

Alumna brewing up big dreams

By EMMA JOHNSON
Editor in Chief

An initial dream of becoming a nurse ended up fermenting into a full-fledged brewery in downtown Willmar, MN.

Liz Heimer went through several majors — nursing, dietetics and physical therapy — before settling on Community Health. She graduated from Minnesota State in 2017 with a master's degree in science and has since worked with a variety of public and community health organizations.

But her current gig might be her most interesting. Heimer is co-owner and marketer of Intuition Brewery in Willmar. It's not what she planned to do when she enrolled at MSU, but she's happy her journey has led to a world of hops and barley.

But her road to get there was long, and included many stops along the way.

"I work as a program manager for Healthy Families America which is a home visiting program for new parents and that's been a cool experience," Heimer said. "I've also worked with the Statewide Health Improvement Partnership and the American Lung Association which was really cool because I was able to leave policy change within that."



Courtesy Liz Heimer

Minnesota State University, Mankato alum Liz Heimer (left) and Micah Larson stand in front of their brewery in downtown Willmar, MN. Their two signature IPAS are called "The Collective" and "RUEPA."

Heimer said the public speaking skills she gained from her time at MSU helped prepare her for her job.

"Public speaking was a big part of my classes and here I am, ner-

vous and embarrassed because I didn't know Robert's Rules at the time or how to conduct a meeting, but a professor I had helped encourage and support me," Heimer said.

Heimer also said she keeps in touch with Professor Joseph Visker who asked her to be on the board of the Minnesota Society for Public Health Education.

"MSU has been a huge part of

my experience with leadership," Heimer said. "A lot of credit goes to the professors for encouraging, giving opportunities and leading by example."

On top of working with several organizations, she is now the marketer and co-owner of Intuition Brewery. Heimer and her "partner in life and business" Micah Larson started planning to open the brewery in January 2023 with it officially opening in December.

A typical day in Heimer's life starts by brainstorming with Larson what their day will look like before working her 8-5 job at home. Around 5 p.m., she heads to Intuition to either call trivia, pour beers or plan the brewery's events and marketing.

"It's really nice to have a variety of things to do during the day. It doesn't feel like I'm going from work to work because they're different things I'm passionate about," Heimer said.

The idea for Intuition Brewing came when Heimer and Larson moved to Willmar and Larson was looking for a job after working as a brewer at the August Schell Brewing Company in New Ulm. They kept having a gut feeling about a bar called the Foxhole Brew House and one day, Heimer said her ears started ringing and she told Larson

BREWING on page 2

Allen Eskens evokes mystery and the human experience

By MERCEDES
KAUPHUSMAN
Variety Editor

From a law degree to award-winning novels, mystery novelist Allen Eskens encapsulates his many directions through his nine published books.

Eskens spent a day at Minnesota State as a feature in the Good Thunder Reading series to workshop, craft and read Thursday.

"My focus when I write is I use the mystery part of the story as a vehicle to tell the human part of the story," Eskens said.

Eskens's novels are not a series, but rather surround a community of characters who trade off main and minor roles. Some characters take inspiration from characters in Eskens's own life.

"When I was writing the character for, 'The Life We Bury,' I made Boady, the teenager, grow up to be this law professor, which just kind of

mirrors what I did," Eskens said. "Boady as a teenager is kind of who I was as a teenager, and then as an adult, you know, following the law path."

Eskens's law school experience at Hamline University came in between his initial bachelor's degree in journalism from the University of Minnesota, and the MFA program for creative writing at MSU.

"I came to writing after law school as a creative outlet, and I really never thought of it being more than just a hobby," Eskens said. "For 20 years, I studied writing. I wrote just for my own fulfillment, and it wasn't until I wrote my second manuscript that I thought maybe the manuscript might be good enough to get published — and turned out I was right."

Eskens, who was studying the creative writing process for fun, published his first novel

nearly 14 years following his departure from MSU.

"When I was here (at MSU), I wanted to learn. I wasn't doing it for the degree, I wasn't doing it for the letters after my name, I just wanted to learn how to be a better writer," Eskens said. "It's nice to come back and feel that recognition that going through the program does actually help you become a better writer."

Despite his numerous titles, Eskens considers the many emails and messages from people he has never met before, "the most gratifying thing."

"I've won a number of awards. I've been a finalist for a number of awards even more. I've been a bestseller. I'm published in 20-some languages, but still, it's that email that says, 'I just finished your novel. There's tears on my cheeks. Here's why. That is the most gratifying thing,'" Eskens said.

