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TUESDAY, JANUARY 9, 2024

STUDENT RUN NEWS SINCE 1926

MINNESOTA STATE UNIVERSITY MANKATO

How many days until spring break?

New year, new role for VP

Brenda Flannery named VP of Student Success and Engagement

By EMMA JOHNSON Editor in Chief

Despite retiring at the end of the 2022-23 academic year, Brenda Flannery is returning to Minnesota State with a new role.

Announced in early December, Flannery accepted the position of Interim Vice President of Student Success and Engagement. The job comes with ensuring student advising can "be the best it can for students," according to Flannery. She said her job also oversees Mav-Connect along with an upcoming student advising academy.

"Every faculty and staff member that interacts with students is able to take a beginner, intermediate and expert course in advising professional development and there'll be a certificate associated with that," Flannery said. "We do a lot of collaboration and coordination with all of those advising resources on campus."

Flannery heard about the role after an email was sent out to the campus. She received an anonymous nomination for the role and after looking into the description, she said it was "too exciting" for her not to apply.



Dylan Long • The Reportert

Brenda Flannery is returning to Minnesota State with a new role as Interim Vice President of Student Success and Engagement.

"I spent a lot of my fall doing a lot of research and reading about the future of higher ed and I couldn't stop myself because I'm so passionate about creating the most engaging, learning opportunities for students," Flannery said. "When this role opened up, I thought, 'It has three of my favorite things: students, engagement and

partnerships.' I thought I'd throw in my hat for the position and see where it goes."

Despite her role starting Jan. 2, Flannery said she's involved in important projects.

"From talking to President Inch, he's very focused on the student's success with this role heavily in support of Destination 2030 and wanting MSU to be a leader in transformational learning," Flannery said.

One of the goals Flannery has is to expand high-impact learning and engagement practices. High-impact learning includes study abroad programs, learning communities and internships.

YEAR on page 2▶

MSU helps students with textbook costs

By Lauren Viska Staff Writer

The life of a college student can be challenging —balancing school, social life and getting enough sleep. On top of that, they have to pay for textbooks, which can cost an arm and a leg.

Some departments at Minnesota State aim to take away some of the sting of high textbook prices.

One such department is Gender and Women's Studies, where department chair Laura Harrison said they're offering online versions of the textbooks.

"Whenever possible, we should give students the opportunity to have an online text. It can be an accessibility issue for some students with disabilities, and an E-copy can be more accessible for them," said Harrison. "I like to choose my texts first based on what I think is the best fit for the class and then try to make them as affordable as possible."

Harrison said she's had students tell her they can't pay for the textbook or that their financial aid hasn't kicked in yet. Instead of say-



Lauren Viska • The Reporter

Departments at MSU take aim to lower the prices of textbooks that often can have hefty price tags.

ing she can't do anything about it, she offers them help.

"If I have access to the physical book, take it to the library, and we can put that book on reserve for students so that they can check it out for a period of time, just to bridge that gap for students when they're not able to access the book yet," said Harrison.

Jeff Pribyl, a professor in the biochemistry, chemistry and geology department, provides open educational resources for his 100-level chemistry classes.

"The students need to understand chemistry, but for them to have a chemistry textbook on their bookshelf long term probably isn't that critical," said Pribyl. "Typically,

the chemistry textbook I would use is \$100-\$200 a piece, and students use it for one semester. Is the online one perfect? No, but I have not found a perfect textbook either."

MSU senior Bethany Hinkley is a marketing major and takes most of her classes online. She uses the online resource Cengage to get her textbooks, as it's a cheaper option than buying physical books. While she uses a more affordable option, it still costs her a lot.

"I've spent \$800, if not more, on textbooks over the last four years. Cengage is always the same cost, so I don't know how it would compare to a textbook. I like using it because all my textbooks are there," said Hinkley.

Harrison said that students shouldn't be deciding to buy a text-book for class or lunch for the day. She also said that if students struggle to purchase textbooks, they talk to their professors.

"There might be options that you don't know about; they might have three copies of that textbook sitting in their office, and one of them could be yours. Or they

TEXTBOOK on page 7►

Nutrition consultations now available on campus

By AMALIA SHARAF Staff Writer

Minnesota State offers individual nutrition consultations with campus dietitian Taylor Nixt.

Nixt had completed a twoyear internship with the previous campus dietitian before starting her work here at MSU.

"With the experience that I got as a dietetic intern, I enjoyed the variety that campus dietitians really get," said Nixt. "We get all three of the core dietetic areas: food service, clinical and community. After graduating from my internship, I realized that being a campus dietician is the first area I wanted to gain experience from."

Nixt offers counseling related to a variety of nutrition topics, such as weight maintenance, loss or gain, sports nutrition and gastrointestinal disorders.

"I have some student-athletes and just students in general who want to learn a little bit more about nutrition, healthy eating, weight maintenance, specific disease states, whether it may be like diabetes, PCOS, really whatever it may be," said Nixt.

Nixt said her favorite part of being a campus dietitian is socializing with students.

"Transitioning over to college is their first time living on their own, and so they feel a little lost in some sense," said Nixt. "So I like to be there for them, advocate for them and just give them the skills that they need to be successful students, but also nutritionally as well."

While meeting students to discuss their nutrition and doing follow-ups, Nixt also educates students about a balanced diet on campus.

"I also do dining center tours with students, so maybe they have a food allergy or intolerance, so they want to look at what options they have on campus," said Nixt. "So I can walk them through the dining center and show them their options. I am educating them about mindful eating and creating a balanced plate with them."

Additionally, Nixt does presentations on a variety of topics related to healthy diet. Nixt said faculty members

NUTRITION on page 2>



DYLAN LONG • The Reporter

Dietitan Taylor Nixt is willing to help Mavericks eat healthy.

NUTRITION from page 1

could reach out to her and plan a presentation. This includes presentations for the community. Nixt advised to start healthy eating by not skipping meals.

"Many people think skipping meals can help them lose weight, but I would say the best thing for a body is to nourish it. Try to aim for three meals a day," said Nixt. "Eating a variety of things is another piece of advice. Your body needs various nutrients. Also, make sure to stay hydrated. It can be easy to put hydration on the back burner because it's cold outside and people are not sweating as much, but the body still needs water."

The service is free for students, staff and faculty on meal plans or with at least \$25 dining dollars on their accounts. To make an appointment, email taylor.nixt.2@ mnsu.edu

▼YEAR from page 1

Flannery said she would also like to see more students participate in service learning projects that improve the community during their class.

"Students provide a service, but still learning and reflecting on what's happening. Some of my former students in my Principles of Management class did service learning and they helped launch the Campus Kitchen here," Flannery said.

She said practicing and theory taught together is "the most incredible" learning that can happen for a student.

"If you have practice, but don't have a way to reflect on it, the information kind of stays out there," Flannery said. "When you connect it to theory and reflection and have those conversations with faculty and your students, it gets cemented."

Another goal Flannery said she has is expanding external partnerships between the campus and the community.

"I'll become a bit of a facilitator and a matchmaker so we can

begin to have a robust group of external partners, so when a student comes to us, they know we have lots of opportunities and these partnerships in place," Flannery said.

Flannery said she's most looking forward to the combination of engaging with students, working with external partnerships to build President Inch's vision and redefining who a student is.

"We will continue to be a partner with you in your learning journey throughout your entire life," Flannery said. "Transformational learning doesn't just happen with a bachelor's degree, it takes place throughout our entire life."

Flannery said she plans to take the high-impact practices and strategic planning she gained from her previous position as the Dean of the College of Business to her new one.

"I think part of my role will be to help us shine a light on already a lot of the really great things that are happening across campus," Flannery said.

Jeffrey Epstein documents released

The Associated Press

For nearly two decades, journalists, police detectives, FBI agents, lawyers and amateur sleuths have pried into the deprayed world of Jeffrey Epstein.

Yet even after the release of thousands of pages of court records in recent days, some questions about the millionaire pedophile remain unanswered. The documents have gotten a lot of attention, but they shed little new light on the financier's habitual sexual abuse of underage girls.

More than anything, the public is still fascinated with the possibility that some of the rich and powerful men in Epstein's social circle were also involved in the abuse.

Here's a look at what we know — and what we don't — about Epstein and his crimes:

JETSETTER TO CONVICT

Epstein first began getting media attention in 2002 after news organizations, including The Associated Press, covered a trip to Africa by former President Bill Clinton, actor Kevin Spacey and comedian Chris Tucker.

