

the doane OWL

Seeking the Truth Without Favor



The Doane Cheer Team performs chants during the football game. See Page 9 for more.

COVID cases appearing on campus

BRIANNA WRIGHT
Staff Writer

As students return to Doane University, so does COVID-19. “COVID is very active on campus right now, confirmed by COVID tests,” Nurse Jody Yank said.

Sports teams, particularly football and soccer, have been hit hard. Those who test positive are quarantined for 48 hours in their dorms. Director

of Health and Wellness Andrea Baker acknowledged there is no space available on campus for dedicated quarantine rooms, and encourages students to quarantine at home if they are able. This situation has raised concerns for those sharing rooms or communal bathrooms with sick students.

“Most cases remain mild and last up to seven days,” Yank said, despite the challenges.

Plenty of resources are

available for students on and off campus, including in Crete and Lincoln. Baker reflected on Doane’s progress in the four years since COVID-19 first emerged in the United States, stating that it has become comparable to other mild illnesses.

“It [COVID] is easily transmittable but there are ways to keep yourself safe,” Baker said.

She advises students to prevent infection by washing their hands, covering their coughs, and

getting plenty of sleep.

As the world moves on from COVID concern grows about a Mpox epidemic. Formerly known as Monkeypox this virus causes rashes, fever, sore throats, and muscle aches, which can appear 2-3 weeks after exposure.

However, Baker believes this virus poses no threat to Doane students, stating that much of the alarm has been unwarranted. A TikTok video that reportedly showed lines for Mpox vaccines

in Nebraska was revealed to be misinformation. The footage was actually from a Tim Walz rally. Additionally, most reported cases have been in Africa and health organizations worldwide have been working to prevent the spread.

Vaccines are available for both viruses. Public Health Solutions and Walmart in Crete both offer vaccination services. At this time, Health and Wellness on campus is more concerned with

the spread of typical fall illnesses like strep throat, flu, and common colds. Nurse Yank encourages students to keep their distance from sick peers and to wash their hands regularly, especially before eating. Health and Wellness will have two flu shot clinics available in October. In the meantime, students are encouraged to use the resources available on and off campus.

STUCO introduces freshmen senators

KEIRAN BRAY
Staff Writer

It’s that time of year! School started back up again, clubs and organizations are recruiting new members, and the Doane Student Congress team is looking for three new freshmen senators. With all the fresh faces around campus come fresh ideas that will help shape our Student Congress.

This last week the Do-

ane Student body voted on three new freshman senators to join the Student Congress Team, in hopes of bettering the campus. The new senators-elect are freshmen Juan Matos Hernandez, Derek Silva and Harrison Sjuts.

“All I ever hear is ‘we need this and we need that,’ but nobody wants to take that extra step,” Silva said, emphasizing his frustration with inaction.

He envisions a student

congress that is proactive and responsive to student needs. To ensure accessibility, Silva plans to share his contact information widely, pledging to personally address every concern and advocate for his constituents directly to the student congress president.

When asked about specific initiatives, Silva highlighted the untapped potential of the campus disc golf course.

“We have a full course on our campus that’s just

sitting there,” Silva said, pointing out, proposing a clean-up and renovation project as an achievable first step towards creating more recreational options for students.

Sjuts, drawing on his previous experience as a member of his high school student council, emphasized his dedication to building a stronger, more inclusive campus community. He believes his approachable nature will encourage open communication and

foster a sense of trust between students and their representatives.

“If a student has a need or want, I feel I am a person they can talk to,” Sjuts said.

Mental health is a key area of interest for Sjuts. He envisions initiatives that not only provide resources but also cultivate a culture of support and belonging.

“A mental health initiative that helps everyone feel included and loved is a great way to

build a stronger community throughout campus,” Sjuts said. +

Both Silva and Sjuts are actively campaigning, utilizing social media platforms to share their platforms and engaging in face-to-face interactions to connect with fellow students. Their energy and dedication to serving their peers are evident, promising an engaging election season focused on positive change.

New members in Honors Program

AMANI MUISYO
Staff Writer

Doane University was happy to announce the new cohort of students joining the Doane Honors Program on Aug. 23. Each year Doane selects 20 applicants who are academically successful as well as curious and great leaders.

“High standards influence my motivation to work hard. Once I reaches my high goals, I feel accomplished. An opportunity I am seeking as a Doane honor student is to study abroad, learn about different cultures, and be a learner, not just a stu-

dent.” freshman Payton Cast said.

The core values the honors program believes in are integrity, intellectual curiosity, service, and cross-cultural engagement. Opportunities for being in the honors program include scholarships, studying abroad, participating in a local cultural experience and having a senior research project. This gives students the advantage of learning about different cultures, which will help them in their experiences when they join the workforce.

The Director of the Honors Program and Doane alumni, Andrea Johnson-Wysocki loves

to work with students to see their growth and how they engage with one another. She describes that students who are in the program are curious, love learning and are risk-takers.

There is still time to join the honors program for this spring semester.

“Take an active role in your educational journey”, Johnson-Wysocki said

She hopes students make relationships with professors and their peers and get involved in campus. As alumni, she understands that all teachers offer a lot, so it is up to students to make the experience well-rounded here at Doane.

Doane Honors

2024 - 2025 Cohort

Krya Bowen	Andrew Langford
Payton Cast	Mackenzie Pike
Hailey Ekstein	Maria Cristina Purizaca Soto
Mason Garreans	Hailey Schweitzer
Cassidy Grint	Joseph Seifferlein
Emma Hanke	Kaydence Throm
Jaelyn Himmelberg	Sawyer Tietgen
William Howard	Natalie Wood
Katelyn Iwate	

Heatwave falls over campus

Heatwave affecting student life on campus.

JOHN DAWES
Editor-In-Chief

Last week, Doane experienced a series of heat waves. Multiple practices including football, soccer and cross country got either canceled or rescheduled due to the heat, there were reports students were boarding on heat exhaustion at the Lake Day event hosted by SPB and Delta Kappa Pi on Aug. 25, and players were cramping on the field during Doane's football game against Graceland University on Aug. 31. Despite being in the waning days of summer, the heat remains the fairly high hovering in the

mid-high 80's.

