

WVFI PRESENTS

MINDSET



LISTEN

Spring '24

WIFI.ND.EDU

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Thank you to all of our Viffy DJs, we love you guys!



Letter From the Editors



Grace Bezold '24

Hello dearest readers,

First of all, we wanted to say thank you for actually reading at least a little bit of Mindset. We know that a lot of issues are sequestered at the bottom of backpacks, filed away in the

WVFI studio or used as decor for bathrooms, so we are pumped that one copy is actually in your hands. This issue is a special one, our last as editors and ND students. Working on Mindset and the Viffy board has been such a rewarding experience, especially getting to work with the super cool creatives at ND. Our school is probably known more for football or academics, but there are so many talented writers, artists and musicians that make the ND community way more interesting.

I (Grace) always knew I wanted to be involved in college radio. The first thing my dad and I would do when touring colleges was turn on their college radio station. Hearing the student's voices, and their niche music selections, allowed me to picture myself as a student. I imagined playing my own music on my own show and chatting with newfound college friends. I'm so grateful for WVFI for the opportunity to live out that dream, and make so many friendships along the way.

Long Live Viffy,
Grace & Roman

Guessing what Spotify named music genres mean

by Chloe Behringer

Did you have “Stomp-and-Holler” as a top genre on your wrapped this year? Do you have no idea what that means? Amazing, cause neither do I. Join me as I look at a random list of spotify generated genres and try to guess what kind of music would be assigned to that name. I solemnly swear that I did not google any of these when writing this.

Ambient Fusion

This is an oxymoron. But I guess white noise with a killer baseline.

Boogie Woogie

Only the most supreme of dance songs can be included in the genre of Boogie Woogie.

Christian Hardcore

Its either gospel songs sung in metal style or a completely silent backtrack with a preist reading you the bible in original Latin.

Funeral Doom ...

Fourth World

So ahead of its time that it's broken into another dimension. The equivalent would be if David Bowie dropped Ziggy Stardust in the 1890s.

Jig and Reel

Ugly stepchild of stomp and holler. I would guess very short and Irish-influenced songs. For when you're looking to do a little jig.

Necrogrind

A lot more death themed ones than I was expecting.

Hopefully this is just another variety of death metal... hopefully.

Oi

I can smell the British on this one.

Turntablism

For the most unbearable of music enjoyers



(@Shane)

Flip to pages
3 and 4 to
read his
unbearable
music takes!

Other fun stats from looking through this list of names:

Number of genres that start with the word “Deep” – 100

Columbus Ohio Indie is its own genre completely (shout-out Grace) *

Editor's (Grace) Note

Columbus, Ohio is officially an indie capital of the world (according to me), check out the bands Saintsenecca, The Cordial Sins and Snarls <3

Three Epic Bands Making Epic Comebacks

by Shane Stanton

The Cry: A Disappearing Act

Throughout the early 90s, The Cry were only really known within a subset of San Diego skate culture. Their 1989 debut album, *Beautiful Reasons*, was released on cassette only with limited distribution. Despite the lo-fi production, *Beautiful Reasons* became a cult classic. Heavily influenced by 80s post-punk and British indie, the record features jangly guitar riffs that complement Blaise Spiteri's deadpan, Morrissey-esque vocals.

The band disappeared only two years later before reuniting in 2017. After twenty-eight years of radio silence, The Cry have released a consistent flow of singles that are true to their original sound. Favorite tracks: "Alone," "Starting Again," "Looking Glass," and "Nothing Lost."



Sunny Day Real Estate: The Debut Album Legends

Very few bands can say they've made an album that defines an entire genre for more than thirty years. Sunny Day Real Estate is one of those few. The Seattle group's 1994 record, *Diary*, still tops every list of the best emo albums of all time. Although the album is considered emo, the band draws influence from many genres including post hardcore, alternative rock, and grunge. Riding *Diary*'s success for six years and three solid albums, the band broke up in 2000.