MSU MFA candidate Annie Lindenberg shared the stage with Eskens prior to his reading Thursday, and shares a similar feeling.

"Sure, when I write something that sounds beautiful it's wonderful, but to write something that connects with someone is the highest praise," Lindenberg said.

As the graduate assistant of the Good Thunder Reading series, Lindenberg has worked with numerous reputable authors, but her feature in Eskens's evening was the first time she was able to input a short story of her own.

"A lot of writing happens in solitary spaces, and to get to read alongside someone whose words are loved by many and share in that atmosphere of excitement with my own writing was unreal," Lindenberg said. "This is by far the largest crowd I've ever read in

MYSTERY on page 2



DYLAN LONG • The Reporter

Allen Eskens spent a day at Minnesota State as a feature in the Good Thunder Reading series to workshop, craft and read Thursday.

Equity: The focus of discussion groups

By AMALIA SHARAF
Staff Writer

The Maverick Diversity Institute will offer four discussions on Equity Engagement this semester that aim to help students, faculty and staff better understand the meaning of equity and inclusive environment.

Liz Steinborn-Gourley, the Women's Center director, said the university hosts many lecture-format events. Equity Engagement events will focus more on discussions among attendees.

"This is an opportunity for folks to come and participate in a discussion," said Steinborn-Gourley. "As we're working towards Equity 2030, getting more comfortable discussing these topics, when it's not the division that you're a part of or not something that you're comfortable speaking about, is the goal."

According to the university's website, the "Minnesota State system's Equity 2030 initiative vows to eliminate disparities among minority, low-income and first-generation students across all campuses."

Each discussion will have a facilitator who will set the direction of talks and help attendees learn from what will be discussed. According to Steinborn-Gourley, the facilitators are shaping up to be the directors within the Diversity, Equity and Inclusion office, such as the director of African American Affairs BalenciaSariah Crosby.

"I have a five-slide PowerPoint that will be asking attendees to discuss topics in their groups and then talk about it," said Steinborn-Gourley. "Then we will come back to the large group and discuss more about what we mean when we say something to help get folks on the same page. So there'll be a lot of participation

but also some guidance to the discussion."

All discussion sessions will focus on different topics, all of which are focused on improving the campus environment.

"We did a climate study and there are opportunities for improvement," said Steinborn-Gourley. "And so we want to talk about that. What's the climate like for folks in the areas where they work and learn, and how can we contribute to a culturally inclusive multiculturalist environment?"

According to Steinborn-Gourley, equity work requires practice and attendees have an opportunity to do so safely.

"You can't read a book and suddenly become an antiracist," said Steinborn-Gourley. "I would encourage folks to come as a space where we're trying to create an environment for folks to practice safely. And I mean, safely in the feeling like they're in support, not do it safely in a supportive environment."

Equity Engagement talks will offer refreshments for attendees. However, the event will also be hosted via Zoom for those who can't physically present.

"We may break out into smaller breakout rooms because basically, we want folks to come get a gourmet hot cocoa, grab a bowl of popcorn, and then they can stand or sit at a table and have this conversation and so we'll try and facilitate that same vibe as best we can on Zoom," said Steinborn-Gourley.

Equity Engagement discussions will occur every second Monday of the month starting at 3:30 p.m. Maverick Diversity Institute will offer more events focused on learning about and practicing equity and inclusion. Steinborn-Gourley said this is the way to continue to be involved in equity-related initiatives.

◀MYSTERY from page 1

front of, and it was nerve-wracking but also exhilarating. I felt honored to both get to read with Allen and to feel such love from everyone in attendance."

Lindenburg's story "Sunlit Smoke" is currently available to read online in Barnstorm Journal,

with forthcoming publication "From the Dinner Table" in Cutleaf Journal.

Eskens numerous titles are available for purchase online, with a new release outside of the regular community coming Spring 2025.

Trump celebrates candidate drop out

By BILL BARROW and
MICHELLE L. PRICE
The Associated Press

Donald Trump set aside months of criticism and mockery of Ron DeSantis on Sunday night, celebrating his onetime Republican rival as his newest supporter after the Florida governor ended his presidential campaign and endorsed the former president.

For Trump, it's become a familiar ritual to welcome the backing of someone who tried to take him on. Nonetheless, it was notable at Sunday's rally in New Hampshire to see Trump praise DeSantis without calling him "DeSantimonious" or "DeSanctus," putting an end to perhaps the most bitter rivalry of Republicans' 2024 campaign.