"Heat exhaustion is something that happens when we have high temperatures, high humidity and usually happens when you have strenuous activity involved. So if students are going to be outside for any period of time, hydration is very important. Try and plan out your day so you're not outside during the hottest parts of the day." Health & Wellness Director Andreea Baker said.

Exercise heat can result in students being overly tired, having issues with their sinuses being clogged or feeling lightheaded or sick. Baker emphasizes that water and careful planning are students' best ways to combat the heat. Avoiding workouts in the afternoon if possible, eating well, drinking water and reporting issues with the Health Department can

go a long way in protecting students' well-being.

"Other things to look out for are chills and sweats, or a cough that just won't go away. It's hard too because we are getting right into harvest season. So any congestion can be compounded. When in doubt students should talk to us, we are definitely available for them at any time." Baker said.

The forecast for the rest of the week seems fairly favorable for Doane, as temperatures are moving away from the mid-to-low 90's and more into the 80's and 70's. However, temperatures are usually cooler in the morning by a significant amount, ranging from mid-40's to mid-60's, students should dress for the weather and expect to possibly change out sweatshirts or bulky pants as the day goes on.



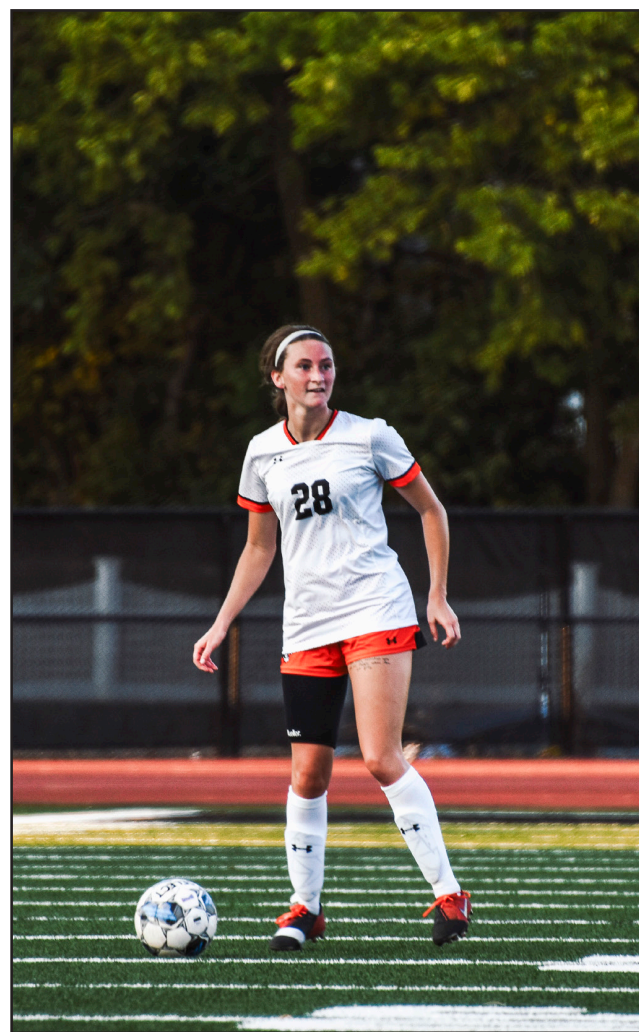
Graphic by Hailey Schweitzer | The Doane Owl

Women's Soccer Team battles York



Photos by Elena Koenig | The Doane Owl

(Left) Freshman Hayle Brodine gets around defender and works her way towards the goal. (Right) Senior Desiree Lopez goes to make a pass to another teammate.



Photos by Elena Koenig | The Doane Owl

(Left) Senior Brooklyn Mercurio winds up for a kick. (Middle) Redshirt-senior Payton Cooley looks for an open teammate. (Right) Sophomore Myrdean Lehman kicks downfield. Read more on Page 9.

Hall Council applications open

BRIANNA WRIGHT
Staff Writer

Nadia Lanik said there are two aspects: "The first is creating programs and the second is advocating for what people want."

around the residence hall. Hansen put together a final study space equipped with snacks.

"Truly, the programming is up to the council. Dream big and narrow your ideas down from there," CD Alexis Lipson said.

The opportunity to join Hall Council is open to anyone living in the residence halls, whether

as a general member or in an executive position. Residents can also sit in on meetings whenever they like.

"Whether you want to be on the exec team, a general member, or attend a meeting to test the waters, everyone is welcome," Lipson said.

Each hall will vote for its Council President and Vice President. If you're

not interested in joining, keep an eye out for the presidential campaigns. The voting period will be from Sept. 9th to 13th. However, returning students will notice that the voting process will be different than in previous years. Community Directors are planning changes to make voting easier and more efficient. These councils provide

students with the opportunity to shape their living environment, create lasting memories, and develop leadership skills. But more than that, hall councils help build and community and make the residence hall feel like a home.

Part of life on campus is Residence Halls. They're where you eat, hang out, shower, and, most importantly, sleep. Hall Council gives students a voice in what happens in their hall. But what is Hall Council? Community Director

Foodie Series: ice cream

First Foodie Series installment of semester

JOHNATHAN SCHMIDT
Life & Culture

On Aug. 27th, The Student Programming Board, SPB, hosted the first installment of the Foodie Series. For this edition, the SPB had Chef Shack help students make homemade ice cream.

The process to make ice cream was surprisingly simple, the process was as follows: put the ingredients in a bag, shake the bag and viola, ice cream.

"The ice cream was

very easy to make," sophomore Logan Brooks said.

Past installments in the foodies series had participants make dishes such as: mug cakes, sushi and waffles.

The SPB is an organization with the express purpose of, "SPB is charged with the planning of events and programs that offer quality, diverse, social, educational and innovative activities on campus," Doane University.