The five-day tour of Ghana, Nigeria, Rwanda, Mozambique and South Africa was intended to draw attention to the fight against AIDS.

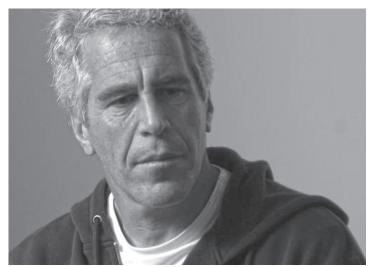
After the visit, New York magazine ran a profile of the man who provided the private jet for the trip: Jeffrey Epstein.

The story portrayed him as an "international moneyman of mystery," who cultivated relationships with Nobel Prize-winning scientists and diplomats but puzzled Wall Street insiders who couldn't figure out how a college dropout got so rich.

"Terrific guy," Epstein's neighbor in both Florida and New York, Donald Trump, said in the story. "He's a lot of fun to be with. It is even said that he likes beautiful women as much as I do, and many of them are on the younger side."

Those celebrity contacts made it big news when Epstein was arrested in 2006 over allegations that he had hired multiple teenage girls to give him sexualized massages at his home in Palm Beach, Florida.

Two years later, prosecutors



Courtesy NBC News

Nearly 3,000 pages of Jeffrey Epstein documents released but some questions still remain unanswered.

allowed Epstein to plead guilty to a charge involving a single victim.

He served 13 months in a jail work-release program, then quietly started rebuilding his network of influential friends, with the help of his socialite former girlfriend, Ghislaine Maxwell.

After a series of Miami Herald stories about the plea bargain that deprived Epstein's victims of justice, federal prosecutors in New York revived the investigation and charged Epstein in 2019 with sex trafficking.

When Epstein killed himself in jail, prosecutors charged Maxwell with facilitating his illicit sexual encounters and participating in some of the abuse.

She was convicted and is serving a 20-year prison term.

WAS ANYONE ELSE IN-VOLVED?

In 2009, one of Epstein's victims, Virginia Giuffre, filed a lawsuit saying he had flown her around the world for sexual encounters with billionaires, politicians, royals and heads of state.

She initially kept the names of those men secret, but in later legal filings started providing names: Britain's Prince Andrew, New Mexico Gov. Bill Richardson, former U.S. Senator George Mitchell, the French modeling scout Jean Luc Brunel, the billionaire Glenn Dubin and the law professor Alan Dershowitz, who had represented Epstein.

Some details of Giuffre's allegations have changed over time. She initially said she was 15 when Epstein began to abuse her, but she later acknowledged that she met him the summer she turned 17.

In 2022, she withdrew her allegations against Dershowitz, saying she "may have made a mistake" in identifying him as one of her abusers.

She said she "was very young at the time" and "it was a very stressful and traumatic environment."

In one newspaper interview, for which Giuffre was paid \$160,000, she described dancing with Prince Andrew at a club but said there was no sexual contact. Later, she said they had three sexual encounters.

She said the newspaper had refused to print those allegations.

In another interview, she described riding in a helicopter with Bill Clinton and flirting with Donald Trump, but she later said in a deposition that those things hadn't happened and were mistakes by the reporter.

Giuffre's allegations have been investigated by the FBI. No charges have been brought based on her claims, but because of the attention generated by them Brunel was investigated in France and charged with raping other underage girls. He killed himself while awaiting trial.





Trucks wait for weeks carrying aid for Gaza

By LEE KEATH The Associated Press

At Egypt's Rafah border crossing, lines of hundreds of trucks carrying aid wait for weeks to enter Gaza, and a warehouse is full of goods rejected by Israeli inspectors, everything from water testing equipment to medical kits for delivering babies, two U.S. senators said Saturday after a visit to the

Sens. Chris Van Hollen and Jeff Merkley pointed to a cumbersome process that is slowing relief to the Palestinian population in the besieged territory — largely due to Israeli inspections of aid cargos, with seemingly arbitrary rejections of vital humanitarian equipment. The system to ensure that aid deliveries within Gaza don't get hit by Israeli forces is "totally broken," they said.

"What struck me yesterday was the miles of backed-up trucks. We couldn't count, but there were hundreds," Merkley said in a briefing with Van Hollen to a group of reporters in Cairo.

The U.S. has been pressing Israel for weeks to let greater amounts of food, water, fuel, medicine and other supplies into Gaza, and the U.N. Security Council passed a resolution on Dec. 22 calling for an immediate increase in deliveries. Three weeks ago, Israel opened its Kerem Shalom crossing into Gaza, adding a second entry point for aid after Rafah.



AMR Nabil • The Associated Press

Trucks carrying humanitarian aid line up at the Rafah Border Crossing, Egypt, on the way to Gaza, Sunday, Nov. 19, 2023. A cumbersome process of Israeli inspections and other hurdles is slowing the entry of aid into Gaza, two U.S. senators say after a visit to Egypt's Rafah crossing into to besieged territory.

Still, the rate of trucks entering has not risen significantly. This week, an average of around 120 trucks a day entered through Rafah and Kerem Shalom, according to U.N. figures, far below the 500 trucks of goods going in daily before the war and far below what aid

groups say is needed.

Other than the trickle of aid through the crossings, Israel has barred the entry of supplies since its assault on Gaza began three months ago, aiming to destroy Hamas after its Oct. 7 attack on Israel.

The result has been a humanitarian catastrophe for the territory's 2.3 million Palestinians.

Almost the entire population depends on the trucks coming across the border for their survival. One in four Palestinians in Gaza is starving, and the rest face

crisis levels of hunger, according to the U.N. More than 85% of Gaza's people have been driven from their homes by Israeli bombardment and ground offensives. Most live in U.N. shelters crowded many times beyond their capacity, in tent camps that have sprung up or on the streets. The few functioning hospitals are overwhelmed with wounded and patients amid outbreaks of disease, as sanitation systems have collapsed.

Van Hollen and Merkley said a more simplified process for getting aid into Gaza is necessary. During a three-day visit to Egypt, they met with Egyptian officials, U.N. aid agencies and non-governmental relief groups working in Gaza. At Rafah on Friday, they also spoke to doctors who had come out of Gaza and a truck driver waiting to get in.

Trucks carrying aid cargos can wait for weeks at the border for their turn to be processed, they said they were told by aid officials. They enter the Egyptian side of the border, drive along no-man's land to the Israeli facility at Nitzana for inspection by the military, then return to Rafah to cross into Gaza — or go to Kerem Shalom for inspection and entry there.

Kerem Shalom operates eight hours a day, and both it and Nitzana close part of Friday and all Saturday. "This, in a 24-hour-a day" humanitarian crisis, Van Hollen



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- Melanie Moore, R. Ph.



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Trump raises expectations heading to Iowa

By STEVE PEOPLES
The Associated Press

When Donald Trump launched his 2024 presidential campaign after a disappointing midterm election for Republicans, his trajectory was something of a mystery. But seven days before Iowa's kick-off caucuses, his standing among the GOP faithful is hardly in doubt.

Voters, campaign operatives and even some of the candidates on the ground here overwhelmingly agree that the Republican former president is the prohibitive favorite heading into the Jan. 15 caucuses — whether they like it or not.

"Everybody sees the writing on the wall," said Angela Roemerman, a 56-year-old Republican from Solon, Iowa, as she waited for former United Nations Ambassador Nikki Haley to arrive for a weekend rally at Field Day Brewing Co. in North Liberty.

"It's a little depressing," Roemerman said as her order of tortilla chips arrived, lamenting "all the drama" surrounding Trump. "We don't need another four years. But Trump's going to win."

Just beneath all the perceived certainty about Trump's victory, however, lies serious risks for the front-runner. Trump continues to fuel sky-high expectations, despite questions about the strength of his voter-turnout operation, a closing message clouded by lies about the 2020 election and stormy weather forecasts that could dissuade supporters from showing up.

Few believe such issues will lead to a straight-up loss next week in Iowa, but in the complicated world of presidential politics, a win is not always a win.

Meeting expectations

Should Trump fail to meet expectations with a resounding victory in Iowa, he would enter next-up New Hampshire and South Carolina much more vulnerable. Haley and Florida Gov. Ron DeSantis continue to pour millions of dollars into Iowa advertising as they cross the state, backed by well-funded allies with robust get-out-the-vote operations, in a relentless effort to narrow Trump's margin of victory.