"I just want to thank Ron and congratulate him on doing a very good job," Trump said at the outset of his remarks. "He was very



CHARLES KRUPA • The Associated Press

Republican presidential candidate former President Donald Trump during a campaign stop in Rochester, N.H., Sunday, Jan. 21, 2024.

gracious, and he endorsed me. I appreciate that, and I also look forward to working with Ron." Trump described DeSantis as "a really terrific person."

Earlier in the day, DeSantis said via video that he would be ending his campaign two days before New Hampshire's first-in-the-nation GOP primary.

◀BREWING from page 1

she had a feeling about the Foxhole.

A few months later, they found out the owners of Foxhole were moving locations and Larson pitched the idea of moving in and starting their own brewery.

"That was why we called it Intuition because we've just been kind of following our guts with it and going in a direction that felt most right to us and most genuine to us," Heimer said.

While Intuition has a wide variety of beers including stouts, lagers and ales, Heimer said their signature flagship drinks are their two IPAs.

"We have one called 'The Collective' which is named not only because of the collection of hops

in it but also the collective energy that makes the world go round," Heimer said. "The other one is named 'RUEPA' which is named after our spunky but sweet cat, Rue, which is kind of the flavor combination.

Heimer said the vulnerability to step outside of their comfort zone and talk about "weird, impossible" ideas is what sets Intuition apart from other breweries in Minnesota. One of the ideas Heimer and Larson have been implementing is doing commercials for themed nights.

"It shows people the type of experience they might get coming to Intuition, a place where people show up and can be seen and be able to be whatever self they are," Heimer said. "I think it just kind of helps other people have permis-

sion to be kind of funky."

Another "impossible idea" in the works is to incorporate an indoor pedal pub for the winter months.

Heimer's advice for those who would like to start their own business is to take calculated risks and try new things.

"If we have these dreams and they only stay a dream, we're going to keep them with us for the rest of our lives," Heimer said. "Don't be afraid to at least open the door to talking about your dreams out loud to somebody because when you say it out loud, somebody can help complete the idea."

To learn more about Intuition Brewing, head to their website: intuitionbrewing.wordpress.com/aboutus/

KATO QUICK WASH

OPEN 24 HOURS
FREE WIFI & TV

\$1²⁵ WASH WEDNESDAYS
\$1⁰⁰ DRY TUESDAYS

1395 Lookout Drive, North Mankato



507-461-2246 

www.katoquickwash.com





NOW ACCEPTING ALL MAJOR CREDIT & DEBIT CARDS ON LARGE MACHINES

JOIN US FOR WEDNESDAY NIGHT

MUSIC BINGO

GIFT CARDS, MERCH & LARGER DONATED PRIZES

HAPPY HOUR
3-6PM



2-FOR-1s
FROM 6-11PM

STARTS AT 7:00 P.M.

ROUNDERS

SPORTS BAR & GRILL

414 S. FRONT ST., MANKATO

507-388-7767

Editorial

Editorials represent the opinions of The Reporter editorial board. The opinions expressed here are not necessarily those of the college, university or student body.

Emma Johnson Editor In Chief	Luke Jackson News Editor
Mercedes Kauphusman Variety Editor	Mohamed Warsame Sports Editor

Managing Seasonal Affective Disorder

As the winter days get shorter, colder and darker, finding motivation for the little things becomes more difficult. Most animals in the midwest are taking a much-needed slumber at the moment, but us humans feel the need to continue working at the same pace while balancing a social life.

When the season changes, it is common to develop Seasonal Affective Disorder (SAD), especially during these cold, winter months.

According to Mayo Clinic, SAD is a form of depression connected to the changing of seasons, most commonly starting in fall and carrying into winter.

Symptoms include feelings of sadness during most of the day, loss of interest, low energy, oversleeping, concentration difficulties, gaining weight and feeling hopeless.

As the second semester arrived along with the first heavy snowfalls in Mankato, the “winter blues” some of us are feeling could potentially be SAD. Instead of brushing off these negative mood swings, taking the right steps to treat the disorder is vital.

One of the most effective treatments for SAD is psychotherapy. At Minnesota State, there is counseling available through Student Health Services to help ease SAD. There are also multiple businesses in the surrounding area that accept many different insurances for affordable therapy. Although it can be difficult to be vulnerable, SAD is harder to go through alone; having a support system is effective in treating SAD.

An alternative treatment for this disorder is light therapy, or phototherapy. Using a light box, which is designed to produce a therapeutic dose of bright light, is intended to treat SAD. Light therapy replicates outdoor light to change negative moods. There are multiple different kinds to choose from, but it’s important to consult a healthcare provider to select the right one for you.