The organization is a student-run organization, with faculty oversight.

The flavors were chocolate, vanilla, strawberry and mango.

For the first 25 people who showed up to the event, they received color-changing cups and spoons. The event was

held in Lakeside, where the other installments in the foodie series were held.

"A surprising amount of people showed up," Brooks said.

The foodie series and other events hosted by SPB serve as ways for students who wouldn't normally have a reason or the chance to socialize with students outside of their own daily life a chance to socialize with other students.

It can also serve as a temporary socializing/hangout spot for students who are already acquainted with one another.

No word yet on when the next installment in the foodies series will be, but this is a multi-year series, so it is safe to say that another installment in this series is on the horizon.

Courtesy Graphic | Student Programming Board

SPB FOODIE SERIES PRESENTS:

DIY ICE CREAM

JOIN SPB AND CHEF SHACK FOR A NIGHT OF ICE CREAM MAKING!

@Doane_SPB

AUGUST 27 7-9PM FREES FIELD

FOR MORE INFO EMAIL SPENCER.MUNSON@DOANE.EDU

SUICIDE PREVENTION WEEK

September 9th-12th

<p>MONDAY 9/9</p> <p>Coffee with the Counselors Outside Butler 8:30- 10:30 am The Pour Horse Coffee Truck</p>	<p>TUESDAY 9/10</p> <p>Murals and Movies Lakeside 6:30-8:30 pm Join for painting and movies</p>
<p>WEDNESDAY 9/11</p> <p>Phone a Friend Information Desk 11:00 am- 1:00 pm Reach out and make someone's day</p>	<p>THURSDAY 9/12</p> <p>Colors of Hope Cassel Theater 5:00 pm- Resource tables 7:00 pm- Suicide Prevention Speakers 8:00 pm- Glow Walk</p>

For questions email: darcy.dawson@doane.edu

Courtesy Graphic | Counseling Center

DOANE UNIVERSITY

COLORS OF HOPE

SUICIDE PREVENTION WALK
THUR, SEPT 12TH 5PM
CASSEL THEATRE

5:00PM - COMMUNITY/CAMPUS RESOURCE TABLES
7:00 PM THE DEFENSIVE LIFE (SUICIDE PREVENTION SPEAKERS)
8:00PM - GLOW WALK

IF YOU'D LIKE TO REGISTER YOUR ORGANIZATION TO HAVE A BOOTH SCAN THE QR CODE

FOR QUESTIONS EMAIL DARCY.DAWSON@DOANE.EDU

Courtesy Graphic | Counseling Center

WHAT IS YOUR RADON LEVEL?

Radon is the **#2** cause of lung cancer in Iowa and Nebraska

RADON DEFENSE MIDWEST

LIMITED TIME OFFER

\$50 OFF PROFESSIONAL RADON TEST <small>(REGULAR RETAIL PRICE \$150)</small>	\$100 OFF RADON PROTECTION SYSTEM
---	---

1-866-490-5448
CALL NOW TO SCHEDULE YOUR FREE ESTIMATE

THINK PRINT ADVERTISING IN NEWSPAPERS DOESN'T WORK? THINK AGAIN.

These mortgage ads out west are producing more calls than we've had a long time."

ALYSSA RHODES
LINCOLN FEDERAL SAVINGS BANK | 2024

Discover the power of the Nebraska Small Print Ad Network, offering affordable and effective advertising solutions. Whether you're looking to target specific regions or reach audiences statewide, our network ensures your message is delivered with impact.

WANT TO LEAN MORE?
Contact this newspaper. Or call 1-800-369-2850 for more information. Learn more at www.onepressne.com

Small Print Ad Network
onepressne.com

Weekly Horoscopes

Aquarius (January 21 - February 19): Anger is not your friend this week, do not listen to it.

Pisces (February 20 - March 20): You are getting in your own way. Stop it.

Aries (March 21 - April 20): Be more self-reflective in your actions and how they affect others.

Taurus (April 21 - May 21): Treat others the way you want to be treated. Follow this advice.

Gemini (May 22 - June 21): Take in advice from others around you instead of being always so self-reliant.

Cancer (June 22 - July 22): You have strived for your own peace too hard to let it be trampled upon by another person.

Leo (July 23 - August 22): Your value does not come from what you do for others, it comes from your existence.

Virgo (August 23 - September 22): You have to stop existing and start living.

Libra (September 23 - October 22): Do what you think is best in every situation, nothing more, nothing less.

Scorpio (October 23 - November 21): What you do when people aren't looking determine the type of person that you are.

Sagittarius (November 22 - December 21): Stop blowing problems out of their own objective reality. It's not worth the stress.

Capricorn (December 22 - January 20): Get out of your own head, before you get trapped there. Go live with sensible reckless abandon.



Courtesy picture | Doane University Student senior Rowan Jolkowski

Activist gets scholarship

JOHN DAWES
Editor-in-Chief

For many students, paying for college is a daunting task. Whether it be securing scholarships or struggling to build community there's a multitude of reasons students fail to get access to a college education. These financial and social burdens are often felt even stronger by minority and LGBTQ students who often lack the resources of their peers.

One way to alleviate these struggles for LGBTQ students is via the Dru Project, a non-profit organization that was set up by friends of Drew Leinonen to preserve his memory after he was shot in the Pulse Nightclub shooting. The organization grants five scholarships to students all over the US in hopes of guaranteeing LGBTQ

graduate and can make opportunities and pathways for future Queer students

President of PRISM and senior Rowan Jolkowski was one of five recipients of this national scholarship and he hopes to use it to finish their education at Doane and continue to spread LGBTQ advocacy around the campus.

"This scholarship helps me pay for my last year in college and therefore makes it possible for me to save some money so I have something to lean on when I graduate in May. It also helps me realize how much I have actually accomplished the past few years... It can be easy to get bogged down by all the hate, negativity and unnecessary politicization of human rights based on fear of untrue narratives, and I have felt

an increase in subtle hostility recently making me feel a noticeable sense of constant anxiety." Jolkowski said.

