

the doane OWI

Seeking the Truth Without Favor



The Tau Sigs Hosted an event with the Crete Food Market called "Trunk or Treat." See Page 3 for more details.

Voting celebrations occurring soon

JOHNATHAN SCHMIDT
Life & Culture Editor

Every four years, there is an election to see who is the new face of the United States. This year, the cycle has come back around to decide who is going to be president, and the election day is Nov. 5.

This year, Doane's Diversity, Equity and Inclusion, DEI, department is hosting an event to commemorate and celebrate election day.

"The biggest challenge in organizing this event has been framing Election Day as a celebration, even amidst some understandable anxieties and uncertainties people may feel. Despite the unknowns, it's important to remember the privilege of living in a democratic nation where we each have a say in our government. I hope students—especially those voting for the first time—feel proud of participating," CAPE director Jaden Hilkemann said.

The celebration will be Nov. 5 at 11 a.m.-1 p.m. and 5-7 p.m. at Doane's Lakeside campus spot. To celebrate, DEI will be passing out stickers, buttons and

cookies. There will also be opportunities to get an "I Voted" sticker, along with the opportunity to take photos to commemorate their achievement at voting.

It's an accomplishment to vote, because there are still a large number of people who are eligible to vote, who don't. Voting is something that warrants celebration.

"The elections of 2018, 2020 and 2022 were three of the highest-turnout U.S. elections of their respective types in decades. About two-thirds (66%) of the voting-eligible population turned out for the 2020 presidential election – the highest rate for any national election since 1900," The Pew Research Center said.

Along with the events in the morning and early evening, there will be

a presidential trivia contest held from 7:30 p.m. to 8:30 p.m. "Trivia will feature a blend of historical presidential facts with a fun twist. If you know your presidential history and fun facts, be sure to create a team and take a shot at winning some prizes," Hilkemann said.

Along with the events in the morning and early evening, there will be

Tau Sigma Zeta raises ALS awareness

AMANI MUISYO
Staff Writer

The evening before Halloween, the Student Council, STUCO, gathered for their weekly meetings. This meeting was shorter with no discussions or presentations. However, many important topics and events were discussed.

The Student Appreciation Dinner was one such event which is scheduled for the evening of Nov. 13th. Dinner that night will feature steak strips, grilled chicken, herb potatoes, mac and cheese,

cheesecake, and more. Additionally, Nov. 13 is World Kindness Day and there is a discussion about hosting extra activities in honor of that. The Programming Committee has planned a Dine O Nine on Nov 16. Dine O Nine's are events hosted at 9:09 pm on Saturday nights. They always feature food and STUCO is planning tater-tot nachos for this one. There will also be Minute to Win it games.

STUCO's student congress reserve account began accepting applications on Oct 25 and the forum is still open. Students and organizations can pitch initiatives,

programs, and events for which the student reserve account would cover funding. The only qualifications are that the initiative would be open to all students and events must be on or near campus. The last day to submit ideas is Nov. 15. All students should have an email from Oct 25 with a link to the forum.

The green committee fund is a similar opportunity but specifically for environmentally friendly initiatives. However, this forum is open to students, staff, and faculty. The forum is on a rolling deadline and those awarded the funds will have to submit a final

report before the end of the semester in which the project was scheduled for completion. Submissions will be evaluated based on environmental contributions, benefit-to-cost ratio, measurability of the project, and availability of funds. An email with more information and the submission form was sent to all students Oct 31.

The food committee was busy as usual and had multiple items to discuss. The ice cream machine in the cafeteria was working and the food committee is in discussions to try and keep it this way. As discussed in previous meetings the

issue with the ice cream machine comes from its placement in the corner, where it gets overheated. Mobile ordering continues to be worked on. An eating contest at the half-time of a basketball game was discussed but there are no concrete plans just yet.

STUCO will also work with DEI to improve the PAW pantry. Both parties wish to host a donation drive in order to expand the supplies in the PAW pantry. They've also worked with Safety to keep the pantry open for longer hours. However, this plan is in its early stages and will continue to be worked on.

Finally, student concerns were addressed. There were multiple fire trucks seen around campus as of late. Including the Sheldon dormitory which had a contained attic fire on Oct 29. There have also been concerns over water quality and some students have reported yellow water from their taps. STUCO assures that water on campus is always safe to drink. The only time the water is unsafe is during pipe cleanings which students will always be notified about. After student concerns, the meeting ended at 8:10 pm.

FOR IMMEDIATE RELEASE: October 30, 2024

Alyssa Luebke
Boxes4Peace
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There is a New Business on Campus!
Boxes4Peace: A Business for Students by a Student

Crete, Nebraska: Boxes4Peace today announced the Box4Peace, a new themed subscription box. Boxes4Peace is a mental-health focused subscription box that offers a new way for high school and college students to decrease their stress-levels.

"I believe that Boxes4Peace can make a big difference," says Alyssa Luebke, Founder of Boxes4Peace. "One day Boxes4Peace will be easily accessible nationwide."

Features inside the Boxes4Peace include (but are not limited to);

- Fidgets/Trinkets
- Comfort
- Self-Care
- Snacks/Drinks

Boxes4Peace will be available for pre-order starting immediately, at \$20 for each box. For more information on Boxes4Peace, visit @boxes4peace on instagram or email alyssa.luebke@doane.edu.