Another treatment for severe cases of SAD is medication. Antidepressants may prevent depressive episodes related to SAD, but need to be prescribed by a healthcare provider before use.

Winter is a difficult time for many, but these discussed treatments can ease symptoms of SAD.

Most of all, it is important to be aware of this disorder rather than toughing out negative mood swings. Every person is different, but winter takes a toll on our minds and bodies more than we may consider.

The feelings of joy that take place once the snow melts and winter turns into spring is something to look forward to, but keeping a positive and sound mind while we get there is just as important.

Perspectives

A Diabetic Talks: The American Diet



Courtesy Luke Jackson

The American diet sucks. Everywhere temptation crawls through the minds of Americans. Fast food on every street corner, processed food flooding grocery stores and liquid sugar in cans and bottles take space in every vending machine, fridge and pantry.



Luke Jackson
News Editor

It has become a problem.

We have all taken advantage of convenience and forgotten what moderation and natural foods do to the body.

Living in a society that throws these tempting items at us left and right — not to mention at such cheap costs — can be a struggle for diabetics. Especially college-aged diabetics who have left the comfort of mom and dad’s house and who now live on harsh budgets.

Going to the store takes discipline.

It is so easy to buy McDonald’s forgetting the processed foods they use. Getting to

the store and walking past the Cosmic Brownies and frozen dinners to the vegetables, fruits and meats can be tough. Buying the \$2.68 pre-made brownies is such a tasty, easy thing to do, but buying the \$12 package of chicken can be menacing due to our budgets and the work that goes into making it.

It feels like throughout all of life we are taught to eat a balanced diet with all the necessary food groups but surrounding us almost all the time is the opposite. In no way do I have any judgment

toward people who eat unhealthy foods, I am guilty of it myself. I just wish that society put more emphasis on the importance of eating whole foods, and that it was more accessible to everyone.

Eating cleaner can help mental health, reduce risk of disease, keep you energized and increase quality of life. But it is easier said than done.

Now, “What does this matter to diabetics?” you may ask.

Nutrition is everything to a diabetic’s body. Type 1 diabetics can technically eat whatever they want but it is a hard thing to do well. Processed foods go through the body very fast which leads to dramatic spikes in blood glucose levels. These are very hard to manage and can bring a lot of consequences to the body.

While people with T1D still eat doughnuts, chips and

Full story on our website

Pulse

“How do you beat the winter blues?”

Compiled by Nathanael Tilahun



AMLAKE TAMERAT,
JUNIOR

“I watch Anime.”



DAMI BABALOLA,
SOPHOMORE

“Get in touch with loved ones and stay focused on what needs to be done at school.”



EILIKA LANE,
GRADUATE

“Training.”



GRACE HABEL,
SOPHOMORE

“Naps.”



LIZZY SCHMITT,
JUNIOR

“Hanging with my friends.”



NEBIYU HAILE,
SOPHOMORE

“I don’t usually have the blues, but when I do I watch movies.”

NOW HIRING

WE'RE HIRING!

CNA starting at \$25!

RN starting at \$38!

TMA starting at \$26!

LPN starting at \$30!



Benedictine

LIVING COMMUNITY | ST. PETER

507-934-8284

www.benedictineliving.org/careers

WE'RE HIRING!

GREENCARE

POSITIONS AVAILABLE:

Irrigation
Service
Technician

Sprinkler
System
Installer

Lawn
Applicator

Mowing
Technician

View website for job openings
and fill out an application.

1717 3rd Ave., Mankato, MN
507-344-8314

www.greencare4u.com

**SIGN ON
BONUS!**

NOW HIRING

SCHOOL BUS DRIVERS

YAEGER BUS

SERVICE

PAID TRAINING

DRIVER INCENTIVES

COMPREHENSIVE TRAINING PROGRAM

NO PREVIOUS SCHOOL BUS EXPERIENCE NECESSARY



WE PROVIDE YOU WITH THE TOOLS TO BECOME SUCCESSFUL. BECOME A BUS DRIVER TODAY!

507.345.5470 • yaegerbus.com

...: MANKATO

NOW HIRING!



75 YEARS
1949 2024
SCHMIDT
SIDING & WINDOW

SCHMIDTMANKATO.COM/EMPLOYMENT/



MAKE A DIRECT IMPACT AT ISG

CAREER OPPORTUNITIES

- Civil Graduate Engineer
- Electrical Graduate Engineer
- Structural Graduate Engineer
- And more!