Jolkowski is the president of PRISM, the student-led LGBTQ organization on campus. They hope to bring resources to Queer students, provide education on the LGBTQ community to everyone on campus and to ultimately build a safer Doane for people of all identities.

"These types of recognition help remind me that what I'm doing is important and does make a difference. I just need to keep doing what I'm doing and hope it continues to bring comfort to the queer community at Doane." Jolkowski said. Jolkowski appreciates that this scholarship levels the playing field for students and ultimately works to encourage

more LGBTQ students to pursue college. Receiving this scholarship allows Jolkowski to stay in school and provide help and guidance to the students who might be the most vulnerable.

"Because of the per-hope to bring resources to Queer people Queer folk education on the LGBTQ have a lesser likelihood of going to college or and to ultimately build a complete college for any Social economic status reasons to not feeling safe enough to go due to lack of resources available to them. This program helps where they can to level the playing ground and help pay and also help empower queer students to create a safe space at their school themselves." Jolkowski said.

Doane's europe expedition

LORRAINE CASTAÑEDA
Staff Writer

Recently, it was announced that a group of Doane students will be visiting Europe next May. This project offers students an opportunity to learn about other cultures and places outside the classroom. They'll get to

explore and experience a completely different part of the world.

Some of the goals of trips like this are to learn about different lifestyles, customs and the people who live within them, as well as to allow students to compare their own culture with what they experience abroad.

The main destinations will be the Netherlands, Germany, and even some trips into Belgium. Students will spend a couple of days in each destination, with activities programmed by the university, such as tours of cheese and chocolate factories, castles, and museums, among other

attractions and interesting places. Students will also have some free time to fully enjoy the experience.

The trip is scheduled to take place from May 19 to May 31, with an estimated cost of approximately \$4,800. Doane students who have completed 60 credits may be

eligible for a travel scholarship of up to \$1,000, which will be applied to their final payment. Additionally, students who qualify for Pell Grants are also eligible to apply for the Gilman Scholarship. To secure a spot, a \$100 deposit must be paid to the Business Office by September 30th.

Teachers hope that this type of trip will awaken a global traveler in students. This project will definitely encourage students to learn more about different countries and cultures, and may even lead them to explore different parts of the world on their own.

EXPLORE Europe with us

...MORE THAN JUST THE AUTOBAHN, BEER, AND CASTLES...

Netherlands
We will start our adventure in the city of Amsterdam, renowned for its intricate canal systems, historic architecture, and rich artistic heritage. Beyond the city, experience the charming countryside of Valendam and Zaanse Schans, where we can delve into the art of cheese-making and clog crafting at local workshops. This leg of the trip promises a blend of cultural immersion and scenic splendor, offering insights into Dutch life both past and present.

Belgium
A day trip to Brussels offers a deep dive into the core of European culture and politics. As the de facto capital of the European Union, Brussels boasts an array of stunning gothic architecture and contemporary buildings. This bustling metropolis is a canvas of linguistic diversity and culinary excellence that will provide us with a rich, sensory-filled day of exploration and discovery.

Germany
The final chapter of our journey unfolds in Germany. Our path will take us from Cologne, famous for its imposing Cathedral and vibrant cultural scene, to the romantic Rhine Valley in Rudesheim, where a cruise down the Rhine River reveals enchanting landscapes and medieval castles. The journey continues through the historic streets of Heidelberg and concludes in Frankfurt, a global hub of commerce, culture, and education.

INTERESTED TO KNOW MORE? SCAN THE CODE AND LET US KNOW

CONTACT US
Josh Pope
joshua.pope@doane.edu
Julianna Grabianowski
j.grabianowski@doane.edu

STUDY ABROAD

efstudyabroad.com/2751718VV

Set your academic journey apart

Literature in London

This study abroad program is designed to inspire empathy, hone competencies, and foster global citizenship—empowering students like you to enter the next stage of life as confident leaders. You'll learn about new cultures while living like a local, reimagine the future as you walk through history, and find your passions by following your curiosities. This is your time, and there's a whole world to discover.

REQUESTED TRAVEL DATES:
May 20, 2025 – May 29, 2025

LED BY:
Professor Melanie Ritzenthaler
Professor Brad Johnson
Contact: melanie.ritzenthaler@doane.edu

Traveling with EF

EXPLORE WITH CONFIDENCE
With an unmatched global presence and 50+ years of experience, we have the resources to prioritize traveler safety—no matter where your adventure takes you. Our Safety and Incident Response Team comprised of industry and healthcare experts is ready to spring into action 24/7.

ENJOY ENDLESS SUPPORT
We've got your back every step of the way—from pre-departure prep to on-the-ground guidance. You'll be supported by an entire team of consultants, advisors, and coordinators dedicated to making your travel experience the best it can be (and then some).

EXPERIENCE A WORLD OF OPPORTUNITY
When you study abroad with EF, you take your learning to another level. We're talking hands-on, mind-open, world-at-your-fingertips experiences that bolster traditional academia through immersive travel—all while preparing you for whatever comes next.

For the week of Aug. 23:

ANNOUNCEMENT

HELLO NEBRASKA! Introducing www.nepublicnotices.com, a new public notice website presented as a public service by all Nebraska newspapers. Free access, fully searchable – because democracy depends upon open government and your right to know.

AFFORDABLE PRESS Release service. Send your message to 155 newspapers across Nebraska for one low price! Call 1-800-369-2850 or www.nepress.com for more details.

CLASSIFIED ADVERTISING in over 150 newspapers. Reach thousands of readers for \$225/25 word ad. Contact your local newspaper or call 1-800-369-2850.

FOR SALE - SERVICES

GOT TERMITES. We've killed them for over 42 years! Free over the phone quote.

BEAR SERVICE. Call Kiley at 800-241-7179 EMAIL: bearmeyer1@gmail.com

FOR SALE - INSURANCE

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-490-4149 www.dental50plus.com/81#6258

FOR SALE - SENIORS

1-844-958-3431

PORTABLE OXYGEN Concentrator? May be covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-385-3580.

