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Nalo Zidan Discusses Masculimality

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INDEX:

NEWS:

Safer at SNC: Student Perspective
SEE PAGE 2 >

OPINION:

The Switch in Conversation
SEE PAGE 5 >

FEATURES:

Yoga on the Lawn
SEE PAGE 8 >

ENTERTAINMENT:

Web Corner
SEE PAGE 10 >

SPORTS:

Varsity Blues
SEE PAGE 13 >

COVID-19 Prevention Tips:

- Wash your hands
- Wear a face covering
- Keep your distance (At least 6 feet)
- Disinfect frequently touched objects daily
- Feeling sick? Stay home!
- Limit interactions with people

Nalo Zidan Discusses Masculimality

VINNY LA VIA | NEWS EDITOR



Nalo Zidan | www.tedxlsu.com

On Thursday, Oct. 8, Nalo Zidan, a Queer Black writer, organizer and Trans-Masculinist who is currently completing a Women, Gender and Sexuality Studies degree at Louisiana State University, spoke to an audience of about fifty over Zoom regarding the topic of masculinity and masculinimity.

One of Nalo's main goals through having con-

versations such as these is to encourage further discussions regarding masculinity with people who may be confused about what it means to be masculine.

Nalo describes herself as "a normal regulatory human being that has overlap with masculinity" and encourages people to "just be themselves."

She does not feel tied down by the norma-

tive ways we tend to view gender and identity. Instead, she defines herself as masculinimity, meaning, "There's multiple identities [that you can] move through all the time. Our gender and sexual experiences are not dictated by our body parts or sexual experiences."

Just because you were not born male does not mean that you can not ex-

press masculinity, and our normal way of viewing masculinity inhibits how we navigate our identities by tying us to a specific set of gender norms.

"A man didn't have to teach me how to be masculine, rather my masculinity

SEE NALO ZIDAN
Page 4>

Reviewing the 2020 SGA Elections

ALANA BORMAN | NEWS CORRESPONDENT

Over three weeks ago, the Student Body voted to elect new officials to the offices of the Student Body association.

All the positions were open as newly elected officers campaigned for weeks leading up to the election.

Many used Instagram, Snapchat and posters throughout campus to get their voice heard.

Last year, we saw more than ever how important it is to give the students a voice in affairs that the school decides.

Every position needed to be filled this upcoming year, from president all the way to class representa-

tives.

Since last semester had to be cut short due to the COVID-19 pandemic, the interim president position was delegated to Oliver Dressel for the summer months and very beginning of the school year.

As the election drew near, Oliver started his own campaign to be fully elected to the president chair of the executive board.

He promoted issues he would focus on if elected to the seat: continued reduction to the campus carbon emissions, more recognition to the Council of Indigenous People and a commitment to ensuring

that systemic injustice has no place on this campus.

It comes to no surprise that Oliver boasted almost a majority of the vote and was elected president on Sept. 24.

Oliver says, "The main difference between my interim position and my current position is that I now have a full general assembly to lead. Now that I have assumed office as president of the Student Government Association, I have a team of dedicated and powerful students, who I have wholehearted faith in, working with me."

He is excited to begin working with his fellow

executive board members and class representatives in the coming weeks to tackle various tasks that arise.

Not only was Oliver elected to the executive board, but five other students assumed roles to the executive board on Sept. 24 as well.

One of them is the vice president of Student Affairs, Victoria Hunt.

When asked what this position entailed, Victoria said, "I am to serve on the Student Affairs Committee, help run our Student Government Association meetings, have an office hour once a week as well as attend our board meetings."

She is excited to take on various roles to help the student body and has her own set of issues she plans to focus on in the coming year, including voicing students' perspectives on COVID-19 control, making college more affordable and ensuring there is open communication between SGA and the Student body.

The last issue hits close to home for many SNC students as last year the students pushed for more transparency with the board.

SEE SGA ELECTIONS
Page 3 >

Safer at SNC: Student Perspective

JESSICA MAGALSKI | NEWS CORRESPONDENT



6 Feet Apart Signs at SNC | snc.edu

On Sept. 25, an email was sent out to all students announcing the Safer at SNC Order.

This implementation of new guidelines includes a curfew, which has recently been extended indefinitely.

Evident from SNC's success of keeping the coronavirus under control, most students are taking the safety guidelines seriously.

Despite this, some controversy has stirred up among students regarding the midnight curfew.

The recent extension from 10 p.m. to midnight, however, sits well with students who have missed out on late night studying at various locations across campus, such as GMS or the library.

Similarly, in residence halls, students who study or do homework together were prohibited from working in the same area past ten at night.

As students know all too well, doing homework regularly goes much later into the night.

It is important to have the option to study outside of a dorm room to focus and be more productive as well.

Despite these reasons to dislike the curfew, it cannot be ignored that many students have different intentions for being out late, as to be expected.

In response, alcohol fines have been doubled since parties have been a

major source of spread for the virus.

SNC believes these new implementations will help prevent large group gatherings and alcohol use on campus.

While the number of active coronavirus cases on campus has recently dropped significantly, it is difficult to know precisely why.

The SNC Covid-19 Dashboard showed twenty new cases on September 28; however, daily new cases have not exceeded four since then.

At first glance, this may seem like a result of the Safer at SNC guidelines. However, there are many possibilities that may also explain this phenomenon.

One explanation is Labor Day weekend, from which the cases on campus had the greatest spike.

If relatively the same students who gathered got Covid-19 during that time, they are likely to have the antibodies that will prevent them from getting the virus again for about three months.

Therefore, those students who party regularly will not be as susceptible to getting sick, causing a decrease in cases.

Another likely contributor is simply the time of year.

At the start of the semester, most students had not been around this many of their peers since March.

Because of this, it is perfectly reasonable for them to want to get together since everyone was looking to make new friends and return to socializing like normal.

Finally, since mid-

terms are upon students and classes have been getting significantly more difficult, it is both likely and unfortunate that students cannot afford to be spending as much time with friends.

Given the circumstances, it is difficult for students to be socially involved and build relationships with each other.

Despite this disappointment, it is certain that each student greatly values the opportunity to be present on campus and stay safe.

More information concerning SNC's Covid-19 response can be found at <https://www.snc.edu/covid19/dashboard.html>, and information regarding Wisconsin's Covid-19 response can be found at <https://www.dhs.wisconsin.gov/covid-19/index.htm>.



Norby Knight demonstrates distance learning | snc.edu

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In the spirit of the Norbertine tradition, we embrace the following credo:

“Almighty Father, the scriptures inform us that: ‘THE TRUTH WILL SET YOU FREE!’

Free from compromising principles
 Free from being self-serving
 Free from suspicion
 Free from prejudice
 Free from intolerance
 Free from fear of retaliation
 Free to be courageous and bold
 Free to be honest and forthright.”

“Bless those who speak, promote and value the truth. Bless those who have made and continue to make the St. Norbert Times a vehicle for honesty, truthful and courageous information, who make it a beacon for the enlightened progress of St. Norbert College, protecting it from half-truths and misinformation. Help the staff know that they are called and chosen to be that voice crying in the wilderness, especially for the students whom they enlighten and inform, helping them to take up the banner of truth courageously and openly for their welfare and to help St. Norbert College be the shining beacon it is called and destined to be.”

Rev. Rowland De Peaux, O.Praem.
 St. Norbert Times Banquet
 April 30, 2008

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> SGA ELECTIONS

Page 1

transparency with the board.

When this question was raised to both Oliver and Victoria, they both said that they would work their hardest to ensure that transparency is met.

They also want to be the voice of the “why” behind issues affecting our campus but stress that they receive information at the same time as students, they do not receive it before the student body.

Even with this in mind, they hope they can bridge this gap between notification between both.

They do want to assure the student body that they are working with chair Rev. Andrew Ciferni to get to this point in the near future.

Oliver and Victoria will be working with Aaron Gonnering, vice president of college relations; William Ulrich, finance coordinator; Jonathan Contreras, communications coordinator; and Porter Beilfuss, secretary this year.

One of the biggest platforms each of them used was Instagram. They

started the page @sga_ eboard_2020 as another avenue to get people’s voices heard.

Before the election they used the page to promote their ideas.

Some candidates even made their own individual pages where they could individually talk with students. You can find all three pages by following the main SGA page, @snc-government on instagram or Facebook at St. Norbert College Student Government. The best way to talk with the executive board is to go to their office hours. The president and VP’s of

SGA hold one office hour every week in Ed’s Cafe. The president, Oliver Dresel, holds office hours Thursdays from 2-3 p.m.. Vice president of college relations, Aaron Gonnering holds his office hours Mondays from 1-2 p.m. Vice president of student relations, Victoria Hunt, holds her office hours Wednesdays from 10:30-11:30 a.m.

As the semester winds down, with less than 50 days to Thanksgiving, the Executive Board is encouraging students to follow the guidelines issued in the Safer at SNC order to ensure we remain on campus.

