear energy company, they were refused entry to the plant. Despite Russia controlling the plant, it continues to be run and operated by Ukrainian staff.

There are no further updates as of this publication.

Doane Crime Log

The Doane Safety Office reported incidents in their public crime log. Incidents reported between Nov. 22 through 28 include:

- 11/22 **Burglary : Burglary Unlawful Entry-No Force** : Campus Property - Doane Crete : Residence Halls : Sheldon Hall
- 11/22 **False Information** : Campus Property - Doane Crete : Residence Halls : Sheldon Hall
- 11/22 **Burglary : Burglary Unlawful Entry-No Force** : Campus Property - Doane Crete : Residence Halls : Frees Hall : Basement
- 11/22 **Drug Law Violations** : Campus Property - Doane Crete : Residence Halls : Frees Hall : Third Floor
- 11/22 **Larceny/Theft : Theft From Motor Vehicle** : Campus Property - Doane Crete : Parking Lots : Lot H
- 11/22 **Larceny/Theft : Possession of Stolen Property** : Campus Property - Doane Crete : Residence Halls : Frees Hall : Third Floor
- 11/28 **Larceny/Theft : Theft of Property** : Campus Property - Doane Crete : Residence Halls : Frees Hall

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Weekly Horoscopes

Aquarius (January 21 - February 19): Remember this week as the calendar year nears an end that success will only be granted to those who want it.

Pisces (February 20 - March 20): Push through the last through weeks of the semester and you will be rewarded greatly. Though it may take time and patience, you will be pleased with the results.

Aries (March 21 - April 20): It may feel as though nothing has been working in your favor lately. Remember that things happen for a reason. As one opportunity doesn't pan out, remember that another one is right around the corner.

Taurus (April 21 - May 21): Some of your relationships have been on the rocks lately. This week could be a turning point if you let it. Go into the week open minded and work on communication. This may be highly beneficial for any relationship you are struggling with.

Gemini (May 22 - June 21): People seem to not be taking you seriously lately. While this is frustrating to deal with remember that the best method to deal with such people is to prove them wrong.

Cancer (June 22 - July 22): You are normally outgoing however, this week you may feel more drawn to staying at home. There is nothing wrong with taking some time to recharge.

Leo (July 23 - August 22): Leo, you've spent too much time thinking about mistakes and focusing on the past. You can't go backwards and can't change the past. It's time to live in the moment and look forward.

Virgo (August 23 - September 22): Things are going to be challenging this week. Whether it is work, school or relationships, there will be some struggle. However, anything can get easier if you put extra effort into it.

Libra (September 23 - October 22): You'll feel extra energized this week, Libra. Use that extra energy to get some things done. Do something that you have been putting off for quite some time.

Scorpio (October 23 - November 21): Scorpio you often get stuck in your own ways. While that is not a bad thing. Take some time to practice being open-minded and receptive to other points of view.

Sagittarius (November 22 - December 21): One day of miscommunication could lead to a week of tension. Do your best to relay information as accurately as possible to avoid any miscommunication.

Capricorn (December 22 - January 20): You feel torn between two things this week Capricorn. You will want to reach out to friends to get their opinions but ultimately this will be your choice only.

Fulbright provides opportunities abroad

Students can study or research abroad through various programs

ABRIANNA MILLER
Editor-in-Chief

Students have the unique opportunity to study or research abroad after their time at Doane. There are many programs to choose from, but Associate Professor of Spanish and National Fellowships Advisor Josh Pope highly recommends the U.S. Fulbright program.

"Fulbright, via the U.S. State Department, funds both research programs and graduate programs abroad," Pope said. "There are so many different types of awards and the specifics depend on the country and award profile."

According to Pope, Doane University has seen "70 Fulbright recipients and more than 20 recipients of one of these fellowships in the last 10 years."

Research grants have to be proposed and accepted by the country you are interested in doing the research in. The Fulbright program is not responsible for your housing through research grants, so that responsibility falls to the student.

"In the past, help with establishing these affiliations have

come from Doane faculty [or] other connections," Pope shared.

Pope says that interested students should go to the Fulbright website, us.fulbrightonline.org, and do research into what research, location and specific program they are looking for.

The Fulbright program also offers the opportunity to become an English Teaching Assistant. Pope highly recommends that students look into and consider this position.