This year, they announced a seven month long Diary 30th anniversary tour and dropped the single “Novum Vetus,” their first new release in twenty four years. The single translates to “everything old is new again,” and the band has expressed in interviews that the new music and tour intend to not only celebrate their legacy but also envision a Sunny Day Real Estate of 2024. Favorite tracks: “In Circles,” “Shadows,” “Seven,” “Novum Vetus”

Hum: Return of the “One-Hit Wonder”

In 1993, four nerdy dudes from Champagne, Illinois broke into the Midwest heavier alternative rock scene with their debut album, *Electra 2000*. For a group that played like a distorted wall of sound, they did not look the part. Frontman Matt Talbot had super thick glasses and would often rock jorts. Because of the band’s appearance, many of their initial live performances were met with haste from the crowd which often hurled insults and half-drunk beers on stage.

Everyone would quickly shut up when they played. Their only real hit, “Stars,” off their acclaimed record *You’d Prefer an Astronaut* would somewhat propel Hum into the mainstream. Despite building a solid catalog over a decade, “Stars” would unfortunately define Hum’s identity until the band broke up in 2000. After twenty years, the band reunited and released *Inlet* which is arguably some of their best work. Favorite tracks: “I Hate It Too,” “The Pod,” “Cloud City,” and “Iron Cloud Lou.”



The Lombardi Legacy

Roman Fresquez

When researching for last semester's issue of Mindset, I came across the familiar name of Vic Lombardi on the newspaper clipping below. I will make the assumption that you've never been so far west if you are unfamiliar. He is a household name in Colorado as the one who brings Denver sports to life with credibility and style. He is highly decorated for his outstanding work as a sportscaster over the last several decades. Rigorous discipline and refined talent has prompted this news anchor's recognition. However, his Emmy wins are nothing in comparison to the compassion that ripples through the blood of his Italian family. I had the pleasure of interviewing Vic and asked him for a good place to share a meal in Denver.



SUNDAY, SEPTEMBER 30, 1990

© 1990 South Bend Tribune Corp. 118th year/No. 204



VIC LOMBARDI

The family man gave praise to none other than the food prepared by the hands of his home. Lombardi's respect for his heritage shines through his digital displays of affection (DDA) for the soup or the gnocchi crafted that day. This was the moment when I realized his dedication to tradition.

Family ties hold us tight like a web so that we never fall all the way down. This granted Lombardi the courage to pursue radio. He had the confidence to ask, "can I do sports?" on **WVFI**. Making this move is not easy for a youngster in college, but that didn't stop this man from broadcasting every single Notre Dame football game throughout his college career. His actions 30 years ago still demonstrate impact through the existence and culture of sportscasters on **WVFI**.



Some may express sorrow that Lombardi spent every game inside of a puny, radio station. For Lombardi, this was a stepping stone in the direction of a dream. This was necessary skill-building. At such a young age, he was able to locate and hunt down his passion. He realized that radio is not labor for him. It is hard work for the sake of fulfillment. Vic has some wisdom to share with us, though.

To wrangle your passion, Lombardi emphasizes the sacrifices that he made. This includes getting your hands dirty by doing even more than the amount of work required. Pursuing a passion takes time from other activities but that's the price you pay for living the life that you truly desire.

The last, and perhaps most important, thing we can learn from Vic is to not take life too seriously. This is evident through his words on air and to me, personally. He knows exactly how to convey messages with professionalism and comfort. The hometown hero understands how “this country is a mix of different voices, takes, and senses of humor.” He characterizes himself as a “hardworking, leisure guy” & prioritizes a casual atmosphere with his words draped in nuanced humor. He’s a messenger of athletic battles who makes me even more proud to be part of **WVFI**.

The Lombardi Legacy embodies what WVFI strives to represent. We seek to honor traditions and chase passions while we share the heartiest of laughs.

To the man who sits at the table with the likes of Nikola Jokic and Peyton Manning, thank you for your willingness to have a conversation with me. It was a pleasure to write of you for this magazine of ours. Go Irish and I hope to see you down in Denver, soon.

Tammy Wynette

Tammy Wynette still believes in fairytales
She was a woman that never got her happily ever after
but kept singing and praying and hoping for it.