In this time it is important to voice any concerns you may have to the executive board or to your class representatives who also are working to make sure your voices are heard. Arguably, the biggest concern on campus currently is COVID-19, if you do have questions or concerns Student Government is there to hear them and make sure we all have a safe and healthy semester going forward.

Spreading Anti-Racism Awareness

ALANA BORMAN | NEWS CORRESPONDENT

The Cassandra Voss Center is hosting a virtual anti-racism workshop every Wednesday for six weeks.

Their hope is to offer an opportunity to members of the St. Norbert Community to learn more about anti-racism tactics and apply them to everyday life.

This will allow students the time to analyze their ideas about race and racism, and it will point out microaggressions they may carry that contribute to racist ideals in society.

At the workshop, they will learn the deeper undertones of systemic racism and its role in various levels of society.

For the students who attend the workshop, they hope they gain the skills to aid in racial justice.

Although registration is closed for the event, students can still aid in the discussion by contacting the Cassandra Voss Center for future workshops and talks on anti-racism.

This workshop is very big for St. Norbert as it is in collaboration with Marquette University.

SNC students will be able to take part in the discussion and have the opportunity to speak to students in one of the most racially diverse cities in the country, Milwaukee.

This will allow multiple perspectives to discuss the topics at the meetings.

Each meeting is one hour long, led by program

facilitators Billy Korinko, Director of the Cassandra Voss Center and Dr. Eddie Moore Jr..

During the meetings, they will centralize one theme of anti-racism to define a clear idea about what it means to be anti-racist.

After the presentations, students will be broken into groups to discuss with fellow students.

This allows this program to be a workshop as everyone will have a chance to voice their opinions to a group.

There are discussion questions to lead each group. They will follow the assigned readings provided before each session.

These readings allow students to constantly be learning about issues with racism.

Students are also encouraged to ask questions, as this is a learning experience for everyone.

During the first week of the workshop students looked at definitions of anti-racism provided by Ibram X. Kendi in “How to Be an Antiracist.”

These definitions were provided to ensure students understand the difference between being anti-racist and just saying a person is not racist.

As explained in the lecture, one who commits themselves to being anti-racist must also work to promote anti-racist ideas.

The speakers explained that just saying one is not

racist still contributes to systemic racism as it is not aiding in the process to end it.

The groups were then asked two questions regarding the definitions. This same format will be used in the coming weeks of the workshop.

Many students spoke about why they decided to be a part of the workshop. Some students talked about how they were greatly affected by the Black Lives Matter protests over the last few years and wanted to end systemic racism as America sees it today.

One student who took part was Seela Raj, a sophomore and worker at the CVC.

She said it was impor-

tant to “aid in the movement to end the racism that has been in the foundation of our nation since its birth.”

She was excited to hear others’ ideas on the subject and to be able to discuss ideas she’ had been preparing for months leading up to the workshop. “Being a part of St. Norbert’s mission to address racism around the world, especially our campus community, has meant so much to me as I become more aware of its disastrous effects of racist ideas on people’s everyday lives” she explained when asked about the College’s recent commitment to ensuring racial justice is met. Many other students share the same ideas as Seela and

are excited for the weeks ahead. The whole community is excited to see what ideas will come out of the workshop as students work together to work towards a better world.

If students are interested in other workshops or ways to aid in anti-racist tactics, they are encouraged to contact Billy Korinko at cvc@snc.edu or his personal email, billy.korinko@snc.edu. For more information on racial justice, students may also look to Dr. Eddie Moore, Jr. who has published two books on the topic, “The Guide for White Women Who Teach Black Boys” and “Everyday White People Confront Racial & Social Injustice.”



Workshop via Zoom this semester | snc.edu

Arno Michaelis: Embrace Diversity

VINNY LA VIA | NEWS EDITOR

On Tuesday, Oct. 13, the Norman Miller Center for Peace and Justice hosted a lecture from Arno Michaelis, author of “My Life After Hate,” co-author of “The Gift of Our Wounds,” former white supremacist and former lead singer of the hate-metal band Centurion.

Arno spoke about the dangers of white supremacy, told his story on why he originally chose hate, how he was able to escape hate and how he currently strives to educate and reform those in white supremacist hate groups so that they may live loving, hate free lives.

Arno recalls being idolized as a young child: “My parents loved me very much. I was the golden boy. My parents, family and teachers would fawn over me.”

Arno’s father was an alcoholic and his mother worked two jobs to cover for his addicted father. He started to push away from his parents for these reasons even though they loved him.

This alienation led Arno towards violence, and he said, “I was addicted to lashing out as a very young child.” It was as a result of this addiction to lashing out that he pursued violence wherever he could.

Eventually his antisocial behavior led him first to the punk rock scene and then to the white supremacy movement, as he realized that he could easily repulse people by being a white nationalist.

“I wasn’t even immersed in white nationalist dogma, I just didn’t care and wanted people to hate me,” Arno says of his reasoning for joining the hate movement.

Combining elements of punk rock and hate, Arno helped form the white nationalist metal band Centurion, who sold around 20,000 records during their run as a band.

The band’s goal was to sow racial division and incite a race war. Arno reflected on his time in the hate-metal band as “some of the worst damage I could have done.”

During this time, Arno also recalls being extremely violent. He now tries to get others to understand the danger that violent white supremacy has on those being targeted and on those who commit it.

“At no point did violence do anything but make me more violent,” Arno said of his vicious acts.

With his first child on the way, Arno finally saw the tragedy that his violence and the violence of

those among him immersed in white supremacy was causing.

Arno pushed away from white supremacy for a few reasons.

He claims to have had a voice inside him that was questioning his motives behind violent white supremacy. He was frustrated that he could not enjoy things most people could (such as watching the Green Bay Packers) and he was finally pushed away for good when he realized how people he claimed to hate would treat him with kindness.

Beginning as a white nationalist in 1987, Arno quit the movement in 1994 and has striven to speak out against this type of hatred and help reform white supremacists ever since.

Since then, Arno has made a large, diverse group of friends and allies who are joining him in this fight.

Arno recalls immersing himself in diversity not long after leaving behind hate:

“Within a year and a half of leaving that group I was attending raves in the southside of Chicago and got to dance with some of the most diverse people I’ve ever met.”

Indeed, it was experiences like these that pushed Arno to the position he is in today.

Starting these conversations on masculinity and who has the ability to be masculine is what drives her work, since we can never progress to a point where we have freedom of sexuality and gender unless we address masculinity.

This includes toxic masculinity, which many still closely associate with masculinity.

According to Nalo, toxic masculinity “is more rooted in how a person with powers uses what is associated with masculinity.” It is rooted in a patriarchal society that, throughout history, has made claims that men are faster, stronger, more



Arno Michaelis (left) | cbc.ca

Arno visited rural northern Georgia in 2016 as a part of an unscripted, but ultimately cancelled A&E docu-series in which he tried to reason with members of white power groups in an attempt to convert them away from hate.

One specific member, Chris Buckley, former Grand Knight of the North Georgia White Knights, was convinced by Arno to burn his Klan robes. Shortly after Buckley renounced the group, so did the group’s leader, ultimately leading to the hate group’s disbandment.

Arno went through many trials trying to convert Chris, such as bringing him to Homeboy Industries in Los Angeles, a non-profit dedicated to reforming gang members and formerly incarcerated individuals.

Free from hate, Chris now works side-by-side with Arno trying to intervene and bring people away

from hate groups.

Chris is an example of why Arno’s work is so important; he knows that he can make a difference and help radically transform the lives of sorrowful individuals who have chosen to hate rather than love.

By seeing people, even the worst society has to offer, as human beings, Arno believes that widespread change in eliminating hate once and for all is achievable.

Since leaving the white power movement, Arno has spoken to many thousands of college students all around the U.S. on the issues of white supremacy.

He has also been actively working to bridge racial divides, rescue people from the clutches of white supremacy and build strong, diverse human connections along the way.

> NALO ZIDAN

Page 1

is sustained; masculinity exists without men,” Nalo explained about herself and the concept of masculinity as a whole.

She wants people to understand that the normal concept of masculinity is one that has been constructed, not one that is unquestionably true. As she says, “You can ask more questions about the world you live in. All of this is made up.”

Taking charge of your identity means questioning what is real in our society and what has been con-

structed by others so that we may believe it is real.

In Nalo’s case, masculinity can apply to anyone who finds it applicable to them.

Nalo also takes on the challenge of trying to get people, specifically men, to understand where she is coming from when she speaks on masculinity.

When speaking to men who may not understand what she is trying to say, Nalo asks herself, “How do you get someone to change the way that they think when they’ve been so comfortable and satisfied with the way they’ve benefited from it?”

capable and deserving than women.

Nalo wants people to shift attention and desire away from toxic masculinity and, instead, “talk about what accountable masculinities look like.”

If we can start to see masculinity as something that can be embraced by all in many different ways rather than limiting it to men who must embrace it in very specific and toxic ways, then we open up room for a higher freedom of expression than we get by limiting ourselves to normative gender roles.

Nalo Zidan frequently uses her platform to hold

discussions that promote the subversion of gender norms and freedom of expression.