EXPLORE YOUR FUTURE AT ISG!

bit.ly/ISG_careers



Architecture + Engineering + Environmental + Planning | ISGInc.com



WE ARE HIRING!

APPLICATIONS AVAILABLE ONLINE AT
www.harrymeyringcenter.org

Contact Us At
507-387-8281

109 Homestead Rd.
Mankato, MN

Direct Support Professionals

- Flexible Scheduling
- 8 - 40 hours per week
- \$18.00 HR for Full-Time
- \$16.50 HR for Part-Time
- No Experience Required
- Other Positions Open

REFER A FRIEND AND RECEIVE UP TO \$500 AFTER 6 MONTHS OF EMPLOYMENT

SPORTS

The new face of Maverick Esports

By MOHAMED WARSAME
Sports Editor

Minnesota State's Esports program has a new leader in the clubhouse. His name is Levi Arnett, and he's the new head coach and assistant director of the program.

Arnett has participated in over 100 Esports events in a number of different roles, including broadcasting, casting, productions, administration, coaching and operations. Before getting involved in Esports, the Marine Corps veteran went to Illinois State University, and was a game design graduate.

"My cousin, her husband, was a game designer for Activision, and he made some of the games that I was playing at the time. I didn't know and I found that out over a holiday, and it kind of inspired me," Arnett said.

He initially didn't go to college for gaming, but his head was turned once the opportunity presented itself.

"I actually wasn't going to school for gaming. While I was in school, my alma mater Illinois State, they actually created game design program based out of their own Esports program. So I immediately



DYLAN LONG • The Reporter

New Maverick Esports head coach Levi Arnett brings a wealth of experience along with him. He has participated in over 100 esports events in a number of different roles.

transferred over just because I had such a big interest in video games,"

Arnett said.

The gaming world being taken

seriously as a profession was something he didn't see coming.

"If I told 10-year-old me that I would be where I am today, I would be so ecstatic. I never thought that this could be a thing. It's like a dream job," Arnett said.

Despite people of perhaps an older generation, frowning on the idea of making a career from video games, Arnett's parents were not that way.

"My parents are extremely supportive. I played a lot of sports, so they went to all the obscure sports events that I played. So they were extremely supportive of anything that I did," Arnett said.

In high school Arnett played basketball, football, baseball and cheerleading. He also ran track and field. After graduating from high school, he played Australian rules football at club level for a semi-pro league in the U.S. He also played club rugby in college.

Before he started coaching, Arnett was a volunteer and found other ways to get involved at Esports events.

"I knew that esports was kind of a grassroots thing. So I felt like I needed to volunteer and I needed to help others play. Like you know, physical sports, you have refer-

ESPORTS on page 7

Men's hockey splits series at Bowling Green

By LUKE JACKSON
News Editor

The Minnesota State men's hockey team returns from Bowling Green with a series split.

Friday's back-and-forth game resulted in a 4-3 loss, ending the Mavs' 13-game win streak over the Falcons.

BGSU snapped its five-game losing streak.

MSU bounced back with a 4-1 victory Saturday.

With the split, the Mavericks moved to third in the Central Collegiate Hockey Association with their 26-14 record.

Bowling Green stands near the bottom at 18-14.

Sam Morton and Lucas Sowder both tallied two goals while Alex Tracy made 28 stops in his eighth win this season.

Morton's CCHA leading 18 goals gives him a five score lead on Lake Superior State's Jared Westcott's 13 goals.

His first goal came quickly in Friday's game.

Luc Wilson won a faceoff in the left corner and made a five-foot pass near the crease where Morton met it with an immediate one-timer at the 15:43 mark.

Jaden Grant's backhanded goal for BG evened the score 1-1 to end the first period.

Seth Fyten gave the BG its first



Courtesy Maverick Athletics

Mavericks hockey went on the road and split their two games against Bowling Green. After suffering defeat Friday, the Mavs bounced back with a 4-1 win Saturday night.

lead in the second.

The back and forth continued as Sowder tied it 2-2 three minutes later at 14:03 in the second period.

He found the rebound and fired it past the Falcons goaltender Cole Moore.

Bowling Green went on to score two more goals while the Mavs were only able to net one more.

"We didn't get the job done," said MSU head coach Luke Strand. "The moments of truth in the game hurt us. We need to win the book-

ends of periods and we didn't."

He stated they need to "regroup and attack" for Saturday's game, which is exactly what they did.

He changed goaltenders from Rancier to Tracy and found more stops and more opportunities for

offense.