From long days in the land of the cotton

To beauty school, top of the class

To bright pink and baby blue lights and satin sheets

She became the first lady of country music

and the hearts of dreamer

Undeniably her self and a woman

No matter tragedies honey, they are just lived songs.

Joy shines through troubles

And tears wash way a day's makeup

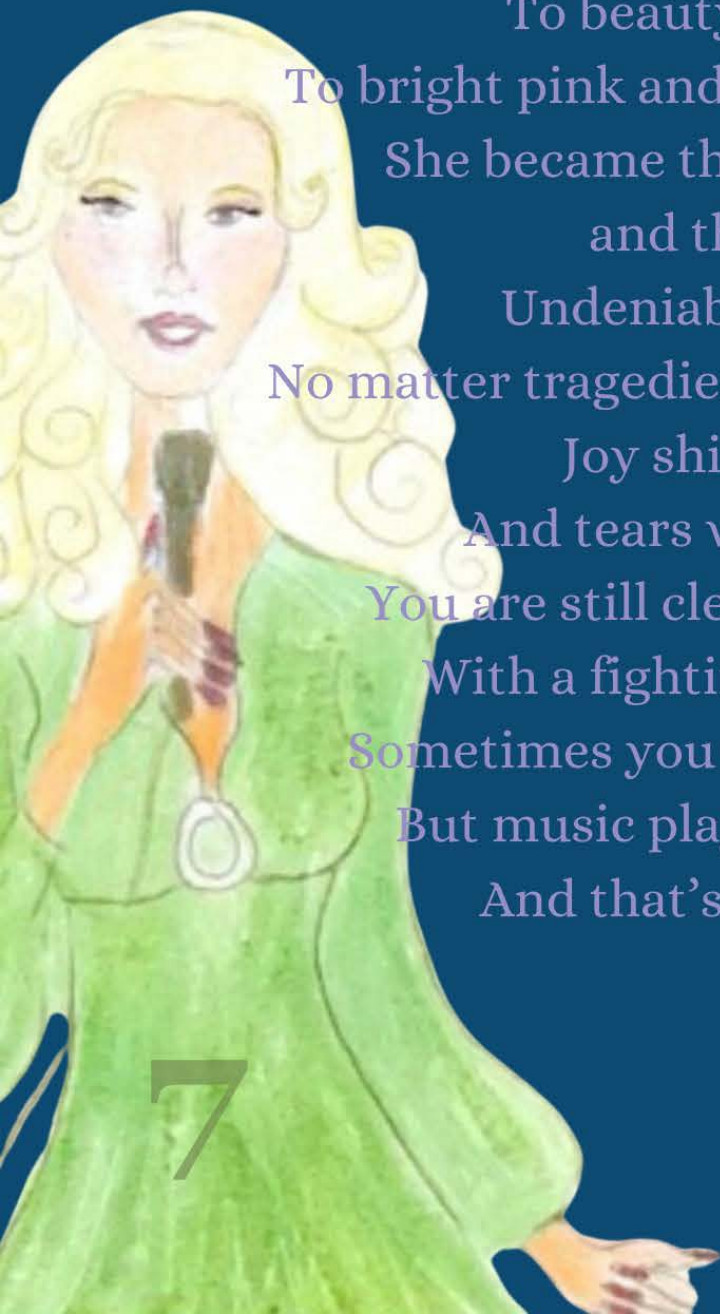
You are still clever and poised and big haired

With a fighting spirits for faith and love

Sometimes you can't tell if life is happy or sad

But music plays mournfully and sincerely

And that's something to hold on to



7

By



Kitty Enright



ADRIANNE LENKER *bright future* [2024]

RATING: 8/10

FAVORITE TRACKS: Fool, Vampire Empire, Ruined

BY GRACE BEZOLD

feels like: optimistic nihilism, nothing matters but like in a freeing way, simultaneously full of joy but also laying on the floor crying