Her gender-neutral clothing line YAZI (yaziclothing.co) is launching soon, and she can be found on Instagram (@nalodarling) and Twitter (@kingnalodarling).



Political Discourse

ALDO GONZALEZ | OPINION COLUMNIST

With the election coming up, we have online advertisements, yard signs and those fun text messages all over the place. Some of us are just waiting for this thing to be over so we can stop being bombarded.

For others, including myself, we appreciate having a political conversation from time to time. But is there any benefit? I can think of many, including hearing new aspects of an issue that we may not have heard of before. Imagine if we all did this; our views would be much less simplistic and one-sided. Not only that, but our solutions might be better!

But I think it is tough to see these benefits if we take a stroll through our Facebook feed.

Why is that? People are exposed to many other views online, are they not? Yes, but that is probably not the only ingredient we need for this recipe.

In fact, a study posted in PNAS, “Exposure to opposing views on social media can increase political polarization,” found that mere exposure can make things worse! The study involved “a field experiment that offered a large group of Democrats and Republicans financial compensation to follow bots that retweeted messages by elected officials and opinion leaders with

opposing political views. Republican participants expressed substantially more conservative views after following a liberal Twitter bot, whereas Democrats’ attitudes became slightly more liberal after following a conservative Twitter bot.”

Dr. Shannon Vallor, who came on campus to speak about virtue in virtual communities, provided some compelling reasons for why this happened. She points out that the environment the study took place in – Twitter – is the key issue. Twitter and other social media platforms foster choir preaching and competitive behavior. This means that getting the last word, rather than listening, is the purpose of arguing on these platforms. Dr. Vallor says that the missing link is care; we are having contact with animosity rather than with a fundamental care for each other as human persons. If we look around at our current political scene, it is difficult to disagree with her.

So, how can we build this environment of care? Because of the uphill battle we are facing on social media, I am not sure I can recommend discussing there. I am not saying it is impossible; however, it makes the hill steeper than it already is.

If we are talking in-person, especially if others can

not hear us, at least we are not tempted to impress anyone. We also get the benefit of being face-to-face, where we are more likely to remember they are a valuable person who probably has more in common with us than we think.

That is why Josh Brahm from the Equal Rights Institute recommends that if we are talking on social media, we should try to move it to in-person. It can be for a cup of coffee or whatever. The point is, we will have a much easier time clarifying and getting to know someone’s views rather than pre-judging their views and motives based on an online post.

Of course, I think there is another critical ingredient for these conversations to be more beneficial: an open mind. It would be nice for us to be willing to follow the evidence where it leads, even if it means changing our position on an issue. If we are not willing, it defeats some of the purposes of having these conversations because we are not moving towards better solutions.

I will come back to that down the road, but for now, at least being interested in hearing the other side’s perspective and conversing in a caring manner are good starting points. It is progress we can begin to make in our political discourse.

Shannon Vallor | shannonvallor.net



The Switch in Conversation

DAYNA ERICKSON | OPINION COLUMNIST

To absolutely no one’s surprise, the only issues that seem to matter during this election season are the coronavirus, the Supreme Court and maybe the economy (and that is a big maybe). That is it. Although those issues are very important, they are also very temporary. Once we understand how to effectively rid our country of the coronavirus and once the Senate confirms a Supreme Court nominee — be it Amy Coney Barrett or not

— then we are left with no big issues anymore, right? Wrong. Instead, we are left with the equally important issues we had before, but, since nobody is actively talking about them, we are left to wonder where President Donald Trump and Democratic nominee Joe Biden truly stand on them. For instance, a few important issues voters usually base their votes on are abortion, health care and gun control. Unfortunately, these issues are put on the

backburner and get ignored in the recent chaos that is our current world situation. However, given each candidate’s respective political affiliations, we can infer where those beliefs lie. I begin to have a problem when they no longer address these issues as much as previous election years.

I have also seen this same idea applied to my daily life, and I think most people have as well. I feel like all of my conversations are now centered around

the pandemic. In this retrospect I understand that it affects nearly every aspect of our lives now, so there is definitely a valid reason for talking about it so much — I am not at all negating that. However, for that exact same reason I would argue that we should redirect our focus and return to the productive conversations we were having pre-pandemic. I mean, has the virus not taken enough from us? Why spend any more time on it than absolutely neces-

sary? This cynical part of me is frustrated that COVID-19 has not only taken so many lives, but has also negatively altered so many that I do not even want to waste another breath on it. The rational part of me, however, understands that these conversations must take place in order for our country to heal and eventually move on.

Digital Age Calls for New Course Offerings

EMILY BUELLESBACH | OPINION COLUMNIST

With advisement day around the corner, students are beginning to plan out what Spring classes they may be interested in taking. Given that, students are researching what classes seem to fit for their major and what they need to check off their Degree-works list. As a student at St. Norbert College, I have always felt that there should be a course offered that focuses on a combination of social media, digital marketing and learning how to adapt to the professional world that has gone digital. Currently, the college only offers Comm Technology Social Change, a course primarily used by Communication majors that touches on old and new forms of social media including theories. However, I think that the college needs to add a course that explores the new all digital culture we are facing.

Though everyone is tired of hearing about COVID-19, I think this pandemic has truly changed and solidified the digital age we live in. Jobs have gone completely online and have told em-

ployees they can work from home forever, interviews are on Zoom and social media is more powerful than ever. With this being said, I think students would benefit from a course that focuses on learning and applying the technology we have at hand. As a communication major, I wish that there was a course that combined social media skills, digital marketing and communication, online etiquette for interviews and lessons on how to sell yourself professionally online through different resources. I currently am enrolled in Dr. Antos's Business and Professional Speaking class and by being in this class I have learned how to put together an impressive LinkedIn page, build a professional resume and learn how to present using effective verbal and nonverbal communication. This class is a stepping stone for the topics I think our generation needs to learn about here at St. Norbert College. However, I do not think students from different majors besides communication know that it is a course that can benefit them no matter what they are studying.



Video chatting | stylist.co.uk

In reference to Dr. Antos's course, although there are on campus resources for learning these skills, the majority of students do not take advantage of them. Business and Professional Speaking is an extremely helpful class any major could take, yet not enough students know about it. Therefore, I think a new course should be offered that is a combination of Dr. Antos's class along with aspects on how to utilize different social media platforms, learn how to apply digital marketing

techniques and sell yourself professionally online. The versatility of a course designed like this would be extremely beneficial for any major that is searching for an internship or job. A course designed with all these different elements can teach students how the pandemic has changed interviews, resumes or even the availability of open positions at internships and jobs with limited hiring. Students need to become educated on the digital world and how to take advantage of it for their future.

With this being said, I have always told my advisor that I wish St. Norbert had a course that was offered with all these different aspects for students to take. If the college chose to do this, I believe it should be offered to juniors and seniors without any prerequisites. Not only would it expand the college's course offerings, but it would educate the student body on universal skills needed to survive and navigate the job market successfully.

A Day Off

JARED GARTZKE | OPINION EDITOR

While college has been an interesting experience to say the least, I have had an enormous amount of opportunities that I would have otherwise never had. However, college has also had numerous negative side effects on my life that I am constantly finding. The most recent of which is that I can not relax anymore.

Right now, we are all experiencing a very stressful time in a continuation of perpetual stressful times. Chaos and confusion are states that we have all become acquainted with

this year. On top of all the restlessness this year, my increasing amounts of student debt have been forcing me to live a lifestyle where slowing down is not an option and stopping feels like absolute failure. But today, against all instincts, in the face of increasing stress and a lack of other options, I took a day off. I hated it.

I work on a seven day schedule of work, school and an assortment of hobbies and other interests I have. I spend seven days a week in motion waiting until the next Monday so I can start the cycle again.

This week I broke the cycle by not doing anything on Tuesday. When I say nothing, I mean almost nothing. I kept up with some short meetings and added my online presence to a couple Zoom classes. But other than mandatory duties, I spent the rest of my day doing my best to do nothing. I made coffee and played video games, and I did some writing and listened to music. Through all of it, the only thing that persisted was a constant irritating voice telling me that I had to get back to work. Every time I sat down I would

think that I should be sitting at my desk. Every time I ate I thought I should be working while I was doing it. Even though I was taking the day off, I found no peace and no relaxation.

I did not go into today looking to find an answer to the problems that plague my existence; I simply went into it with the hope that a day of relaxation could hold me over until March. While I did not get the relaxation that I hoped for by the end of the day, I could not help but try and find a lesson from my wasted day. The lesson I learned from

my day off is a lesson that was first taught to me in my high school social studies class. It is an ancient lesson brought to us by Buddhists: life is suffering.

I do not mean to be pessimistic, but I am finding that I am becoming upset and displeased with the current state of my life because of the expectations that I have. Maybe if I take a step back and look at my life for the reality that it is, I can find not only a little more peace, but also more capability to change it if that is what I still want.

