

Recap of the NBA Finals

BY HAMZA ISMAIL

THE 2020 NBA FINALS STARRED the Los Angeles Lakers who faced the Miami Heat in the NBA Bubble. Both teams were dominant on their run to the finals. The Lakers, led by LeBron James and Anthony Davis, beat the Trailblazers, Rockets and Nuggets in five games each. The Miami Heat, led by Jimmy Butler and Bam Adebayo, swept the Pacers and the Bucks, and beat the Celtics in six games. These Finals were the first time that both participating teams missed the playoffs.

Game 1 started off horribly for Miami as Goran Dragic and Bam Adebayo left the game with injuries. Jimmy Butler sprained his ankle but stayed in the game. James and Davis did not let up in Game 2 as each dropped 30 points. Down to 2-0, Jimmy Butler led the Heat to a win with a historic night when he scored 40 points, totaled 11 rebounds, and added 13 assists. The Lakers looked like they were going to come back several times, but the Heat kept them at bay. Jimmy Butler joined LeBron James and Jerry West as the only players to have ever scored 40 point triple double in the NBA Finals. Game 4 was rather close, despite the Lakers having nine turnovers in the first half. The Lakers had Anthony Davis and guard Jimmy Butler, and the switch worked as Butler scored 22 points, with half of those points coming in the first quarter and then remained scoreless until the fourth quarter. Bam Adebayo came back, but the game was lost due to missed shots and turnovers by the Heat.

Game 5 was a juxtaposition of Game 4 for both teams. Miami came out aggressive and multiple players had great games. Duncan Robinson, Miami's premier sharp shooter, exploded with seven threes, which was much needed for Miami. Jimmy Butler stepped up once again and dropped another legendary performance with 35 points, 12 rebounds and 11 assists. LeBron would not be denied and proved why he's in the GOAT debate with 40 points, 13 rebounds and nine assists. LeBron's strength and speed kept the game close all the way to the final buzzer as he made layup after layup. Jimmy Butler proved his moniker, Jimmy Buckets, as he made clutch shot after clutch shot. Stepback jumpers, tough layups and crucial free throws were all made as the game kept going back and forth. Butler carried his team as he only rested 48 seconds during the entire game. He had crucial steals and blocks on LeBron and Davis, as he was the engine for this underdog team.

Ultimately, the Lakers won in game six with a blowout that was hard to watch for some. The Miami Heat finally fell into their underdog role, and they were dominated by the Lakers. The Lakers were down nearly 30 points in the third quarter. Dwight Howard even made a three. The Lakers proved the strategic mind of champions like LeBron and Rondo picked apart the Heat's game plan from the opening minute. LeBron won his fourth title and Finals MVP and further expanded his legacy.

Anthony Davis cemented his place as the NBA's best big man. Dwight Howard won his first title ever, and deservedly so. Jr. Smith and Dion Waiters gave us some quality memes as they celebrated with their teammates. Quin Cook was left back in the arena as his team went out celebrating.

But perhaps the true winner was the Heat. They entered the 2019-2020 season as a ninth seed. Jimmy Butler was clowned on Twitter for joining Miami instead of aiding a title contender, but he turned them into one by embracing the underdog mentality of the team. They drafted gems who gave them quality contribution: Tyler Herro dropped 30 points in a playoff game, Kendrick Nunn gave them quality minutes, and Duncan Robinson shot the three as good as anyone not named Steph or Klay. The Heat got rid of bad contracts and added veterans to their roster. They shared the ball and played great team defense. They beat great teams on their playoff route in spectacular fashion. They beat the red hot Pacers in four, the two time MVP Giannis and his Bucks in five, and the Celtic, projected to face the Lakers in the finals, in six. All in all, the Miami Heat lost, but they gained much more than their Finals loss. Their team looks stronger than ever and they have over 60 million dollars to spend on a free agent. Maybe South Beach will be the next destination for a championship parade.

eSports: Overwatch

BY RICHARD T MAHLE

CONCORDIA SAINT PAUL'S OVERWATCH team has ended its first season of the year. The team, despite having limited practicing time, pulled together quickly and gave the fight of their lives. From the Grizzlies to Boise, our Bears gave a good fight.

