

# the doane OWL

Seeking the Truth Without Favor



Head Track and Field coach, Ed Fye, celebrates the GPAC victory of both the men's and women's teams. See Page 5.

## PRISM hosts "Doane is Love" events

BRIANNA WRIGHT  
Staff Writer

The week leading up to Valentine's Day began with a brisk chill, capped off by an unexpected snow day. Undeterred by the wintry weather, PRISM embarked on their annual celebration, "Doane is Love," an initiative dedicated to love, acceptance and allyship themes.

The celebration originally started with a single event in response to anti-LGBTQ speakers in Crete.

"[They] decided to extend an invitation to the community to celebrate love in every form at Doane instead of adding attention to the hateful messages the Westboro church was trying to spread," senior Rowan Jolkowski, president of PRISM, said. "It was a

huge success and we try to honor that event by having a space to talk about Love in all forms yearly."

This tradition has turned into an entire week of events culminating in the Valentine's Boo Bash. Throughout the week, clothespins with words of affirmation were spread across campus. Done in collaboration with The Kindness Project, this event could help those struggling with the new year, especially during a week of love.

On Tuesday, Feb. 11, the cold kept many students indoors, yet those who dared to venture out to the Hulk Smash Rage Room found themselves in a frenzy of joy and laughter.

"To be completely honest planning Doane's love was difficult with everything going on," Jolkowski said, "but my favorite thing to plan was the 'Hulk smash' rage room with CAPE and Active Minds."

A makeshift tent in the corner of the Brodie basement was transformed into a target where students unleashed their pent-up frustration among shattered plates and flying debris.

"This year the rage room was a big hit and it was nice to see how many people came to support us and their other friends helping with the event," Jolkowski said.

But as the cold temperatures persisted, the following day brought another curveball: Crete campus declared a snow day. Regrettably, this meant PRISM had to cancel the "Be an Action Hero" event, which was designed to equip students with essential resources for advocating against anti-LGBTQ legislation, contacting local senators and unpacking the current administration's stance on LGBTQ issues.

"I personally have been affected by Nebraska legislation targeted at trans

people," Jolkowski said. "Nebraska Medicaid used to cover my testosterone injections which is gender-affirming care that has done my physical and mental health worlds of good, but after LB574 was passed off to the DHHS for regulation, the DHHS decided that anything gender-affirming care isn't covered by the state and I have to pay about \$100 a month for it now." Jolkowski said.

Jolkowski went on to say that PRISM is a "space for all and for anyone needing support in this political climate" and that those worried should reach out to someone they trust.

"You are enough just as you are and you are resilient. You do not have to do this alone," Jolkowski said.

Collaborating with the Student Programming Board, PRISM hosted "Build-A-Boo" the next day, an event that saw two hundred cuddly stuffed animals finding

loving new homes. Students formed an eager line before 11 a.m. Once signed in, participants received stuffing and chose their new plush companions—options included a rhino, a blue dragon, a highland cow and a mammoth. The highland cows and mammoths quickly emerged as favorites, but rhinos and dragons also won over hearts. With two designated times to secure a fuzzy friend, it was no surprise that every last stuffed animal was claimed by the day's end.

That same evening at Lakeside, an allyship trivia event took place. The theme, "What Does a Hero Look Like?", encouraged participants to explore how to foster a supportive and knowledgeable LGBTQ-friendly community on campus.

As Valentine's Day arrived, the week of festivities culminated in an evening filled with karaoke and dancing. The aptly named Boo Bash unfolded in the Art & Ed build-

ing from 7 p.m. to 11 p.m. The night commenced with karaoke, which Jolkowski commented "almost no one showed up to the karaoke part of the evening."

While many students had left campus for their own Valentine's plans, Jolkowski was hoping for the support of musical groups on Doane.

"They said they were going to ask but I never heard back and then none of their members showed up to the karaoke evening," Jolkowski said. "I know a lot of them are involved in theater and other things but it did sting a little bit."

However, when the clock struck 9 p.m., the area transformed into a dance party with food, a cash bar, enticing prizes and a live DJ. Singles, couples and anyone in search of a joyful evening braved the frigid temperatures, all drawn together for an unforgettable night that wrapped up the 2025 Doane is Love week.



Photos by Mackenzie Pike | The Doane Owl

(Top) Freshmen Olivia Prauner and Brianna Wright show off their animals from "Build-A-Boo." (Bottom) Students choose from a number of options for which boo to build.

**Doane is love week**

"Doane is Love" began as a response to anti-LGBTQ speakers in Crete. Instead of countering hate, PRISM invited the community to celebrate love in all forms.

"It was a huge success and we honor that by creating a space to talk about love yearly."

- Rowan Jolkowski, President of PRISM

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Graphic by Laura Ruiz | The Doane Owl

# Mobile ordering begins testing

AMANI MUISYO  
Staff Writer

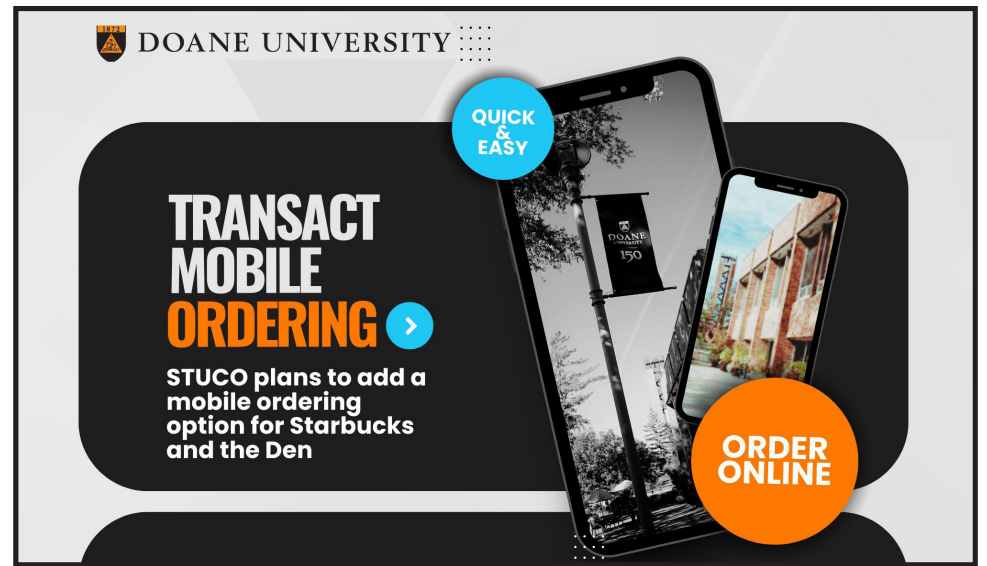
Mobile ordering will soon be available to students. Currently, it is being tested by Student Council (STUCO) members to ensure that staff can adjust to and learn the system. The app, called Transact Mobile Ordering, aims to share the ordering process for students.