HOME SERVICES

DOES YOUR basement or crawl space need some attention? Call Thrasher Foundation Repair! A permanent solution for waterproofing, failing foundations, sinking concrete and nasty crawl spaces. FREE Inspection & Same Day Estimate. \$250 off ANY project with code GET250. Call

THE BATHROOM of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-855-451-2244

SERVICES - PUBLISHING

BECOME A Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Au-

thors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-858-2822 or visit dorranceinfo.com/Nebraska

WANTED

GET YOUR deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-877-730-8167 today!



You need a photo ID to vote.

Bring your photo ID with you when you vote in person. Or provide your Nebraska driver's license/state ID or a photocopy of the ID when you vote by mail.

A variety of acceptable and readily attainable IDs* may be used for voting purposes, including:

- ✓ Nebraska driver's license/state ID
- ✓ U.S. Passport, military ID, tribal ID
- ✓ Hospital, assisted-living facility, nursing home record
- ✓ Nebraska political subdivision ID (state, county, city, school, etc.)
- ✓ Nebraska college or university ID

*ID must include name and photo



A message from the Nebraska Secretary of State.

For more information on Voter ID, visit

VoterID.Nebraska.gov

CD RATE SPECIALS

4 Month 5.08% APY*	12 Month 4.00% APY*
------------------------------	-------------------------------

View all specials at lincolnfed.com | 402-474-1400



*Annual Percentage Yield (APY). Minimum \$5,000 to obtain special rates. 4 month special renews at 6 month rate. Interest paid on balances over \$0.01. Penalty for early withdrawal. Fees may reduce earnings. Interest rates effective as of publication date and are subject to change at any time. Member FDIC.

OMAHA RODEO



SEPT 20-21, 2024

CHI Health Center Omaha 7:30 PM ★ Cost: \$30-\$50

ON SALE NOW! 402-599-6910 Ticketmaster.com

GATEWAY DERMATOLOGY PC

"Quality Care by Caring Professionals for Over 30 Years"

(800) 659-1147

CLINICS HELD MONTHLY AT

NEBRASKA CITY: Sept. 26, Oct. 24

FRIEND: Sept. 10, Nov. 5

"Christine took the case, and his skin cleared up in one week. Literally, one week."
-Rim S.

"Excellent treatment. Love Dr. Bigler!"
-Lisa D.



Christine A. Trombino, PA-C & Dr. David A. Bigler, M.D.

8101 O St. Ste. S111 • Lincoln, NE
WWW.GATEWAYDERM.COM



Farmers National Company

Your Local Real Estate and Farm Management Specialist

Are you....

- **Earning a fair return on your farmland?**
- **Unsure of your land value in today's market?**
- **Considering selling your farmland, pasture, and/or recreational property?**

Contact me today to learn how we can assist you!

Tim Johnson, AFM
Area Vice President - West Central
Phone: (402) 762-5040
Tim.Johnson@FarmersNational.com

www.FarmersNational.com

Real Estate Sales • Farm and Ranch Management • Energy Management • Appraisals Insurance • Consultations • Forestry Management • Hunting Lease Network • FNC Ag Stock

A return to a healthier mindfulness



JOHN DAWES
Editor-in-Chief

Mindfulness. It's something we see plastered everywhere on social media; how to be more present, how to visualize yourself being more successful, how to find yourself in the quiet moments. We see it everywhere as some sort of super skill that turns you into the most productive and well-organized person on the planet.

I think the concept of mindfulness has lost the plot in the social media era, you can make the argument that mindful-

ness lost its purpose under American capitalism. Either way you slice it, we're being mindful in the wrong way.

According to the Oxford dictionary mindfulness "is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, used as a therapeutic technique."

On social media we see an influencer like fitness and mens influ-

encer Andrew Tate and business influencer Gary Vaynerchuk promote mindfulness as a practice of blocking out noise. They promote mindfulness and meditation as practices that block out noise and allow you to tap into something productive, rather than the act of being present. I think that this ruins the act of being present and being mindful.

The point of mindfulness is to accept what you are seeing, feeling and experiencing. The point of

it is not to use it for the sake of productivity and results, it's to learn more about yourself.

It means you need to accept the emotions that come, whether they are bad or good, productive or unproductive, pure or impure and let them linger. The practice of mindfulness is best carried out by examining and learning from what you see and feel, not pushing away.

By accepting the fact that by being present and being mindful you might

come away with something better than you came before. But, you have to accept that your emotions are going to be raw and unfiltered and that's alright. As college students we are so used to numbing ourselves out so we can bang out another assignment or workout, but we need to let our honest emotions be acknowledged so we can be present. If you continue to push things deeper and deeper down you are only going to burn yourself out.

Barry better than Breaking Bad



JOHNATHAN SCHMIDT
Life & Culture Editor

Mild spoilers for the show "Barry."

"Barry" is one of the best shows I have ever seen. Each season builds upon itself masterfully, and I am hooked.

For the record, I have not finished "Barry" yet, I am deep into season three, and all I can say is that it is amazing.

The premise for the show is as follows: A hitman goes to LA to carry out a contract, but

he joins an acting class. The main character, Barry Berkman, develops so beautifully as the show goes on.

Berkman, in the first season, is a stone-cold killer, and eventually develops thoughts of his own, and spoiler alert, goes against the person who raised him by the end of the first season.

The incredible character writing is not limited to Bill Hader's character,

every person in the cast has things going on, and it makes them develop significantly, and every character, no matter how good or evil they are, are sympathetic in some way.

For instance, the main love interest, Sally, develops into a product of her own ego and refusal to move on. She is made sympathetic and her actions explained by her abusive ex-husband, who shows up in the show,

midway through season two. The experience that adds a lot of depth to Sally's character is the fact that she never had a triumphant moment of defiance to her abuser, she just leaves in the middle of the night. This revelation adds to her character because it explains how she acts in her daily life.