At the same time, Trump's team



CHARLIE NEILBERGALL • The Associated Press

Republican presidential candidate former President Donald Trump signs autographs after speaking during a commit to caucus rally, Saturday, Jan. 6, 2024, in Clinton, Iowa.

privately acknowledges that it has cut back on its door-knocking, getout-the-vote operation heading into the final week. They insist they can ensure his loyalists show up on caucus day more effectively by relying on rallies, phone calls and a peer-to-peer text message program. That's even as allies of De-Santis and Haley push ahead with traditional get-out-the-vote plans at voters' doorways.

New Hampshire Gov. Chris Sununu, who has endorsed Haley and spent the weekend campaigning with her across Iowa, conceded that "it will be tough" to beat Trump here.

"There's obviously a strong implication Trump's gonna likely win the Iowa caucus," Sununu told The Associated Press, even as he insisted momentum was building for Haley that will show up more clearly in New Hampshire's Jan. 23 first-in-the-nation primary. "In New Hampshire, she clearly has a chance to do something no one thought was possible, which was to beat Trump in an early state."

Aware of the risks, the former president's team is scrambling to lower expectations for Iowa.

Trump's advisers in recent days have been quick to remind reporters — at least privately — that no Republican presidential candidate has won a contested Iowa caucus by more than 12 points since Bob Dole in 1988.

The Trump campaign sees Dole's margin as the floor for Trump's victory, a senior adviser told The Associated Press, requesting anonymity to share internal discussions. The adviser described the mood on the campaign as confident but not comfortable, acknowledging questions about the strength of rival organizations and, as always, the weather, which could affect turnout if there is snow or extreme cold.

Frigid forecast

Heavy snowfall, blowing and drifting snow and dangerous travel conditions are expected Monday and Tuesday of this week to be followed by frigid temperatures that could drift below 0 degrees by cau-

cus day.

The weather has already forced the Trump campaign to cancel multiple appearances by Arkansas Gov. Sarah Sanders and her father, former Arkansas Gov. Mike Huckabee, who had been scheduled to court Iowa voters on Trump's behalf Monday.

Ever defiant, Trump projected confidence as he raced across the state for a series of "commit to caucus" rallies over the weekend before returning to his Florida estate. He's scheduled to return to Iowa on Wednesday for a Fox News town hall

At every stop over the weekend, he talked about his dominant standing in the polls. He's also frequently repeated lies that the 2020 election was stolen from him by voter fraud, a claim refuted by the courts and his own administration but one that fueled a violent attack on the U.S. Capitol.

Still, weather is the more immediate concern heading into the final full week of campaigning in Iowa.

Trump told an audience of

more than 2,000 in Clinton on Saturday night that his aides told him he shouldn't worry about cold weather, although his opponents probably should.

Tuesday, January 9, 2024

"The other side will never vote, because they don't have any enthusiasm," Trump said. Stoking the crowd, he added, "We won't lose one vote, because our people, they're going to walk on glass."

That's not to say there's no risk.

"The biggest risk is you say, you know, 'We're winning by so much, darling, let's stay home and watch television," Trump said the night before in Mason City. "And if enough people do that, it's not going to be pretty."

Trump's risks

Indeed, Trump has a loyal base of support but he's also targeting a significant number of first-time caucus participants who don't necessarily know where to go next Monday or how the complicated caucus process works. The events feature a series of speeches and votes that can span multiple hours, and in many cases, they're not held at regular polling locations.

A Des Moines Register poll conducted in December found that 63% of likely first-time Republican caucus participants say Trump is their first choice.

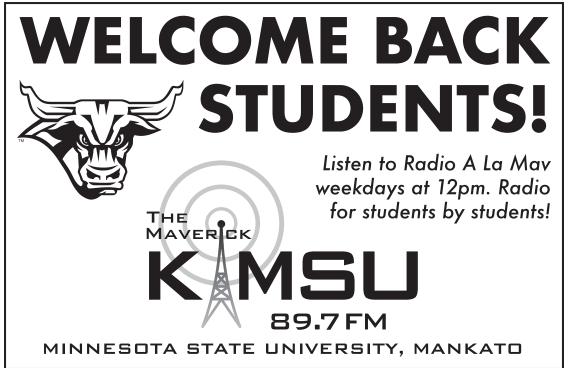
One of the first-time participants may be William Caspers, a 37-year-old farmer from Rockwell, Iowa. He said he had never attended a political event of any kind before Trump's Mason City event on Friday. While he's supporting Trump "100%" in 2024, he said he was only "pretty sure" he would caucus for him.

"Where is it going to be? Where do I go? I'm kind of confused about that," Caspers said. He noted that he was in the bathroom when a caucus explainer video played at the big screen at the front of the event hall. Several hundred other voters were still in line outside during the video.

"So, the caucus is this Monday?" Caspers asked an AP reporter, who clarified that it was Monday Jan. 15.

Not far away, Jackie Garlock, of nearby Clear Lake, was wearing a white hat indicating her status as one of Trump's "caucus captains."





To plead or to not plead? Defendants must choose

By MICHAEL KUNZELMAN The Associated Press

Hundreds of Donald Trump supporters charged with storming the U.S. Capitol have faced the same choice in the three years since the attack: either admit their guilt and accept the consequences or take their chances on a trial in hopes of securing a rare acquittal.

Those who have who gambled — and lost — on a trial have received significantly longer prison sentences than those who took responsibility for joining the Jan. 6, 2021 attack, an Associated Press review of court records shows.

The AP's analysis of Capitol riot sentencing data reinforces a firmly established tenet of the U.S. criminal justice system: Pleading guilty and cooperating with authorities carries a substantial benefit when it comes time for sentencing.

On one hand, the Constitution guarantees the accused a right to a jury trial. It's a fundamental constitutional right. But the reality is that if you exercise that right ... you're likely to be punished more severely than you would have been had you pled guilty to the offense," said Jimmy Gurulé, a University of Notre Dame law professor and former federal prosecutor.

More than 700 defendants have pleaded guilty to federal charges related to the Jan. 6 attack, while over 150 others have opted for a trial decided by a judge or jury in Washington, D.C. It's no surprise most cases have ended in a plea deal — many rioters were captured on video inside the Capitol and later gloated about their actions on social media, making it difficult for their lawyers to mount much of a defense.

The average prison sentence for



JOHN MINCHILLO • The Associated Press

Rioters at the U.S. Capitol on Jan. 6, 2021, in Washington. Hundreds of people charged with storming the U.S. Capitol three years ago have had a powerful incentive to plead guilty rather than go to trial.

a Jan. 6 defendant who was convicted of a felony after a contested trial is roughly two years longer than those who pleaded guilty to a felony, according to the AP's review of more than 1,200 cases. The data also show that rioters who pleaded guilty to misdemeanors were far less likely to get jail time than those who contested their misdemeanor charges at a trial.

Lawyers for some Jan. 6 defendants who went to trial have complained about what has long been described as a "trial tax"— a longer sentence imposed on those who refused to accept plea deals. A defense lawyer made that ar-

gument last year after a landmark trial for former leaders of the farright Proud Boys extremist group convicted of seditious conspiracy.

A judge sentenced four ex-Proud Boys leaders to prison terms ranging from 15 to 22 years. Prosecutors had recommended prison terms ranging from 27 to 33 years for a plot to stop the peaceful transfer of presidential power from Donald Trump to Joe Biden.

After the sentencings, defense attorney Norm Pattis filed plea offers that prosecutors made before the Proud Boys went to trial. Prosecutors' sentencing recommendations after the trial were three

or four times higher than what they had estimated the defendants would face if they had pleaded guilty to seditious conspiracy before the trial.

Prosecutors persuaded the judge to apply a "terrorism enhancement" that significantly increased the range of prison terms recommended under sentencing guidelines. Pattis argued that the government's recommendations amounted to a trial tax that violated the Sixth Amendment.

"In effect, the defendants were punished because they demanded their right to trial," he wrote.

In the federal court system

overall, nearly 98 percent of convictions in the year that ended Sept. 30 were the result of a guilty plea, according to data collected by the Administrative Office of the U.S. Courts. Few criminal cases make it to a jury because defendants have a powerful incentive to plead guilty and spare the government from spending time and limited resources on a trial.

But advocates for reform have long complained that plea bargaining is unfairly coercive and can even push people who are innocent to take a deal out of fear of a lengthy prison sentence if they take their chances at trial.