“We only have limited access to Starbucks, but we hope to have access to The Den and see what implementation process would be ideal for everyone.” senior and STUCO president Blake Skumal said about mobile ordering.

This system will be particularly useful for busy students, allowing them to place orders and receive notifications when their items are ready. Additionally, if an item is unavailable, a message

can be sent to offer a substitution.

The app was introduced by Fresh Ideas. Once testing is complete, any bugs are resolved, and staff members are comfortable using it, the app will be made available to students. There is no current date set for when the app will be available for all students and also compatible with The Den, however any updates will be announced by STUCO.



Graphic by Hailey Schweitzer | The Doane Owl

# Doane prepares students for AI use

LORRAINE CASTAÑEDA  
Editor Life&Culture

As artificial intelligence (AI) tools become more accessible, Doane University students and faculty are grappling with how to use them ethically and effectively in academics and beyond. Today, AI can be applied across nearly every subject, raising questions about its role in education.

Writing Center Director and English professor Jeremy Caldwell, along with Programming and

Cyber Security instructor Alec Engebretson, is currently teaching a class on AI.

“The class is looking at the whole area of AI—What is AI? How does it overlap with the humanities? What are the humanities? And how does this fit into a liberal arts education?” Engebretson said.

The goal of the course is to explore the intersection of AI, the humanities and the liberal arts. Through critical analysis and creative application,

students gain a deeper understanding of AI's role in these fields, assess its benefits and challenges, and produce original work that reflects these insights.

Caldwell has adapted his class assignments to both prevent AI misuse and integrate it in meaningful ways. He recognized AI's impact early on and began preparing for its influence on education.

“I immediately started thinking about it and reading up on it. It was

released in 2022... but it didn't explode until the fall of 2022,” Caldwell said.

While concerns about AI misuse exist, not all applications negatively affect students. In fact, some find AI beneficial in their academic journey. For example, students whose first language is not English may use AI for translation assistance, while others rely on it as a study tool to reinforce concepts, test their knowledge before exams or practice for speeches.

Engebretson has also observed notable changes in students since the introduction of AI.

“If they want to be professional software engineers, they'll be expected to use AI as part of their job, okay? But to use AI effectively, they have to know how to code so they can examine the AI-generated code and determine whether it's doing what they intended,” Engebretson said.

In both Caldwell's and Engebretson's classes, students are permitted to

use AI tools in controlled and educationally beneficial ways. For instance, in Caldwell's courses, AI may be incorporated into writing exercises, while in Engebretson's classes, students might use it to verify and analyze code.

As AI continues to evolve, faculty and students at Doane University are striving to find a balance—leveraging its benefits while maintaining academic integrity and critical thinking skills.

# Snow storms disrupt school schedule

JOHN DAWES  
Editor-In-Chief

This past week at Doane University has been one of snow and ice. On Feb. 12, the university closed its Crete and Lincoln campuses, citing a winter storm that was affecting roads, general visibility and hazardous conditions. This snowstorm carried over into Feb. 13, with the campus having a delayed start, with in-person classes starting at 11 a.m.

The snowstorms also closed down the city of Crete, with Crete declaring a snow emergency on Feb. 12. This snowstorm closed roads and buildings, prevented students

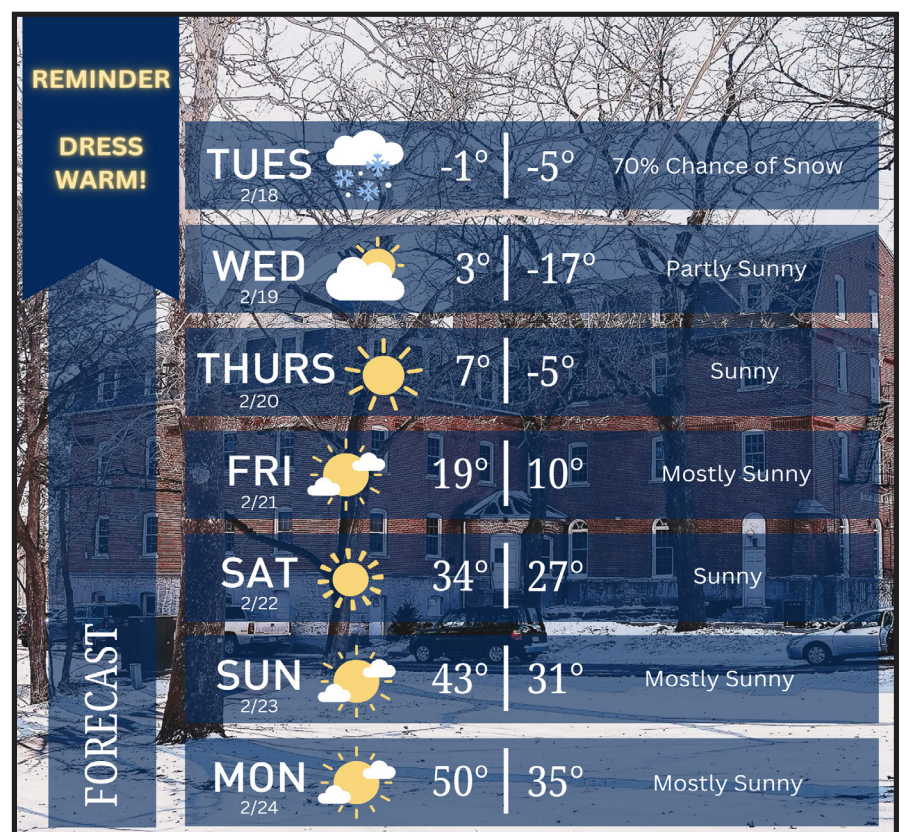
and teachers from attending classes and also canceled several on-campus events.