It's worth mentioning that the episodes are only 30 minutes long, and there are only 8 episodes

to a season and only 4 seasons.

It's characterization like that which makes a show amazing, and it's all done by a phenomenal cast, including the aforementioned Bill Hader as lead, Sarah Goldberg as Sally, Henry Winkler as the director of the acting class and so many other amazing actors who all give the best performances that I have seen from them. "Barry" > "Breaking Bad", 10/10.

The upside of trying baggy jeans

GRACE SCHROLLER
Student Writer

Baggy Jeans... I know what you're thinking, no, I'm okay, but thank you. That's likely the most common response, but for some, being comfortable is just as important as looking fashionable.

So, have an open mind and give me a few minutes of your time to explain why this could be a good staple to consider

adding to your wardrobe. With fall approaching, whether we are ready or not, it's time to start preparing our closet.

This baggy jean trend is a solid staple piece you can wear year round, and will never need to be retired to the back of your closet. I hear many of my friends say that they prefer to wear sweatpants, sweat shorts and ath-leisure wear because it's comfortable.

Especially as a col-

lege student in the midst of campus life attending classes all day, who doesn't want to be comfortable? Baggy jeans can be your sweat pants substitute.

They give you that oversized sweat pants feel, but you can look stylish while maintaining comfort. It's easy to dress up or dress down baggy jeans, but it's harder to accomplish that with sweatpants.

Now, I'm not saying

you can't wear sweatpants anymore, but just simply urging you to rethink your take on baggy jeans.

How might you style them, you say? I like to advise that if you're wearing baggy bottoms, you need to balance it with a tighter, body hugging top.

This doesn't need to be a SKIMS tight fitting shirt that suffocates you and you're unable to breathe all day. Rather, you could

try a basic comfy shirt, then throw on a pair of comfy sneakers, or your go-to sandals. Are

the jeans too baggy? Try cuffing them, it adds texture to the look!

Opposition to this baggy jean debate is that baggy jeans aren't flattering and don't show off your figure. This may be true, and I agree that sometimes when I wear baggy jeans I feel that way as well, however, when styled correctly, you can

be confident and comfortable too! I stand by the belief that if you feel good about what you are wearing, it reflects in your attitude and how you hold yourself.

So I recommend you have an open mind, and try this baggy jean trend, you'll be ready for any occasion and won't even miss those sweats... that much.

Loving new season of Love is Blind

AMANI MUISYO
Student Writer

Every year Netflix releases another season of "Love is Blind." Contestants go to the show hoping to fall in love by talking to people through a wall that they have never seen, couples have one week to get engaged, and only after the proposal can they see each other. They then go to a little honeymoon to get to know each other, meet each others friends and family.

Then have three weeks to decide if they are going to get married or not. The show ventures to different countries like Mexico, Japan, and Sweden. This year on Aug. 7, "Love is Blind": UK made its first premier making trend with millions watching from around the world.

When watching the show, you immediately fall in love with the relationship Steven and Sabrina develop. Often in the show there is one per-

fect couple that seems to resolve arguments quickly and feel like the right match.

The couple said their "I Do's" at the altar, but once the show was over they separated. It was revealed that Steven wasn't putting as much effort into their relationship, and communicating long distance isn't working out for the couple.

It really shows how reality TV shows can create this deception that not only viewers fall for, but the contestants in the show as well. Steven made a great point by saying that in the show, "you are the best version of yourself."

You're living in houses the show created and don't have phones, or other people to strain your relationship. Though the show is very entertaining, it's still people's lives and once they get married and things don't work out after the show, it can really affect one's mental health, and family dynamic.

Another couple that

piqued the internet's interest was Maria and Tom. The two had some bumps in the pods, but what ended up being the downfall of their relationship was their differences in culture and religion. Maria is Muslim and grew up with more traditional values that men should be the main provider, while women are to be stay-at-home-moms.

They had many other cultural differences, but it's important that "Love is Blind" casted a diverse group of singles because it really shows how couples in the real world need to have hard discussions on what they believe in and what their core values are.

Overall the season once again was a delight for many viewers, and two couples said "I do," and are still together to this day. It is fascinating to see the next season of contestants and what lessons viewers can pick up on.

...Thumbs UP

Pine 

 Apples

Unboxing 

 Sand

Pollen 

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...

Women's Golf shatters four records

ELIYAH LARA-JOHNSON
Sports Editor

On Aug. 29 and 30, the Tigers opened their season by traveling to Yankton, SD to compete in the Mount Mary Invite. Not only did they start their season, but they also broke four school records. They broke the team single

round, which ended in a tie, and the team 36-hole school record.

On Thursday the Tigers ended the day with 309 strokes, which is what broke the single round record, then came back on Friday and ended with 334 strokes. This ended the Tigers with 643 strokes and second place over-

all.

Finishing the competition with 151 strokes (73-78) was freshman Sydney Streeter, which gave her first place only winning by two strokes. Tied for second with 153 strokes overall (76-77) was freshman Connie Jarm, who by three strokes topped the previous school record.

Tying for 22nd and finishing with 170 strokes (82-88) was freshman Jamisyn Kirkpatrick, also tying for 26th with 171 strokes (80-91) was freshman Laila Saunders, and tying for 28th with 173 strokes was sophomore Payton Morgan.

Finishing in 10th place overall was the

Tigers "B" team which had a grand total of 723 strokes (340-383). Placing 11th was freshman Tia Phaisan with 162 strokes (80-82), finishing with 181 strokes (86-95) was freshman Maddie Nielson which placed her 41st.

Placing 52nd with 189 strokes (86-103) was freshman Jessy

Merrell, tying for 54th was senior Emma Shaeffer who had 191 strokes (88-103), and finishing in 63rd with 217 strokes (107-110) was freshman Julia Johnson.

On Sept. 7 and 8, the Tigers will be traveling to Marion Iowa to compete in the Mount Mercy Invite.