About Boxes4Peace: Boxes4Peace was created by a Doane student in order to help provide students with tools and tricks that can be used to reduce the stress-levels of its users. Originally, donations were not a part of the business plan until a buyer donated their Boxes4Peace to Crete High School. After receiving amazing feedback from the counselor at Crete High School, I decided to create a GoFundMe page so that people who do not see the need for a Box4Peace can donate to provide others, who may not have the funds, to purchase one. By creating the GoFundMe page, Boxes4Peace more than doubled their sales within a week.

FOR IMMEDIATE RELEASE: 10/30/2024

Mary Blackledge
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Introducing Crunch & Cram: Fueling Student Success One Snack at a Time

Crete, NE: Crunch & Cram announced a new snack service tailored for college students seeking convenient, energizing snacks during study sessions. Crunch & Cram offers flexible access to an array of delicious snacks, designed to fuel students through their most intense study periods.

"We know how challenging it is for students to stay focused and energized during late-night study sessions, and Crunch & Cram is here to support them with easy access to snacks that help them succeed," says Mary Blackledge, Founder of Crunch & Cram. "This service is all about bringing convenience and community to the study experience."

Features and benefits of Crunch & Cram include:

- **Unlimited Snack Access:** Students can enjoy a variety of snacks for an affordable, flat fee during study times.
- **Flexible Payment Options:** Student Clubs can opt for an all-night rate (NEW!) or choose individual items as they need.
- **Community Support:** By encouraging collaborative study sessions, Crunch & Cram helps students motivate each other while satisfying their snack cravings.

Crunch & Cram will be available starting November 1, 2024, at \$60 per night for unlimited access at club events or individual snack pricing. For more information on Crunch & Cram, visit us on instagram: @crunchandcram

About Crunch & Cram:

Crunch & Cram was founded in 2024 by Mary Blackledge, a Doane University student dedicated to supporting fellow students in their academic journeys. Offering an affordable, snack-filled solution, Crunch & Cram seeks to boost energy and focus during high-stakes study sessions. Crunch & Cram is designed to bring students together, making study time productive and enjoyable with tasty, accessible snacks.



One of the Cars used in Trunk or Treat and the owner of the car pictured with his family. Families that brought their vehicles to Trunk or Treat filled their trunks with candy and donated it to any child who visited



Photo by Mackenzie Pike | The Doane Owl

Tau Sigs host Trunk or Treat event

BRIANNA WRIGHT
Staff Writer

A new Halloween tradition took root in Crete this year as Tau Sigma Zeta, in partnership with the Crete Foodmart, hosted a small but spirited Trunk or Treat on Oct. 31 from 5-7 pm. The inaugural event featured

three trunks, decorated by the fraternity brothers and two enthusiastic Food Mart employees and set the stage for what the organizers hope will be a growing community gathering in years to come.

The setup was modest but festive, with each trunk decked out in a unique Halloween theme. Mary Ellen, a Foodmart

employee from the Delectable Deli, embraced her love for gnomes, dressing in a gnome costume and adorning her truck with mini pumpkins from the store alongside her handmade decorations.

“I just love gnomes,” Ellen said. “My house is filled with them.”

Other costumes included bears, pirates, greasers, and a clever twist by

a Tau Sigma Zeta member who dressed as Aaron Rodgers—specifically an Aaron Rodgers jersey crafted from a trash bag, with “trash” written humorously across the back.

The Trunk or Treat not only served as a fun stop for local families but also aimed to foster connections between Doane University and the Crete community. The Food

Mart parking lot is filled with families, making it a bustling hub of activity. Foodmart and Subway kept their doors open, drawing in patrons for snacks and quick meals, and the fraternity brothers, who grabbed dinner from Subway, delighted kids and families by handing out candy from their decorated trunks.

Though small this

year, the event’s successful turnout points to the potential for expansion. Trunk or Treat has the chance to become a yearly tradition, one that could grow in size and participation while continuing to foster connections between Doane students and the broader community in the festive Halloween spirit.

Demon haunts Gaylord Hall

AMANI MUISYO
Staff Writer

On Oct. 30th, the night before Halloween, the English department and Xanadu presented their annual event, *The Ghost of Gaylord*. The day was rainy and foggy, setting the perfect mood

for a scary evening. Gaylord Hall was decorated with spooky decorations like ghosts, spiders and candles around the stairs as students walked up to Room 500, where the movie would take place. A variety of popcorn and candy was provided for students to enjoy.

This year, students and

staff watched *Late Night with the Devil*. This supernatural horror film included a few jump scares but would be better categorized as a psychological thriller in most scenes.

After the movie, students and staff debriefed to discuss the history behind the movie. Though not based on a true sto-

ry, the film incorporates elements of 1970s pop culture to create an eerie and original narrative. For example, the cult “De Grove,” depicted in the movie, is inspired by Bohemian Grove in California, a secret society that includes famous members such as Richard Nixon, Ronald Reagan

and Clint Eastwood.

Another topic discussed after the movie was the “Satanic Panic” of the 1970s, as well as issues surrounding human trafficking and cults. The movie intertwines both ideas, particularly in the creation of one of the main characters, Lilly, who is involved in traf-

ficking and has a demon in her.

Due to weather conditions, the planned s’mores and scary stories around the fire at Smith had to be canceled. However, the movie and discussion left everyone in a spooky spirit, just in time for Halloween.

