Tate McRae's 'Housewife' is more than just a pop song

By OLIVIA MASTROMARINO
Staff Writer

Everyone who knows me knows my favorite artist in the world is none other than singer-songwriter and dancer Tate McRae. McRae has been making music since 2017, when she sang covers in her room on her YouTube account in a series titled "Create With Tate." Ever since then, McRae has been an up-and-coming star.

This year, she has really broken through in fame, and she has proven that once again, she knows how to get fans talking. Between releasing her new single "Housewife" and taking the runway at the 2026 Victoria's Secret Fashion Show, the 23-year-old singer has had quite the week.

McRae released "Housewife" Oct. 15, giving fans a first look at what could be her next era. Just three days later, she performed the song live for the first time at the Victoria's Secret Fashion Show Oct. 18 in Los Angeles.



ILLUSTRATION BY SYDNEY DUNN-KRAUS

For an artist known for combining catchy pop beats and lyrics with extremely impressive choreography, the runway seemed like a perfect place to introduce her latest release.

However, "Housewife" is not exactly what its title might suggest.

Rather than focusing on themes like marriage and dating, as the title might suggest, the song takes a very different approach — one that fans and critics weren't expecting. McRae sings about financial independence, confidence and the freedom to make her own choices.

"Housewife" had a little bit of a slower beat and groove compared to her hits "Just Keep Watching," "Greedy" and "Exes."

During an appearance on "The Tonight Show Starring Jimmy Fallon," McRae described the song as being about a woman who can not, and will not, be contained.

The message of this single fits with the confident and feel-good personality that McRae has continued to develop throughout her singing career. While many of her previous songs have explored relationships, heartbreaks and breakups, "Housewife" puts a stronger emphasis on independence and not needing a relationship to be satisfied.

The song also comes with a music video.

Filmed in the South of France and directed by photographer Pierre Ange Carlotti, the video features McRae enjoying a luxurious lifestyle surrounded by beautiful views, expensive homes and a yacht.

Although the visuals appear rich and glamorous, the video that McRae came out with also deeply explored the relationship between falling in love, knowing your self-worth and having personal freedom.

As we all know, it wouldn't be a McRae release without some kind of insane and almost impossible choreography. Her background as a competitive dancer has always been a major part of her life and identity as a performer, and "Housewife" continues that tradition.

The excitement from all over the world from fans surrounding the single only grew when McRae appeared in the 2026 Victoria's Secret Fashion Show.

McRae, dressed in sparkling red lingerie, matching red heels and surrounded by backup dancers, opened her performance with "Housewife." Her performance featured classic McRae choreography and a very confident stage presence that fans have come to expect from her.

As models walked the famous runway, McRae moved between singing, dancing and even interacting with the audience, making this performance one of her most unique and unforgettable.

But McRae wasn't done after performing her new single.

She continued her set with "Dear God," "Sports Car" and "Nobody's Girl," three songs from her 2025 album, "So Close to What."

During "Sports Car," McRae even received her own pair of Victoria's Secret angel wings, completing her transformation from musical pop star guest to a Victoria's Secret Angel.

The performance highlighted something that has helped McRae stand out in today's pop industry: her ability to make dancing just as important as the music itself.

While many artists focus primarily on vocals during live performances, McRae regularly incorporates demanding choreography without sacrificing the overall production of her performance.

She was also alongside other major performers, including girl group KATSEYE, singer-songwriter Megan Moroney and rapper and songwriter Megan Thee Stallion.

The time of the Victoria's Secret Fashion Show could not have been better for McRae.

According to Bill Board Canada, "Housewife" debuted No. 1 on Spotify's Global Chart with approximately 5.67 million streams, marking it her biggest debut single of all time.

The achievement follows the success of "So Close To What," McRae's third studio album, which became her first No. 1 album in the United States.

Fans have been loving this single, saying that it is one of McRae's best and unique songs yet.

"It's so different from anything she released. I love it," a user on TikTok said.

Her new single also raises the question about what fans can expect from McRae's upcoming fourth studio album.

Although details about the project remain very limited, "Housewife" suggests McRae is continuing to experiment with her sound and image while keeping the energetic performances that helped establish her career.

Whether through her music videos, choreography, or distinctive fashion choices, McRae has made it clear that she wants to be more than just another pop singer.

And if her latest release and Victoria's Secret performance are any indication, she isn't slowing down anytime soon.

A blood clot that changed Jalen Hurts' season: How did this happen?

By LUCA RATHGEBER
Staff Writer

After the Jacksonville Jaguars defeated the Philadelphia Eagles at Tottenham Hotspur Stadium in London, England Oct. 11, concerns began to be raised by fans and the media over the Eagles, and their struggles to begin the season.

Being just two seasons removed from their Super Bowl win, disappointment and anger grew especially over Eagles star quarterback Jalen Hurts' production under center. However, these storylines would be flipped on their heads when he was diagnosed with a superficial blood clot in his leg Oct. 11.