Zambia Project

MAEGHAN SCHLEY | FEATURES WRITER



ZAMBIA PROJECT
HOPE THROUGH EDUCATION

Are you looking for a way to help others out around the world? Well, then Zambia Project may be the right fit for you. Beginning in 2001, the Zambia Project has raised \$273,000 to support the Zambia Open Community Schools program in Zambia, Africa. This organization allows children living in rural areas a chance to gain basic education and provides them daily meals. The Zambia Project's purpose is to support education in the impoverished ar-

reas of Zambia and to raise awareness about how this area of the world is in need. The funds that the Zambia Project raises has aided the country by providing water boreholes, cornmeal grinders, teacher stipends and school supplies. But, this club does so much more than provide financial resources for the people in Zambia.

Senior Emily Wherley, a member of the Zambia Project says, "But, our money does more than provide material opportunities

for the children. Knowing there's support from people in another part of the world, whom they may have never met, hoping and praying for them, gives the communities in Zambia hope." The group hopes to plan a trip to Zambia in May of 2022 to visit the schools they have helped fund and to learn more about the Zambia Open Community Schools program.

The Zambia Project has several opportunities to get

involved in coming up this semester. They held a fundraiser at Chipotle on Oct. 17 from 4-8 p.m. with Women in Business and will host a fundraiser at Panera on Oct. 25 all day. They will be selling Serogy's chocolates this fall, and the co-presidents of the Zambia Project will be featured on the SNC radio later on this fall. They are also planning a 5K run in collaboration with Future Educators this spring, and they will have

a Gala fundraising event as well.

If you are interested in joining or want more information, contact the co-presidents at lexi.jablonski@snc.edu or aysiah.jaek@snc.edu or follow them on Instagram at [@snc_zambia_project](https://www.instagram.com/snc_zambia_project).

Zambia Project



New Faculty at SNC: Toni Morgan

CRYSTAL SCHUSTER | FEATURES EDITOR

Toni Morgan

Q. Where were you previously employed?

A. Before coming to SNC, I was a graduate teaching assistant at the University of Nebraska-Lincoln.

Q. What brought you to SNC?

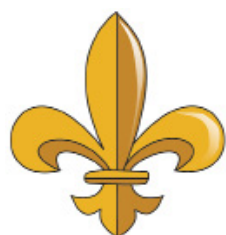
A. I came to SNC because I was excited to be at a school that prioritizes community and student learning. It reminded me a lot of my undergraduate experience and that was exciting for me.

Q. Could you please describe your position?

A. I am an assistant professor in Communication and Media Studies. I'll be teaching courses such as family communication, intergroup communication, and communication theory.

Q. What's a fun fact you would want the school to know about you?

A. A fun fact about me is that I first got into Communication Studies as an undergrad because I was involved in competitive speech and debate in high school. I met my husband through speech and debate and we were debate partners our senior year!



Yoga on the Lawn with Lisa Burke

BETHANY KREKLOW | FEATURES WRITER



Yoga on the Lawn | Bethany Kreklow

Breathe in... and breathe out! Lisa Burke, from the St. Norbert College CAPS office, hosted her second “Yoga on the Lawn” event on Thursday, Oct. 8 from 4-5 p.m. on the Campus Center lawn. This event was an opportunity for students and staff alike to gather together in a covid-friendly way to practice some yoga. Burke has been doing yoga since she was in college, but she has started focusing on it regularly during the last five years.

She said that she enjoys yoga because “it helps [her] to slow down, to take time out of the business of life. It is nice to have a break when I am not thinking about anything but breathing and the benefits of whatever pose I am in, or just enjoying the stretch.” This relates to her life

by allowing her to slow down and take care of her physical and mental health so that she can be there to support others.

Burke strongly recommends yoga to anybody who is interested because it is a very “low-risk activity.” She says that yoga is beneficial because it “can decrease anxiety and stress, and it can improve your mood, lower blood pressure, teach people how to remain calm under stressful situations and teach us how to be more mindful in what we are doing.” Her favorite yoga pose is the warrior because she says that it makes her feel “powerful.” Burke also says a basic fold forward works to help her to “calm her mind.”

Yoga on the Lawn is a very beginner-friendly event, which starts with mindfulness

before moving into positions that can be adapted for the comfort of each participant. Every practice ends with guided meditation as

well. Burke hopes that Yoga on the Lawn will become a regular event in the future, so watch out for more details! But, for now, grab your

yoga mats, center your mind and get outside for some yoga stretches that will be sure to relax you!

Yoga on the Lawn | Bethany Kreklow



Student Spotlight

Amanda Reding '21 | Wishmakers on Campus

INTERVIEW CONDUCTED BY ANNA VANSEVEREN | ENTERTAINMENT EDITOR



Major(s)/Minor(s): Communication & Media Studies Major with an emphasis in Media Studies / Graphic Design Minor

What is Wishmakers on Campus? What does this organization do?

Wishmakers on Campus is an organization that works with Make-A-Wish WI to grant wishes for children with critical illness. Each academic year we are assigned a local wishkid and we fundraise for the entire year in their honor. All of the proceeds of our fundraisers go directly to Make-A-Wish and our wishkid.

What is the best part about being in this organization?

One of the reasons that I love being a part of Wishmakers is because you get to see a direct impact of your fundraising efforts. We have gotten the pleasure to meet a few of our previous wishkids and have even gotten to hear about their wish experience at our end-of-year fundraiser, Rhythm and Wishes. Rhythm and Wishes is a benefit concert night that has food, drinks and a silent auction.

What is your position in this organization?

President

Why did you become involved with Wishmakers on Campus?

I wanted to be involved in a service organization on campus, and I really resonated with the mission of Wishmakers and being able to work directly with Make-A-Wish WI.

Why is this organization important on St. Norbert's campus?

Wishmakers is an organization that not only gives students the opportunity to give back to our local community, but we are also positively impacting a child's life.

Favorite movie: "The Proposal"

Favorite book: The "Harry Potter" Series

Favorite documentary: "Diana: In Her Own Words"

Favorite show: "Friends"

Favorite music artist: Kenny Chesney

Favorite fictional character: Lorelai Gilmore

What is your Hogwarts house?

Gryffindor or Hufflepuff. I feel like I am a cross between the two.

If you could live in any fictional world, which would it be?

I would have loved to either be neighbors or friends with all of the characters from "Friends."

Book Review: "Under the Rainbow" by Celia Laskey

ANNA VANSEVEREN | ENTERTAINMENT EDITOR

Let's travel to Big Burr, Kans., a city where everyone seems to know everyone. This is a place where, seemingly, everyone shares the same values and keeps dissenting opinions to themselves. When a national nonprofit labels Big Burr "the most homophobic town in the US" and sends a task force of LGBTQ+ volunteers to the town, no one is prepared. The goal of these volunteers is to live and work in the community for two years to broaden the hearts and minds of Big Burr locals.

Each chapter follows a different character, from closeted teens to openly homophobic adults. Tensions rise in the town as relationships break and secrets reveal

themselves. It turns out, not everyone in Big Burr shares the same values or truly knows anyone, and each one of them has to consider what it truly means to belong. The volunteers upend the locals' homophobic beliefs and work to bring a little more love and compassion into the town.

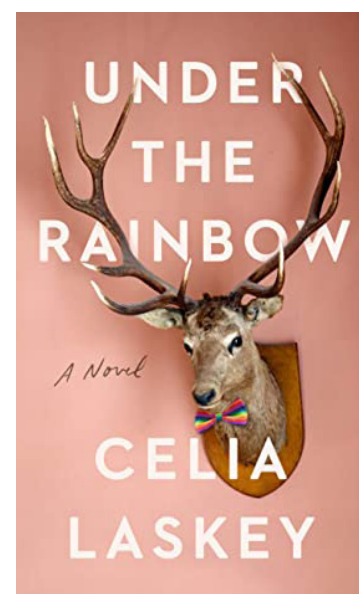
Okay, the bad news first: I love what this book is trying to accomplish. Having eleven different narrators and intertwining their stories is not an easy feat. It is also something you do not see often in books, and I always jump at the opportunity to read a book with multiple points of view. That being said, the execution was not there for me. After I finished reading, I was left want-

ing more. As in, I wanted the book to be twice as long so more time could be spent with each character. Either that or I wanted fewer points of view so that more time could be spent with each character. If you could not tell, I wanted more time with each character. The reason for this is that I genuinely love the characters Laskey brings to life, but because each chapter is treated like a short story, it almost feels as though the characters have very abrupt ends.

Now, the good news: Laskey depicts the pressures of small-town life and the destructive nature of homophobia incredibly well. While at first many of the characters feel like one-dimensional

stereotypes, Laskey develops them into sophisticated and compelling humans. The clash between urban and rural America comes through, and there is a healthy balance between the two. As I said before, I love what this book is trying to accomplish and there are a number of important lessons to be learned from it. If you are looking for a book that is about community, change and people becoming their true selves, then I would still recommend "Under the Rainbow." My advice would be to embrace some of the messiness of the changing character perspectives and just roll with it.