As of Jan. 1, at least 157 defendants have been sentenced after pleading guilty to felony charges for serious crimes related to the Capitol attack. They received an average prison sentence of approximately two years and five months, according to the AP's data.

At least 68 riot defendants have been convicted of a felony after trials with contested facts. They have been sentenced to an average of approximately four years and three months behind bars.

The AP's comparison excludes 10 sentences for seditious conspiracy convictions because nobody who pleaded guilty to the same charge has been sentenced yet. The analysis also excludes convictions from over a dozen "stipulated bench trials," in which the judge decided the cases based on facts that both sides agreed to before the trial started.

The gap is similarly wide for a subset of felony cases in which a Capitol rioter was convicted of assault. The average prison sentence for 83 rioters who pleaded guilty to an assault charge was approximately three years and five months.



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Forgot the resolution pressure

The first week of the year just finished, meaning 23% of people have already forgotten their New Year's Resolutions, according to driveresearch.com.

Just before the clock strikes 12 and the new year begins, people "solidify" their goals and that they'll maintain them.

Whether it's hitting the gym, eating healthier or reducing screen time, it's important to realize we are more than the pressure we put on ourselves to achieve our resolutions.

One of the biggest misconceptions we have is we need to make these resolutions at the top of the new year.

Since the entire world is celebrating and making changes, we feel the pressure to do the same. However, we can change our lives any time of the year, not just on the first of January.

It could be a random Tuesday in August or a Thursday in March. Whenever we feel we want to make healthy changes to our lives, we should make them on our terms.

When setting goals, make sure they are reasonable and can be flexible should any circumstances arise.

If someone's New Year resolution was to drive to the hottest local gym in town six days a week, what happens if a sickness wipes them out for a few weeks? If their car breaks down, are they able to afford a rental car or find other transportation?

What if the weather prohibits them from driving to the gym? However, if their goal was to work out wherever they can for 45 minutes a day five days a week, they would feel more accomplished come December 31.

Switching our mindset from failure to a consistency mindset can also prove to be beneficial when it comes to making New Year's resolutions can help keep us on track. If we feel we are having an off day and reach for comfort foods instead of healthy choices, it's okay to have a minor adjustment to the plan.

As long as we can get back on track the next day, we shouldn't beat ourselves up too badly. If we can stick to the plans we made for ourselves, it allows us to have a better sense of accomplishment.

New Year's resolutions can help us become the best version of ourselves we can be.

However, if we become stressed about what we are striving towards, it can hinder our progress instead of helping it.

If we can keep a consistent pattern and tune out what others are saying, we can look back and see all we've achieved at the end of 2024, knowing we tried our best.

Perspectives

A Diabetic Talks: New Year's Resolution



Adobe Stock

It happens every year, the clock strikes midnight and suddenly people are saying "new year, new me." But most often, people don't change.

We are now nine days into the new year which means, statistically, about 23% of people have dropped their resolutions. According to The Ohio State University, Fisher College of Business, 9% of Americans who make resolutions complete them. Research shows that 23% of Americans quit within one week while nearly half quit by the end of January.

Popular resolutions for Americans are to improve our health. For diabetics, this is a quintessential new year's resolution, and it is of utmost importance that people with type 1 diabetes strive to be one of the 9% that complete their resolutions.

It can also be paramount to get life back in order after the craziness of the holiday



Luke Jackson News Editor

season. If you celebrate, the time from Halloween to New Year's Eve can be a very low point of the year for diabetes. Sweets are shoved in your face constantly and it feels way harder to get outside and exercise as the winter months

We should use the new year for a time of reflection. It can be key to look back and focus on what could be improved in our lives and how.

One step in the right direction would be journalling. Journaling could highlight what we do well and what we don't. It could bring knowledge to our lives on how to control blood sugar and stay in range for longer.

Another thing to check is our daily consumption. It's hard to browse the isles of American grocery stores and walk out with ingredients that create a well-balanced diet. Our blood sugar levels are greatly related to what we eat daily, and we need to hone that in as much as possible.

Minnesota author Lauren Plunkett has great resources for what to eat and not to eat on her website lpnutritionconsulting.com.

After you're in tune with those goals, the classic "working out" resolution could come into play. This could be a good three-step plan to get back in check after the holi-

Life with T1D is unrelentless and it is never ending. This means always learning

COLUMN on page 7▶

The Reporter's New Year's Resolutions

Compiled by Reporter Staff



JUNIOR



SENIOR



MOHAMED WARSAME,





EMMA JOHNSON, **JUNIOR**



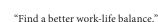
HAYDEN LEE, **JUNIOR**



SOPHOMORE

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"To strive for greatness."

Drop in illegal border crossings after Mexico increases enforcement



ERIC GAY • The Associated Press

According to U.S. officials, a Mexican enforcement surge, including forcing migrants off of freight trains and flying and busing migrants to the southern part of country, has contributed to a sharp drop in illegal entries to the U.S. in recent weeks.

By VALERIE GONZALEZ and ELLIOT SPAGAT
The Associated Press

Daniel Bermudez's family had fled Venezuela and was headed to the U.S. to seek asylum when the freight train they were riding through Mexico was stopped by immigration officials.

His wife tried to explain that her family had permission to go to the U.S. Instead, they flew her to Mexico's southern border as part of a surge of enforcement actions that U.S. officials say have contributed to a sharp drop in illegal border crossings.

In addition to forcing migrants from trains, Mexico also resumed flying and busing them to the southern part of the country and started flying some home to Venezuela.

Even if temporary, the decrease in illegal crossings is welcome news for the White House. President Joe Biden's administration is locked in talks with Senate negotiators over restricting asylum and \$110 billion in aid for Ukraine and Israel hangs in the balance.

Bermudez said his wife became separated from her family when she talked to authorities as he gathered his stepchild and their belongings. He wanted to run, but his wife said they shouldn't because they had followed procedure by making an appointment with U.S. immigration authorities.

"I told her, 'Don't trust them. Let's go into the brush," Bermudez said, adding that other migrants had fled. He recalled her telling him, "Why are they sending us back if we have an appointment?"

Last week, Bermudez, his stepchild and two other relatives were waiting for her at a shelter in the Mexican border town of Piedras Negras as she took a bus back in hopes of still making the date.

Mexico's immigration agency sent at least 22 flights from its border region with the U.S. to southern cities during the last 10 days of December, according to Witness at the Border, an advocacy group that tracks flight data. Most were from Piedras Negras, which is across the border from Eagle Pass, Texas.

Mexico also ran two removal flights to Venezuela with 329 migrants. The stretch was punctuated by U.S. Secretary of State Antony Blinken's visit to Mexico City on Dec. 28 to confront unprecedented crossings to the United States.

Mexican President Andrés Manuel López Obrador said a financial shortfall that had led the immigration agency to suspend deportations and other operations was resolved. He did not offer details.

Arrests for illegal crossings into the U.S. from Mexico fell to about 2,500 on Monday, down from more than 10,000 on several days in December, according to U.S. authorities. In the Border Patrol's busiest area, arrests totaled 13,800 during the seven-day period ending Friday, down 29% from 19,400 two weeks earlier, according to Tucson, Arizona, sector chief John Modlin.

The drop led U.S. Customs and Border Protection to reopen the port of entry in Lukeville, Arizona, on Thursday after a monthlong closure on the most direct route from Phoenix to its nearest beaches. The U.S. also restored operations at Eagle Pass and three other locations.

Merchants in Eagle Pass, a city of about 30,000 people, saw sales take "a major hit" while a bridge was closed to vehicle traffic so border agents could be reassigned to help process migrants, Maverick County Judge Ramsey English Cantu said.

"We survive pretty much from everything that comes from the Mexican side," he said.

Last month, CBP resumed

freight crossings in Eagle Pass and El Paso, Texas, after a five-day shutdown that U.S. officials said was a response to as many as 1,000 migrants riding atop a single train through Mexico before trying to walk across the border.

In Piedras Negras on Thursday, Casa del Migrante housed about 200 migrants, down from as high as 1,500 recently.

Among them was Manuel Rodriguez, 40, who said his family will miss their appointment to seek asylum that was made through the U.S. government's CBP One app. He said the appointment was registered with his in-laws, who were deported to Venezuela after authorities boarded the bus they were riding.

"It was all under her name and she lost everything," Rodriguez

Proposals being discussed by the White House and Senate negotiators include a new expulsion authority that would deny rights to seek asylum if illegal border crossings reach a certain threshold. Any such authority would almost certainly depend on Mexico's willingness to take back non-Mexicans who enter the U.S illegally, something it does now on a limited scale.