"It was a tale of two nights," said Minnesota State head coach Luke Strand. "Game two was full of complete character and team-first plays. I was happy with the way the guys responded. They cared for one another in a game filled with battles."

Through 20 minutes, MSU out-shot the Falcons 15-7.

Inturn, the Mavs took the lead.

Morton again opened the night with scoring.

He followed his own shot and pounded one into the back of the net. Sowder assisted.

Back-to-back scoring opportunities arose for the Mavs in the second.

Kaden Bohlsen scored through traffic — only 48 seconds passed before the Mavericks scored once again.

Sowder connected on a one-timer coming from Jordan Power to bring the score 3-0.

BG managed to get one by Tracy in the third but it was too little too late.

Adam Eisele finished the game cleaning up a rebound and stretched the final score to 4-1.

The Mavericks improved to 6-4-3 on the road.

They are back home against Northern Michigan University Friday at 7:07 and Saturday at 6:07.

Men's basketball suffers first loss of season



Courtesy Maverick Athletics

#1 Minnesota State suffered its first loss of the season Friday evening on the road as the Mavericks fell to #21 Minot State 81-71.

By HAYDEN LEE
Staff Writer

Just as soon as they reached the top of the Division II rankings, the Mavericks dropped their first game of the season Friday night.

The No. 1 ranked Mavericks traveled to Minot, N.D. to take on a familiar conference foe Friday, but the No. 21-ranked Minot State Beavers saw the target on the back of the Mavericks and gave it their best shot.

The 81-71 loss tarnished an otherwise perfect season so far for the Mavericks.

The Beavers controlled most of the game but the Mavericks would not go away easily.

The Mavericks cut the Beaver lead to five with just :59 left in the game, but the Beavers stepped up when it mattered most and secured the win.

Head coach Matt Margenthaler seemed to be able to find a silver lining in his team's first loss.

"We lost the game in the first 10 minutes," Margenthaler said in a press release posted to the Mav-

erick Athletics website.

"I would say that even though we didn't shoot the ball like we normally do, our kids played with heart and grit the entire 40 minutes."

The lack of shooting Margenthaler refers to translated to a 38.9% field goal percentage (28-72) and a 23.8% three point percentage (5-21).

Meanwhile, Minot shot nearly 40% from three and over 50% from the field.

In the loss, the Mavericks had four players score in double-figures.

Kyreese Willingham led the way with 21 points, Justin Eagins scored 16 including four threes, Malik Willingham scored 14 points and Harrison Braudis added 11.

The next day, the Mavericks got back to their normally scheduled programming and took home their 17th win of the season against UMary, 87-71.

Good bounce back victory for us tonight," Margenthaler said. "Our energy from the bench to

the court was incredible."

The Mavericks got out to an early 13-0 lead to begin the game and never looked back.

They would lead by as much as 22 points during the first half, and the Marauders were unable to get within 10 points of the Mavericks for the rest of the night.

The Mavericks bounced back with a win, and their field goal percentage came back down to earth as well.

As a unit, the Mavericks shot 55.2% from the field and 38.5% from beyond the arc.

Malik Willingham led the team with 17 points, and Brady Williams contributed a Draymond Green-esque statline of nine points, eight rebounds and seven assists, showing his abilities all over the floor.

The Mavericks return home this weekend to host St. Cloud State before taking on another ranked opponent, No. 5 MSU Moorhead. Friday's contest begins at 7:30 p.m. Saturday's begins at 5:30 p.m.

ESPORTS from page 6

ees and people who work within the sport that just volunteer their team to help support the league," Arnett said.

Going to an event in Raleigh as a staff member led him to getting his foot through the door into coaching.

"I was a stage admin. That means I was monitoring PC setups and taking care of players.

The team that I was an admin for was OpTic Gaming.

I made friends with one of the players, and exactly a year later, I was on the stage with them as their coach," Arnett said.

Some of Arnett's coaching stops include teams in Europe.

"I started coaching with a team called Element Six.

That was my first pro team that I coached and they're based out of Ireland.

They're not a super big team, but in the game of Apex Legends, they're probably a top 15 team in the world.

Then I coached a team called Vexed, who was the best team in Europe.

From there, my contract got bought out by OpTic Gaming, and so I coached them for them for the world championship this past September," Arnett said.

The program's commitment to caring for students is a reason why Arnett believes MSU is a good fit

for him.

"It's a great fit. Specifically because it's a wonderful place.

I love the campus. I love Mankato.