Doane hosts sociology event

The Nebraska Undergraduate Sociology Symposium kicks off at 8:45 and features several student research projects

JOHN DAWES
Editor-in-Chief

Undergraduate students from around Nebraska will congregate at Doane on Nov. 8 for the Nebraska Undergraduate Sociological Symposium (NUSS). The conference allows students to showcase their research in a supportive environment with other undergraduate scholars and provides students with valuable information on internships from other institutions.

The symposium will have oral presentations, discussions about pa-

per-in-progress presentations, discuss internships and graduate school opportunities and feature a guest speaker from the University of Maryland, Associate Professor in the Department of Criminology and Criminal Justice, Dr. Wade Jacobsen.

“NUSS provides a great environment for undergraduate sociologists to see what their peers are doing and to share their own efforts. NUSS is a unique professional development experience for students: they get to network with other students and faculty in sociology, refine their presentation skills and gain valuable experience that they can include in a graduate school or job application,” Associate Professor of Sociology Kari Gentzler said. Gentzler believes NUSS can offer students opportunities and empower them to use sociology, learn from their peers and be reassured that their field is important.

“Undergraduate students do not often have as many opportunities to share their work outside of a classroom setting.

Additionally, in the era of budget constraints, the costs associated with taking a group of undergraduates to a regional or national sociology conference is difficult. Also, undergraduate students may not feel comfortable sharing their work with graduate students or faculty researchers,” Gentzler said.

Professor of Sociology and Department Chair of Sociology Danelle DeBoer believes this is an opportunity for students to take the next step in their lives, not just in education or career-wise. She believes that the research shown at NUSS can help students realize how important sociology is outside of the classroom.

“Sociological thinking is applicable to all other disciplines. Platforming student research in a variety of areas allows us to highlight the importance of using sociology to try to understand complex social issues. We emphasize the importance of engaging in research to improve the lives of those in our local, regional and global communities,” DeBoer said.

NUSS kicks off at 8:45

Doane University Gregory Speaker Series presents

Dr. Wade Jacobsen

Criminology & Criminal Justice Department, University of Maryland

“Stuck in the Same Old Crowd? Adolescent Arrest, School Friendship Stability, and Adult Persistence in Crime”



Join for a research talk and Q&A with Dr. Wade Jacobsen

NOV 8, FRIDAY
1:00 PM - 1:50 PM
@ EAST/WEST DINING

Graphic by Laura Ruiz | The Doane Owl

A.M. on the second floor of Perry Campus Center and will start with an opening remark by DeBoer and feature student presentations, followed by Jacobsen’s keynote ad-

dress at 1:00 P.M. titled “Stuck in the Same Old Crowd? Adolescent Arrest, School Friendship, and Adult Persistence in Crime.” Following Jacobsen are more student

presentations and information regarding internships and graduate school opportunities, the event will end with farewell remarks by Gentzler.

Weekly Horoscopes

Aquarius (January 21 - February 19): Water under the bridge can still be freezing.

Pisces (February 20 - March 20): Don't burn a bridge until you cross it.

Aries (March 21 - April 20): The rain can be both an annoyance and an old friend.

Taurus (April 21 - May 21): You can't fill another person's cup if yours is empty. Take care of yourself.

Gemini (May 22 - June 21): The competition soon will become another daily stressor.

Cancer (June 22 - July 22): You won't notice the best things in your life until they are gone.

Leo (July 23 - August 22): The grass is greener on the other side.

Virgo (August 23 - September 22): Do your best, it is enough.

Libra (September 23 - October 22): The people who oppose you the most will always oppose you, don't try to change them, they won't.

Scorpio (October 23 - November 21): Keep the things important to you in front of you, not in your periphery.

Sagittarius (November 22 - December 21): Learn how to keep your studies up while also having fun.

Capricorn (December 22 - January 20): Enjoy the ride of end of the semester, it gets better next semester.

**THANKS
GIVING
BREAK**

**19
NOV** | **EXCEPTION FORMS DUE**

If you plan to stay on campus over Thanksgiving break (Nov. 22 to Nov. 30), make sure to complete the application form by 11:59, on November 19.

Application Link: doane.erezlife.com Doane University

Graphic by Hailey Schweitzer | The Doane Owl

In the event students do not turn in their Thanksgiving Break exception form on Nov. 19, they will be fined with a late fee. Students who stay on-campus without filling out a form will also be fined and may risk being kicked off campus for the rest of the break

Thanksgiving break forms due

JOHN DAWES
Editor-in-Chief

Thanksgiving is on the horizon and students who want to stay on campus during Thanksgiving break should know what they are signing up for and what they need to do in order to stay on cam-

pus.

The 2024 Thanksgiving break is different than previous Thanksgiving breaks because it is a week-long as opposed to previous years, where it was a shorter break. This break will be from Nov. 22 to Nov. 30.

The form to stay on campus is currently avail-

able on doane.erezlife.com and must be completed by 11:59 p.m. on Nov. 19. Late fees will be applied for requests submitted past this deadline. If you're on campus during the break without submitting the form, additional fines will be applied.

Students who stay on campus can do so for free, except for Nov. 28 and Nov. 29. On these days, the University is officially closed, so there will be a \$25 fee per day if you are not staying for a Doane-related reason. These fees will be automatically charged to your student account. These reasons can include athletics

practice/games, potential class-related reasons and an on-campus job for Doane-related reasons to stay on campus. In the event a last-minute change of plans regarding staying on campus through fall break email doanehousing@doane.edu and your Community Director.