"With this grant, recipients work part-time in an English classroom, serving as the assistant to the classroom teacher, as a linguistic and cultural model/ambassador for the in-country students," Pope said.

Depending on the selected program, you could work "with elementary, secondary, and university students." Pope also commented that other international programs have similar opportunities.

Participating in the Fulbright program is an invaluable experience for a multitude of reasons, according to Pope.

"I feel these experiences are beneficial because students learn to live and work among new types of communities, learning to thrive in multicultural environments and learning from intercultural experiences," Pope said. "While abroad, people learn independence, flexibility, empathy and other skills that are crucial for future professional and personal lives."

Pope also said Fulbright recip-

ients do get a stipend, as well as other additional benefits.

Students are encouraged to begin considering pursuing a Fulbright award early on in their academic career. The deadline to apply for a Fulbright for the upcoming year has already passed, but interested juniors should meet with Pope as soon as possible so they can begin working on their application in the spring.

If you know you want to apply for a Fulbright award but you are not a junior this year, there are still things you can do to boost your chances of receiving one. Get experience teaching, either traditionally or "coaching, training employees at work, tutoring," etc. For research awards, build connections with people or organizations that may be able to sponsor your research project.

"Students can be working with their Doane professors to find good connections in their academic fields to help boost their chances," Pope said. "I work with recent alumni too on their applications. Even students who have already graduated from Doane can apply."

For more information, contact Pope at joshua.pope@doane.edu or visit the following websites: <https://us.fulbrightonline.org>, <https://jetprogramusa.org>, <http://www.epik.go.kr/index.do>, <https://www.educacionyfp.gob.es/>.

Christmas Festival set for Dec. 3 and 4

HOLIDAY FESTIVAL

DECEMBER 3, 7:30 PM

DECEMBER 4, 3:00 PM



Graphic by Macy Klein | The Doane Owl

KYLIE HUGHES
Life & Culture Editor

The Doane Music Department will be putting on the annual Christmas Festival this upcoming weekend.

The concert will be held Dec. 3 at 7:30 p.m. and Dec. 4 at 3:00 p.m. in Heckman Auditorium. It will feature all students in the Music Department including performances from concert band, Doane Choir, Collegiate Choir, Doublewide, Jazz Unlimited, Chamber Strings, etc.

Students have been

preparing for this concert for the majority of the semester and will be performing many Christmas or holiday related pieces.

This will also be the first Christmas Festival for the Director of Instrumental Music Andrew Feyes.

The festival will conclude with one final piece that will include band, choir and strings students, meaning that all student performers will participate in the closing number.

Tickets can be ordered through Eventbrite in a link sent out by Student Affairs to all students on

Nov. 22 or on the Music Department social media.

All Doane students receive one free ticket on Eventbrite. Doane Music students receive two total free tickets. All general admission tickets can be purchased for \$6. The Music Department notes that the free tickets are a total number, not per performance.

Attendees must bring their tickets on an electronic device or printed out to show for the concert.

Questions can be directed to Performing Arts Administrative Assistant

Relay for Life to host first bake-off

Baked goods help to rebuild connections with Relay

ISABEL HENSON
Staff Writer

Relay for Life is hosting their first ever holiday baking competition.

Anyone is welcome to bring desserts they have baked to enter the contest.

The competition will be judged by faculty and staff who will decide on a

winner and give out prizes for the winning dessert.

The event is being put on by Relay's survivors and caregivers committee.

The goal of this event is to connect cancer survivors and caregivers from Doane and the surrounding communities with Doane students, faculty and staff.

The Relay team hopes to rebuild connections with the community after losing years of this tradition to COVID.

This competition aims to bring holiday spirit to the Doane community and give contestants a chance to show off their creations, as well as take