Men's Golf opens season in second

ELIYAH LARA-JOHNSON
Sports Editor

On Aug. 26 and 27, the Tigers traveled to Yankton, SD to compete in the Mount Marty Invite to open up their season. The Tigers separated into two different teams during the match. Team "B" placed fourth

overall while team "A" tied for second with Northeast CC.

For team "A" they had a grand score of 582 after a 36-hole game. Junior Cauy Walters had a grand total of 144 points, 74 on day one and 70 on day two. With this score, Walters placed fourth overall. Tying for sixth was senior Sam Arnold

who had finished with 145 strokes, 76 on day one and 69 on day two.

Ending the tournament with 147 strokes, 73 on day one and 74 on day two, was junior Julius Rauter who tied for 13th, and senior Blake Skoumal ended with 148 strokes, 76 on day one and 72 on day two, which ended him tying for eighth.

teenth. Tying with Skoumal was sophomore Jack Millard who also ended with 148 strokes, but had 75 on day one and 73 on day two.

For team "B" they ended the match with 593 points where freshman Toby Knevet had a total of 146 strokes, 74 on day one and 72 on day two, which placed him

10th. Also placing 10th was senior Noah Miller who also had 146 strokes but had 73 strokes on both days.

Sophomore Alex Morral had a total of 151 strokes, 75 on day one and 76 on day two, which placed him 31st with junior Cam Binder placing 34th with a grand total of 152 strokes, 77 on

day one and 75 on day two. Tying with Binder was sophomore Joshua Wassmer who also had a total of 152 strokes, but had 75 on day one and 77 on day two.

On Sept. 4 and 5, the Tigers will travel up to Lincoln's Highlands Golf Course to compete in the Blue River Classic.

Volleyball splits games in Florida

ELIYAH LARA-JOHNSON
Sports Editor

On Aug. 30 the Tigers traveled to Florida to compete in a four-set game against Florida College where they ended the match 0-3 with scores being 24-26, 12-25, and 17-25.

Throughout the game, Doane had 22 kills and two team blocks, leading the Tigers with the kills was senior Kayden Schumacher.

Dishing out assists

was sophomore Camdyn Carpenter who had 11. Finally leading the Tigers with digs was senior Grace Zeier who had 11 and junior Sophia McKinney who had 10.

Later on in the day, the Tigers competed against Milligan University where they had a tight five-set game with final scores being 18-25, 25-16, 25-27, 25-21, and 13-15.

Finishing the game, Schumacher and senior Tayler Sluka both lead the Tigers with kills both

having 16 apiece, adding 16 more kills was sophomore Sophia Turek. Dishing out 53 assists was Carpenter, who had 29, and sophomore Chloe Rose, who had 24.

Going into the defensive side, leading with 26 digs was Zeier, and adding to that was McKinney with 18, junior Harper Case had 16, Carpenter had 15, and Rose had 12. Junior Jenna Sweeney and sophomore Delaney Burge both collected two blocks apiece.

On Aug. 31, the Ti-

gers had an early morning where they competed against Trinity College where they had a straight set victory with a final score being 3-0 with set scores being 25-14, 25-10, and 25-16.

Leading the team with kills was Schumacher, and adding seven kills was Turek, who also had three ace serves. Also adding four more ace serves was Rose, who also had 16 assists and adding 19 assists to that was Carpenter.

On the defensive side,

Zeier collected 19 out of 50 digs, and along with that the Tigers had three solo blocks made by Turek, Sluka, and freshman Hilary Hupp.

Wrapping up their trip to Florida, the Tigers competed against Warner University where they also had a straight set victory with set scores being 25-16, 25-18, and 26-24. However, in the final set, the Tigers, who were at 22-13, were able to gain 15 points.

Leading the team with nine kills and two ace

serves was Turek, and adding seven kills was Sluka. Dishing out assists was Rose, who had 11 and Carpenter who had 10.

On the contrary, Carpenter also led the team with 19 digs while Sluka and Schumacher both had three blocks apiece out of the 11 team blocks.

On Sept. 4, the Tigers will be traveling to Hastings, NE. to compete against the Broncos where they will also be opening up conference play.

Soccer has home opener and win

ELIYAH LARA-JOHNSON
Sports Editor

On Aug. 28, the Tigers competed back at home against the York University Panthers where the game ended at about 11:30 p.m., and the Tigers secured their second win of the season with the final score being 2-0.

Going into the first half of the game, the Tigers scored their first goal of the game in 7' when senior Ameer Madden passed the ball to back post junior Fernando Moreno. In the second half, the Tigers

were able to pick up another goal at the 79' where Madden attempted to shoot on a break-away but was saved by senior Braden Lackey which led him to shoot the ball into the net.

Not only did those two goals give the Tigers another win, but they were also Moreno and Lackey's first goals of the season, while Madden added two assists to his total for this season. Goalkeeper senior Samuel Montanez had a total of four saves recorded in this game.

On Sept. 7, the Tigers will be traveling to Lamon, Iowa to compete

against Graceland, with the game starting at five.

On Aug. 28 the Tigers played their first home game against the York University Panthers. Throughout the game, the Tigers and Panthers were fighting to get the ball into the goal, until minute 84' the Panthers received a point off of a loose ball, which won the game for them. With this loss, it dropped the Tigers to a 1-3 record.

During the game, the Panther's McKenzie Stricker sent the ball into the goal box after a free kick where sophomore Virginia Johnson knocked the ball out of

the air, but it, unfortunately, spun away from her which led to the Panther's Cleo Paris to shoot the ball into the goal. At the end of the game, Johnson had four saves.

On Aug. 31, the Tigers traveled to Des Moines, Iowa to take on Grand View University where within the first six minutes into the game junior McKenna Rathbun was able to shoot the ball into an empty net after picking up a loose ball.

At the 24' Grand View's Ella Forsyth tied the game after Grand View's Olivia Boyle passed to Forsyth. Going into the second half

of the game the score was still 1-1, that is until Grand View drew a foul which led to a penalty kick, where Forsyth scored another point for the Vikings which made the score 2-1.

For the match, the Tigers had a 12-6 shot advantage along with 9-4 shots on goal. Freshman Ella Hale had two saves throughout the game.