Adriaenne Lenker, lead vocalist of the band Big Thief has released yet another solo project, *Bright Future*. One of her previous albums, *Not*, is one of my favorite albums of all time, so I had high expectations for this release. However, after dropping 4 singles over the span of a month the release of the 12 song album felt a bit anti-climatic. Especially because this album felt repetitive, I felt like I had already heard the range of the album from the singles. A lot of the songs blend together with the minimalist instrumentation and Lenker's distinctive style of singing. This is where I run feel ambivalent, I love the way Lenker sings, as it is totally unique and quietly emotional in a way that

holds you. But without the other vocals of the Big Thief band and minimal production, I can get a little bored. Now I can be biased towards more upbeat songs (illustrated by the fact that my two favorite songs were arguably the two most upbeat) but overall *Bright Future* does not have the same visceral appeal of songs for me. Even though the sound gets a little repetitive to me, Lenker's mastery as a lyricist is undeniable. Her lyrics seamlessly mix funny, irreverence with deep emotion and the lyrics were highlights for me on this album. Another highlight is that she included the original version of *Vampire Empire* (rather than the studio version released by Big Thief). Overall, I'm going to like anything released by Lenker but this album falls short of perfection for me.



Björk Debut [1993]

RATING: 9.5/10

FAVORITE TRACKS: There's More to Life Than This, Violently Happy, The Anchor Song, Venus as a Boy

BY Thomas Mojena

feels like: expressing your love for music in every way possible

Björk's debut solo album--aptly named *Debut*--is above all an exploration in songwriting. The album was born out of Björk's newfound desire to experiment and expand her musical repertoire following the dissolution of her alternative rock band, The Sugarcubes, in 1992. With the release of *Debut* the following year, Björk established herself as one of the most interesting artists of the '90s for her ability to pull from all sorts of genres, such as jazz, trip-hop, folk, and especially dance and electronic music. On songs like "Violently Happy" and "Big Time Sensuality," the Icelandic singer fully displays her ability to write dance songs with an artsy edge. One of my favorite songs of hers, "There's More to Life Than This," is wildly radical in its composition: the loud crowd noises and washed-out drums make

the beat that Björk sings over sound like it's being heard from the bathroom of a nightclub. At one point, the beat drops out, a door opens, and Björk's voice begins to sound much closer and clearer, as if she had to take a bathroom break from the rave. I love how fun and playful this song is, on top of its addictive catchiness. But *Debut* is not just about dancing. At other points on the album, Björk tests her vocals over simplistic but unorthodox instrumentation, such as on "Like Someone in Love," which features nothing more than her raw voice and an angelic harp. There is also the "Anchor Song," with its bizarre marine-themed lyrics accompanied by plain saxophone harmonies on an irregular time signature. With this varied collection of songs, *Debut* presents Björk as an artist excited about songwriting and willing to create music that pushes categorical boundaries.

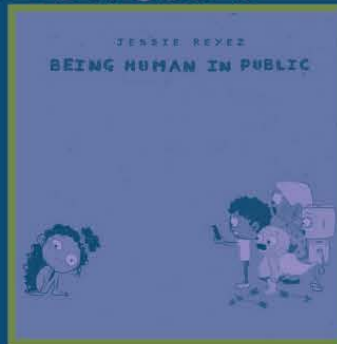
I Remember You

Katie Kelly

Apple Juice, Jessie Reyez

Shoutout to my first radio show co-host, Roman, who introduced me to Jessie Reyez when he added this song to a playlist he made for me. She's an icon.

Roman



The King, Sarah Kinsley

This song takes me back to my first Halftime a cappella concert, where Jamie and I heard a cover of this song for the 1st time. For the

Jamie



next two weeks, we listened to it on repeat while studying for finals and now we're Halftime's Biggest Fans. And we got to see Sarah Kinsley live in Chicago for last semester's WVFI board concert!

Sophomore Summer

I've Got a Friend, Maggie Rogers

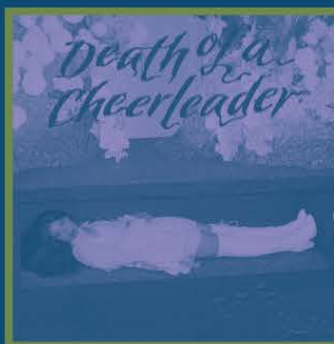
Thanks to Isabela Barrera, this song reminds me of my Perfect NYC Sophomore Summer: a perfect mix of Notre Dame friends, napping at work, and running around the city. And I saw her live last summer with Mary Laird!