Rating: 3.5/5



Cover for "Under the Rainbow" by Celia Laskey | [goodreads.com](https://www.goodreads.com)

Weeb Corner

SARA DILLON | ENTERTAINMENT COLUMNIST

Synopsis

Ikebukuro West Gate Park is a twelve episode anime premiering in the Fall 2020 season. IWGP was originally a novel series written by Ira Ishida that consisted of a collection of urban mysteries; there were six volumes released between 1998 and 2000. An eleven episode television series was released in 2000 followed by a handful of manga adaptations in the early 00s. Ikebukuro centers around 20 year-old Makoto and the highly dangerous situations he gets himself into.

The First Episode

The first episode is a self contained narrative that hints at an overarching conflict. A young girl, Mion, was found attempting to set fire to a retail center that housed a herb store selling illegal drugs after one of the strung-out buyers hospitalized her mom. She ends up in the hands of King, Takashi (Uchiyama Kouki), who is in charge of a gang called the G-Boys. King then hands Mion off to Majima Makoto (Kumagai Kentarou). Makoto takes responsibility for getting revenge on behalf of Mion's mom. The G-Boys get their evidence by sneak-

ing into the sellers apartment and finding his lab. They take some drugs from that room, plant it in the herb store, and call the cops. The seller is arrested, and Takashi assures Makoto that nobody will be getting retaliation. However, Makoto had a run in with a detective that acts as a father figure for Makoto. The detective warns that the most small drug businesses usually have a larger organization behind them. The episode ends with a shot of a person with binoculars watching Takashi and Makoto talk.

Spoilers

Ikebukuro West Gate Park is a pretty standard mystery show. The original book series wanted to focus on the criminal underbelly that proliferated Ikebukuro during the time. The show takes on dark and controversial subjectmatter such as the yakuza, drugs, rape, prostitution, murder and suicide, amongst other things. As I am unfamiliar with the source material, I am not sure how the anime has changed scenes or whether they have decided to skip any. The anime does include some humor around Makoto and his friends in order to balance out

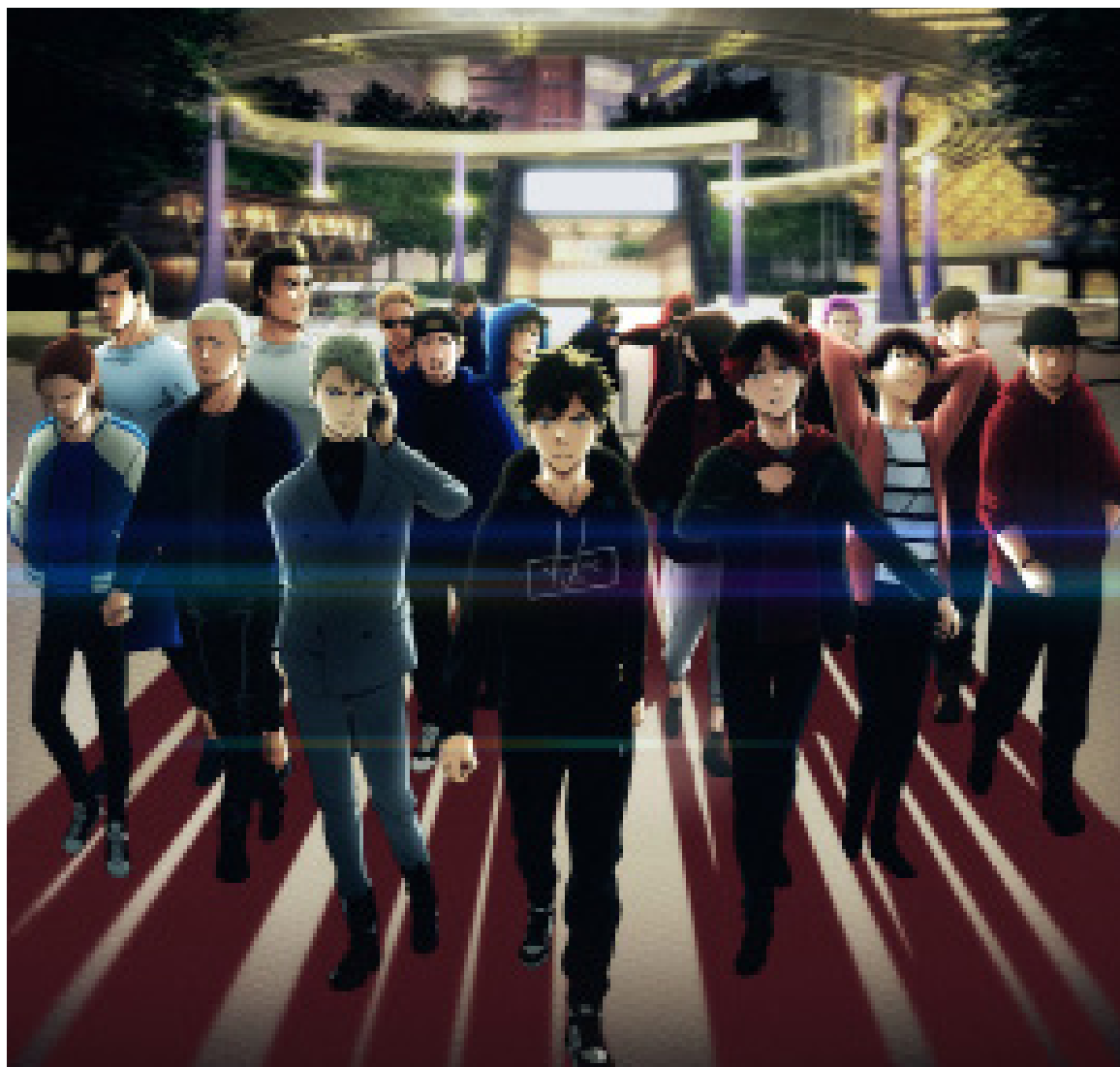
the heavy subject matter.

The important thing to note when going into the anime is that the show is not really

about the mystery. Problems that arise are solved quickly and efficiently with a focal clash at the end of the episode. The main thing to take from

the show is what life would be like living in a place that is essentially run by gangs.

IWGP | funimation.com



Top 3 Favorite "Peaky Blinders" Episodes

ANNA VANSEVEREN | ENTERTAINMENT EDITOR

Anyone who has been reading the SNC Times for the last few years probably knows that my favorite show of all time is "Peaky Blinders." I have written about this show before, but as I wait impatiently for the next season, I need to write about it again. I am planning on a rewatch soon, so I have been reflecting on my favorite episodes of this epic show. If you have not watched "Peaky Blinders" before, I cannot recommend it enough. Here are my top three favorite episodes, in order. (Mild spoilers ahead)

3. Season 4, Episode 1

This episode is in my top three for one major reason: the scene between Tommy and the butcher. The line where Tommy mentions all of the symbolic blood on his hands is one of my favorites in the show, and the entire scene is acting perfection by Cillian Murphy. Of course, I cannot talk about this episode without mentioning *that* character's shocking death. I yelled at my computer screen when this character died and refused to believe they were

dead until the end of the next episode. All in all, this episode is a brilliant opening to an even better season.

IMDb rating: 9.5/10

2. Season 4, Episode 6

Oh boy, this episode was a wild ride (as are most "Peaky Blinders" season finale episodes). There are three reasons why this episode is in my top three: Luca Changretta, Alfie Solomons and the twist storyline with a particular character's "death." Luca Changretta is my favorite villain of the series, and this is in part because of Adrien Brody's fantastic acting. I feel very similarly about Alfie Solomons. He is my favorite fictional character of all time, and this is in huge part to Tom Hardy's portrayal of him. This episode is hard-hitting from the very beginning to the very end, making Season 4 of "Peaky Blinders" my favorite of the series.

IMDb rating: 9.5/10

1. Season 2, Episode 6

In the words of Tommy Shelby, "Let's go to the derby, boys!" This episode is such a roller coaster. There is blood,

secret plots, drama and an unthinkable cliffhanger. It has every factor that makes a great "Peaky Blinders" episode. Once again, Alfie Solomons is a huge reason why this episode is at the top of my list. His one-liners are some of the best I have ever seen. I will never understand how Tommy Shelby can be so dumb and so smart at the same time. That man is an enigma, which makes him one of the most interesting characters in the show. The wait between "Peaky Blinders" seasons is more excruciating than any other show I have seen. The writers know how to write a season finale that makes viewers anticipate the next season like nothing else, and this season finale is no exception.

IMDb rating: 9.6/10

Right top: Alfie Solomons in Season 2, Episode 6 of "Peaky Blinders." | decider.com

Right bottom: Tommy Shelby in Season 4, Episode 1 of "Peaky Blinders." | telegraph.co.uk



Show Review: “Anne With An E”

TALEISE LAWRENCE | ENTERTAINMENT COLUMNIST

“Anne With an E” is a Canadian produced television show that ran from 2017 to 2019. There are three seasons with a total of twenty-seven episodes. For those unfamiliar with the classic story of Anne of Green Gables, the story is about a young orphan girl who is adopted by the Cuthberts, though it was a mistake. The Cuthbert siblings wanted to adopt a boy to help with farmwork, and got Anne Shirley, the protagonist of the show, instead. “Anne With an E” follows and furthers this basic storyline. It combines the book, original film series and prequel to make one comprehensive story. This show is incredible because of the encompassing storytelling, age appropriate casting, depiction of mental health and emotional scenes.