These hazardous conditions are expected to continue from Feb. 17 to Feb. 21, with subzero temperatures and the potential for more snowfall and ice on the ground. In the meantime, those on campus should monitor the weather, wear layers to stay warm, avoid driving if possible and monitor the roads and avoid staying outside for an extended period of time.

Doane is being proactive about the snowfall, with the closing of some parking lots to prevent snow and ice from building up. These lots include lots D, C and Doane

Drive, G, H, I, J, K, which includes the far side parking and guest parking lot, M, O and R. All other lots will be open; the closed lots must be clear by 10 p.m., lest the owner of the vehicle risks a fine or being towed. All registered vehicles must be moved to the long-term lot if the owner is gone for more than 24 hours and unregistered vehicles on campus during snow removal may be towed at the owner's expense.

There is the possibility of the campus closing due to weather conditions in the coming days, so all Doane faculty, staff and students should be on high alert.



Graphic by Hailey Schweitzer | The Doane Owl

# Doane hosts finalists for VPAA position

JOHN DAWES  
Editor-In-Chief

On Feb. 13 to Feb. 14, Doane University brought the two finalists for the Vice President of Academic Affairs (VPAA) to the Crete and Lincoln campuses and gave them both a tour of the two campuses as well as hosted an open forum for faculty, staff and students to watch and provide input about the candidates. The new VPAA will replace Doane University's current Chief Academic Officer, Dr. Lorie Cook-Benjamin, who, after seven years as Chief Academic Officer and countless years in higher education, is set to retire in the summer.

During their stay at Doane, the candidates hosted an open forum for faculty, staff and students centered around “balancing innovation

and tradition in shaping academic programs and institutional priorities while maintaining a liberal arts mission.” Both candidates shared their vision for the future at Doane and later opened the floor for questions. The two finalists for the position are Provost and Vice President for Academic Affairs at Virginia Wesleyan University and Professor of English Susan Larkin and Dean and Professor at California State University, Channel Islands Elizabeth C. Orozco Reilly. Both Larkin and Reilly have extensive histories in higher education management and teaching courses in higher education.

“On Thursday and Friday, each day, two different candidates came and visited - and met with the search committee, the academic affairs team, took tours on campus and an open forum was held in

the Perry Board Room for any Doane community member to attend,” Senior and a student on the Vice President of Academic Affairs Search Committee Quincey Johnson said. “Both days the room was very full, and many questions were asked regarding the liberal arts, student experience at the undergraduate and graduate levels, faculty development and engagement, leadership styles, and program metrics that the candidate would bring as being Doane's next VPAA.”

Johnson said that President Roger Hughes is looking at the notes, comments, and survey results that the Search Committee put together in order to make a final decision on who will secure the position. Who will be announced VPAA has not been concluded yet.

Courtesy graphics | Tiger Weekly

# CAPE helps students learn to love

BRIANNA WRIGHT  
Staff Writer

With shattered plates and candied hearts, CAPE had an exciting week lined up for Valentine's Day.

The festivities kicked off Feb. 11 in the Brodie basement, where the Hulk Smash Rage Room was in full swing. This exhilarating event was in partnership with PRISM, who initially proposed the idea.

"When Rowan shared that this year's theme is superheroes," Jaden Hilkemann, director of CAPE, said, "I was especially excited because CAPE often says, 'Not all heroes wear CAPES,' which reflects the idea that you don't have to be a superhero to make a difference—anyone can be a hero!"

Hilkemann showed

great enthusiasm for PRISM and the events, especially the week-long Valentine's celebration known as Doane is Love. Despite the evening chill, the Brodie basement buzzed with energy as students eagerly hurled plates, making it a memorable night that PRISM is considering reviving in the future.

Hilkemann elaborated on CAPE's cherished tradition of hosting an event on Valentine's Day, which serves as a platform to educate students about healthy relationships while distributing educational resources.

"One of our favorite themes is 'Love Shouldn't Hurt,' and every year, we return to it," she said.

This year, that message came to life through the "Build a Valentine's Day Bag" event, where students passing through

Lakeside could fill their bags with goodies along with vital resources on healthy relationships. The bags brimmed with delightful treats like candy, stickers, pins, temporary tattoos and cards handcrafted by the CAPE team.

The theme of healthy relationships was further explored during CAPE's Dine09 on Saturday, Feb. 15, cleverly titled "Dip into Healthy Relationships." As the clock ticked toward 9:09 p.m., students gathered for an evening of fun and learning, beginning with a Kahoot game that invited participants to dissect unhealthy relationships depicted in Disney movies. Hilkemann hoped the event would provide both education and enlightenment. Along with the Kahoot, "totchos" were set to be provided. However,

the event used fries rather than tater tots and ran out of them early on, so they switched to chip bags like Doritos or Hot Cheetos.

"A bunch of students just put the meat and cheese inside them, which was still pretty good," freshman Amani Muisyo said.

As Valentine's comes to a close, CAPE began to shift its focus toward a busy April. With Sexual Assault Awareness Month on the horizon, CAPE has an array of events planned to raise awareness and foster important conversations.