Mexico's support was critical to defunct Trump-era policies that forced 70,000 asylum-seekers to wait in Mexico for hearings in U.S. immigration court and to deny rights to seek asylum during the COVID-19 pandemic.

Andrew Selee, president of the Migration Policy Institute in Washington, D.C., cautioned against overstating Mexico's role in the recent drop in traffic.

Panama reported that less than 25,000 migrants walked through the Darién jungle in December, about half of October's level and a sign that fewer people are leaving South America for the U.S..

Defendant who attacked judge will face her again in Las Vegas



Clark County District Court via AP

A defendant who was captured in courtroom video leaping over a judge's bench and attacked her.

The Associated Press

A defendant who was captured in courtroom video leaping over a judge's bench and attacking her, touching off a bloody brawl, is scheduled to appear before her again Monday morning.

In his Jan. 3 appearance before Clark County District Court Judge Mary Kay Holthus, Deobra Redden, who was facing prison time for a felony battery charge stemming from a baseball bat attack last year, tried to convince the judge that he was turning around his violent past. Redden asked for leniency while describing himself as "a person who never stops trying to do the right thing no matter how hard it is."

But when it became clear Holthus was going to sentence him to prison time, and as the court marshal moved to handcuff and take him into custody, Redden yelled expletives and charged forward. People in the courtroom audience, including his foster mother, began to scream.

Redden vaulted a defense table, dove over the judge's bench and landed atop Holthus.

▼TEXTBOOK on page 1

might be able to put it on reserve or know where you can get it online," said Harrison. "So please talk to your professor if you're struggling to access your texts rather than just not doing the reading because you don't want anybody to know."



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SPORTS

Auggie rivalry continues into hockey

By LUKE JACKSON News Editor

The Augustana-Mankato rivalry is no longer just in the world of division II sports. It enters new territory as the Vikings begin Division I play in the Central Collegiate Hockey Association. In their first series, they gave the Mavs a run for their money.

Auggie skated right with the Mavs through both games of the series and gave the Mavs a tough test, forcing them to come back from deficits in both games.

Friday's game ended in an Augustana shootout victory after the game was at a standstill of 3-3. The Mavs took Saturday's game 2-1.

Following the series Keenan Rancier won CCHA Goaltender of the Week while Evan Murr earned Defenseman of the Week.

"I was proud of our group to play a mature and connected team game," said head coach Luke Strand in a press statement by the Maverick Athletics. "We showed signs of a team with purpose. The guys stood tall at timely moments. Hopefully, we can carry some of that positive energy into next week."

Friday night, the Mavs struggled to find the net despite a big advantage of 47-23 in shots on goal. Augustana took a 2-0 lead in the first period which left MSU to play from behind the remainder of the game.

In the second, the Mavericks'

Sam Morton struck on a slapshot and scored his CCHA-leading 14th goal of the season. This cut AU's lead in half, 2-1.

Following Morton's goal, Augustana took full advantage of its first power play opportunity and scored its third goal of the game.

Mankato's offense surged in the first quarter as it had 16 shots on goals to the Vikings' two. This resulted in two goals for the Mavs. After a big hit in the Mavericks zone, they found themselves able to score in the power play. Brett Moravec scored his second goal of the season to bring the score back within one.

The Mavs made the comeback possible as Connor Gregga crashed the net and scored off a rebound. Murr and Morton assisted. This concluded regular play and the game entered a 3-on-3 overtime session.

After a scoreless five-minute overtime, the game was decided by Auggies' two goals in the shootout. MSU wasn't able to pull off the victory despite a 47-23 advantage in shots.

Saturday's game was similar. The Mavs trailed 1-0 despite notching 30 shots on goal going into the second intermission. They ultimately prevailed 2-1.

"I like that they stayed on a team plan," said Strand. "Guys didn't go rogue trying to do things by themselves. That showed some maturity out of our group."



Courtesy Maverick Athletics

MSU plays the remainder of its regular season schedule against conference opponents, with seven of their next 14 at home.

In the first, scoring came off a power play goal for Auggies' Luke Mobley at the 11:05 mark.

With no team scoring in the second, it came down to the final minutes once again. Again, the Mavericks persevered with a comeback.

Morton struck once again for the Mavs, retrieving a slapshot rebound that hit his forehand which he buried into the back of the net for his 15th goal. Another 11 minutes went by with no scoring but it was the Mavs that ended the drought to go up 2-1.

Adam Eisele slid across the ice in celebration in front of 3,363 fans at Denny Sanford PREMIER Center after securing the win with a one-timer with only 2:01 remaining.

Minnesota State totaled 42 shots on goal, following 47 on net the previous night. Kaden Bohlsen led the category with seven. The Mavericks finished 1 for 5 on the power play while Augustana went 1 for 4. Keenan Rancier made 26

RIVALRY on page 10▶

Minnesota State women's hockey on fire

By AHMED HASSAN Staff Writer

Last weekend's sweep was a dominant showing from MSU, now 9-12 on the year.

On Friday MSU beat Lindenwood 6-1, but it was a much closer game Saturday, with MSU coming out with a 4-3 win.

Six different players scored in Friday's game showing off the team's versatility.

The Mavericks started the first period with goals from JuliAnna Gazdik and Sydney Langseth.

The Mavs didn't stop firing after the first period and kept up the momentum with Janessa Gazdik and Jamie Nelson on a power play with her 12th goal of the season.

The third period was Icing on the cake, starting with a goal from Whittney Tuttle just 14 seconds into the period.

The Mavs dominated from here, but Lindenwood responded with a goal eight minutes into the period. The Mavs responded four minutes later with a goal from Charlotte Akervik.

The Mavericks were dominant, and it showed from the start of the game to the end.



Courtesy Maverick Athletics

Minnesota State is back in action on January 12th opening a series against St. Cloud State. The action on Friday is set for 6 p.m. at the Herb Brooks National Hockey Center.

The game saw goals from freshmen, sophomores and seniors, showing the youth and maturity of the team. The dominance and versatility of the Mavericks didn't stop.

However, their grit and determination would be the main factors in completing the sweep as Lindenwood would come in firing and looking for redemption after

the domination from MSU.

The first period was unkind to the Mavericks as Lindenwood opened the scoring in the first six minutes with two goals.

The Mavericks were unable to respond for the rest of the period as Lindenwood led 2-0.

The Mavericks turned on that gear in the second period, showing the signs of dominance they have played with.

Charlotte Akervik opened the scoring for the Mavs four minutes into the second period on power play which was the 52nd of her career making her the MSU defender with the most career points.

Sydney Langseth followed up with 5 minutes left in the period to tie the game 2-2. The third period could be described as chaotic and fun.

But it ultimately became the comeback story for the Mavs.

The Mavericks scored a power play goal, this time by Kennedy Bobyck four minutes into the third.

In the 12th minute, Lindenwood would get a goal back to tie the game 3-3. Less than a minute later, Alexis Paddington responded with her first goal of the season to ultimately clinch the win for the Mavericks.

It was her third game-winning career goal. MSU has won seven of its last 10 games, and looks to continue that momentum against St. Cloud State.

Tipping off new year with a win



Courtesy Maverick Athletics

Minnesota State forced 28 turnovers against Northern State. The Mavericks will take on the Bemidji State Beavers in an upcoming game.

By MOHAMED WARSAME **Sports Editor**

The Minnesota State women's basketball team kicked off the new year with a 69-48 victory over Northern State University Friday.

The Mavericks headed into the start of conference play having lost both games in the Regional Crossover Challenge to Southern Nazarene University and Fort Hays State University.

They then lost their opening conference game to the University of Minnesota-Duluth.

Since that three-game losing streak in November, MSU's win against Northern State made it eight straight for the Mavericks.

In the Northern State game, the Mavs jumped out to a 15-5 lead, which included back-toback three-pointers by Natalie Bremer and Joey Batt.

The Mavs' early lead was reduced slightly by the time the first quarter ended, and they went into the second quarter up 20-12.

MSU started the second quarter with a 7-3 run, which gave them a 27-15 lead.

However, the Wolves wouldn't go away just yet and responded with a 13-6 run to end the quarter and reduce the deficit five.

In the first half, the Mavs shot just 10 for 35 from the field — just

They also shot 3 for 9 from three-point range, and were able to get 13 free throws attempts and make 10 of them.

gles the Mavs had with shooting in the first half, their defense allowed them to stay in control of the game by forcing 15 turnovers. Eight of those were steals.