Students who are leaving campus during Thanksgiving break should make sure to follow the guidelines for leaving their dorms. More information about that will be sent out by Doane at a later date.

Foodie series provides mugcakes

LORRAINE CASTAÑEDA
Staff Writer

On Oct. 29, the Student Programming Board (SPB) treated the students to a delightful evening. Students gathered from 7 p.m. to 9 p.m. in order to learn how to prepare a simple, delicious cake using just a microwave and a mug.

Part of SPB's ongoing series, the Cake in a Cup event aims to give students inexpensive, simple, and enjoyable dishes they may prepare in their dorm rooms. Since many

dorms have refrigerators and microwaves, these activities offer creative ways to use these appliances to prepare meals, snacks or sweet treats.

In this event, students learned how to make cake batter and icing, which can be made in a single cup. With the help of the SPB team's detailed recipes and advice, students can easily make the treat anytime they feel like it.

As part of the Greek Sneak Peek, SPB teamed up with Greek Life to increase the night's excitement. This partnership attracted a big audience,

as students came to learn about sororities and fraternities in addition to learning how to create their own cakes. Many students left Lakeside eager to make the sweet delicacy in their dorm rooms, proving that the event was a huge success.

All things considered, the Cake in a Cup activity provided students with more than just a recipe; it gave them an opportunity to bond, have fun and learn a new method to add a little sweetness to campus life.



Photo by Elenna Koeing | The Doane OWL

Cake in a Cup station where students got the opportunity to make Cakes in a cup

Greek groups give a sneak peak

LORRAINE CASTAÑEDA
Staff Writer

On Oct. 29 greek groups hosted a "Sneak Peek at the Greeks" held at Lakeside at 8:00 p.m. The event was hosted to learn about the recruitment processes for sororities and fraternities.

The event began with a short presentation about Greek life and small introductions of every group. Following this, attendees moved to Nyrop Hall, where they had the chance to engage more personally with each fraternity and sorority at their designated stations. The event was enhanced

with snacks and refreshments, including the "cake in a cup" activity offered by the Student Programming Board.

Sororities occupied the upper floor of Nyrop Hall, where each group set up a table and gathered their members to welcome students interested in joining Greek

life. They enthusiastically shared their values, missions and background stories, providing a supportive atmosphere to help students decide which sorority might be the better fit for them.

On the lower floor of Nyrop, the fraternities had their own tables, complete with snacks to

engage and entice prospective members. Each group had their own pamphlet to represent what they stand for and their respective missions, values and services. Each table represented the brotherhood and spirit that defines each fraternity.

The night was filled

with food, fun and a sense of community. Greek organizations successfully conveyed key information about membership while giving students a true glimpse into what Greek life is all about. The event drew a sizable crowd and students left feeling more informed and connected.

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Nebraska Press Association is accepting nominations for

Don Harpst. Sr. Leadership Nebraska Award

Given in honor of Nebraska newspaperman, Don Harpst, Sr., the Leadership Nebraska Award recognizes a Nebraska newspaper or newspaper employee who fulfills the vital role newspapers play in leading and shaping communities and community organizations. We are looking for nominees who help the community or organizations within the community:


- Promote and recognize leadership
- Overcome a crisis
- Achieve a major goal
- Right a wrong
- Celebrate an achievement
- Promote an event or issue

DON HARPST SR.

This award is open to any Nebraska newspaper publisher or newspaper employee and includes a **\$500 award to go to the winning recipient, and a \$1,000 award that will go to the community organization(s) of the recipient's choice.**

To make a nomination, fill out the simple form at:
<https://forms.gle/FKJnTEZ88PaE5Xkf6>

Nomination deadline is November 29, 2024.



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: John Dawes, Elenna Koenig, Johnathan Schmidt and Elijah Lara-Johnson

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.

- Editorial -

Regarding the election

We at the Owl understand how important this election is this year. We have run several stories about voting, ballot issues and have encouraged readers to be a part of the Democratic process. When this issue is released and you, the reader, are reading, the 2024 election will be fully underway and the president will be selected, as well as hundreds of thousands of state and city positions.

We feel the need to stress this now more than ever, in a time of division and disagreement we must accept

the outcomes of our election; whether your candidate was selected or not.

Despite your vote going to someone you hope moves the country in a positive direction you can not guarantee that your candidate will win the election. The beauty of democracy is that you have to trust your neighbors, community members and the entire country are also coming together to move the country forward. Sometimes, those very people will make a decision that you disagree with.

Regardless of how the

election turns out, whether your candidates win or lose you need to treat those same neighbors, community members and fellow citizens with respect and understanding. If need be, you can play passive and let your opinions of politics pass by and choose to take a higher road and avoid unnecessary arguments. But, you need to trust that on the whole people are voting with good intentions.

This country we live in is being pulled from several different factors and if one side pulls a little harder and wins

sometimes you have to take it on the chin and understand the country is moving in a direction that is different from the one you want.

Democracy is hard, it requires effort to maintain and it's frustrating when it doesn't work. But division will only further this divide, what we need now more than ever is understanding and a commitment to educating ourselves. Only then, with a unified and educated voting block can we make collective decisions that benefit everyone.

Celebrating Day of the Dead

LIZ CALDERON CHEN
StaffWriter

Knowing more about Nov. 2nd, globally known as the Day of the Dead, there has been a vast cultural interpretation that honors and remembers the deceased.