The traditional starting 6 players were Jack Krueger, Fractal, and Matthew Walker, Dviper, in the tank role. Angelina Srey, Tsukuran, and Quiben Yang, Vibezz in the damage role. Chufu Thao, DrHuggable, Shark, and myself started in the healing role. The Overwatch substitutes are Daniel Carter, iamIcalledDOC, and Tyler Wade, Ty Champine. This group, with temporary member Joseph Gonzalez, Juggz, and under the coaching of John Bode, went head-to-head with some of the best teams in their groups. Despite not winning the majority of their games, they were able to have a fire in them. The best example of this was the fight against Boise 2. The Bears were down 2 maps going into the third. They chose to play on King's Row, a map that takes place in Overwatch's London, England. After Boise 2 took all the objectives on the attack, the places switched, and the Bears were on the offensive side. After taking the first point, they pushed the payload all the way to the second checkpoint. Although they were not able to make it through to the end, they put up a fight against a team that was ranked higher than the Bears.

Overwatch is a Futuristic First-Person team shooter. This means that everybody is in the first person perspective while in game, and they have weapons that fire in unique ways. Due to it being a team shooter, working together is needed for success. There are three roles with two people in each role. Tank jobs are to give space on maps, and the healers job is to make sure nobody dies. Each has a different way to heal that the team has to play around. Finally, there are the damage dealers, who pump out damage to destroy shields, kill high priority targets, and put pressure on the tanks.

There are also several different maps and types. Payload maps are where the attacking team pushes a cart while the defenders attempt to stop them. Two

capture point maps are where the attackers move onto a point to try and capture it. There are King of the Hill maps, where both teams go head to head capturing the objective until one gains complete control. Then, finally, there are Hybrid maps which entail the attackers to capture a point then move a cart. These maps are random when you are queuing to get into a game, but in collegiate esports, when someone loses a map, they get to pick the next one from a limited selection.

The Hidden Opponent at CSP

BY ISABELLA D'BURKE

FOUNDED BY FORMER Division I athlete Victoria Garrick (USC Women's Volleyball), The Hidden Opponent is an advocacy group that addresses mental health for student athletes. Their website explains that the organization's main goals are to advocate, educate, and support. By advocating, Garrick's goal is to allow student-athletes to comfortably speak about their experiences. Through education, Garrick wants to break the stigma of mental health for athletes, and she wants to support athletes and make sure they know they're loved.

This year, The Hidden Opponent has formed its own chapter at CSP with President Sarah Golemme, Vice President Brody Card, and Secretary Mackenzie Leibiger at the head. Formed by Sarah Golemme, her statement on the group's Instagram states, "I wanted to bring this organization onto campus as a club in order to help others with their struggles and to create a community of student-athletes that focus on both their physical AND mental health." The group had their first meeting on October 20th in the Gangelhoff Center's Sandberg room.

Recently, the group has been doing a segment on Instagram called "Athlete Unfiltered." This segment highlights different student athletes at Concordia and the obstacles they've faced as athletes. Their stories discuss injuries and other mental health struggles throughout their time as athletes. One athlete, Lucia Mesfin, discussed how her relationship with running grew to be unhealthy and how she coped with that. After revolving her whole life around her sport and developing an eating disorder, she realized that her obsession wasn't helping her improve. She came to the realization that "hard work means nothing if you're not taking care of yourself mentally, physically, and emotionally." Other athletes that have been highlighted include baseball player Michael Voss, football player Luke Shepherd, and basketball player Riley Wheatcraft.

I love the name "The Hidden Opponent." It sums up the struggle athletes have daily. As a student athlete at CSP, I can attest that the hardest part of being an athlete is competing with myself. There is always this hidden opponent with me when I am practicing, that little voice inside of my head. Competing is hard. Knowing that there are people who also understand the feeling of having a constant "hidden opponent" in your head is reassuring. I am very excited for what the group is going to do with The Hidden Opponent at CSP, and I encourage all student athletes to check it out. Let's break the mental health stigma!