“Anne With an E” does a great job at storytelling. It uses storylines from the original book, “Anne of Green Gables” by Lucy Maud Montgomery, and plot points from the prequel, “Before Green Gables” by Budge Wilson. Fans of the 1985 film adaptation can watch scenes that they loved in the original, like Gilbert Blythe pulling Anne Shirley’s braids and siblings Matthew and Marilla Cuthbert working on their farm. There are also new characters and side plots. Jerry Baynard, a French farmhand around Anne’s age, is a new addition to the story along with Sebastian “Bash” Lacroix, a Trinidadian man that Gilbert meets while working on the boats. The show does a great job of

retelling the old story while adding in enough new material to keep it interesting.

The characters are all played by actors that are age appropriate. Typically in shows where there are young characters, they are not played by actors that are the right age. Good examples of this would be “Riverdale” or “Descendants,” where there are twenty-two year olds playing highschoolers. “Anne with an E” casts actors that are almost exactly the same age as their characters, with the largest age gap being a year. This matters because oftentimes young children will see actors portray a character that is supposed to be the same age as themselves, and wonder why they do not look like that. Having age appropriate actors is just another aspect that makes this show so wonderful.

The show depicts mental health issues very well. Because Anne was treated as a servant rather than a child, she suffers from post traumatic stress disorder tendencies. The show does not shy away from showing how horrible Anne’s childhood was, with scenes where she was abused physically and mentally. It shows how depression is not just crying, but it can be dissociating. In the first episode, Anne zones out a lot and seems like an ungrateful, lazy child. She is really reliving some of her traumatic memories, which can happen in real life. She is seen pinching her wrist to the point of bruising, which is another sign of de-

pression or anxiety.

At one point, Anne is sent back to the orphanage but runs away instead. She feels she can not go back to a place where she was treated so horribly. The girls bullied her, and the matron abused her. Anne would rather run away and starve than return to the orphanage. While these scenes can be upsetting to viewers, they happen in real life all the time. Many shows do not accurately portray mental illnesses, but this one does.

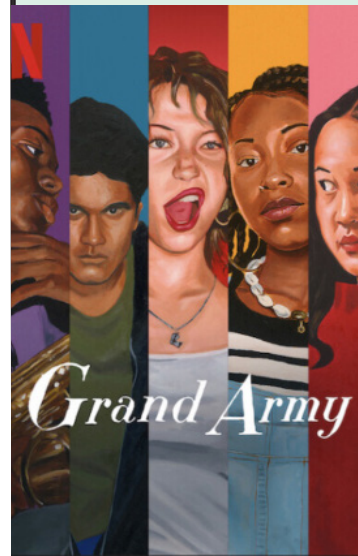
My personal favorite part of “Anne with an E” is the emotional scenes. It deals with hard topics like childhood trauma, losing loved ones and feeling unloved. These difficult and sad topics are not the only emotional parts, though. Found family, accepting yourself, and love are a few of the happy topics that are still tear jerking. In the beginning of the show, Anne is all alone in the world with no one to love her. She has no family, friends or place to call home. By the end, we see Anne form deep connections with people: familiarly, platonically, and romantically. All the characters have their own emotional growth over the three seasons. Anne’s peers evolve from hating her to becoming best friends and going to college together.

If you are looking for a show to binge, this is the perfect show for you. If you want to watch a period piece, or a romance, or a drama, or a book adaptation, give this show a try! “Anne With an E” gets five out of five stars.

Poster for the show “Anne With An E” | CBC.ca



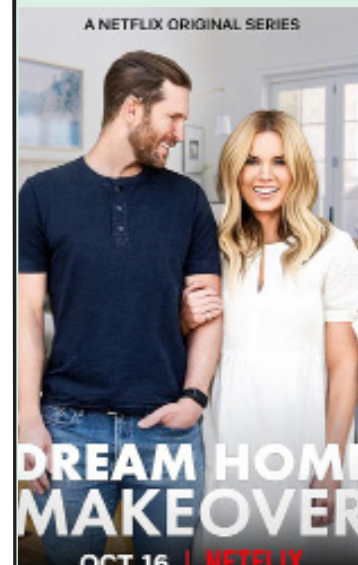
Coming Soon to Netflix



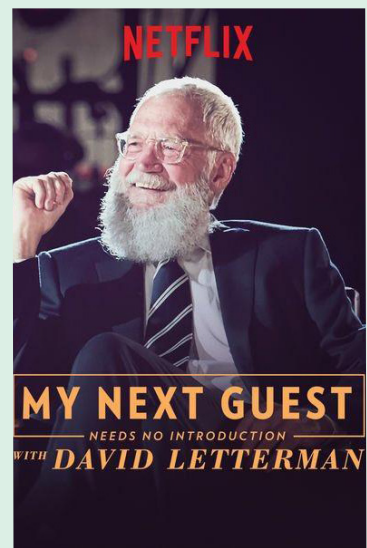
Oct. 16: in “Grand Army,” five students at the largest public high school in Brooklyn take on a chaotic world as they fight to succeed, survive, break free and seize the future. | imdb.com



Oct. 21: “Rebecca” is based on a graphic novel in which a young newlywed moves to her husband’s imposing estate, where she must contend with his sinister housekeeper and the haunting shadow of his late wife. | metacritic.com



Oct. 16: Dreams come true for real families looking for the perfect home tailored to their own unique style, thanks to Shea and Syd McGee of Studio McGee. | people.com



Oct. 21: Letterman’s back for more in-depth interviews with some of your favorite stars. This season, he is speaking to Dave Chapelle, Robert Downey Jr. and others. | filmmaffinity.com

Upcoming Events

10/21: Fr. Gregory Boyle Book Discussion with Bridget Burke Ravizza, Cabrini Jablon and Becky Lahti, virtual event, 3:30-4:30 p.m.

Junk Drawer: Favorite Children's Book

Anna: "Click, Clack, Moo Cows That Type"

I recently came across this book while searching for a gift for my sister-in-law's baby shower. Instead of cards, she wanted all of the guests to give their favorite children's books instead. I thought this was a fantastic idea because it is something the new baby will actually use. I was going through all of our old children's books with my mom and my sister that my mom had kept throughout the years. When I came across "Click, Clack, Moo Cows That Type," memories from my childhood came flooding back to me.

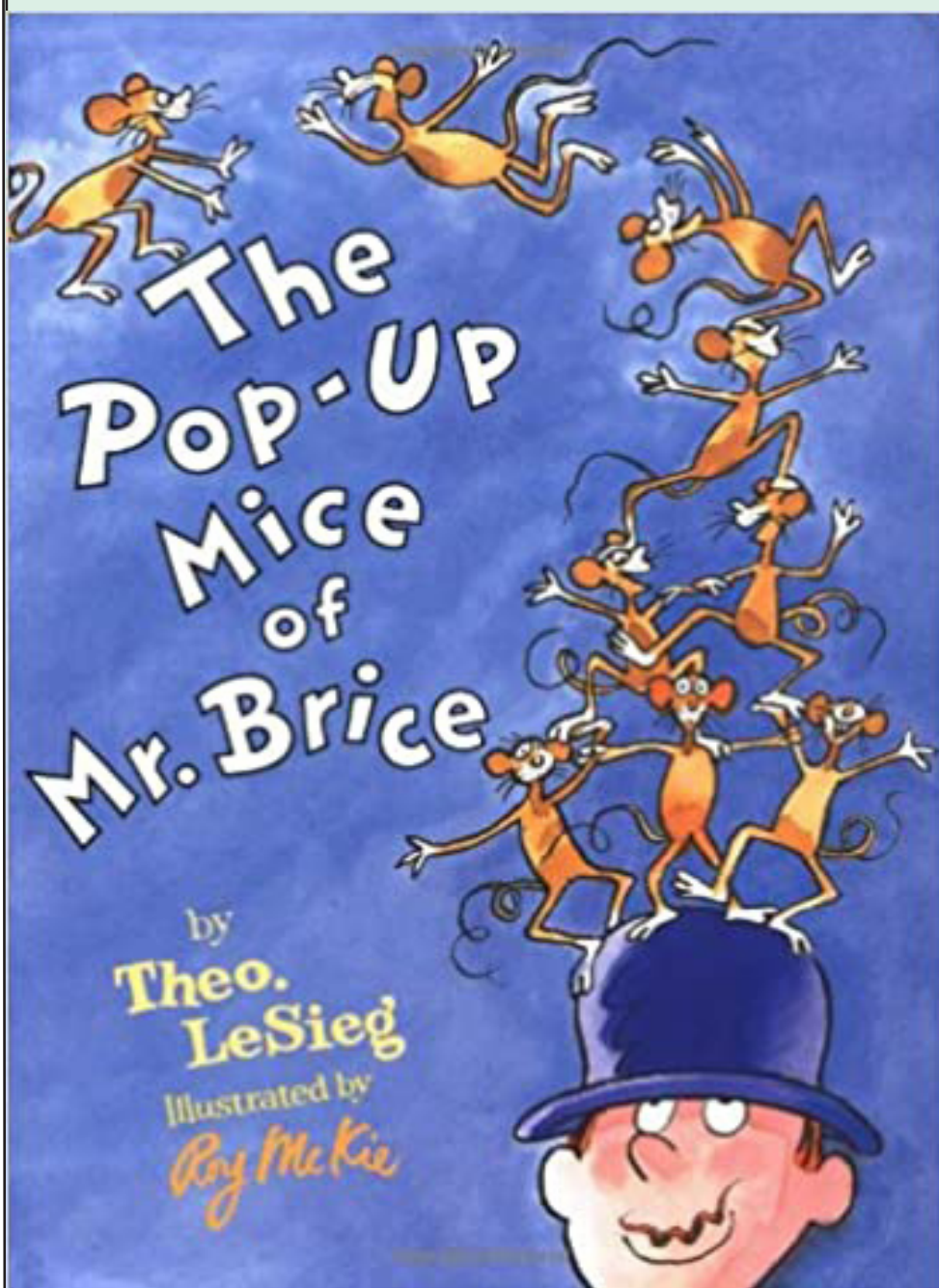
I remember reading this book in elementary school and loving the illustrations because that was the part I paid attention to most. When I got a little bit older, I started to appreciate the humor in the story because I could finally understand it. I read a lot of books as a kid, but this is the one that sticks out the most to me as my favorite and the one that I read over and over again without getting sick of it.