Even though the Wolves shot just under 40% from the field, they had eight fewer field goal attempts than the Mavs.

Just like they did at the start of the game, the Mavs started the second half hot.

They jumped out to a 9-0 run and extended their lead to 42-28.

The Wolves had a 9-2 run of their own to cut the Mavs' lead to seven before the Mavs would close out the third quarter strong and go into the fourth quarter up

"At halftime we weren't really satisfied with where we were at, and we came out with the second half, hungry and ready to work," Bremer said in a postgame interview on the Minnesota State Mavericks YouTube channel.

Northern State started off the fourth quarter with a 5-2 run to cut the Mavs' lead to 10 points with 7:22 left.

The Mavs responded with a two-pointer by Destinee Bursch and a three-pointer by Batt to get their lead back up to 15 points and eventually win 69-48.

The leading scorer for the Mavs and the game was Bremer with 21 points. She also had four rebounds and four steals.

The Mavs ended the game shooting 37% from the field, shooting five for 17 from threepoint range and making 12 of 17 free throws.

They also ended up forcing 28 turnovers from the Wolves.

Bremer was 5 five for five from the free throw line and getting some looks from the charity stripe helped her stay the course.

"Getting to the free throw Despite some of the strug- line, seeing the ball go through the noop was a big game-changer for me, and kind of just staying the course, knowing that they're going to fall and keep going," Bremer said.

Next up for the Mavs is a trip to Bemidji State to take on the Beavers.

∢RIVALRY from page 9

saves in goal for his third win of the season.

"We needed to win after break here," Strand said. "I thought we showed a lot of good signs of our game improving over the last six

periods."

Maverick men's hockey (9-8-3, 5-4-1 CCHA) returns to conference play this week when it hosts Ferris State for two games, beginning 7:07 p.m. Friday.

#3 Mays string together 14th straight win

Bv HAYDEN LEE Staff Writer

As the No. 3 ranked Mavs headed into winter break, they were coming off of their closest margin of victory yet this season: a 100-96 win over Minnesota-Du-

Their nail-biting victory may have given other teams, players or fans hope that they could take down the Mavs, but they are unbeatable, at least for another week.

As the teams took the court, one had expectations of dominance, and the other was the visiting Northern State Wolves.

The Wolves had aspirations of becoming the first team to take down the (then) 13-0 Minnesota State men's basketball team.

Through the first 10 minutes, the Wolves seemed to have a fighting chance, hanging in the game and taking a 19-16 lead.

It was here where this year's new additions Elijah Hazekamp and Justin Eagins made their mark, fueling an 11-6 run to wrestle the lead away from the Wolves,

As the game neared halftime, the Wolves got a jolt of energy, retaking the lead, but Kyreese Willingham would score 10 points down the stretch before the halfway mark to ensure the Mavs went into the locker room with a 43-36 lead.

"The first half was kind of sluggish, we're just getting back, we had a couple of weeks off, but we didn't mean to come out slow, you know it just happens and it's a part of the game," said Malik Willing-

"We had a lot of turnovers,



Courtesy Maverick Athletics

#3 Minnesota State did not miss a step in its return from winter break as the Mavericks bested Northern State 81-66 at Taylor Center.

missed open shots and they were making tough shots."

Eagins, Kyreese Willingham and Hazekamp led the Mavs in scoring at the half, each scoring in double figures as the team shot over 53% as a unit.

Considering the Wolves were shooting an abysmal 34.2% from the field as a team in the first half, it was only a matter of time before the Mavs' talent and efficiency helped them pull away in the second half.

Malik Willingham ensured that it happened early on in the second half, scoring eight points, including two three's to boost the Maverick lead to double-digits,

Willngham's hot second-half start gave the team all of the momentum needed to coast to an 81-66 victory in their first game of the new calendar year.

"(The) second half we came

out, limited our turnovers, got stops on the defensive floor and ran with that.

We started hitting shots and just having fun, playing how we play," Willingham said.

Hazekamp matched his season high of 20 points to lead the Mavs in scoring, as his near-limitless range continues to prove valuable.

Malik and Kyreese Willingham combined for 30 points, and Justin Eagins added six assists to go along with 13 points.

The Mavs are now on a 14game win streak on the season and a 10-game winning streak at home, dating back to February

Now after their opening game of 2024 was played in the Taylor Center, the Mavs will take their undefeated show on the road for the next four games, beginning with Bemidji State 5:30 p.m. Fri-

The quest for 15-0 continues Friday in Bemidji at 5:30 p.m.



NFL, What do you know? Week 18 Edition



WILFREDO LEE • The Associated Press

The Buffalo Bills drown the Miami Dolphins and lock up the two seed in the

By MOHAMED WARSAME Sports Editor

Cowboys clinch NFC East and

After their 38-10 victory over the Washington Commanders Sunday, the Dallas Cowboys have won the NFC East. With that win, they also clinched the number two seed in the NFC. This is now the Cowboys' third consecutive 12-5 regular season record. For as much criticism has been levied at head coach Mike McCarthy for certain things like clock management, you can't deny giving him credit for what he has achieved with the Cowboys in the regular

McCarthy and Dak Prescott came into this season under immense pressure. After another disappointing playoff exit, Prescott having the most interceptions of his career last season and McCarthy wanting to take control of play calling duties, the pair of them had to have good seasons. Well they came out and had great seasons. Prescott's season stats include throwing for 4,516 yards, 36 touchdowns, completing 69.5% of his passes and having a passer rating of 105.9. This was also the season that CeeDee Lamb emerged as a true superstar wide receiver. After a slow start to the season, which led Lamb to approach McCarthy on how he could be better utilized in the offense, he and the offense took off. Lamb ended the season with 135 receptions, 1, 749 yards and 12 touchdowns.

As the Cowboys head into the playoffs, there are two big questions that loom over them. Whether or not they can beat the 49ers, and if they can win on the road against a good team. Luckily for them, they don't have to worry about facing the 49ers until the NFC Championship game, which would be their first time getting that far in the playoffs since 1996. So if that is what they would have to face, I'm sure they'd take it. They also have the opportunity to host two playoff games. They are 8-0 at home this season, and have won 16 straight.

Texans steal the AFC South

The Houston Texans beat the Indianapolis Colts 23-19 in a win and you're in the playoffs game against each other Saturday. An incredible position that both teams found themselves in considering the seasons they had last season and the expectations they had coming into this one. The most important thing for the Texans this year was finding out what they had in rookie quarterback CJ

It seems they have a future superstar for years to come. Stroud's season stats include throwing for 4,108 yards, 23 touchdowns and 100.8 passer rating. It isn't only about the numbers for Stroud. He plays with so much poise that it can make you forget that he is a rookie. Against the Colts, Stroud went on the road and completed 20 of 26 passes for 264 yards and two touchdowns. With that win and the Jacksonville Jaguars' loss,

NFL on page 12▶

Franz Beckenbauer dead at 78

By CIARAN FAHEY The Associated Press

Franz Beckenbauer, who won the World Cup both as player and coach and became one of Germany's most beloved personalities with his easygoing charm, has died. He was 78.

Beckenbauer's death was first announced through a statement from his family to German news agency dpa and then confirmed by the German soccer federation.

"It is with deep sadness that we announce that my husband and our father, Franz Beckenbauer, passed away peacefully in his sleep yesterday, Sunday, surrounded by his family," the family said in its statement. "We ask that we be allowed to grieve in peace and be spared any questions."

The statement did not provide a cause of death. The former Bayern Munich great, who became affectionately known as the "Kaiser" or "Emperor" — had struggled with health problems in recent years.

Beckenbauer also had to contend with allegations of impropriety in later years. But they did nothing to damage the esteem in which he was held.

"The world of FC Bayern is no longer the way it used to be - suddenly darker, quieter, poorer," the Bavarian powerhouse said on its website

Beckenbauer was one of German soccer's central figures. As a player, he reimagined the defender's role in soccer and captained West Germany to the World Cup title in 1974 after it had lost to England in the 1966 final. He was the coach when West Germany won the tournament again in 1990, a symbolic moment for a country in



FILE PHOTO • The Associated Press

West Germany captain Franz Beckenbauer holds up the World Cup trophy after his team defeated the Netherlands by 2-1, in the World Cup soccer final.

the midst of reunification, months after the Berlin Wall fell.