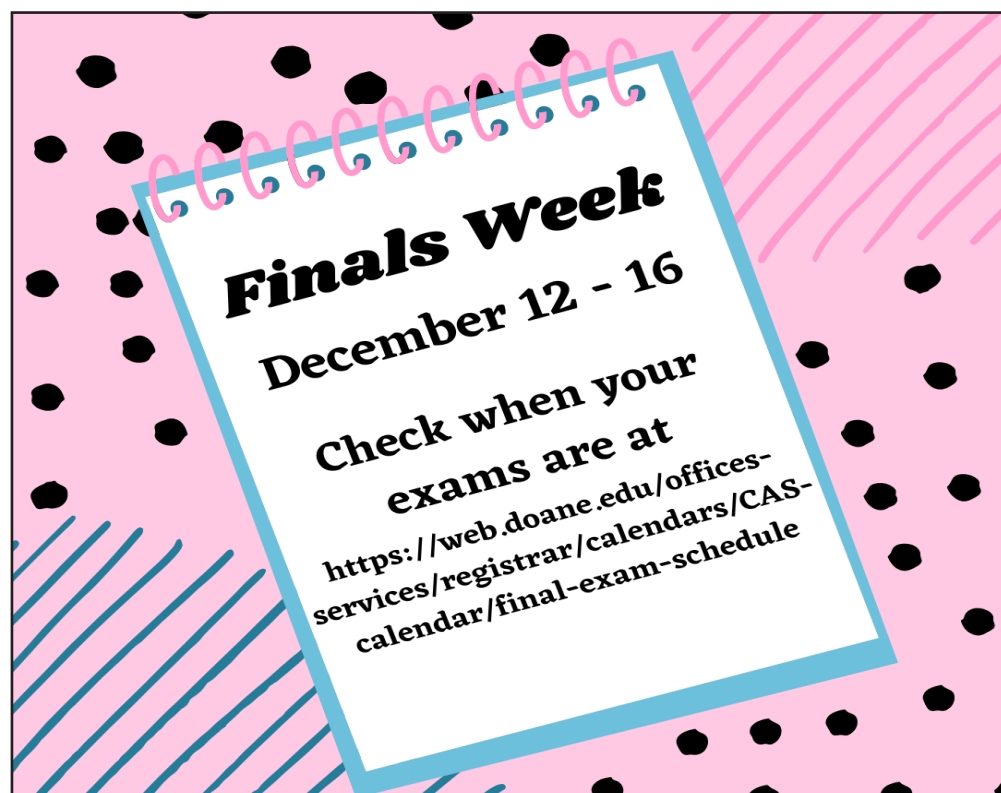
some stress off of the holiday season.

The Relay survivors and caregivers committee hope to see lots of people enter the competition, come relax and have a good time.

The event will be held on Dec. 8 at 5:30 p.m. in Nyrop Hall.

Questions can be directed to committee chair junior Anabelle Daugherty at anabelle.daugherty@doane.edu.

Students prep for finals week



Graphic by Kendall Meyer | The Doane Owl

For the week of Nov. 29:

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Nov./Dec. 2022

Tue 29	Foodie Event: Charcuterie FCA Weekly Meeting
Wed 30	The F(ait)h Word Emerging Leaders
Thu 1	CRU Bible Study
Fri 2	No events
Sat 3	No events
Sun 4	No events
Mon 5	CRU Bible Study

Graphic by Abrianna Miller | The Doane Owl

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the Doane Owl

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The Doane Owl strives to inform, enlighten and entertain students, staff and faculty while maintaining high journalistic standards of accuracy and truthfulness.

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The Doane Owl Editorial board consists of: Abrianna Miller, Joey Winton, Kylie Hughes, Jose Villalpando and Cassie Kessler.

The Doane Owl welcomes signed Letters to the Editor of 400 words or fewer. All submissions are due by 4 p.m. on the Sunday prior to publication. Submissions should be addressed to the editor and sent to the Doane Owl through campus mail, placed in the box outside of Gaylord 130 or emailed to owl@doane.edu. A hard copy of the letter must be signed in the presence of the Editor-in-Chief by 7 p.m. the Monday before publication. The editor reserves the right to edit all submissions for length and content.

Flag photo courtesy of Doane Athletic Department

- STAFF EDITORIAL -

Tips leading up to finals week

With finals fast approaching, the Owl staff would like to share strategies we all use to manage the stress of this time of the year.

One thing we do is make sure to study ahead of time. There's no sense in cramming all of your studying into the days leading up to the exam, and it is not beneficial.

Start studying now, focusing on different sections. By the time exams roll around, you will have already studied

everything.

Along with that, focus on the things you can control. This is a high-stress period of time, so make sure you are not unnecessarily stressing yourself out over things you have no control over.

You can control how much and how well you study. You can control how you choose to prepare for finals, but you cannot control the material included in the exams. You cannot control your room-

mate who has not picked up a book this semester.

