

## Security adds cuffs, Repuls

By JEREMY REDLIEN  
Staff Writer

In October Minnesota State's campus security officers started carrying both handcuffs and the chemical deterrent Repuls, a newly released defensive product.

Director of Security Sandi Schnorenberg said campus security had been pushing for a long time to carry some type of defensive tools and restraint devices.

"When President Inch came, he had meetings with all the departments and that was one of the first things that my staff brought up to him in our meeting. 'Hey do you know that we don't have any defensive tools? We're basically interviewing people who are intoxicated, who are under the influence of drugs, who are maybe mentally ill, have other things going on or are agitated. We are approaching cars in the dark and we have nothing if somebody were to attack us or we needed to control them until the police came. So we would like to carry some sort of defensive tools,'" said Schnorenberg.

Some students expressed concerns over both handcuffs and the potential harm Repuls could have if used by campus security.

Rylen Poppenhagen, a former member of the student government who had worked on the issue, said he had several concerns.

"As far as my immediate concerns go, handcuffs seem a bit ex-



NATHANAEL TILAHUN • The Reporter

Campus security vehicles are often driving around MSU's campus. They now carry handcuffs and chemical deterrent Repuls.

cessive especially since, to do any of the real restraining or arresting of people, they must contact the local police, as far as I am aware of the policy on that matter," said Poppenhagen. "On the whole, we do not know how every resident or member of the university will react to these chemical irritants."

Junior Brooke van Geldereun had concerns regarding the necessity of Repuls and handcuffs.

"I just can't help but wonder why it's necessary? Has security ever been through an issue where they had to use these materials and they weren't there? Personally I don't find it necessary," said van

Geldereun.

Repuls is advertised by its manufacturer Crotega as being safe to use and having multiple advantages over pepper spray. These advantages, according to Crotega, include the fact that Repuls is water-based and therefore can be more specific-  
**SECURITY on page 3**

## National Stalking Awareness Month helps take action

By AMALIA SHARAF  
Staff Writer

Twenty years ago, the National Center for Victims of Crime declared January as National Stalking Awareness Month to help increase awareness of stalking crimes.

According to interim director of the Violence Awareness & Response Program (VARP) Rachel Maccabee, this year is the first to have an official Stalking Awareness Day, which was Jan 18. Maccabee said stalking is a big concern.

"Specifically about college population, one in three college women and one in six college men will be stalked before they're 24 years old," said Maccabee.

Maccabee said there is a distinction between regular gossip about someone's location and actual stalking.

"So sometimes we don't always recognize stalking because we want to see it as something big and scary," said Maccabee. "Saying 'Oh my God, I saw your crush today' is normal gossip. But saying 'Let me know if you see him' or asking friends to spy on someone is one of the forms of stalking."

Stalking is considered a crime in all 50 states. Maccabee said even with stalking being considered a crime in state and federal law, it may be hard to recognize it.

"The more we know about stalking, both statistics and what it actually looks like versus what the movies tell us, the more prepared we can all be to help our community and help those who are going through it."

According to the Stalking Prevention, Awareness, & Resource Center (a federally funded project providing education and resources about stalking) adults aged 18-24 — the age range of most college students — experience the highest rates of stalking. The SPARC also says:

- 92% tell friends and/or family.
- 29% contact a program or resource for help, more than victims of sexual harassment (12%) or IPV (19%).
- Transgender, nonbinary, genderqueer, or gender questioning (33%) are more likely

**STALK on page 2**

## BEST Board shows student's achievements

By LAUREN VISKA  
Staff Writer

Minnesota State University is a place where students can show off their talents in many ways. They can join clubs, participate in performing arts or get involved in student government.

There is a place on campus to highlight some of those achievements. In the CSU Hearth Lounge, a 55-foot horizontal board features eight students who have shined in some way.

It started in 2014 when students filled out a survey saying they wanted something on campus to bring attention to students' achievements.

"We came up with this idea of having a display that spotlights student achievement, not only for campus leadership but also within the CSU as far as our students that are excelling as members of our student staff," CSU Communications Director Lenny Koupal said. "This building wouldn't operate without our students. It's not only a CSU achievement, it's also a campus leadership achievement."