One of the most popular has been the Mexican traditions with the so-called ofrendas, which are altars or offerings usually made at home, usually decorated with marigold flowers such as vibrant orange/yellow petals, candles, their photos and traditional foods and drinks as pan de muerto and pulque.

Another common behavior is visiting cemeteries,

where families visit graves of their deceased loved ones and express their remembrance by cleaning and decorating. An additional tradition as to celebrate the Day of the Dead has been the Chinese culture with rituals of their own, for example, ancestor veneration is a strong convention for family members to deep respect and reverence their ancestors and deceased loved ones, which are often done through offerings and rituals at certain times of the year.

Aside from the Day of the Dead, the Qingming Festival also known as Tomb Sweeping Day, family members prepare altars decorated in

red material and incense, while having fake money and burning them as a way to send them resources into their afterlife.

In some regions in China, festivals are usual to honor and appease the dead, involving offerings to the deceased, performing rituals, and beliefs about their spirits returning to the world of the living as a visit.

Inclusively, there are other ways to honor the dead, for instance, the country Panama has a national law of no drinking for those 24 hours, meaning that stores aren't allowed to sell liquor

to anyone, it's treated as a day of mourning. And in religion, specifically Catholics, Nov. 1st, All Saint's Day and Nov. 2nd, All Soul's Day both are mourning days to pray for the deceased loved ones and their safety in the purgatory.

And between specific traditions, everyone has their own right to honor them as they prefer, so knowing more about other cultures can help you find a way to be closer to those who are gone and keep those lifelong memories that they left for us to remember.

My first ever concert

AMANI MUISYO
StaffWriter

I recently went to my first concert ever. The tickets were free because Cru (Campus Crusades) was handing them out, So who could say no?

The event was at Pinnacle Bank and Brandon Lake, a Christian singer, was performing.

I can't say I was super excited leading up to the concert. I often get anxious about going to new places and I was pretty tired from a full day of classes. But once I entered the arena, it felt like a magical space where no worries from the outside world could disrupt the ex-

perience.

I know a good amount of Brandon Lake's songs, though I wouldn't call myself a die-hard fan. A part of me felt a little sad that my first real concert wasn't with an artist I knew super well. Still, I wouldn't change the experience for anything.

I would say I'm now a bigger fan of Brandon Lake and know more of his songs because of this concert. I wish there were "concert versions" of every song, because the energy in live performances just isn't the same as studio music.

Usually, large crowds and loud noises make me anxious. But this concert was

different. The loudness felt organized, everyone was either singing along or listening to the music and even though I was surrounded by people, it wasn't too uncomfortable.

World Vision sponsored the tour. They're a nonprofit organization that sponsors children around the world. As someone who wants to work at a nonprofit one day, seeing their involvement felt like a sign that I'm being called in that direction. It also gave me a boost in my studies to work hard and reach those goals.

Before the concert began they played a video about how a young girl's life changed because she was sponsored by someone and seeing the progress on how she was before and after was impactful. I can't wait to go to another concert, maybe over the summer. I'd also love to experience a concert with a secular artist, just to see if there are any differences.

- Statement from Owl Staff -

In last week's issue, two articles were flagged by a reader as potential plagiarism due to the inclusion of unattributed information posted by a Doane affiliate. We at the Owl formally apologize for this mistake and have put in place protections to prevent this from happening again. The situation is being handled accordingly. We, as the Owl staff, would like our readers to know that we are committed to integrity and will continue to work tirelessly to report the truth.

We at the Doane Owl work tirelessly to share high-quality stories that are accurate, well-informed and truthful.

If we make a mistake that needs to be corrected, please email either John Dawes, the editor-in-chief, at john.dawes@doane.edu or the Doane Owl at owl@doane.edu.

My three favorite metal albums



JOHNATHAN SCHMIDT
Life & Culture Editor

If you ask a person what their favorite thing within a particular category is, then the response is either an immediate answer or they say, "I

can't pick one, give me a top three." That is a sentiment that I agree with, picking a top three of something is a lot easier than picking an outright favorite.

Sometimes I do like to think of my top three when it comes to certain things and lately, I've been picking out my top three metal albums. So in no particular order, these are my top three metal albums.

To start, it's an album that I have been revisiting more and more, that my love started for when I went to Washington, D.C. for the summer. That album is "Vol 3: The Subliminal Verses" from

the Iowa band Slipknot.

This album stands out to me in Slipknot's discography by being easily their most accessible work, by having more melodic tracks, such as "Duality," while still keeping their trademark anger on songs such as, "Before I Forget," "Opium of The People," "The Three Nil" and others. This album stands out in Slipknot's discography by having one of their first ballads be on here, never mind melodic, the song "Vermillion, Pt. 2" doesn't even have any abrasive parts.

"Vol 3: The Subliminal Verses" stands as Slipknot's best work in my

opinion, and it is one of the best metal albums I have ever heard. Number two, to no one's surprise, is "Toxicity" by System of A Down. I wrote a three-page review of this album last year before my editors made me cut it down to something that was reasonably sized.

To say I love this album would be an understatement, this album means so much to me, I don't think I could express how much I love this album in 100 pages. The production is magnificent, the lyrics expressive, crafty and nuanced. The guitar and drum work stands as the bar for me. That is to not even mention the vo-

cal; Serj Tankian is the best metal vocalist, hands down.