Focus on what you can do, and the rest will fall into place.

Something you can control that has also been helpful to us leading up to finals is self care. This includes eating regularly, getting exercise, sleeping, etc.

When you feel rested and refreshed, you will feel capable of anything. Performing well starts from within, so

make some time to properly care for yourself. This could mean a quiet night in or hanging out with friends.

Just give yourself a break if you feel yourself starting to slip or getting overwhelmed. There is no shame in needing to take a step back every once in a while.

We hope these tips come in handy for someone else as they have for us. It is a process to reach the end of the semester, but you got this.

Hot takes; hungry for Xmas

A weekly rating of random things by Joey Winton

JOEY WINTON
Managing Editor

It's the most wonderful time of the week! That's right, it's Hot Takes time!

As Thanksgiving is now over, I can begin ranking Christmas-themed items without any moral quandaries about it.

This week, it's going to be foods that I associate with Christmas and Christmas lunch, brunch or dinner.

Each food is graded based on taste, texture and how easy it is to make, because these are really the only three qualities that food should be graded on.

Taste is the most important because I don't know about you, but I don't like eating things that taste nasty, simple as that.

Texture is the second most important quality because it can be the deciding factor in a food's rank. If it has a solid taste but the texture is just not there, the food is essentially ruined (looking at you, dry turkey).

The final quality is how easy the food is to make. I like cooking, but that doesn't mean I want to spend hours and hours in the kitchen making something. Of the three, this is the least impact-

ful on the food's score because if something is really, really good, then it's worth all the time and energy.

S Tier - These foods are, simply put, goated. They're perfect, down to the last minute detail.

A Tier - Maybe not as flawless as the ones above, these are still plenty good and make a fine addition to any Christmas feast.

B Tier - These are the foods that are pretty hit or miss most of the time. They're not bad, but they're also not great.

C Tier - These foods aren't super missed by me if they aren't among the spread of foods lined up for feasting on. All in all, pretty forgettable.

F Tier - Call me a Scrooge if you want, but deep down we all know that even the best case scenario version of these foods are mediocre at best.

*Note: All rankings are final and no amount of hate/convincing will change my mind

S Tier: (The best)- Prime Rib, Green Bean Casserole, Mashed Potatoes

A Tier: (Second Best)- Ham, Turkey (Dark Meat), Roasted Potatoes

B Tier: (Average)- Egg-



Courtesy photo | Flickr.com

nog, Turkey (White Meat), Boiled Potatoes

C Tier: (Below Average)- Gingerbread, Yams, Stuffing

F Tier: (Garbage)- Figgy Pudding, Fruitcake, Cranberry Sauce

Again, let me say: no amount of debating with

me will change my mind so please save yourself the time and energy, you have better things to do than argue with a college kid about tier lists.

Do you have a topic you want me to make a ranking of? Email me at joey.winton@doane.edu with the subject line Hot Takes and I might write about it!

Scheming on my own life



CASSIE KESSLER
Sports Editor

Welcome back readers. I know we were all anxiously awaiting this opinion piece and the word of the day. This time, I used a lovely little website called Random Word Generator to give me the inspiration I desperately needed.

The word that was generated ended up being "scheme." To be completely honest, I really wanted to

refresh over and over until I found a word that felt like it lended itself to an opinion better, but I couldn't betray the integrity of these random opinion pieces. I know the fans would have been devastated.

So my opinion about the word "scheme" concerns the concept of color schemes. I am a very color coordinated person in that each of my classes is assigned a different color pen/highlighter, which then coordinates with the color it appears on my Google calendar.

All the decor in my room is neutral toned with splashes of green and light pink. Even the recently added Christmas decorations are in theme, with white and gray trees everywhere and mint colored decor.

My car? It's navy blue, so naturally the aux cord is blue. The scent diffuser on my air vent is blue with silver, and I keep my navy blue scrunchie on the gear shift, not to use of course. It is all simply for the color scheme.

While I was trying to decide what color palette to use for my Google calendar class

schedule next semester, someone asked me why color schemes are so important to me. (It came shortly after I explained that pairing navy blue and black is never acceptable.)

The short and simple answer is truly just that it's fun. I find joy in organization, but that's not something I can do all the time. As much as I would love to, I just don't have the stamina to stay perfectly organized 24/7.