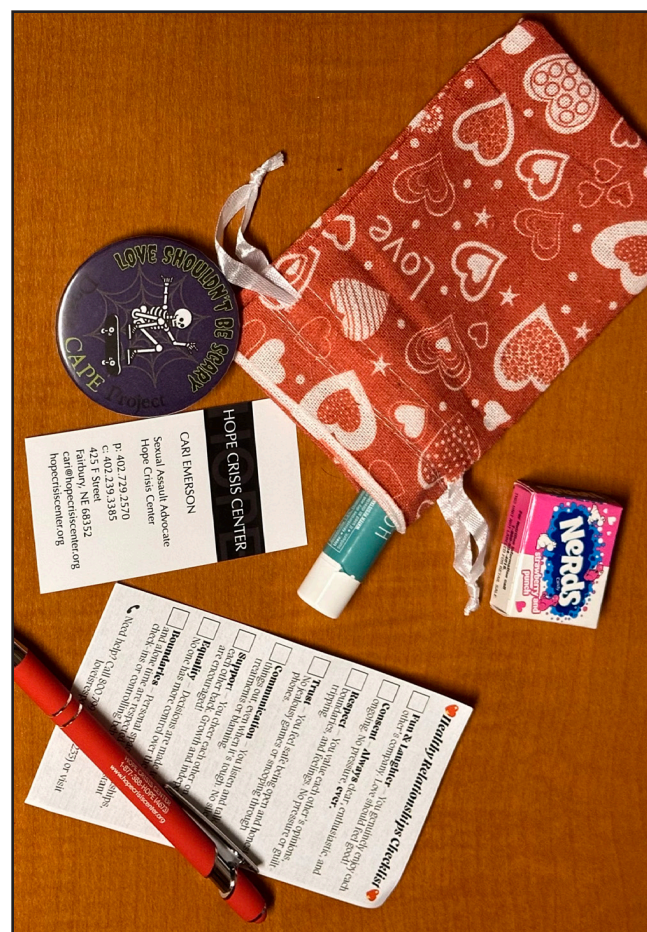


Photo by Brianna Wright | Doane Owl

Goodie bag given by CAPE during Valentine's Day

# Sibling weekend fails to get interest

AMANI MUISYO  
Staff Writer

Sibling Takeover was planned to take place on Feb. 15. However, the beginning of this annual event is still being re-planned with hopes to

try again on a future date. Originally, the event was "open to siblings, cousins, or anyone Doane students love like a sibling, from Kindergarten through 12th grade," according to an email showing the event and event plans.

As with family weekend every September, different activities were planned including photo ops, movies at the fieldhouse and the opportunity for people in ninth grade and up to stay on campus overnight. How-

ever, according to Brian Stutz, Director of Residential Life and Education, because "very low participants" signed up, the event is being reconsidered.

"I would like to try to continue to do it but just

need to reevaluate ways to get people to come," Stutz said.

There were a few advertisements on Instagram starting late December showcasing the event. However, a few students felt they didn't

know too much about it. Also, a few students expressed concern over how it would be uncomfortable for high school students to spend the night in dorms and the responsibility of taking care of their younger siblings.

# A peephole thief ransacks doors

LORRAINE CASTAÑEDA  
Life & Culture Editor

On Feb. 9, a total of 45 peepholes were stolen from three campus buildings, with 39 of them taken from Sheldon Hall

with some taken from Frees Hall as well. The incidents were first reported in the morning, but as community advisors (CAs) began checking other buildings, they discovered the thefts had

occurred across multiple locations.

The individual(s) responsible for the vandalism have not yet been identified. Since the removal of peepholes violates the Crete Student

Handbook (Sec. 5.02, Letter O), those found responsible will face disciplinary action and fines.

The missing peepholes pose a potential security risk, as they allow for visibility into dorm rooms

from the outside.

"We are working with facilities on a timeline for replacing all of the peepholes," Sheldon Hall Community Director Nadia Lanik said. "If you are missing a peephole,

secure a piece of tape over the hole for the time being."

## Weekly Horoscopes (Hot or Cold edition)

- Aquarius (January 21 - February 19):** Warm.
- Pisces (February 20 - March 20):** Don't fly to close to the sun!
- Aries (March 21 - April 20):** The sun called, its asking for tips to shine as bright as you!
- Taurus (April 21 - May 21):** Cold as a frozen pizza
- Gemini (May 22 - June 21):** Stop burning people!
- Cancer (June 22 - July 22):** Too cool
- Leo (July 23 - August 22):** A walking, talking fireplace.
- Virgo (August 23 - September 22):** The titanic crashed against you.
- Libra (September 23 - October 22):** not too hot, not to cold, you're okay!
- Scorpio (October 23 - November 21):** Colder than your ex's heart
- Sagittarius (November 22 - December 21):** Time to melt a little...
- Capricorn (December 22 - January 20):** -2191048109 degrees

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# the Doane Owl

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The Doane Owl Editorial board consists of: John Dawes, Elenna Koenig, Luis Rejano Candau, Lorraine Castañada 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](mailto:owl@doane.edu). A hard copy of the letter must be signed in the presence of the Editor-in-Chief by 7 p.m. the Monday before publication. The editor reserves the right to edit all submissions for length and content.

Flag courtesy of Elenna Koenig

- Editorial -

## Humility and the cold

If the winter teaches you anything, it is this; there will always be things that humble you and put you in your place. No matter how much you bundle up, or feel you are prepared for the winter chill you will walk out the door and be floored by how cold it is. Sometimes, you think things are going great, only to have the chill creep up on you all the same.

As students, we are often so worried about taking that trek through the cold and tackling that cold head-on. That feeling of being humbled and being cold is one and the same, sometimes, you have to brave the pain so you can come out the other side.

Just as the cold keeps

us inside and prevents us from going out or doing anything, the feeling of being perceived as a failure or having shame prevents us from being humbled. We want to have everything be climate controlled, we want all of the protections and guarantees that we will be totally fine in the face of a challenge or task. But if we do not know the cold, how bitter it stings, we can never know the warmth of spring and the growth of summer.

We can not grow in earnest if we do not take risks but our fear of being seen as someone who can't handle the task or doesn't rise to the challenge prevents us from ever giving our most earnest effort into the things we care

about. All too often, there are students who have a genuine passion for something personal and yet they refuse to ever try because if it's not perfect the first time, you might as well quit.

But growth comes from pain and losing shame and guilt. Just as the trees cast aside their leaves every fall and winter, you, too must forget the feeling of shame and guilt if you wish to live earnestly. Only by exposing yourself to the elements and letting them blow away your old growth can you make room for new opportunities and experiences.

If you stay inside all day when the winter is howling, you often prevent yourself

from doing things that you care about, seeing people you like or doing things important to you. How many people make New Year's resolutions just to say, "it's too cold, I won't bother today"? Commitment requires some level of discipline and discomfort. You must take that miserable walk to your car or to class if you want to accomplish your goals, otherwise they might as well be pipedreams.

Being humbled requires you to brave that cold and to do so over and over again. Only then can you feel the warmth of the sun, see the first sign of growth and reap the benefits of your persistence.

## Mental health and athletes

LUIS REJANO CANDAU  
News Editor

Nowadays, it is obvious the huge importance that mental health and preparation have in sports. This is something that in the past was irrelevant for every athlete or coach and was often seen as an excuse. Today, the value of mental health is widely accepted; each mind and each person are different, and of course, everyone needs something different and prepared in a totally distinct way. This not only has significance in the professional sports world. College athletes need strong minds

as well.