Chloe

Foot Forward, James Blake

We both really liked this album and just listened to it a ton.



Grace

Head Cheerleader, Pom Pom Squad

Weirdly, I remember the exact moment Grace and I realized we both knew this song, way back in the fall of Sophomore year while driving to Trader Joe's. The edgy, male-hater, and angsty vibes always remind me of Grace.

Mia

Acolyte, Slaughter Beach, Dog

Mia sent this to me to play on my radio show one week and it never fails to remind me of her.

Album Listen w/ Rack: Experimental Ed

I listened to these albums and jotted down some thoughts to read if you decide to do the same! This isn't really an album review because I would give these a 10/10 and I'm heavily biased because I love unique music made by wacky weird wonderful artists. I hope y'all give the albums a try! I think it is worth a listen, at least to grow as a music appreciator or hater.
-Raquel Hilton



Portraits of Tracy- Drive Home

Background: Tracy is a 19 year old self-taught producer (bruh I wish) and multi-instrumentalist from Baton Rouge, Louisiana. If y'all like Tyler the Creator, Kanye West, Madlib, Steve Lacy you might (will) like him. Experimental af, but with a lower barrier to entry than Jaala + more hip-hop influences which makes him so fun to listen to. I SAID IT FIRST I'm saying it now: Bro is gonna blow up big and soon.

Favorite Quote: *“i gets a tad bit political, hella emotional & too gay” - from the IG broadcast channel I am proudly subscribed to*

Aeternum - I <3 THIS ONE. So catchy and fun with stellar production!!! Their voice is like 1/10 insane layers of this track. Also, omg the end of this track is like soooooo good it feels like you are traveling through space. I'm jealous of anyone listening to this track for the first time.

The Party - GATEWAY SONG. Guys did you know they sampled Beach House “Master of None” here?!?! I learned this like a year late but finding out songs were sampled is like finding a prize at the bottom of a cereal box. That's just the coolest thing in the world to me like how are they such a genius. I hope the TikTok virality for this track blows them up because bro deserves it. This album has the extended version, but if you want the shorter version I'd check out the single.

11

Drunk* - I absolutely <3 this track. I tried playing it at a party and got kicked off aux BUT its because they didn't let me play it all the way (eye-roll). The beat switch is so catchy, lovely, and works with the lyrics seamlessly (still can't believe they are written by someone by age).

Home - My first listen though this album months ago made this song kind of slip through the cracks, but listening through again I really like it!! The layered vocals are so yummy and the repetition of notes towards the end its so addicting.

Graceland - I absolutely love this song, it has the same Tracy signature sound but something different about it. Maybe the fire key feature or the light-saber type sound sample. According to my sources (TikTok) they drew inspo for this album from the song Bohemian Rhapsody by Queen and you can absolutely hear it here.

Jaala- Joonya Spirit

A little about Jaala: From what the wonderful internet has told me gloriously talented vocalist/guitarist/songwriter Cosima Jaala emerged from a substance-filled youth in Australia and moved out to begin her artistic journey. When I listen to this album I can just imagine her recording it, belting out these odd and seemingly unintentionally methodological melodies. The guitarist of this band is both her and the bassist/ producer of Hiatus Coyote, Paul Bender, which only enhances her crawling vocals and alluring musical idiosyncrasies.



Rack Favs: Sames, Good Circuit, Junior Spirit

P.s.-- I'd start with Junior Spirit and depending on how much you like it listen to the rest. This album is definitely not for everyone (I think its awesome and super duper cool, art honestly) it's VERY experimental but if you're feeling like going for a wild musical ride its beyond worth a listen.