"The 'Kaiser' was one of the best players our sport has ever seen," German soccer federation president Bernd Neuendorf said. "With his lightness, his elegance and his vision, he set standards on the field. ... Franz Beckenbauer leaves a great legacy for the federation and soccer as a whole."

German Chancellor Olaf Scholz wrote on social media that Beckenbauer "inspired generations of enthusiasm for German soccer. We will miss him."

Beckenbauer's death comes just two days after the announcement that Mario Zagallo, the Brazilian who became the first person to win the World Cup as a player and coach, had died at the age of 92. The only other person to achieve that feat is France's Didier Deschamps.

Beckenbauer was also instrumental in bringing the highly successful 2006 World Cup to Germany, though his legacy was later tainted by charges that he only succeeded in winning the hosting rights with the help of bribery. He denied the allegations.

"We did not want to bribe anyone and we didn't bribe anyone," Beckenbauer, who headed the World Cup organizing committee, wrote in his last column for daily tabloid Bild in 2016.

Beckenbauer and three other members of the committee were formally made criminal suspects that year by Swiss prosecutors who suspected fraud in the true purpose of multi-million euro (dollar) payments that connected the 2006 World Cup with FIFA. But he was eventually not indicted in 2019 for health reasons and the case ended without a judgment when the statute of limitations expired in 2020 amid delays to the court system caused by the coronavirus pandemic.

Beckenbauer was in 2014 briefly suspended by FIFA's ethics



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Commanders fire head coach Ron Rivera

By STEPHEN WHYNO The Associated Press

Ron Rivera was fired Monday as coach of the Washington Commanders, a long-anticipated move new owners made as they put their stamp on the NFL franchise they bought last year.

It's just the first of several changes coming to an organization that has won just two playoff games over the past three decades. The fourth and final season under Rivera finished with eight consecutive losses, a 4-13 record and a 38-10 home loss to division-rival Dallas with Washington's home stadium full of Cowboys fans.

"Clearly, we weren't good enough this year," controlling owner Josh Harris said at a news conference at the team's practice facility. "We didn't get it done on the field, and so we've decided to go into a new direction."

Rivera's firing came as no surprise to anyone, including the veteran coach who went 26-40-1 with Washington, including one playoff appearance in 2020 for finishing atop an uncharacteristically weak NFC East at 7-9 and never having a winning season.

If Rivera does not get another head coaching job in the league, he'll finish exactly one game under .500 at 102-103-2 in the regular



MARK SCHIEFELBEIN • The Associated Press

Fans reacting to Washington Commanders head coach Ron Rivera walking off the field at the end of an NFL football game against the Dallas Cowboys, Sunday, Jan. 7, 2024, in Landover, Md. Dallas won 38-10.

season.

"We did win an NFC East title in 2020, but we fell short since then, and for that, I am truly disappointed," Rivera said in a statement released by the team. "It wasn't easy and there is a lot more to be done, but I believe we began to change the culture of this organization in meaningful ways."

Co-owners Mitch Rales, Magic Johnson and David Blitzer and

well as former NBA executive Bob Myers and ex-Minnesota Vikings GM Rick Spielman will work with Harris in the searches for a head of football personnel and coach. After Dan Snyder hired Rivera four years ago to do both jobs, ownership is now expected to split those responsibilities, though Harris said he'd be flexible given the candidates available — a group that could include Michigan's Jim Harbaugh.

General manager Martin Mayhew and a majority of the front office and coaching staff are also expected to go, as Harris and his fellow owners begin shaping the organization less than six months after buying the team from Snyder. For now, they remain employed while the Commanders go through what Harris described as a "rapid but thorough process."

"This is probably amongst the most important jobs I have as a managing partner," Harris said. "It's important that I do this personally and get this right and that we bring in the right leadership."

Rivera was hired by Snyder on New Year's Day 2020, less than a month after the veteran coach was fired by the Carolina Panthers, who he coached to the Super Bowl in the 2015 season. He was handed control in the aftermath of a chaotic era led by president Bruce Allen, which also included plenty of off-field misconduct that Rivera was forced to answer for as the voice of the organization.

Tumultuous times were the norm, from two team name changes to the allegations of sexual ha

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the Texans have a record of 10-7 and have won the AFC South. No matter what happens in the playoffs, it has been a wildly successful season for them. It was also important for first-year head coach DeMeco Ryans to change their culture, which he certainly has.

Jaguars Implode

As much of a success story the Texans are, you can't tell the story of this season's AFC South without mentioning the incredible collapse of the Jaguars. The Jaguars started off the season with an 8-3 record, and looked as though they would run away with the division. Instead,

they went 1-5 in their final six games to finish with a 9-8 record. In Week 18, they lost 28-20 to the Tennessee Titans.

After taking a huge step forward as a franchise last season, by getting to the playoffs and winning a playoff game, they've taken a few steps back with how this season has end-

ed for them. Their defense did not make the improvement they needed to make, and there are more questions about Trevor Lawrence now then there was coming into the season. Some of his season stats include throwing for 4,016 yards, 21 touchdowns and a passer rating of 88.5. Those stats aren't that im-

pressive, and the other is that he has been a turnover machine. He had 14 interceptions and seven fumbles lost. To be fair to Lawrence, he was dealing with some injuries in the second half of the season that hampered his ability to run, which is one of his major strengths.

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Tuesday, January 9, 2024 MSU Reporter • 13

VARIETY

Spring 2024 theatre: Journey to the Past

By ANAHI ZUNIGA Staff Writer

Welcome back, fellow Mavericks.

Winter break is officially over and students have returned to Minnesota State for spring semester. Many are marking their calendars for upcoming events and entertainment that will soon be presented on campus.

The Student Events Team has already kicked off the semester with a banger as it invited students to ice skate Monday at the All Seasons Arena. Of course, they are stacked with plenty of activities for returning and new students but for those interested in something theatrical, MSU's theatre department will present various shows and performances this spring.

Corrie Eggiman, director of public relations for MSU's Department of Theater and Dance, explained the department's decision-making process in what shows to choose and develop for the academic year.

"Every spring semester, we meet as a faculty to discuss and decide what shows we'll present for the following academic year." Eggiman said, "The faculty director and designers propose shows they'd like to work on, and we also ask students what shows they are interested in doing. We try to balance all of the considerations and ideas, and we also think about what shows the community and students will be interested in see-



File Photo

Minnesota State's theatre department plans new and familiar shows to take place during the 2024 Spring calendar.

ing

This year's theme for the 2023-2024 season is Journey to the Past. From previous performances such as "Rent" and "The Importance of Being Earnest," these shows display a meaningful history of both notable works and unique themes.

This spring season has a list of both new and familiar shows for the MSU community. Main stage shows include "Clue," "Men on Boats" and "Anastasia The Musical." Studio plays will also be shown such as

"Seminar" and "Round Trip Ticket." Finally, at the end of April, the music, dance and theatre programs will be putting on an epic production filled with plenty of choreography, visuals and music.

Eggiman explains how new and unique this season's shows and performances are and how it appeals to various audiences in the Mankato community.

"These shows are different from past seasons in that they include a more contemporary musical like 'Anastasia' and that is something that students will be more familiar with. We also have an original production from longtime adjunct professor and alum Bruce Jones." She said, 'Clue' will also be a fun one as it'll appeal a bit to students and become familiar with older generations as well. It's a fantastic opportunity for students to see other students' hard work, and also be exposed to different ideas and lifestyles that are in the shows."

Eggiman shared what theater

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Mavericks skate into second semester



Courtesy Flickr

Whether students are a pro skater or have never ice skated before, "Mavericks on Ice" gave them the chance to show off their skills or try something new.

By ELLIE MESCHKE Staff Writer

Yesterday from 9 PM to midnight, students were invited to the All-Seasons Arena for an open skate to kick off the new year as well as the spring semester. Snacks and hot cocoa

were provided, karaoke also took place alongside ice skating. The event was free to all MSU students.

Atlas James, the Vice President of the Student Events Team said "I think ice skating has been a hit in the past for students as it's something that's exciting that brings us into the winter feeling! It's a tradition here at MNSU, has went on for a few years, and students enjoy it!"

James also said "I've been planning the event since October- I wanted to make sure students had something exciting to look forward to coming back to campus. The main process of planning the event was working with All Seasons Arena off campus to reserve the space for students."

As we start the new semester, keep an eye out for upcoming events to take a break from your studies.