ALEXIS DARKOW • The Reporter

The BEST Board is in the CSU Hearth Lounge, it is a 55-foot horizontal board the features eight students who have made an impact at MSU.

To earn a spot on the BEST Board, students must be nominated. Koupal said they reach out to different departments on campus who work closely with students. Nominations are accepted every semester. Once they have nominations, a five-member committee re-

views and selects them.

"We (the CSU) focus on our Student Affairs Division in reaching out and asking for nominations. We include diversity, as well as the International Center," said Koupal. "We reach out within those departments that are working real-

ly closely with student engagement, and we asked for nominations."

Koupal said the BEST Board has two goals. Recognizing student achievement and sharing with others how students accomplished it.

"Part of the BEST Board is for students to provide us with a quote on what has been the driving force for their involvement. What would encourage other students to follow that path?" said Koupal. "The BEST Board is meant to exemplify what leadership looks like and sounds like."

Atlas James is one of the eight students featured on the board. He is the Vice President of the Student Events Team, a student organizer for the alternative spring break and an orientation peer assistant. James said he is proud to be on the board this semester. He was initially nominated last semester but didn't get accepted.

"It's my junior year, so it's a complete honor. I've worked in the CSU all three years since being here, so of course, being part of it is a big meaningful part of it," said James. "It means that I did something important enough to be part of the  
**BEST on page 2**

# Trump and Biden are already shifting to a November mindset



AP Photo

This combo image shows President Joe Biden, left, Jan. 5, 2024 and Republican presidential candidate former President Donald Trump, right, Jan. 19, 2024.

By STEVE PEOPLES  
The Associated Press

Barely 400,000 votes have been cast in two rural Republican primaries over the span of eight days. But both Donald Trump and Joe Biden are behaving like their parties' nominees already.

Trump's double-digit victory Tuesday in independent-minded New Hampshire, where he was considered more vulnerable than perhaps anywhere else, was a rhetorical tipping point for both Democrats and Republicans.

"It is now clear that Donald Trump will be the Republican nominee. And my message to the country is the stakes could not be higher," President Joe Biden said hours after Trump's victory Tuesday night.

Trump's team largely agreed, even as he raged about former U.N. Ambassador Nikki Haley's unwillingness to leave the race altogether.

"I say the general election begins tonight," said Trump-adversary-turned-advocate Vivek Ramaswamy, who was standing at the former president's side during his New Hampshire victory

speech. "And this man will win it in a landslide."

What comes next for a potential matchup many voters don't want

The bluster is just a sliver of what's to come over the next 10 months. Both parties are building out sprawling political operations backed by billions of dollars in advertising to shape the all-but-certain general election rematch between the current president and his predecessor.

It is a matchup that many voters and some elected officials did not want. Both Biden and Trump have loud detractors within their parties and glaring political liabilities. Yet no other Republican presidential candidate in history has won the first two contests on the primary calendar, as Trump polished off Tuesday night, and failed to clinch his party's nomination. And Biden, who won New Hampshire's Democratic primary without even appearing on the ballot, is facing only token opposition in his bid for the Democratic nomination.

Hours before Biden's New Hampshire win was official, the president shifted two key aides

from the White House to his Delaware-based campaign. On Wednesday, Biden served as the keynote speaker at a United Auto Workers political convention in Washington, where he accepted the group's endorsement.

The auto workers' decision marks a significant step in the president's push to win over blue-collar workers in critical Midwestern swing states.

Trump heads to Phoenix on Friday to address Republicans in a swing state that Biden won by 10,000 votes in 2020.

Nikki Haley vows to continue. As much as Trump's team would like to shift its full focus toward Biden, one Republican rival is still standing. And at least for now, Haley is still consuming a significant amount of Trump's attention.

The former president's campaign unveiled a new anti-Haley website on Wednesday as Trump railed against her repeatedly on social media.

"Could somebody please explain to Nikki that she lost — and lost really badly," Trump wrote on his social media network.

said communication can be very helpful in combating stalking behavior.