A healthy mind and preparation include a lot of different things for a student-athlete. The main point is balancing academic and athletic life. On one hand, you need to be responsible with classes, assignments, and exams, and on the other hand, you must continue with your development as an athlete, making great strides in training, games and gym workouts. Techniques like time management, responsibility, mindfulness and goal-setting will be fundamental for achieving this key idea.

Secondly, confidence will

be the next most essential thing for a healthy mind in a student-athlete. Everyone needs to build and develop great confidence to achieve the balance that is necessary for being a successful student-athlete in every university in the country. Confidence in yourself is not built overnight; a process is necessary to start seeing results and achievements. Each individual would have a different way to take that path, but I highly recommend stopping for a moment, thinking about this and giving this topic the attention it de-

serves.

In conclusion, it is impossible to underestimate the significance of preparation and mental health for student-athletes. Success on and off the field depends on cultivating a robust and fit mindset as the challenges of juggling academic obligations and physical performance increase. Student-athletes can establish a routine that supports their goals without compromising their well-being by implementing strategies like time management, mindfulness and goal-setting.

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

# Work for passion, not profit



JOHN DAWES  
Editor-in-Chief

It's hard to determine why you are doing anything. Why am I in school, why am I working this job, what am I accomplishing with my life; am I even living at all? There are some loose metrics that help us determine whether or not the things we are doing are worthwhile: happiness, personal satisfaction and fulfillment or an educa-

tional benefit.

But as our society grows more and more complex, a growing sentiment from influencers, politicians, businessmen and even our very economy provides an answer for the all-important question of "Why are we doing anything?" That answer is, are you making money and spending money?

Production and consumption – the belief that your life can basically be boiled down to how much you are making and how much of that money you are spending on things – is an all-important marker for determining whether or not you are living a worthwhile life. Many of the richest people in the world talk endlessly about how they spend their money on charities and social goods and how they labor endlessly for the public.

But when you peel back the layers, a lot of these people are living in anguish. You can find endless articles about estrangement from family members, how they often stomp on workers just so they can squeeze one more dollar or how they are simply in the business of charity for nothing more than a tax loophole.

This is my reminder to you: do not boil down your life to how much you produce and how much you consume. The human spirit can never be filled with money or with endless consumption of products. I know so many talented artists or brilliant writers who completely shaft their creative interests in the hopes of getting a job they'll hate for 40 years but have a nice retirement package.

Our society has made money the ultimate judge of whether or not you

lived a good life. Status supersedes all. Who cares if you lived for your passions and created memories or tangible impacts on people's lives; everything should be viewed under the guise of profit. Billionaires are the perfect example of this. They have achieved a status that grants them complete freedom. And yet, they live only for themselves. They hoard wealth and are constantly described as narcissistic and cruel; they are so bought into the system of production and consumption that they can't even appreciate simple human joys.

There is infinitely more to life than work and consuming symbols of status. I'm not saying you can't enjoy those things, but we need to remember that our biology predates both production and consumption. Our brains and

biology wish to live for more; status, wealth and products are only short-term fill-ins for our souls.

We as societies and as individuals must reject the constant and insistent need to always be working for profit and the accumulation of said profit. If people, say, had a four-day work week and clocked out before 3 p.m. for most jobs, you might not return as large of a profit for some shareholders on Wall Street, but you'd be given the opportunity to do the things you want and maybe find that time and space to fill your soul with meaningful tasks and actions.

That, of course, is only one idea, but the large point is this. Do not dream of work; envision a life for yourself that is founded in love and compassion with peers. One of exploration and discovery, not of profit and

products. Money and the rewards of money can and almost always will be achieved, if not now, then later.

But true satisfaction with your life will not be determined by the stock market and how big your paycheck is. Of course, life is A LOT easier with money. But if you live only to get said money and hoard it, you will die saying, "If only I had more time to do the things I wanted to do." When, in fact, you did have the ability to do everything you wanted to do. Profit and consumption sully the human experience to nothing more than quick dopamine hits that stimulate a fake fulfillment. Don't live to make shareholders money; live for you and be free in your pursuit of interests and hobbies, even if to the detriment of said shareholders.

## Don't stop looking up, especially now

AMANI MUISYO  
Staff Writer

I recently watched "Don't Look Up" on Netflix. This 2021 comedy and sci-fi film was well-produced with an intriguing storyline. It's widely interpreted as a metaphor for climate change and how we, as a society, are ignoring the fact that we are contributing to our planet's destruction. I couldn't help but notice the film's char-

acters also show striking similarities to real-life figures, especially those from the 2025 Trump administration.

One public figure who comes to mind is Elon Musk, CEO of Tesla and SpaceX. Musk has recently taken on a role in the government as an unpaid "special government employee." He currently leads the Department of Government Efficiency (DOGE). At the 2025 World Government Summit, Musk

advocated for "reducing the size of government" and even proposed eliminating entire agencies, likening the process to corporate restructuring. However, this perspective fails to acknowledge the human cost, people losing their jobs, incomes and stability.

Musk has an unprecedented amount of power and access to information, drawing direct parallels to Peter Isherwell, the tech billionaire in "Don't Look Up" who holds in-

fluence not because of his political standing, but because of his wealth. Similarly, in the movie, technological solutions used by Isherwell to destroy the comet mirror the way we approach progress today. While technology has the potential to solve real-world issues, it is often driven by profit rather than ethical responsibility. Nonprofits, for example, may appear to be helping, but their CEOs can sometimes earn more than they give. Just like in

the movie, corporations and elites capitalize on crises instead of saving the world.

Another moment in the film that resonates with today's reality is how the media manipulates public perception. In the movie, "Don't Look Up" became a chant used by conservatives to deny the truth, much like how "Make America Great Again" carries a similar tone. When was America truly great for everyone? It was only ever great for

wealthy, straight white men, while lower-class and marginalized groups have always struggled.

At the end of the day, whether it's Elon Musk or any other billionaire, societal issues often become just another way for the rich to get richer. "Don't Look Up" serves as a reminder that those driven by greed will ultimately lead to decisions that cause destruction, especially for those without power.

## When can you find free time?

LIZ CALDERON CHEN  
Staff Writer

One question roaming through my mind during these past few days has been, "When is it the right time to get your alone time?" For example, alone time refers to the period when someone chooses to be by themselves without social interactions or other distractions.