Finally, the Tigers traveled to Canton, Missouri on Sept. 2 to take on Culver-Stockton College, throughout this game however the Wildcats had control for a majority of the game, also outshooting the Tigers 17-6.

With that, they also had a corner kick which only helped them with a 10-0, which made the shots on the goal 10-5.

At the 47', the Wildcats Lola Weise passed forward to Wildcats Alayna Chandler-Guti on the right side which went straight to the goal. In the game, junior Grayce Southern had picked up nine saves, and Rathbun and junior Savannah Franzoy both had two shots on goal.

On Sept. 7 the Tigers will be competing at home against McPherson College at 5 p.m.

Football opens season with a loss

Doane will host Briar Cliff University at 1 PM on Sept. 7, in Crete, NE.

JOHN DAWES
Editor-In-Chief

Doane Football opened their 2024 season on their home field against Graceland University on Aug. 31, losing the game 11-49 and opening their season with a

0-1 record.

After Graceland took the opening position to the endzone, Doane responded quickly with a 40-yard kick return by freshman Andrew Brown, following a succession of plays freshman quarterback Sam Hartman brought Doane with in one with a seven-yard run into the endzone. The Tigers made an aggressive play, going for two and junior defensive-back Cade Wiseman took the ball to the endzone and Doane took an early lead, 8-7.

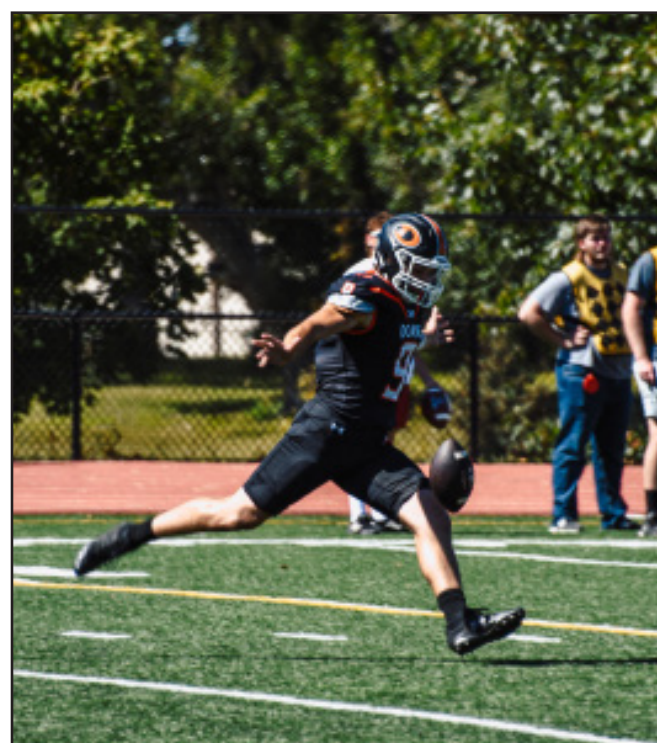
However, despite Doane's early offensive attack, Graceland kept

their foot on the gas and continued to score, scoring 14 in the first quarter, 14 in the second quarter, and 21 in the third quarter. The Doane offense was unable to match the pace of Graceland, who put up an astounding 638 total yards of offense, largely due to Graceland receiver Gerald Monroe who finished with 16 receptions for 387 yards and five touchdowns. Monroe's 387 yards marks a new NAIA single-game receiving yards record.

Doane was able to slightly close the gap with a field-goal from redshirt junior Kelen Meyer in the fourth quarter which

brought the score to 11-49. Doane ends the game with 159 yards of total offense, largely off of Hartman's 114 passing yards and 47 rushing yards from junior James Mills III. The receiving yards leader for Doane was junior John DeRiso with 79. Doane also recorded two turnovers, an interception from junior linebacker Jarrett Boggs and an interception by senior Jaheim Fuller.

The Tigers will begin conference play in their conference opener. Doane will host Briar Cliff University at 1 PM on Sept. 7, in Crete, NE.



Junior Kelen Meyer punts ball downfield, he averaged 45.7 yards per punt.
Photo by Elenna Koenig | The Doane Owl

Scoreboard Snapshot

MEN'S SOCCER

August 18 @ HOME

8:45 versus YORK UNIVERSITY

TIGERS
[2-0]

WOMEN'S SOCCER

August 28 @ HOME

6:30 versus YORK UNIVERSITY

PANTHERS
[0-1]

August 31 @ DES MOINES, IOWA

Versus GRAND VIEW UNIVERESITY

VIKINGS
[2-1]

September 2 @ CANTON, MO

Versus CULVER-STOCKTON COLLEGE

WILDCATS
[1-0]

FOOTBALL

August 31 @ HOME

1:00 versus GRACELAND UNIVERSITY

YELLOWJACKETS
[11-49]



DOANE TIGERS

VOLLEYBALL

August 30 @ TEMPLE TERRANCE, FL.

Versus MILLIGAN UNIVERSITY

SET ONE BUFFALOS [18-25] SET TWO TIGERS [25-16] SET THREE BUFFALOS [25-27]

SET FOUR TIGERS [25-21] SET FIVE BUFFALOS [13-15]

Versus FLORDIA COLLEGE

SET ONE FALCONS [24-26] SET TWO FALCONS [12-25] SET THREE FALCONS [17-25]

August 31 @ TEMPLE TERRACE, FL.

Versus TRINITY COLLEGE

SET ONE TRINITY [25-14] SET TWO TRINITY [25-10] SET THREE TRINITY [25-16]

Versus WARNER UNIVERISTY

SET ONE TIGERS [25-16] SET TWO TIGERS [25-18] SET THREE TIGERS [26-24]

GOLF

August 26-27 @ YANKTON, SD

MOUNT MARTY INVITE (MENS)

TIGERS
[2nd]

August 29-30 @ YANKTON, SD

MOUNT MARTY INVITE (WOMENS)

TIGERS
[2nd]