Colors that work together soothe that desire for order. One thing that has been ingrained into my brain since elementary school was the color wheel because I was enthralled with the idea that someone had figured out how to perfectly match each color with another.

Those in turn lend themselves to different shades that can be mixed and matched. As long as the complementary colors are still present in some form, it results in a very pleasing image for our senses.

So what is the point? Well my dear readers, if there is one thing that I would

like you to take away from this, it's that joy comes in small forms. Sometimes the world is going to feel like it's crashing down on you and nothing is there to give you that relief.

But there is always relief. For me, it's when I open my door, step into my room and immediately feel the peace that particular color scheme brings me. Even though that could seem like the smallest thing to someone else, it soothes me when I really need it.

I encourage everyone to try and find ways to incorporate this idea of color schemes into their daily lives. Even if it's something small, start to build that scheme until you start to feel the sense of calm it brings with.

Powerful “Work Out” music by J. Cole



GAVIN STRAUSS
Photographer

About a month ago I started working out again. It's been around two years since I stopped, but it's going okay so far.

My typical everyday-listen playlists aren't exactly lifting music, so I dove back into some playlists I made during my high school years.

High-school-me selected tracks by Three Days Grace, Kendrick Lamar and Linkin Park, just to name a few, to deal with his teen angst and to motivate him. It's been really fun to hear all of this music again for the first time in what feels like a decade, but one artist who I've really enjoyed listening to is J. Cole.

To preface this, I've been listening to J. Cole since my junior high years, probably sixth or seventh grade. On the bus ride to a cross country meet, a teammate of mine let me listen to “No

Role Modelz” from his triple-platinum album, “2014 Forest Hills Drive,” and I was hooked. I really enjoy his style and flow, and the way he creates his bars through stories of his own, as well as from others.

His music is extremely approachable and easy to listen to, but the messages are so powerful. His music definitely makes me feel stronger when I'm at the gym. A couple of my other favorites from J. Cole includes “She Knows,” “Neighbors” and “Deja Vu,” and I really can't say anything too negative about his music in general.

You can stream J. Cole's music on any streaming platform.



Courtesy photo | Flickr.com

Finding ways to navigate semester



ABRIANNA MILLER
Editor-in-Chief

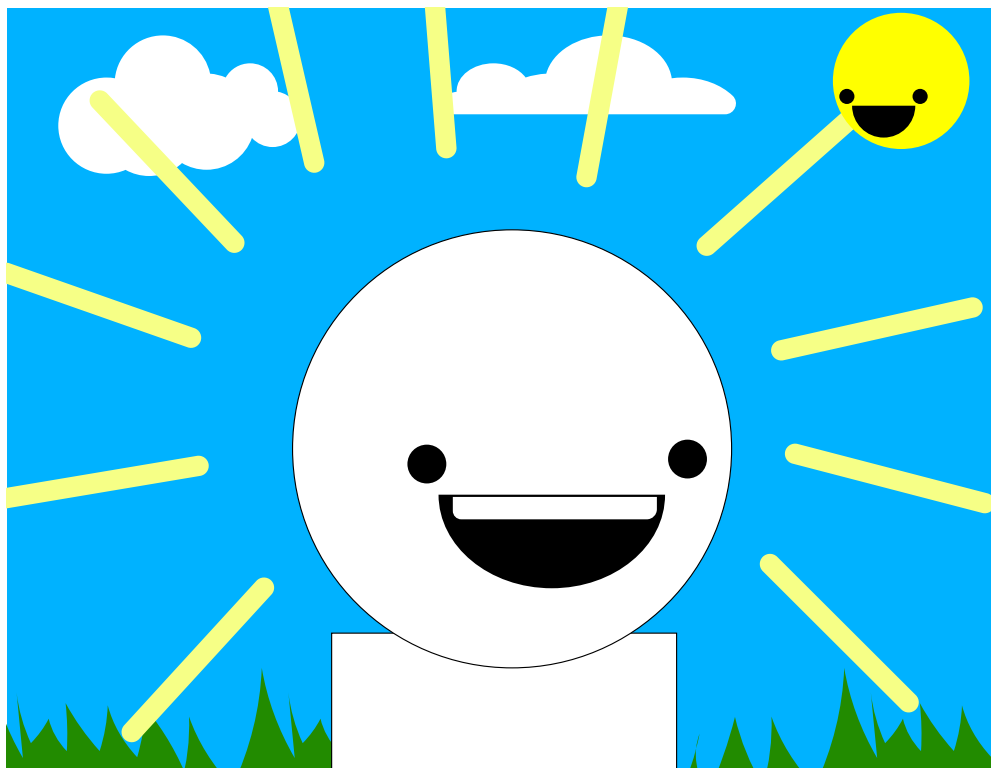
I don't know what it is about this time of year, but my brain is constantly bouncing around conflicting emotions. On the one hand, I absolutely love this weather, peak living. On the other hand, though, it is really hard to stay motivated through the end of the semester.