This time is often used to recharge, reflect or focus on personal interests or needs. It is also often linked with self-care, which allows people to detach from the demands of social and work life while being able to help clear mental clutter and stress.

As many of us are student-athletes, we may feel overwhelmed very easily throughout our daily routine, feeling as if we need an extra breather. So, during these times people tend to reflect on their thoughts and own emotions, while it can also foster deeper self-awareness and understanding of personal goals and de-

sires.

If you're an introvert, this is probably your favorite time of the day since after a long hangout including social interactions, alone time helps balance the mental and emotional drain that can come from constant socializing. For instance, alone time is also used to enjoy hobbies like reading, writing, crafting, meditating or exercising without the need to accommodate others.

However, even though my favorite hobbies are reading, writing and watching series and movies, I get bored of sometimes doing all the same routine things. I feel like some other times I need a bit of a spark or motivation while being all alone. Therefore, I've looked up some different ideas and pursuits to make my time alone more fulfilling, such as exploring new interests, like maybe learning a new musical instrument, studying a new language or even cooking new cuisine.

Additionally, reconnecting with nature, such

as taking a walk, hiking, gardening or caring for indoor plants, is a rewarding activity.

But even so, how can you know when you need alone time? Knowing when you need time alone is all about tuning in to how you're feeling and having an insight into these signs, namely when you're feeling overwhelmed, scattered, or unable to focus, or when your mind feels cluttered and it's hard to make decisions.

Furthermore, you might need alone time if you notice that you're more impatient, snappy or even reactive to small things, especially when social interactions start feeling draining rather than energizing. Fatigue or tension in your body can be a cue that the mind and body need space and on top of that, trouble sleeping or feeling restless could be a sign you need a quiet reset. Recognizing these signs is the first step to honoring your needs and once you become aware, it's easier to plan alone time intentionally

before you hit a point of exhaustion.

Lastly, I also researched practical ways to start carving out meaningful alone time when I need it. For example, I can schedule alone time in my calendar, just like any other appointment; even 15 to 30 minutes can help. Another example could be creating a cozy nook at home or finding a

favorite spot outside that becomes my retreat when needed.

Another alternative could be starting or ending your day with 10-20 minutes dedicated to a calming activity. Particularly if mornings or evenings are chaotic, you could wake up a little earlier or stay up a bit later to claim uninterrupted moments.

Now, if you're short on time, try closing your eyes for a few deep breaths, listen to a song you have stuck in your mind or just reflect on what's going well, lessons learned or things you're grateful for. This is a great way to reconnect with yourself within a short period of time considering this speedy life we're all carrying on our shoulders.

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### ...Thumbs UP

Bikes	👍👍👍👍👍	
	👍👍👎👎👎	Static
Contrast	👎👎👍👍👍	
	👍👍👍👍👍	Cursing
Thinking	👍👍👍👎👎	

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...

# Track and Field are GPAC Champs

ELIYAH LARA-JOHNSON  
Sports Editor

On Feb. 14 and 15, both Men's and Women's Track & Field teams traveled to Mitchell, South Dakota, to compete in the Great Plains Athletic Conference (GPAC) Championships, where both teams walked away as champions.

Starting in the Women's 60m was sophomore Neryah Hekl, who took first place with a time of 7.58. Also competing was sophomore RaeAnn Thompson, who placed third with a time of 7.68. Running in the 200m was junior Kat Vogt, who had a time of 25.96, placing her fourth, and Thompson, with a time of 26.03, which placed her sixth. Taking second in the 400m was Vogt, who had a time of 58.36.

Crossing the finish line first in the 600m was junior Danie Parriott, who had a time of 1:34.05, along with sophomore Chaney Nelson, who had a time of 1:42.14, placing her sixth. Parriott also took home first in the 1000m with a time of 3:02.31. Walking away with sixth in the 5000m was freshman Kenzy Lippold, who had a time of 19:32.88.

Running over the

hurdles in the 60m was junior Josie Garrett, who had a time of 8.94, which placed her third. Placing fifth in the 4x400 were Vogt, Nelson, sophomore Kiley Hejmanek and Parriott, who combined for a time of 4:06.79. Running in the 4x800 were freshman Allison Ernst, junior Mad-dy Ramey, sopho-more Madison Ly-tle and freshman Marissa Miles, who ended with a time of 10:19.51, placing them fourth.

Competing in the pole vault were sophomore Kaylee Pribyl, who placed first with a mark of 3.97m where she also beat the school record as well. Junior Kennedy Stanley, who had a mark of 3.45m, which placed her second.

Jumping in the long jump was Garrett, who had a mark of 5.48m, placing her fifth. Also competing in the long jump was junior Rosalyn Roggasch, who had a mark of 5.33m, placing her sixth.

Taking home first in the triple jump was Garrett, who had a mark of 11.58m and placing third was Roggasch, who had a mark of 11.44m. Finishing up the triple for the Tigers was junior Kyla Davis, who had a mark of 11.08m,

placing her sixth.

Throwing the shot put were seniors Madison Sutton, who placed second with a mark of 14.25m and Alivia Baucom, who had a mark of 14.13m, which placed her fourth. Taking home first in the weight throw was Sutton, who had a mark of 18.93m. Finishing in fourth was sophomore Kaylie Lotspeich, who had a mark of 16.92m. Finishing up for the women's side was Nelson, who took home fourth in the pentathlon with 3,037 points.

With this, the Women's team ended with 163.00 points, which placed them first and is the first time they have been conference champions since 2018.

Transitioning over to the Men's side, starting off in the 60m was sophomore Devon Jackson, who finished sixth with a time of 7.04. Running in the 400m and taking home second was junior Caleb Mulder, who had a time of 50.37.

Placing third in the 600m was junior Joaquin Gutierrez, who had a time of 1:20.48. In the 800m was junior Emmanuel Yego, who had a time of 1:57.56, which placed him third.

Placing second in

the 1000m was junior Michael Grigsby, who had a time of 2:32.16, and finishing in fifth was junior Will Dawes, who had a time of 2:36.00. Also running in the mile was Grigsby, who had a time of 4:16.95, which placed him first. Competing in the same race was freshman Porter Bickely, who had a time of 4:26.63, which placed him sixth. In the 3000m, freshman Jayden Wall placed first with a time of 8:47.86; his teammate Bickley, who had a time of 8:52.84, placed fourth.