Let's start from the beginning of the season.

Coming off a disappointing postseason showing, where they lost 23-19 to the San Francisco 49ers in the wild card round, fans hoped new offensive coordinator Sean Mannion would restore the once boisterous Eagles offense. However, this would not be the case.

Star running back Saquon Barkley averaged 45.5 rushing yards per game through Week 6, while nursing a hamstring strain. Wide receiver A.J. Brown, who was traded to the New England Patriots this past June, had been missed on an offense that has averaged just 329.5 yards thus far, compared to the 331.2 league average. During the 2024 season, when they won the Super Bowl, they averaged 367.2 yards per game.

Well, what do all these statistics go to show? Overall, it conveys a stark drop in production in 2026 compared to recent years. While disappointing, there is a partial explanation for these struggles, as well as a reason as to why these struggles won't immediately resolve themselves: Hurts' blood clot.

For background, blood clots are essentially our body's way of preventing itself from bleeding. However, when they do form unnecessarily, they can cause many medical issues.

In Hurts' case, he was diagnosed with deep vein thrombosis (DVT) and bilateral pulmonary emboli, which are blood clots in both lungs. This diagnosis caused him to be initially placed on the injured reserve list Oct. 17, with his return uncertain. However, two days later Oct. 19, he was declared out for the rest of the season. The heartbreaking yet intriguing aspect of this story, however, is the context surrounding his diagnosis.

So, Oct. 11, the Eagles faced the Jaguars in London. However, this story starts Oct. 4, when the Eagles faced the Los Angeles Rams. During this game, Hurts was struck in the calf with a cleat. Despite the incident, he would play the rest of the game. The plot would thicken after he was temporarily listed on the injury report Oct. 8, when the Eagles would fly to London to take on the Jaguars.

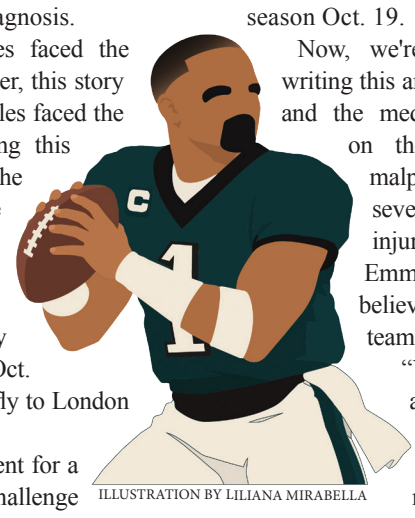


ILLUSTRATION BY LILIANA MIRABELLA

Flying to another continent for a football game is a trek and challenge in itself. A transcontinental, overnight flight that disrupts sleep patterns and energy levels. Especially for high-performance athletes, it's consistently been a priority for NFL training staffs to properly equip their players, and help them recover for the upcoming game.

That's where the Hurts' situation gets interesting. At a London Hospital Oct. 10, the day before the game, a superficial blood clot was discovered in his calf. He was later cleared to play the next day. Despite the loss to the Jaguars, Hurts played the entire game, even throwing for 220 yards and a passing touchdown.

After an ultrasound Oct. 14 revealed that the blood clot moved, he was ruled out for Week 6, placed on the injured reserve on Oct. 17 and then eventually shut down for the season Oct. 19.

Now, we're here, Oct. 24, as I'm writing this article. In the past week, fans and the media have been speculating on the possibility of medical malpractice, in relation to the severe progression of Hurts' injury. Former Eagles linebacker Emmanuel Acho, for example, believes Hurts could even sue the team for malpractice.

"You directed Jalen Hurts to avoid the greatest nutrient the body can access and play in a game. Make it make sense," Acho said.

He is referring to sleep here. A report stated the doctors who treated Hurts, advised him to not sleep that night. Prior to playing the Jaguars, he had been up for 36 hours. If the report is true, it opens discussions on the parameters in which the Eagles' training staff and doctors were negligent towards Hurts' health.

Like Acho said, sleep is one of the most important nutrients for football players. Removing the blood clot from the equation, that lack of sleep could not only be hindering Hurts' performance, but also health.

"You guys have jeopardized his entire career," an anonymous fan said.

Fans bring up important sentiments regarding the issue. The way Hurts' blood clot was handled opens up discussions both on the processes used to assess and treat NFL players in general, and one on player toughness. Whilst the former has been discussed, the latter has not.

Toughness has always been a very common adjective to describe NFL players. The insurmountable toll the sport takes on your body, as well as the hard work and determination it takes to both train and recover from injuries, has brought loads of commendation from peers and fans.

However, the Hurts' debacle raises questions about the expectations of toughness. It's possible that Hurts' doctors and coaches expected him to deliver a level of toughness through his blood clot injury that not only ended his season, but also leaves an uncertain future over his health viability.