There is a big emphasis on providing for the students, and then the competitive emphasis," Arnett said.

Located in Wissink Hall 121, Maverick Esports is a place that is welcome to everyone.

"This isn't just for competitors. I want individuals to come in here, to feel welcome to come in and play at any time.

If they're interested in representing the school as a varsity team, then they'll have the best support," Arnett said.

Women's Hockey falls short against Wisconsin



Courtesy Maverick Athletics

The Minnesota State women's hockey team lost to #2 Wisconsin 7-2 Saturday afternoon at the Mayo Clinic HSEC.

By AHMED HASSAN
Staff Writer

The Minnesota State Women's Hockey team was swept over the weekend by No. 2 Wisconsin. The Mavs had been on a good roll recently coming off a series split against St. Cloud State.

Friday, The Badgers launched a comeback to beat The Mavericks 3-2.

On Saturday, The Badgers completed the sweep with a 7-2 win.

Wisconsin also swept the Mavs earlier in the season, but this was a more contested game the second time around.

The Badgers entered the game looking to extend a five game-win streak after sweeping St. Thomas.

Friday's game proved to be a dominant display for The Mav-

ericks as they came into the game with a defensive mindset which paid off with an early goal for Jamie Nelson on a Wisconsin mis-play on the powerplay marking her 13th goal on the season.

The Mavericks lead 1-0 going into the second period, and quickly added to that lead with a goal from Taylor Otremba 49 seconds into the second period. The Mavericks looked more defensive from this point on, especially with a lead, but the Badgers responded.

Wisconsin responded 8 minutes into the second with a goal from Cassie Hall. Kelly Gorbatenko scored 17 minutes into the second to bring the game level for the Badgers.

The third period saw Wisconsin complete the comeback against the Mavs six minutes in

full story on our website ▶

Give blood.

+

Every 2 seconds someone in the U.S. needs blood.

American Red Cross

BLOOD DRIVE

MINNESOTA STATE UNIVERSITY, MANKATO

Monday, February 5, 2024
10:00 AM - 4:00 PM

Student Union Ballroom
117 Centennial Student Union
Mankato, MN 56001

ALL PRESENTING DONORS WILL
RECEIVE A \$20 AMAZON E-GIFT CARD!

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCross-Blood.org and enter: MSUUPWARD to schedule an appointment.

A member of the Minnesota State system and an Affirmative Action/Equal Opportunity University. This document is available in alternative format to individuals with disabilities by calling Upward Bound at 507-389-1211 (V), 800-627-3529 or 711 (MRS/TTY).

Individuals with a disability who need a reasonable accommodation to participate in this event, please contact Upward Bound at 507-389-1211 (V), 800-627-3529 or 711 (MRS/TTY) at least 7 days prior to the event.

MINNESOTA STATE
Minnesota State University, Mankato
A member of Minnesota State

VARIETY

Warming up with Hound Hugs and Kanine Kisses

By ANAHI ZUNIGA
Staff Writer

With the return of freezing temps to Minnesota, students can take heart in the return of something a little warmer (and furrier): Hound Hugs and Kanine Kisses.

A yearly tradition since 2012, the Alliance of Therapy Dogs returned once again for spring semester Thursday. Several volunteers with their furry companions gathered in the Centennial Student Union Hearth Lounge. After signing a liability waiver, students were able to bond with the lovable therapy dogs.

Communications coordinator Lenny Koupal has helped organize these therapy dog sessions for several years and said it was a thrill to bring back the sessions after a long break.

"It's great, especially when students coming back to campus and even though it's only a couple of weeks in, people are needing this and it's just great to see them come for whatever reason," Koupal said, "They may have left their dog at home, came back from winter break, or they just stopped because they love dogs or they're starting to feel a little stressed. There's so many reasons why students come but it's always the same result. Smiles. As long as I'm here, it's gonna happen and I hope whoever is here after me continues to bring them because it's necessary."

The dogs brought for these sessions are certified by the Alliance for Therapy Dogs, a national organization that works to form a special connection between kind individuals and their loyal dogs who are then able to spread joy to



people, both young and old.

Returning volunteer Judy Simonsen brought her young Bloodhound Withers for the very first time to MSU, and explained how Withers came to be a therapy dog.

"He has a kind and gentle personality which is required to be a therapy dog, and we felt that he

would enjoy it. Our other dog, Beckett, has been a therapy dog for many years and he's kind of following in those footsteps." Simonsen said. "It is his first time to come to MSU; he's been to some other visits but this is his first time at MSU. We hope that we can help to take some of the stress off of things."