Running over the hurdles in the 60m was senior Zach Turner, who had a time of 7.75, which placed him first. Placing second was freshman Andrew Brown, who had a time of 8.04, placing him second. Running in the 4x400 were Gutierrez, Mulder, sophomore Parker Gaston and junior Emmanuel Yego, who combined for a time of 3:26.45, placing them fourth.

Running in the 4x800 were Yego, Dawes, freshman Alex Fowler and sophomore Nate O'Brien, who had a time of 7:57.90, which placed them third. Jumping in the high jump were senior Dylan Starr,

who placed second with a mark of 2.06m and senior Carter Reckling, who had a mark of 2.06m. Finishing in fifth was freshman Jackson Kessler, who had a mark of 1.98m; sophomore Peyton Herrick, who had a mark of 1.93m, placed sixth.

Competing in the pole vault was senior Drew Garrison, who had a mark of 4.30m, which placed him fifth. Also jumping in the long jump were freshman Brian Cech, who placed third with a mark of 7.23m, and sophomore Andrew Harms, who had a mark of 6.93m, placing him fifth. Jumping in the triple were Cech, who placed first with a mark of 14.27m and Brown, who had a mark of 14.09m, which placed him second.

Throwing in the shot put was junior Andrew Schmitz, who had a mark of 15.88m, which placed him second, alongside junior Christopher Brown, who had a mark of 15.82m, which placed him third. Placing fourth was junior Cale Bessler, who had a mark of 15.39m, and finishing in fifth was sophomore Colton Dillno, who had a mark of 15.35m.

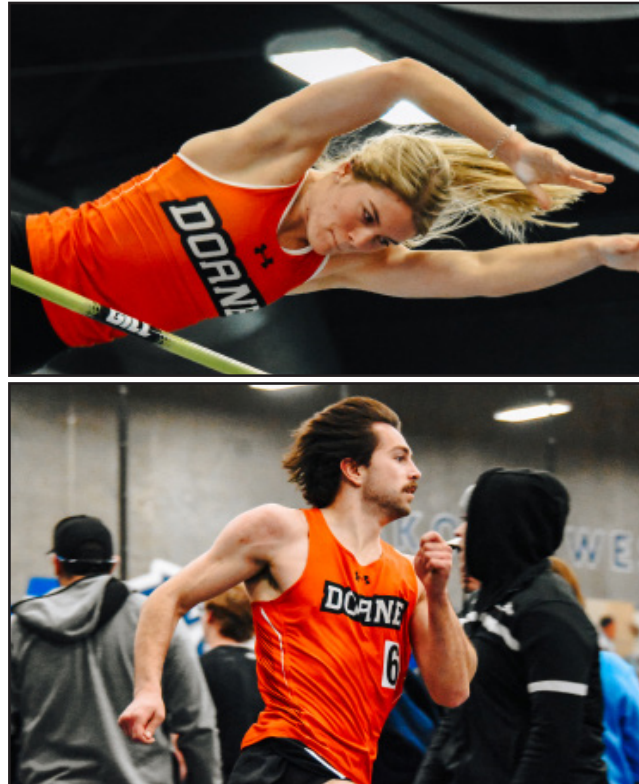
Placing first in the weight throw was

senior Trey Dickey, who had a mark of 19.75m. Schmitz, with a mark of 18.92m, placed second. Finishing up for the weight throw was sophomore Jaden Vollenweider, who had a mark of 18.00m, which placed him fourth.

Finishing up for the heptathlon was Harms, sophomore Addison Croghan and senior Zach Fye. Harms had a total of 4,679 points, which placed him second. Croghan had a total of 4,608, which placed him third. And Fye had a total of 4,548 points, which placed him fourth. The Men's team ended with a total of 220.5 points, which earned them first place.

The men's had 33 men make the all-conference team and the women's team had 22 women make the all-conference team, which is accomplished by placing in the top-eight in a given event.

On Feb. 27-28, both the Men's and Women's teams will be traveling to Gainesville, Florida, to compete in the National Association of Intercollegiate Athletics (NAIA) Championships.



(Left) Junior Danie Parriott ran in the 600m, where she broke the meet record. (Middle Top) Kaylee Pribyl breaks the school record in pole vault. (Middle Bottom) Junior Caleb Mulder ran in the 400m. (Right) Sophomore Eli Marez competes in the 600m, where he placed ninth.

## Men's Basketball loses back-to-back

LUIS REJANO CANDAU  
Staff Writer

On Feb. 12 and 15, the Men's Basketball team played two important home conference games against Midland University and Dordt University, respectively.

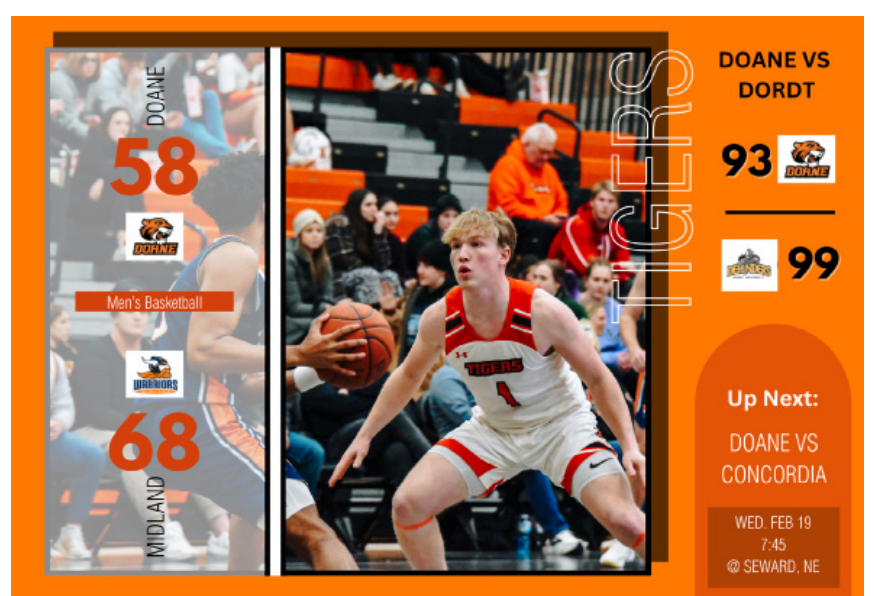
The Tigers lost both games with very close results: the first against Midland was 68-58, and the second against Dordt was

99-93. Despite Doane's best efforts, the Tigers slid in the conference rankings and now have a conference record of 4-14, while the general record for the season is 9-17.