The struggle for waiting on new music is real

By EMMA JOHNSON Editor in Chief

It's the feeling we all know (and despise) too well. We find an artist or two we adore, listen to every album, EP or single they've released to the point we know the lyrics front to back and ... that's it. Waiting eons and eons for new music to be released.

Last year, I was blessed with four new albums by some of my favorite artists in the first few months of 2023, giving me constant new songs to stream. Only having to wait a few weeks for each new album, there was always something to look forward to and anticipate. The rest of 2023 was uneventful music-wise for me, with a few singles and EPs for me to look forward to and becoming obsessed with a few new artists.

I have quite a few up-andcoming artists that I enjoy and who I wish would get more recognition instead of the people we hear about way too much (looking at you Harry Styles and Taylor Swift). There are pros to finding these newer, lesser-known artists, such as being a part of a small fan club and being able to say you were there from the beginning (assuming they become huge). The biggest con is, since they don't have the pressure from millions of fans to release a new album, they can take their sweet, sweet time creating one.

I'm not opposed to having people take their time to work on an album; however, I don't like their sneak peeks they constantly drop without actually releasing anything new. One of my favorite indie artists hasn't had an album out since March of 2022. Last year, he released four singles and I thought for sure a new album would have come out towards the end of 2023.

What did I get instead? Teases on Instagram. He released 20-second snippets of several songs he was working on and, a couple of weeks later, a 24-hour-only link to his SoundCloud for songs that were only going to be up for one day (no, he's not a rapper). Meanwhile, I've heard all of his songs hundreds of times (and the screen-recorded ones I took, shhhh..) and I want to hear all the songs he's been working on. It's even more annoying, too, when the artists post photos of them in the studios because, while you know they're working on

MUSIC on page 13▶

DIY-ing for another weekly challenge

By MERCEDES KAUPHUSMAN Variety Editor

Creative expression keeps the world spinning. Everything created stems from the wood of a tree, dirt, water, light and other elements of nature mixed and matched like a game of Mine-

On a smaller scale, crafting is one way to exercise the mind and resort back to our cavemen roots. For one week straight, I decided to challenge myself with a DIY, or Do It Yourself project each day to find out the positive impact it has on a stressed-out

Starting off strong, I tackled a project to solve one of my bedroom pet peeves: lost and tangled jewelry. I took a framed canvas, some paint and push pins and let creativity take over. I painted the canvas and frame, let it dry, and carefully measured and placed each push pin in even rows. I hung it up on the wall, decked it out in necklaces and bracelets and - voila! A jewelry holder.

The next day, I noticed my beautiful jewelry holder was looking a little empty. I have a thousand necklaces, but so many were broken, old or out of style. I decided to play jeweler and take apart the pieces I



MERCEDES KAUPHUSMAN • The Reporter

Pictured above is a collection of multiple DIY projects I completed in a week including a jewelry holder, collage journal, woven bracelet, and an embroidered t-shirt.

into statement pieces I will wear and enjoy for longer. I reworked about five different necklaces and they look rather dashing

didn't care for, and turn them hung up on my canvas masterpiece.

> Straying away from jewelry, my third craft of the week was another wearable piece — only

a T-shirt rather than an accessory. I've had some practice with a needle and thread, mostly for fixing rips and holes. I keep a bin of scrap fabric around in

case I need to patch something up, but this time I decided to upcycle the recyclables. I cut old denim fabric into the shape of a star and stitched it onto a white T-shirt. It sounds so simple yet it took two hours, a few pokes in my fingers, and a couple of mistakes here and there to pull together a trendy new top. It was worth the blood, sweat and tears to be able to wear something I made myself.

One of my most toxic traits is starting a hobby I never finish. One of these hobbies includes journaling, which I constantly pick-up and drop throughout the year. One of my resolutions for 2024 is to stay consistent with a nightly journal entry, and sprucing up my journal may help me stay motivated.

I took an old magazine and ripped it apart, cutting out cute designs, words and phrases. I layered mod podge on top, placed each unique cutout together and topped it off with more mod podge, sealing a collage on the front of the journal. So far, seeing a cute design I created has attracted me to pulling out my journal every night, and I've kept up with my resolution so far thanks to crafting.

By the time I got to the fifth craft, I was exhausted from

DIY on page 13▶





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Inside the 2024 Golden Globes

By LINDSEY BAHR The Associated Press

The Golden Globe Award s likes to think of itself as the party of the year, but instead of a debauched, champagne-fueled romp, it can sometimes feel more like a strange high school reunion for the extremely fa-

Some are catching up with old friends and co-stars, some are kissing their dates in plain sight and some fawn over the cool kids they haven't yet met. Sometimes it happens on camera, as with "Poor Things" director Yorgos Lanthimos swooning over his proximity to a personal idol, Bruce Springsteen, but most of the time those interactions are saved for when the cameras are off - though Timothée Chalamet and Kylie Jenner clearly didn't get the memo that there were still live cameras even during the commercial breaks.

You'd never know that the Golden Globes were coming back from several scandal-plagued years inside the same ballroom where they've been held for years.

The chatter was about how fun it felt to be back, whether or not Travis Kelce would



CHRIS PIZZELLO • The Associated Press

Margot Robbie arrives at the 81st Golden Globe Awards on Sunday, January 7, 2024, at the Beverly Hilton in Beverly Hills, California.

show with Taylor Swift (he didn't) and who was going to get the Oscar boost out of it. Some grumbled about the last minute seating assignments for high-profile attendees who weren't told who their tablemates would be until late Saturday afternoon.

RUSH BEFORE THE **SHOWTIME**

It's always a flurry of excitement in the moments before the show begins, as the biggest stars rush in from the red carpet to make the opening monologue. Jennifer Lawrence, noted appreciator of "lukewarm chardonnay," walked in with minutes to go, martini in hand and purpose in her eyes.

Right behind her was Oprah Winfrey, seemingly the only A-lister in the room with a full security detail clearing the way for her and Gayle King.

Many of the most famous faces were seated on the stage level where Harrison Ford took his seat early, at a table with Selena Gomez who was excited about the Nobu sushi being served.

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productions she is excitedly waiting to see which are "Anastasia," a musical tale about a long lost Russian duchess that is familiar with many audiences; and "Men on Boats," a production filled with humor and adventure about a 1869 expedition which stars a lead cast of all non-male actors.

"I'm super excited for 'Anastasia.' It toured nationally last year and was very well received and praised. There's a big cast, lots of beautiful costumes, and some exciting scenery. I think everyone will really enjoy it," she said, "I'm also excited for 'Men on Boats' because we're welcoming guest director Joy Dolo from Minneapolis and I just think it'll be a great show."

Students can attend all theatre and dance performances for \$5 by using their MavCard. For more information on upcoming theatre productions, performances and tickets, visit www.mnsu.edu/theatrearts/ performancestickets

◆DIY from page 14

painting, cutting, gluing, and concentrating. I decided to make something I have made a hundred times: a woven bracelet. This was a hobby I picked up during my summer camp days, and it felt like second nature to pick it back up. However, the process to weave together a finished bracelet with many strings takes days — and I'm still not done.

On the sixth day, I failed. I attempted to create a bouquet of flowers out of paper, but ... I simply couldn't master the intricate folding, and I gave up. (If someone would like to donate an authentic bouquet of flowers to help me grieve this loss I will gladly accept them with open arms.)

Finally, my last project was an upcycle to my pill container. I have daily vitamins I often miss, as well as a codependent, toxic relationship with Zyrtec (an allergy pill). However, I never use my container. I took the same idea as my journal's inspiration and painted it so that I would feel the want to use it more, and so far, it has worked out in my favor.

After a week of feeling like an Etsy seller, I feel so much more mental clarity. Taking the stress of preparing for the second semester and putting it toward a craft helped me relax and focus on something else. I ended up creating six unique projects I'm proud of, and it helped me feel productive and overall, happier.

◆MUSIC from page 13

their newest album, you know it's still months away from re-

There are several factors that play into the delay of a new album. Tours, special concert gigs, diving into other creative outlets such as acting,

collaborations with other artists and living their lives outside of their jobs. As much as it pains me to wait, I know it's usually worth it in the end. Cue up your headphones and listen to your favorite songs for the millionth time so you can fully enjoy their newest album to the

So please, Jake Miller, Chase Wright, Amber Van Day, Ruel, Almost Monday, RAYE, Alan Walker, Jeremy Zucker, and ESPECIALLY August Royals, if you're reading this, please release a new album this year. I promise to give you all the streams you so greatly deserve.



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