Sames - The whole song you can tell how she is transforming into like a more free and unhinged artist and it's beautiful. If you notice every time she sings the line "I don't wanna stay the same" the notes or keys change, BUT when she sings "change" the notes are the same the entire time. This song is a strike of complete musical genius and sets up the rest of the album so well.

Good Circuit - I think the math rock element of her music is really well displayed here. Her key/tempo changes are incredibly well displayed on this track. Her vocals are impactful and complement the instrumentals stunningly.

Junior Spirit - GATEWAY SONG. Ugh her you can hear her soul through her voice it's so f- cool guys. Her voice has that scream/sing quality at times but also the delicate whisper/sing othertimes and it's such a fun litsen.

Pinegrove Cardinal [2016]

RATING: 10/10

FAVORITE TRACKS: New Friends, Size of the Moon, Visiting

BY Mia Bellafante

feels like: walking through the rain with a friend you haven't talked to in years

Cardinal is the kind of album that makes it impossible to pick a favorite song because everytime you listen to it, a new one jumps out at you. Starting with *Old Friends* and ending with *New Friends*, the N.J. band perfectly encapsulates what it feels like to grow up and watch practically everything and everyone you know change, including yourself. *Aphasia* hits at the impossibility of explaining the wave of emotions that come with this radical change, and *Visiting* perfectly describes that self-destructive desire to go see someone from your past that you shouldn't still be thinking about. *Size of the Moon* is a personal favorite of mine because it talks about how crazy it is to be full of so many intense feelings all the time, something I think most 20 year olds can't help but relate to. The lyrics are full of long, complicated phrases that somehow still manage to roll off the tongue while simultaneously making you feel the most intense nostalgia.

Activities to do while listening include: crying about the temporariness of all human connection, musing about the uncertainty of life while walking through a super green forest, or scrolling through pictures of your ex-best friend. The replayability of the album is insane, and I have found myself listening to it on loop sometimes for days at a time without ever getting tired of it. I think the best part of this album is that it perfectly describes the feeling of nostalgia-it's not quite sad that things have changed, it's just crazy and overwhelming how much they have. And because of that the album is able to be crushing and yet hopeful. Despite bringing up memories from a past you can never quite get back and going through emotions that feel more confusing than productive, Cardinal still makes you want to go out and do something, anything, because as much as nostalgia can suck, it's so much better than not having anything to feel nostalgic about. Oh and also the guitar riffs rock.

97% Totality

Reflections from the solar eclipse on April 8th, 2024 in South Bend



i watched the eclipse
without any glasses on
ouchie that one hurt



staring upwards
no glasses my eyes they hurt
skipped class worth it

eclipse of the sun
totality almost full
please do not blind me



looking at the sun
"eyes hurt" trending on google
new verb: eclipsing



Cocteau Twins Heaven or Las Vegas [1990]

RATING: 9.5/10

FAVORITE TRACKS: Heaven or Las Vegas, Pitch the Baby, Iceblink Luck

BY Gabby Klee

feels like: hypnosis, dream-like state, ethereal

Cocteau Twins was a Scottish band that was active in the late 70's to late 90's and well-known for pioneering the dream pop subgenre. The group consisted of three members, Robin Guthrie, Simon Raymonde, and Elizabeth Fraser, who is best known for her ethereal and otherworldly vocals. When I first listened to Cocteau Twins, I can honestly say that it wasn't my favorite. I was totally unfamiliar with Fraser's style of singing and a little put off by the incomprehensible lyrics. Later on when I listened to "Heaven or Las Vegas" again it felt totally different. I once had a friend tell me that as a society we often emphasize lyrics and vocals as the focal point of every song, but the voice is an instrument of its own and doesn't have to overpower the rest. When this shifted my perspective I started appreciating new music differently, which I think is a big reason why

I love the Cocteau Twins so much today. Fraser's vocals coupled with Guthrie and Raymonde's instrumentals make you feel almost hypnotized and in a dream-like state, hence the name dream pop.