"Toxicity" is a perfect album, but there's still one more album to talk about, and that one is Metallica's "Black" album. The album's name is just "Metallica," but most people just call it "The Black Album."

It's Metallica's magnum opus, nearly every track blows my mind, even years after hearing it. It's also Metallica's complete reinvention of themselves, because before the black album, Metallica was known for its thrash metal, which was dying off in terms of creativity and popularity and

the black album was a complete 90-degree shift to a new form of metal.

The Black Album's creativity and genius comes down to Metallica slowing down and getting heavier and grimmer with its record. "The Unforgiven" is a perfect example of this phenomenon.

It's slow, almost Spaghetti Western-sounding opening is kept up at that pace through the whole track. The whole album is so heavy-sounding, without having to go to the same level of anger as Slipknot. I love all three of these albums pretty equally, but if I had to pick, it's going to be "Toxicity."

The great benefits of ice baths

LUIS REJANO CANDAU
Staff Writer

Because of their ability to speed up recovery and improve performance, ice baths have become increasingly popular among athletes, fitness enthusiasts and health advocates. Many people discover that the psychological and physical advantages of cold-water immersion outweigh any initial pain. Here are several ways that ice baths can help people.

The potential of ice

baths to lessen discomfort and inflammation is their main selling point. muscular tissues frequently sustain microscopic injury following vigorous exercise, which can result in swelling and delayed-onset muscular soreness (DOMS). Blood supply to inflammatory areas is restricted by cold temperatures because they induce blood vessels to contract. Blood vessels widen as the body heats up again, allowing new blood that is rich in oxygen to flow through the

body and helping to flush out waste products from metabolism.

By accelerating the healing process, athletes can resume training more quickly and with less stiffness and soreness in their muscles.

Ice baths have been shown to improve mental resilience in addition to lowering inflammation. Although it can be mentally taxing, stepping into frigid water can help you develop a tolerance for stress and discomfort. This enhanced resilience

can be applied to other facets of life, teaching people how to handle difficulties with poise and calm. Additionally, the body releases endorphins when exposed to cold, which can naturally elevate mood by leaving one feeling stimulated, invigorated, and even uplifted. The immune system benefits from ice baths as well. According to research, submersion in cold water may boost the body's white blood cell count, improving its defenses against illnesses.

Because the body grows more adept at controlling blood flow and temperature, regular exposure to cold water has even been connected to better cardiovascular health and circulation.

It's crucial to remember that not everyone is a good fit for ice baths. Before using them, those with cardiovascular or circulatory disorders should speak with a doctor. Furthermore, ice baths are good after working out, but if taken too soon after strength

training, some research indicates they may inhibit muscle growth.

In conclusion, ice baths provide several advantages, ranging from lessening soreness to strengthening the immune system and mental toughness. Ice baths may be worth the chill for people who want to improve their resilience and recuperation.

Celebrating Homeland Month

LORRAINE CASTAÑEDA
Staff Writer

To most Americans, November marks the beginning of the Christmas season. For Panamanians, however, November is known as Mes de la Patria, or Homeland Month. It's similar to the Fourth of July in the United States, except it's celebrated for an entire month. Many important dates fall in November,

which means that nearly every week is filled with activities and celebrations across the country. It is a highly anticipated and festive time.

The main holidays are: Nov. 3, Separation from Colombia; Nov. 4, Flag Day and National Symbols Day; Nov. 5, Colón Day; Nov. 10, the First shout of Independence; and Nov. 28, Independence from Spain. Despite these primary dates,

parades, dianas, and other cultural activities are held nearly every day in November throughout Panamá.

Nov. 3rd and 4th are especially important dates, with events happening in every province. The day is filled with parades featuring high school bands and independent music groups. It is a beloved tradition for Panamanians to spend the entire day watching these parades,

and as evening falls, independent bands keep the festivities alive with modern songs and energetic dances.

Dianas are another awaited tradition, taking place from the night of Nov. 2nd into the early morning of Nov. 3rd. The celebration begins around 10 p.m. on Nov. 2nd, featuring performances by folkloric groups and bands until midnight. At 12 a.m., the new day is

welcomed with fireworks and even more performances, sometimes including popular folkloric artists like Samy and Sandra Sandoval.

Panamá's patriotic sentiment plays a significant role in these celebrations. Even though it is a small country, the love its people have for their heritage and culture is immense. This pride is on full display during the Nov. festivities. As a Panamanian,

this month truly makes me think of home. It's a time when communities come together to honor our shared history and traditions. Even though I may be far away, these memories bring me closer to home and remind me of the deep sense of pride and connection that comes with being Panamanian.



Photo by Lorraine Castaneda | Doane Owl

Parades in Panama in honor of Homeland Month are watched from dusk till dawn.

...Thumbs UP

Seat Warmer

Lemon

Lists

Democracy

Mist

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...

Overwatch eSports is undefeated

ELIYAH LARA-JOHNSON
Sports Editor

On Oct. 29, the Super Smash Bros. Ultimate team which consists of freshmen Ryan Buron and Caleb Panning, sophomores Gabriel Medina and Emmanuel Medina, junior Giovanni Castaneda and senior Jax Stander, took on Fort

Lewis Red team. After a tough competition, the Tigers were defeated with the final score being 0-2.

The Overwatch - Black team which consists of freshmen Chance Mock, Thure Johnson, Davis Wilson, Joshua Brown, Ben Wright, sophomore Sam Hartman, juniors Jamey Rhea, Mady Ten-

Eyck, Rafael Garcia and senior Jose Purizaca, took on the Midland University Warriors on Oct. 30. The Black team added another win to their record with the final score being 3-0.