Over break I figured out a few things that help me recenter myself, thankfully.

One thing I noticed that really helped me was sticking to my routine, even though I didn't have any classes. My brain just generally functions better when it knows what to expect, so I knew I couldn't fumble this late in the game. Luckily I pulled through for myself and got up at my normal time, stayed busy when I usually would be, etc.

No matter how badly I just wanted to curl up into a ball and watch bad TV with my cat, I made myself do something. Even something as small as putting away the dishes established that element of routine.

I also found myself getting out of the house a lot more than I usually would. Sure, there were a few days when I stayed



Cartoon by Joey Winton | The Doane Owl

home the entire day and barely moved a muscle, but I was generally very socially active. I went to other people's houses, I went into Lincoln, I just

did something outside of my house.

It was really useful for me to be forced to acknowledge that a whole world exists outside of

Doane and whatever it is I'm dealing with. The amount of times I went to Target and just walked around was incredible. I could have earned a med-

al. Finally, I took stock of the good in my life. I made a conscious effort to recognize how much I love the weather, how much I love my friends, how much I love reading in bed in the morning. Any little thing that made me happy got a little shoutout, and I really hope that I am able to continue doing that.

My mood shifted immensely after I started doing that. I was happier, less stressed and more at peace. It was fantastic.

So, as we enter the final stretch of the semester, I hope everyone is able to find those little things that can give them motivation and keep them afloat. It doesn't have to be anything crazy, but I am really glad that I took the time to figure out what works for me.

In need of a rest after exhausting break



JOSE VILLALPANDO
Multimedia Coordinator

Coming back from Thanksgiving Break, I can safely say that I am emotionally finished with this semester.

I don't think that I have had a break as exhausting as this last one, what with having to go out nearly every day. I hardly had any time just to myself, and it exhausted me so much that I ended up sleeping through a good portion of the only day I had some free time.

After about 3 p.m. on Friday, I think I quite

literally said out loud, “okay, I'm done,” or “I want to go back now” at least three times and that was before having to go out that night too.

Saturday was the day I ended up sleeping through, which sucked because I really wanted to tackle my procrastination for regular homework I mentioned in my previous opinion. I knew I was going to have the time on that day, but since I had been going out so much, I just really needed the sleep.

I ended up getting back to Doane, actually managing to find a parking spot in the Smith lot and sat in my car, listening to music for about 30 minutes before calling up my friend from here and saying if we could hold off on hanging out until later in the night.

For one, I needed a break by myself (and no, driving two and a half hours through holiday traffic does not count), and two, I absolutely needed to start working on things. I bet you can guess which one I had to prioritize more.

I know that all of this has sounded super negative so far, but I don't mean it to come across like that. I'm appreciative of the fact I was able to hangout with people I don't see very often, it's just the fact that it was every single night to the point where my social battery basically broke.

After having that time to myself, I can comfortably say that I did prefer being back. Having the freedom that I do here is very liberating and, against all odds, hanging out with friends on Sunday night was great and the best I could ask for at the time.

...THUMBS UP

Parrots



Ebooks

Snow



Soccer

Christmas Music



The Doane Owl editorial staff cast their opinions on different current topics and their responses are represented in ‘Thumbs Up, Thumbs Down’ every week.

THUMBS DOWN...

Men's Wrestling begins conf. duals

Doane wins first two of three matches

CASSIE KESSLER
Sports Editor

Over the weekend, the Men's Wrestling team took to the mats to defend their two year streak of being Conference Dual Champions. They opened things strong in Sioux City, Iowa with

two wins and now wait to complete the competition in late January.