DYLAN LONG • The Reporter

Since 2012, Hound Hugs and Kanine Kisses have visited Minnesota State's campus to comfort students. The dogs return every third Thursday of the month.

Volunteer Matt Lehman brought in his 3-year-old Doberman pinscher Katyusha who has been a registered therapy dog since November. Lehman said they both enjoy giving comfort to MSU students.

"We enjoy the group that we're working with. I just know that my dog loves this kind of attention.

And I think that it does some good for the people who want to come and meet the dogs," Lehman said.

The Hound Hugs and Kanine Kisses sessions will be held every third Thursday of the month at the CSU Hearth Lounge during the spring semester. They will also hold sessions during Finals Week which will be on the last week of April and the 2023-2024 academic year.

Maverick Success educates on campus resources

By ELLIE MESCHKE
Staff Writer

A workshop on finding and utilizing campus resources was held Thursday by the Maverick Success.

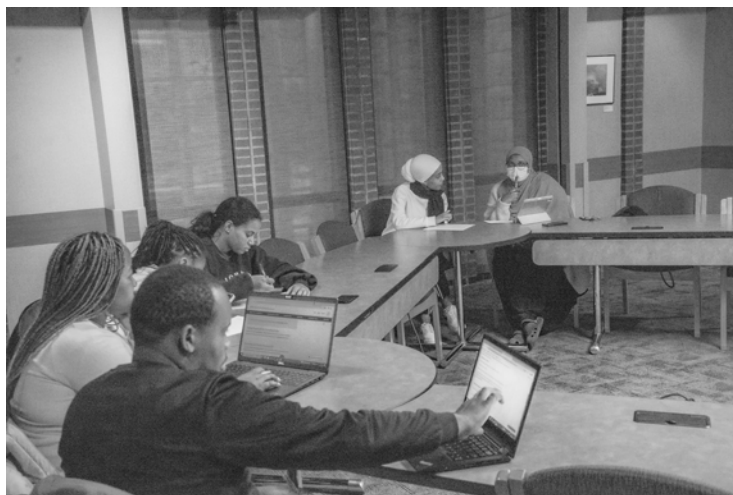
Led by Recruitment and Retention Graduate Assistant Shuepheng Lee, attendees discussed their worries about finding necessary resources. The workshop also consisted of attendees learning what resources Minnesota State provides, as well as where they are and when they're open.

"I think it's important for students to know about our campus resources because oftentimes our students are either coming from out of the country, out of the state, or their first time leaving home. And, when that happens, a lot of our students are, on their own and they feel lost, they don't know what to do, they're not sure who they can talk to, and a workshop like this can help provide some insight on what resources that the university provides for our stu-

dents, and making sure that they feel more comfortable here," Lee said.

The workshop discussed the counseling center, the campus hub, the multicultural center and more. MSU provides on-campus tutoring, countless clubs and communities, a food pantry, free counseling, a doctor's office, a pharmacy and more. Even if this isn't your first year on campus, there are several resources that many students are still not aware of.

"Our campus resources provide equitable support for our students based on whatever needs that they have; for example, our accessibility resources office, our counseling center, they're all great resources here at the university that students aren't always aware of, so just bringing that to their attention is enough to provide that level of support where, if they aren't aware of it, it goes back to them feeling lost and unsure if they really do belong here at the university. And these resources often go unnoticed



NATE TILAHUN • The Reporter

The Maverick Success Program held a workshop about Minnesota State's campus resources, led by Recruitment and Retention Graduate Assistant Shuepheng Lee.

and that does end up with students feeling like they don't know why they're here, ultimately they just feel lost, and when that happens, students tend to leave. And these resources, and providing knowledge about it and information about these resources can help pre-

vent that."

"I work within diversity and inclusion, we always talk about creating equitable access to resources here at the university, or just in general. And bridging the gap that there is, with our marginalized and diverse students,

Because most of our students are first-generation, they don't really know what's here to help them, and a lot of the information that I wanted to talk about today was things that were ... We should be talking about mental health, we as an institution should be talking about mental health, and letting students know like 'Hey, this is what we have,' letting students know 'If you need help with financial aid or anything like that, talk about your FAFSA or your loans, campus hub can help you with that.' If you have health concerns, health services is here for you."

Lee said these are services students are unaware of or are unsure about utilizing, and having them look it up directly on the school website teaches them to figure it out for themselves instead of feeling lost.

The Maverick Success team will be hosting several talks and workshops this semester, the next one will be in February about financial aid and scholarships.