As for the statistical leaders in both games, firstly, against Midland University, senior Caleb Hrabik scored 17 points. While in the game against Dordt University, senior Brady Timm

got 23 points. Sophomore Jack Wilson was the leader in rebounds for both games, with 11 and seven in each game. Finally, junior Casen Chaney dished six and five assists, respectively, helping facilitate the offense.

The Tiger's next game is against Concordia University on Feb. 19 in Seward, Nebraska, with the game starting at 7:45 p.m.



Graphics made by Hailey Schweitzer | The Doane Owl

# Women's Tennis gains win in Iowa

LUIS REJANO CANDAU  
Staff Writer

On Feb. 16, the Tigers Women's Tennis team had their second spring season game at Red Oak, Iowa, against Ottawa

University. The Tigers won their game 5-2 and are off to a strong start of the season, with back-to-back victories. In doubles, senior Mariana Espinosa and

sophomore Maria Purizaca prevailed 7-5 at the No. 1 match. At No. 2 doubles, freshman Liz Calderon and sophomore Isabella Castillero prevailed 6-4.

At No. 3 doubles, junior Grace Schroller and sophomore Kat Johnson prevailed by forfeit.

In singles, No. 1, Purizaca prevailed 6-0, 6-0, in an awe-

some game, while at No. 2 singles, Espinosa lost the game 4-6, 1-6. At No. 4 Castillero could not win with a 0-6, 2-6, while Calderon prevailed at No. 3, 6-3,

6-1.

The Tigers will try to continue their winning streak in their next game, which is a home game against Avila University on Mar. 1.

# Men's Tennis gains loss in Iowa

LUIS REJANO CANDAU  
Staff Writer

On Feb. 16, the Tigers Men's tennis team had their second spring season game at Red Oak, Iowa, against Ottawa University, losing

0-7. In doubles play, senior Jose Purizaca and sophomore Julio Avila lost 4-6 at No. 1. No. 2 senior Andre Hartman and freshman Christian Jensen also lost their doubles match 2-6.

Finally, in double No. 3, sophomore Elliot Dasell and freshman Tanner Adams lost 0-6.

The singles matches proved difficult for Doane as none of the players could se-

cure a match win for the Tigers. In singles No.1, Purizaca lost 2-6, 3-6. At No.2, Hartman could not achieve a win and the score was 2-6, 2-6. Single No.3 was played by Dasell,

who lost 2-6, 0-6. At No.4, Avila lost 2-6, 2-6. In single No. 5, Adams finished 0-6, 0-6 and finally in single No. 6, Jensen lost 4-6, 3-6.

Next up for men's tennis will be on

Saturday, March 1, against Avila University at home. The Tigers will try to get the first win of the season and hopefully build momentum into the spring season.

# Women's Basketball beats Midland

LUIS REJANO CANDAU  
Staff Writer

On Feb. 12 and 15, the Women's Basketball team played two essential home conference games against Midland University

and Dordt University, respectively.

The Tigers were not able to win both games and make it a perfect week. The first against Midland was a victory 83-61, and the

second against Dordt was a close game that finished 77-74 for the away team. Currently, the Women's Basketball conference record is 10-10, while the overall record for the

season is 15-11.

Both games featured a standout performer for the Tigers. Senior Mak Hatcliff, who got 30 points and six rebounds in the victory game against

Midland and tallied 24 points and four assists against Dordt. With these two impressive performances, Hatcliff helped significantly in the team's victory and fought to the end in

the close loss of Saturday's game.

The Tigers next game is against Concordia University on Feb. 19 in Seward, Nebraska, with the game starting at 6 p.m.

# eSports opens their spring season

ELIYAH LARA-JOHNSON  
Sports Editor

On Feb. 3, the Esports team started their season with five different teams playing four different games: Valorant, Super Smash Bros, Rocket League Orange and Black and Overwatch.

Starting off on Feb. 3, the Valorant team took on Paradise Val-

ley Community College and lost against their Gold team with their final score being 1-2.

On Feb. 6, the Rocket League Orange team took on Middle Tennessee State University, where they walked away with their first win of the season, with the final score being 3-1. On

Feb. 10, the Rocket League Black team took on the University of Northern Iowa and lost by a final score of 0-3.

On Feb. 11, the Super Smash Bros. team took on Oklahoma City Community College and walked away with a final score of 0-2. On Feb. 12, the Valorant team took

on Concordia University, St. Paul, where they walked away with their second loss of the season with a final score of 1-2.

On Feb. 13, the Rocket League Orange team took on the University of Saint Mary's Gold team and the Rocket League Black team took on the University of North Dako-

ta, losing their match by a score of 0-3.

Wrapping up week two, the Overwatch team faced off against Wartburg College and walked away with a win, with a score of 3-2.

Going into their week three, the Valorant team is set to take on Minot State on Feb. 17. The Super Smash

Bros. Ultimate will be taking on the University of Omaha on Feb. 18. On Feb. 20, both Rocket League teams will be taking on Missouri State University and Cornell College. Finishing up their week three, the Overwatch team will take on Buena Vista University on Feb. 21.

## Scoreboard Snapshot

### MEN'S BASKETBALL

February 12 @ HOME

7:45 versus MIDLAND UNIVERSITY

WARRIORS

68-58

February 15 @ HOME

3:45 versus DORDT UNIVERSITY

DEFENDERS

93-99

### MEN'S TRACK & FIELD

February 15-16 @ MITCHELL, SD

@ GPAC CHAMPIONSHIPS

TIGERS

1st

### MEN'S TENNIS

February 16 @ RED OAK, IA

Versus OTTOWA UNIVERSITY

OTTERS

0-7

### WOMEN'S BASKETBALL

February 12 @ HOME

6:00 versus MIDLAND UNIVERSITY

TIGERS

83-61

February 15 @ HOME

2:00 versus DORDT UNIVERSITY

DEFENDERS

77-74

### WOMEN'S TRACK & FIELD

February 15-16 @ MITCHELL, SD

@ GPAC CHAMPIONSHIPS

TIGERS

1st

### WOMEN'S TENNIS

February 16 @ RED OAK, IA

Versus OTTOWA UNIVERSITY

TIGERS

5-2