Doane started the day facing off against the Northwestern College Raiders, with sophomore Hunter Bennett being first to compete. In his match, he defeated his opponent 26-11 with 12 takedowns to secure the victory.

The next match was also a Doane victory but was unable to be fully played out. Freshman Devin Avedissian was up 6-0 in the first minute before his opponent sustained an injury that forced their forfeiture.

Despite the slight lull, senior Baagii Boldmaa brought the energy back to the mats when he col-

lected the first pin for Doane. After four and a half minutes of competition, Boldmaa was up 20-6 before ending things with the pin.

Junior Tristan Zamilpa added a win of 7-2, while sophomore Gabriel Keith won 5-1. At this point, Doane was up 23-0 and was midway through the match.

Next up was junior Benjamin Doblér, who achieved a takedown just 11 seconds into the second period. He added another victory to Doane's total before his teammate junior Chinges Tsermaa added another pin.

The only win Northwestern had for the day came from the wrestler

currently ranked 15 in the NAIA, and even that was a close match. The Tigers snapped back courtesy of junior Bradley Antesberger and senior Brandon Antesberger, whose added wins gave Doane a 42-3 win over the Raiders.

Despite the well-fought match, things were just getting started. The Tigers had to face Briar Cliff University before they could close the day.

Things did not get off to the same start as the match against Northwestern. Briar Cliff won the first match of the night 10-5. Refusing to back down, Doane answered by tying things up thanks to Avedissian's 6-3 win.

Boldmaa once again

came through for the Tigers as he added an eighth win to his current streak, which now moves his streak into the all-time men's college wrestling record books.

Freshman Nathan Lendt made quick work of his opponent and grabbed the pin after just 56 seconds of competition. Zamilpa, who moved up a weight class for this match, grabbed another victory of 19-7 for the day.

Doblér added another win as well, this time going 6-2. Senior Michael Scarponi made his appearance for the day with yet another victory of 9-4. Senior Garrett Cornwell redeemed himself in

the second match with a win of 4-2.

Bradley Antesberger almost won his match in the first period, and although he was not able to close it out in the first, he took just 22 seconds to get the win in the second period. Junior Samuel Peterson was the final wrestler on the mat for Doane, and after some back and forth, he would secure the final victory for the Tigers, who won the match 35-3.

Both Men's and Women's Wrestling teams will be competing at home for the first time this season on Dec. 3 in the Conner/Oppenheim Doane Open.



Courtesy Photo | Doane Athletic Department

Junior Tristan Zamilpa battles against his competition, coming out of the first round of conference duals with a 7-2 win.



Courtesy Photo | Doane Athletic Department

Senior Baagii Boldmaa hits the twenty-fourth longest win streak in men's college wrestling after the first round of conference duals.

Basketball splits games before break

Women add second loss while Men improve to 4-4

CASSIE KESSLER
Sports Editor

The Men's and Women's Basketball teams started their breaks by hosting the Morningside University Mustangs. It was a long night of competition, and Doane would end up splitting the two games.

The Women's team was the first one to take on the Mustangs, whose women's team was ranked 12 at that time. The game was evenly matched for all four quarters, with neither team out-scoring the other by more than four points.

Doane struck first in the first quarter, with quite the defensive showing. They forced several turnovers, blocked shots and made a couple steals that allowed them to take an early lead of 20-17.

Morningside refused to let this go unanswered and came back ready to play in the second quarter. They outscored the Tigers by 23 percent from the floor and 63 percent from three. Despite the shooting strug-

gles, Doane trailed by just one point, 45-44, as the teams broke for half.

Coming back from the break, Doane's shooting looked much better. They improved from both the two- and three-point range but continued to struggle at the free throw line. Of the 14 shots that were taken here, only six would go through.

A last second three-point basket from sophomore Macy Holtz brought Doane within three points of Morningside at the end of the third quarter. To start the fourth, the Tigers were trailing 74-71.

The next ten minutes were some of the hardest fought for either team. The score continued to be extremely close, and Doane never trailed by more than four. With 45 seconds left to play, Doane was down 90-91.

Unfortunately, Doane's plan to foul their way to a comeback did not pan out, as Morningside shot 80 percent at the line and remained tuned in on defense. A missed three-point basket allowed Morningside to rebound and hold the ball until time ran out.