Taking on North Dakota State University Bison Green on Oct. 31 was the Rocket League - Orange team, which con-

sists of freshman Austin Manning, sophomores Todd Martin, Nathan Shupe, Dami Obakoya, Jerson Calderon, juniors Jordan Kwiatkowski and Winston Sears and seniors Branden Lackey and Trey Krueger, where they walked away 3-0 win. Finishing up week six, the Overwatch - Orange team took on the

Morningside Mustangs where they were defeated 1-3.

This week will be the final regular season competitions for all five teams with Super Smash Bros. Ultimate taking on York University on Nov. 5. Rocket League will be taking on St. Ambrose White, Minot State Red, and Northwestern Col-

lege JV on Nov. 7, and Overwatch Orange and Black will be taking on New Mexico State White and Concordia University on Nov. 8. If you or someone you know is interested in watching these competitions take place, you can watch them on the Doane eSports YouTube page.

Volleyball loses back-to-back games

LUIS REJANO CANDAU
Staff Writer

On Oct. 30, the Volleyball team traveled to Concordia to play an important game. Unfortunately, their rivals had a great game and won 3-0. The set results were 25-20, 25-15 and 25-17.

Senior Kayden Schumacher led the squad with nine kills, followed by freshman

Natalie Wood with eight and senior Taylor Sluka with seven. Doane finished the game with 30 kills. Throughout the game, sophomore Camdyn Carpenter provided 23 assists, and senior Grace Zeier contributed five. Junior Mariah Sliva and sophomore Chloe Rose each contributed two of the Tigers' three ace serves throughout the match.

The Tigers record-

ed 5.0 team blocks on defense. Including one solo, freshman Hilary Hupp was in on all five blocks. She had one block with Carpenter and three blocks with Sluka. With eleven digs, Carpenter led the pack for Doane, followed by senior Mackenzie Painter with nine.

To have a chance of making it to the GPAC Tournament, the Tigers will need to finish the

regular season with two victories. On Nov. 2, the Tigers played their last regular season game away from home for the 24-25 season. Our Volleyball team made a great performance against Saint Mary University and after a very competitive game, the team could not achieve a win and lost 3-2.

The set results were 19-25, 25-23, 25-12, 31-33 and 15-11. A

highlighted player is senior Kayden Schumacher, who contributed 14 kills, while freshman Natalie Wood topped the Tigers with 17. Throughout the game, sophomore Camdyn Carpenter provided 47 assists.

On defense, Carpenter had a huge performance, leading the Tigers in defensive digs with 14. Senior Grace Zeier and senior Mackenzie Paint-

er each contributed nine digs. At the same time, freshman Hilary Hupp had eight blocks during the game.

On Nov. 5, it will be the Senior Night for the Volleyball team, a special event for the players and families. The Tigers will play their last game of the season against Mount Marty at 7:30 p.m.

Soccer concludes regular season

ELIYAH LARA-JOHNSON
Sports Editor

On Oct. 30, both Men's and Women's concluded their regular season games against Mount Marty University, where both teams were able to walk away with victories.

Starting off with the Women's game, within the first 45 minutes of

play, neither the Tigers nor the Lacers had a single goal. However, going into the second half of the game, junior McKenna Rathbun made the first goal of the game in minute 49'. Scoring the second and final goal of the game was senior Grace Dowding.

Sophomore Virginia Johnson, who was the keeper for this game, had a total of two saves after the Lacers had

three total shots with two of them being on the goal. With this the Tigers had 19 total shots with six of them being on the goal.

Transitioning into the Men's game, the Tigers ended their season with a win with the final score being 4-2. Starting off in the first half, senior Hugo Santos made the first goal of the game in minute 4'. Just a couple minutes later, Mount

Marty's Aden Taylor made a goal in minute 7'. The final goal of the first half was scored by Mount Marty's Zachary Hebda, which gave the Lacers the lead 1-2 at the end of the first half.

Starting off strong in the second half was senior Ameer Madden who scored the Tigers second goal of the game in minute 48'. In minute 71' sophomore Yvan Nyame scored

which put the Tigers with the lead 3-2. And concluding the game, Madden scored his second goal of the game in minute 87'.

Mount Marty had a total of 17 shots with nine of them being on the goal, however senior Samuel Montanez saved seven of those shots. All while the Tigers had 16 total shots with seven of them being on the goal.

With the Men's season coming to an end, the Women's team traveled to Sioux Center, Iowa on Nov. 2, to compete against Dordt University in the GPAC Tournament. However the Tigers were unable to secure a win with the final score being 0-3, which brought their season to a close as well.



Photos by Eliyah Lara-Johnson | The Doane Owl

(Left) Red-Shirt senior Payton Cooley passes ball to another teammate. (Middle) Senior Guillem Colom tries to get ball away from Dakota Wesleyan player. (Right) Sophomore Virginia Johnson kicks the ball away from the goal. These photos were taken during the Doane vs. Dakota Wesleyan game on Oct. 11.

Men's Basketball opens with wins

LUIS REJANO CANDAU
Staff Writer

Monday, Oct. 28, marked the start of the 2024-25 men's basketball season. The Bethany Swedes arrived in Crete with a 1-0 record, and the Tigers came

away with a 90-69 victory.