Taleise: "The Pop-Up Mice of Mr. Brice"

Growing up, I read a lot of books. I would go to the library every weekend and get an entire backpack full of books. My favorite children's book is "The Pop-Up Mice of Mr. Brice" by Theodor Geisel, more commonly known as Dr. Seuss.

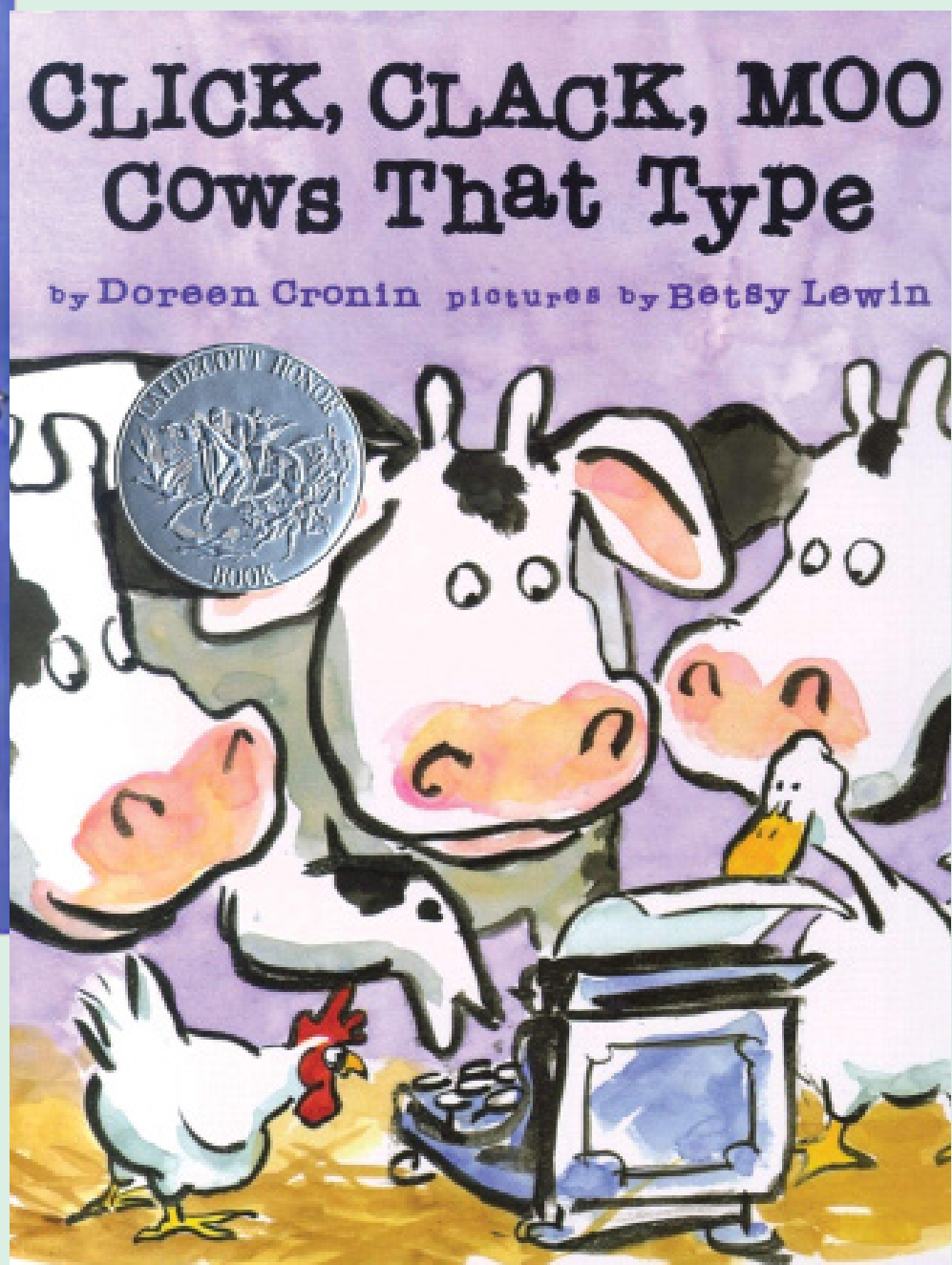
This book is like a typical Dr. Seuss book: a lot of rhyming and cute little drawings. It was very interactive, with lots of flaps to look under and panels that would slide to reveal new images. The story was about Mr. Brice, a man who lived with twenty-six mice. They all had their own rooms with their names displayed on their doors. Many of the pages showed the mice doing activities like playing hide and seek, gardening and practicing musical instruments. They all loved Mr. Brice, and he loved his mice back.

I loved this book so much as a kid that I memorized every single page. I could recite that book back to front without looking at the pictures. I could tell you all twenty-six mice's names and what they were doing. "The Pop-Up Mice of Mr. Brice" was relatively unknown by my childhood friends, so I got to share it with them in great detail. It is a great book for children because it is easy and fun to read. There are a lot of interactive portions of the book that are sure to keep a kid, and the adult reading it, very entertained.



Covers for "The Pop-Up Mice of Mr. Brice" | amazon.com

"Click, Clack, Moo Cows That Type" | amazon.com



Packers Claw the Falcons

SAVANNAH GRASS | FEATURES EDITOR

The Packers kicked off their next game at home versus the Atlanta Falcons. The game took place at Lambeau Field in Green Bay. The Packers will try to capture another win tonight to go 4-0 on the season. Can they accomplish this? Only time will tell. The first quarter got underway. The Packers decided to defer and started on defense. The Falcons started on offense for their first drive of the game. The Falcons could not get anything going on their first drive. The Packers got the ball for the first time of the game. The Packers made their way down the field. The Packers scored a touchdown by Jones. The Packers were up 7-0 on the Falcons. The Falcons got the ball back. The Falcons got another three-and-out. The Packers got another chance to extend their lead. The Packers got something started with a nice catch from Williams. The Packers could not get a touchdown and ended up turning the ball over on the one yard line. The Falcons tried to get something going, but the Packers' defense could not be stopped. The first quarter is over. The second quarter began. The Falcons tried to get something go-

ing. The Falcons got a field goal by their new kicker who was signed Thursday. The score was now 7-3 with the Packers still on top. The Packers got the ball back to try and get something going. The Falcons went on a 20 play drive that took up 10 minutes on the clock. They did not come away with a touchdown. They only came away with a field goal. Each team got a holding penalty. The Packers got a huge first down on a 3rd and 10. The Packers got a touchdown scored by Tonyan to put the Packers up 13-3 on the Falcons. The Falcons got the ball back and tried to get something going with less than two minutes left in the half. The Packers' defense came up big and took down Ryan. The Packers forced another 3 and out on the Falcons. The Packers got the ball back to try and add to their lead before half. The Packers tried to get something going. The Packers converted on the fourth down. The Packers scored another touchdown by Tonyan. The score was now 20-3, the Packers remaining on top. There were 40 seconds left in the half. The Falcons tried to get something going. The Packers came up

big with a sack on Ryan. The first half of the game was over. The third quarter began. The Packers got the ball to start the second half. The Packers tried to get something started from their own 20 yard line. They were forced to punt by the Falcons defense. The Falcons got the ball to try and get something going on their first drive of the half. The Falcons got something going with a long catch. The Packers received their first offsides call of the game. The Falcons scored their first touchdown of the game. The score was now 20-9. The Packers were still on top. The Packers tried to get the ball back to try and get something going. The Packers got something going with Jones. The Packers

got another touchdown by Tonyan. The Packers made the score 27-9. The Falcons got the ball back to try and get something going off the Packers' two penalties. The third quarter ended. The fourth quarter began. The Falcons still had the ball. The Falcons scored another touchdown by Gurley. The score of the game was now 27-16. The Packers were still on top. The Packers got the ball back in hopes that they could extend their lead. The Packers came away with a field goal to extend their lead. The score was now 30-16, the Packers still on top. The Falcons got the ball back to try and get something going. The Packers' defense came up big and sacked Ryan. The ball came out but the Fal-

cons fell on it. The Packers got the ball back after the Falcons turned it over on downs. There were less than two minutes left in the game. The Packers were forced to punt due to a penalty. The Falcons got the ball back to try to get something going in the final minutes of the game. The Packers' defense came up big again with another sack on Ryan. The game ended and the Packers go 4-0 without Adams. This was a game with lots of injuries on both sides of the field. The Packers were able to take advantage of the Falcons' young defense and were able to put up some major points. The Packers went on to win another game by more than 10 points.