Doane fell 93-97, picking up their second loss of the season at home. After the outcome of the Women's game, it was time for the Men's team to try and rally together for a win.

It did not look promising based on the first half performance from the Tigers. They were shooting well below average from all areas and received no love from the referees. A singular free throw was



Courtesy Photo | Doane Athletic Department

Fifth-year Alec Oberhauser slams one down at the rim, adding to Doane's 76-72 win over Morningside.

attempted by Doane in the first half as Morningside only picked up three fouls.

Things continued to look grim for Doane in the first half. In the final five minutes of the half, the Tigers only added four points to their total. Halftime started with the team trailing 26-40.

During the break, a fire was lit underneath Doane and they came back to the second half with all guns blazing. They improved their shooting by over 20 percent in all areas and proceeded to play much better defense, boxing out on rebounds more efficiently.

It was this rate of play that got them within one point of Morningside. A Mustang foul sent freshman Ben Renshaw to the line to shoot two, and after scoring just one, it was tied 65-65. 16 seconds remained as the ball was in Morningside's

possession, but a missed three-point basket sent the game into overtime.

The game continued to go down to the wire in overtime, neither team finding the ability to pull away at all. There were only 20 seconds left when Morningside called a timeout, trailing 73-72.

Sophomore Brady Timm was sent to the line shortly after play resumed, where he made one of his two attempted free throws. Doane was not out of the clear as 15 seconds remained and Morningside was back in possession.

All hope the Mustangs had for victory were wiped away when they missed a three-point basket and fouled fifth-year Alec Oberhauser with just one second left. Oberhauser went two for two and extended



Courtesy photo | Doane Athletic Department

Freshman Rylie Rice looks to pass the ball up court around Morningside's strong defense.

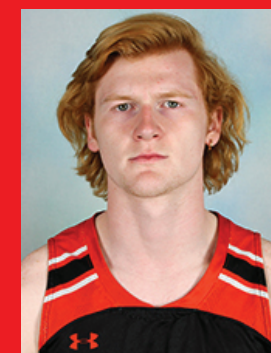
their final lead, allowing the Tigers to complete yet another late game comeback.

The Men's team won 76-72 and are now standing with a 4-4 record on the season.

Both teams continue their seasons on the road

this week. They will first be in Mitchell, South Dakota on Dec. 2 to play against Dakota Wesleyan University. The next stop will be on Dec. 3 in Jamestown, North Dakota to play against University of Jamestown.

Athlete of the Week



Cooper Sheldon
Men's Basketball

scored a career-high 18 points to lead the Tigers in the game against Morningside.



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Scoreboard Snapshot

MEN'S WRESTLING

November 22 @ SIOUX CITY, IOWA

5:30 versus NORTHWESTERN COLLEGE

TIGERS
42-3

7:00 versus BRIAR CLIFF UNIVERSITY

TIGERS
35-3

WOMEN'S BASKETBALL

November 22 @ HOME

6:00 versus MORNINGSIDE UNIVERSITY

MUSTANGS
93-97

MEN'S BASKETBALL

November 22 @ HOME

7:45 versus MORNINGSIDE UNIVERSITY

TIGERS
76-72

November 28 @ MANHATTAN, KANSAS

7:00 versus MANHATTAN CHRISTIAN COLLEGE

TIGERS
73-72

Next week for Tiger Athletics

MEN'S BASKETBALL

December 2 @ MITCHELL, SOUTH DAKOTA

6:45 versus DAKOTA WESLEYAN UNIVERSITY

December 3 @ JAMESTOWN, NORTH DAKOTA

2:45 versus UNIVERSITY OF JAMESTOWN

MEN'S WRESTLING

November 22 @ SIOUX CITY, IOWA

5:30 versus NORTHWESTERN COLLEGE

7:00 versus BRIAR CLIFF UNIVERSITY

TRACK AND FIELD

December 3 & 4 @ HOME

HAPPY HOLIDAYS COMBINED EVENTS

WOMEN'S BASKETBALL

December 2 @ MITCHELL, SOUTH DAKOTA

5:00 versus DAKOTA WESLEYAN UNIVERSITY

December 3 @ JAMESTOWN, NORTH DAKOTA

1:00 versus UNIVERSITY OF JAMESTOWN

WOMEN'S WRESTLING

December 3 @ HOME

9:00 CONNER/OPPEHEIM DOANE OPEN