For this game, highlighted players include junior Casen Chaney, who was the leading scorer for the Tigers with 23 points in the game. Chaney also grabbed the highest number of re-

bounds, with nine. The highest number of assists was six by senior Brady Timm

On Oct. 31, the Men's Basketball played their second game of the season against Manhattan Christian College. In a special Hallo-

ween night game, the Tigers got a big win 83-56. With an awesome first week of the season, the Tigers achieved a 2-0 overall record.

This victory provided a showcase for junior Casen Chaney, who led the Tigers with 20 points

in the game. Senior Brady Timm had the highest number of rebounds during the game with 6. Timm and Chaney both led the team in assists (seven), and their efforts helped keep the Tigers' offense moving.

On Nov. 6, after the women's match versus Peru State at 5 p.m., the Tigers will return home when they play York University at 7 p.m.

Wrestling opens season in Kansas

ELIYAH LARA-JOHNSON
Sports Editor

On Nov. 1-2 the Men's and Women's Wrestling teams traveled to Wichita, KS to compete in the Friends Open.

Starting off in the 103 weight class, junior Karina Vang had a score of 3-1, which placed her second. In the same weight class was sophomore Kim Navarette who had a score of 3-2. In the 110 weight class was freshman Jaden Breeden who had a

score of 4-2.

Having two wins in the weight class 117 was sophomore Emily Cano, and adding another win in 117 was sophomore Taylor Weber. Having a final score of 3-2 in weight class 124 was freshman Julia Breeden.

In the 131 weight class was junior Ashlee Palimo'o, who had a score of 4-2, sophomore McKenna Kisela and junior Brooke Cox. In the weight class 138, sophomore Bridgette Sotomayor had a score of 3-1, and in the weight

class 145 was freshman Payton Weese who had a final score of 4-2.

At 160 was freshman Lauren Garcia who won two of her matches, in the same weight class was sophomore Aspen Barber who won one of her matches. Finishing up for the Women's side in the 180 weight class was freshman Yazmin Belk who had a final score of 3-2 placing her fourth and finally was sophomore Hailey Romero who had one win.

Transitioning over to the Men's side, winning

the 184 weight class was junior Tyson Beaupert. Taking home third place in the 197 weight class was senior Kasten Grape and winning four of his matches in the 157 weight class was junior Ben Miller.

Junior Cooper Spaulding, senior Kody Hahn and junior Edward Ramirez all had one win in the 165 weight class, and in the 174 class senior Benjamin Dobler had defeated an NCAA D2 competitor with the final score being 3-2. In the 285 weight class, junior

Angelo Franco walked away with a win as well.

Winning two matches in the 125 weight class was freshman Liam Knerr and having multiple wins in the 133 class was freshman Shane Sherrill and sophomore Tyler Caldwell.

Walking away with third place in the 149 weight class was sophomore Gavin Smith, and also adding three wins in the same class was freshman Jesse Cooper. In the weight class 157, with two wins was freshman Kaihikapukalaimoku Cobb-Adams.

In the 165 weight class, freshman Vincent Donatelle walked away with two wins, along with sophomore Preston Gautier as well. And finishing up for the Tigers in the 197 weight class was freshman Jaren Jackson who had a 5-0 record.

Next up for the Women's team they will be traveling to Forest City, Iowa to compete in the Waldorf Open on Nov. 9, while the Men's team stays in Crete to take on Midland University on Nov. 8 at 7:00 p.m. in Haddix.

Scoreboard Snapshot

MEN'S SOCCER

October 30 @ HOME

7:15 versus MOUNT MARTY UNIVERSITY

TIGERS
[4-2]

WOMEN'S SOCCER

October 30 @ HOME

5:00 versus MOUNT MARTY UNIVERSITY

TIGERS
[2-0]

November 02 @ SIOUX CENTER, IA

2:00 versus DORDT UNIVERSITY

DEFENDERS
[0-3]

VOLLEYBALL

October 30 @ SEWARD, NE

7:30 versus CONCORDIA UNIVERSITY

SETONE	SETTWO	SETTHREE
BULLDOGS	BULLDOGS	BULLDOGS
[20-25]	[15-20]	[17-25]

November 02 @ OMAHA, NE

3:00 versus COLLEGE OF SAINT MARY

SETONE	SETTWO	SETTHREE
TIGERS	FLAMES	FLAMES
[25-19]	[23-25]	[12-25]
SETFOUR	SETFIVE	
TIGERS	FLAMES	
[33-31]	[11-15]	

MEN'S BASKETBALL

October 31 @ HOME

6:00 versus MANHATTAN CHRIST.

TIGERS
[56-83]

Next week for Tiger Athletics

MEN'S WRESTLING

November 08 @ HOME

7:00 versus MIDLAND UNIVERSITY

WOMEN'S WRESTLING

November 09 @ FOREST CITY, IA

9:00 versus WALDORF OPEN

FOOTBALL

November 09 @ HOME

1:00 versus MIDLAND UNIVERSITY

MEN'S BASKETBALL

November 06 @ HOME

7:00 versus YORK UNIVERSITY

VOLLEYBALL

November 05 @ HOME

7:30 versus MOUNT MARTY UNIVERSITY

WOMEN'S BASKETBALL

November 06 @ HOME

5:00 versus PERU STATE

CROSS COUNTRY

November 09 @ ASHLAND, NE

@ GPAC CHAMPIONSHIPS