Packers vs. Falcons | Packers.com



Varsity Blues

SARA DILLON | FEATURES COLUMNIST

COVID-19 has impacted higher education in a variety of ways: class styles, extended programs, attending from home, cancellation of sports seasons.

Another way that COVID has impacted colleges and universities is budgeting. Many schools were forced to furlough faculty and staff after students left campuses

halfway through the 2020 spring semester. In order to counteract the financial losses, some colleges have turned to cutting varsity sports. Athletes are hoping

to turn to club opportunities in order to continue their athletic career. These changes are either scheduled to be put in place for the 2021-2022 school year or upon the school closing. University of Wisconsin-Green Bay announced in the spring that men's and women's tennis would be suspended. The reasons for this decision were the lack of growth in the program, and the lack of on-campus facilities. The cost for off-campus rentals was too high. The suspension of this program is estimated to save the school \$170,000 in operations and \$160,000 in athletic scholarships. However, Green Bay is not the only school that has made

the decision to cut varsity programs. The top programs being cut are men's tennis and women's tennis. The changes apply to Division I, II, and III level programs. There is a chance these programs could come back; however, with the current instability of higher education resources due to COVID-19 as well as political policies, it may take years to rebuild. I think that depending on how these cuts affect the schools budgets, there is a possibility for schools to only keep their highest monetarily successful programs, more often than not football and basketball, and make the other programs club teams.

Sports | browndailyherald.com



Greyhound Racing: Banned for good

SAVANNAH GRASS | FEATURES EDITOR

Florida: the Sunshine State. When you think of Florida, you think of the warm weather, beaches, sunshine and maybe the oranges as well. One thing I am sure you would not think of unless you lived in Florida is greyhound racing. Unfortunately, after this year, greyhound racing will be banned for good in Florida. This will leave many dogs homeless and the state of Florida will also be losing a lot of money considering it is banning one of the popular events in the state. The citizens of Florida voted in 2018 to have betting and greyhound racing banned in 2020. The citizens wanted this because they believed that greyhounds should be treated as regular dogs instead of being treated as a race animal and having bets be placed on them. The problem with this then comes in where humane societies may not be able to hold all of the greyhounds, which in turn will leave a good amount of the greyhounds homeless and even possibly out in the streets

where they will have to fend for themselves. Some may not know how to do that after they were treated under such rough conditions during their racing career. The fact that Florida is banning greyhound racing for good means that the owners of these dogs will have to retreat to other states, such as Texas, where greyhound racing is still allowed. Greyhound racing is illegal in most states, which may be another reason why Florida decided to enforce their ban on these types of races. Some citizens believe that ending these types of dog races will lead to a divide: on one side are the people who want to improve the welfare of animals, and on the other side are those who want to end certain animal business altogether such as pet stores and dog breeding. Citizens who opposed the ban pointed out that once the sport is banned, lots of people are going to be out of a job because their job is now considered illegal in the state that they live in.

The banning of this type of racing is believed to be the end of pain and hurting for this specific breed of dog that has been going on for more than a century. The CEO of the Humane Society even had something to say about this. She believed that thousands of dogs will be spared from the suffering and pain of the brutal greyhound racing world. For years greyhound racing has been considered one of the cruelest types of dog racing. This is due to the fact that the dogs are put in such harsh conditions and are forced to do this almost every day, which in the long run can overwork and exhaust the dog, leading to injury down the line and also leading them to end up in the humane society for the rest of their life after their racing career is over. Greyhounds start racing when they are puppies and then stop when they become 2 years old. Those who adopt these types of dogs after they have finished their racing career say that they are great pets because they

are not vicious and they are also not predatory, which is shocking considering they were raised to race since they were born. The greyhounds that do become pets are considered to be sociable due to all of the people that have dealt with them over their racing career. Those who breed and train greyhounds say that they were overpowered by those who were against it. Those who were against it believed that greyhound racing put sort of a black eye on the state that many citizens did not want. The greyhound trainers had no help to defend their view considering the racing itself only brought in \$24,000, which is way less compared to what horse racing brings in. Florida also pushed for greyhound racing to be banned because there is a high number of deaths that have come from either racing or being in the kennel. Many causes of the greyhounds' deaths are believed to be racing injuries such as broken necks, heart attacks or even from the electrical

voltage that leads the dogs around the track during the race. All of these factors are just more reasons why greyhound racing is being banned in the Sunshine State. For most of the years that greyhound racing has been around it has mostly been about gambling and expanding the tracks; it was not even about the dogs to start with. The dogs just unfortunately got the short end of the stick and ended up in the middle of this mess. Greyhound racing is being banned in Florida this year for good, which puts a lot of the citizens' minds at ease, knowing that the dogs will no longer be treated as race animals and will not be put in such harsh conditions again for a while. Greyhound racing had its time in the spotlight, but most citizens believe that it shined some sort of negative light on Florida and are glad to see it gone for good.

NFL Hamstring Injuries

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Over the first four weeks of the season there have been a lot of players who have been getting injured. Most of these injuries have been hamstring related and have forced players to miss practice and even sit out a few games. Hamstring injuries are very common, especially among football players. It is interesting that this season, even though it is just beginning, many players have already pulled their hamstring. Players all over the league believe that hamstring pulls are so common this season due to the extended off season. A hamstring pull, depending on how severe the strain is, can leave a player sitting out from two to three weeks to up to a month if the tear in the hamstring was severe and needed surgery. Hamstring injuries are caused by how fast a player runs and pushes off that leg; another cause is overuse with only a few breaks. This is why this type of injury is so common this year,

because players had a long off season and were given time to train on their own. Players now have to get used to their coach's style of training and not overuse their hamstrings and make sure they are taking care of themselves before and after every game and practice. Most hamstring injuries are in players who are wide receivers, such as Julio Jones (Atlanta Falcons) and Devante Adams (Green Bay Packers). Hamstring injuries are also common in running backs, such as Buddy Howell (Houston Texans). Hamstring injuries are the least common in offensive and defensive lineman because their main job is to block and to protect their quarterback from getting hit. Hamstring injuries are most common in the NFL, especially this season, due to the extended off season for players to train and prepare for this season. The players who are currently out with a hamstring injury are probably frus-

trated because they may think that their hamstring is fully healed but their trainer may tell them otherwise. The hard part to understand about hamstring injuries is that they never fully heal, they are always there with you like the voice in the back of your head; no matter what you do, you will never completely recover from the injury and there is always a possibility that the hamstring could get reinjured at any time during the season. With all of the players that have had hamstring injuries so far this season, it is important that they take care of themselves and that they take their trainer's advice seriously. It is also important for players to make sure that they are not overusing their hamstring at any time, and that they know when to stop so they do not injure themselves any more and cost themselves more playing time by sitting out because they are injured. The biggest cause of hamstring injuries is plain and

simple: overuse. Coaches and quarterbacks tend to use their favorite wide receivers over and over every game. This forces those players to take care of themselves correctly after every game such as doing proper hamstring stretches so that they don't potentially end up pulling the hamstring and having to sit out for the game as a result. The best way to prevent hamstring pulls is to by doing proper stretches for the hamstring before and after every game. Another way to prevent hamstring injuries is for players to know when they need a break so they do not over work themselves and their hamstrings. Finding ways to prevent hamstring injuries in the future for NFL players and all athletes will go a long way. Right now we know that the best way for players to prevent a hamstring is to simply not overuse it. This may not be the best route for the future, but until there is a better way

found, this is the best option to at least keep players from sitting out two to three games. Hopefully there will be someone who will find a way to reduce the chances of hamstring injuries from occurring again after they appear once. Hamstring injuries are tough to deal with, especially when that player is one of the most valuable members of the team and is heavily relied on. The future holds a lot that is unknown. Hamstring injuries will keep happening in the NFL, whether players like it or not, but the best way for them to deal with them is to stretch and to listen to their trainers, no matter how much they may dislike it. Trainers are there to make sure that players heal fully from their injury, whether it be a hamstring or a concussion, before they return to play. In the end, hamstring injuries will be around for a while in the NFL, and it is up to the players to decide how they will deal with it.