"Heaven or Las Vegas" is by far their most popular album and rightfully so; most of my favorite songs by them hail from this album. The title track, "Heaven or Las Vegas" is one of my all time favorites. This was the anthem for a recent camping trip I went on and my friends and I could play this song on repeat without getting bored. The only distinct lyrics you can make out are the title of the song itself. Fraser and Guthrie were expecting a baby around the time of recording this album but by this point their relationship had already suffered. Heaven being a place free of suffering and Las Vegas otherwise known as "Sin City" provide a stark contrast, perhaps to represent the joys of having a child versus the complications in Fraser and Guthrie's relationship.

The album cover too represents this contrast with the vibrant cherry-red versus the purplish-blue in the background. Another reason why I love this album cover is how it perfectly represents the style of the Cocteau Twins. You only see colors without being able to make out any object, just as you can hardly decipher any lyrics in their songs. I personally love to have the vinyl playing while I study or listen to the album while I daydream on roadtrips. I highly recommend you give this album a listen amongst the other albums in their discography, but if this isn't your style you might just be surprised and love it later on like I did.

- | | |
|---|------|
| 1. Cherry-colored Funk... | 3:12 |
| 2. Pitch the Baby... | 3:14 |
| 3. Iceblink Luck... | 3:18 |
| 4. Fifty-fifty Clown... | 3:15 |
| 5. Heaven or Las Vegas... | 4:58 |
| 6. I Wear Your Ring... | 3:29 |
| 7. Fozzopolitic... | 3:30 |
| 8. Wolf in the Breast... | 3:31 |
| 9. Road, River, and Rail... | 3:21 |
| 10. Frou-frou foxes in Midsummer Fires... | 5:38 |

VIFFY OUT & ABOUT

Our last issue of Mindset spotted off campus, wonder what its been getting up to...

WVFI 4 Life! Signed by our favorite people on campus (WVFI DJs)



Our very own DJ, Sophia Hood, performing as bassist + vocalist for the ND student band, Friends of Willis



SHOWTIMES

monday

Just Another Manic Monday 9am
GK + JW 1pm
BM 2pm
Killer Beez 3pm
TMI Talk 4pm
Mary Quite Contrary 5pm
Five for Fighting Irish 6pm
Kleepin' It Real 7pm
Emma and Beau on the Radio 8pm
Dino Swag 9pm
Canciones y Chisme 10:30pm

tuesday

The Show About Nothing 1pm
Gone Fishing 2pm
Radio Rebel 4pm
Little Bit of This 5pm
Eh... That's the Name 6pm
Midnights at 7:00pm 7pm
Hot Mess 8pm
Outta Pocket 9pm
Run It Up 10:30pm

wednesday

The Happy Fun Go Go Epic Time Hour 8am
Who's On Aux 12pm
Jake's Jams 1pm
Dumb & Drummer 2pm
Mad Flow With Chlo 3pm
Katie Kelly's Hour 4pm
Juliet's Hour 5pm
Romaniscing 6pm
Cheaper by the Cousin 7pm
Young Adult Bopz 8pm
Q&A 9:30pm
Connor and Guests Listen to Music 11pm

thursday

Georgia Grooves 9am
Coast to Coast 12pm
The Ben Show 1pm

2pm Fresh Flynnce of Belair
3pm Carroll Had a Little Lamm
4pm Careless Whispers
5pm The Kickback
6pm Game Time Tunes
7pm Movin' and Groovin'
8pm Procrastination at its Finest
9:30pm Alternative Air

friday

10am Fran Jams
11am Guys Who Care
12pm Hoagies and Hot Topics
1pm 3G
2pm Tunes with Goons
3pm Bright Yellow Futon
4pm The Unabridged Journals of Izzi and Margo
5pm Dirty Mike and the Boys
6pm The Maximilli Radio Show
7pm Couples Massage

saturday

9am Dating Over Easy
12pm Movin' and Groovin'
1pm No Hablo Ingles
2pm Little Boy Prognosis
5pm Epic Chaos
6pm my bloody mixtape

sunday

9am Talty's Tunes
12pm Sunday Sillies
2pm The Good Kind
3pm What Can We Say
4pm Song for Song
6pm Almost Famous
8pm The Final Cut
9pm Mary Did You Know?