"Communication with others can be helpful," said Steinborn-Gourley. "If I've accidentally bumped into this person a couple of times outside of class, I need to say, 'Please stop following me' clearly. Recording the incidents is also very important because the first question that security and law enforcement can ask is, 'Did you tell them not to contact you?'"

To learn more about stalking behavior prevention, students can attend the events hosted by VARP during Spring 2024 or come by the Women's Center of VARP office.

fore the age of 18.

Students experiencing stalking can find helpful resources or seek help from VARP and the Women's Center.

"I think that one of the most important things we can do to combat stalking and to let others know how important it is to keep good records," said MacCabe. "We have a website. We have resources, such as SPARC, that have logs on there that you can keep track of because information gathering is key when combating stalking behavior and getting support from outside resources for that behavior."

The director of the Women's Center, Liz Steinorn-Gourley,

# Johnson & Johnson reaches \$150 million settlement



MATT ROURKE • The Associated Press

A sign for Johnson & Johnson Consumer Health is displayed in Flourtown, Pa., Friday, April 28, 2023.

By MANUEL VALDES and  
HALLIE GOLDEN  
The Associated Press

The Washington state attorney general announced a \$149.5 million settlement Wednesday with drugmaker Johnson & Johnson, more than four years after the state sued the company over its role fueling the opioid addiction crisis.

"They knew what the harm was. They did it anyway," Attorney General Bob Ferguson told reporters Wednesday.

The attorney general's announcement came as opioid overdose deaths more than doubled from 2019 to 2022, with 2,048 deaths recorded in 2022, according to the most recent numbers from the Washington State Department of Health.

Under the deal, the state and local governments would have to spend \$123.3 million to address the opioid crisis, including on substance abuse treatment, expanded access to overdose-reversal drugs and services that support pregnant women on substances.

The rest of the money would go toward litigation costs.

The harm is "left now to policymakers to grapple with," the attorney general said, "or families and individuals who grapple in a very different way with the real tragedy of addiction."

The settlement agreement still requires approval from a judge. If approved, the deal would send over \$20 million more to respond to the opioid crisis than if the state had signed onto a national settlement in 2021 involving Johnson & Johnson, the attorney general's office said.

Since the 2000s, drugmakers, wholesalers, pharmacy chains and consultants have agreed to pay more than \$50 billion to state and local governments to settle

claims that they played a part in creating the opioid crisis.

Under the agreements, most of the money is to be used to combat the nation's addiction and overdose crisis.

Drug overdoses caused more than 1 million deaths in the U.S. from 1999 through 2021, and the majority of those involved opioids.

At first, the crisis centered on prescription painkillers that gained more acceptance in the 1990s, and later heroin.

Over the past decade, the death toll has reached an all-time high, and the biggest killers have been synthetic opioids such as fentanyl that are in the supply of many street drugs.

Washington state's Democratic attorney general sued Johnson & Johnson in 2020, alleging that it helped drive the pharmaceutical industry's expansion of prescription opioids.

He also claimed that the company made a distinct mark on Washington's opioid crisis by deceiving doctors and the public about the effectiveness of opioids for chronic pain and the risk of addiction.

The attorney general's office noted that in 2015 the company was the largest supplier in the country of the active pharmaceutical ingredients that go into opioid drugs.

Johnson & Johnson said in a written statement Monday that Duragesic, its fentanyl patch, and its Nucynta opioid accounted for less than 1% of opioid prescriptions in the state and the U.S., adding that it has not sold prescription opioid medications in the country in years.

"The Company's actions relating to the marketing and promotion of important prescription opioid medications were appropriate and responsible," according to the statement.

## ◀BEST from page 1

building I've worked in. It's probably one of the most honoring awards I've received in my career."

In the Flex Programming Space, students can see other students who have been on the BEST Board since 2015.

"It's an ongoing thing that we

want (everyone from) students to alums to come back and say, 'Hey, look, there's me on the board, I was on the BEST board,'" said Koupal. "We want it to be a continuing, organic kind of growth and for students to always feel like their achievement is continually recognized."

## ◀ STALK from page 1

than cisgender students (28% cis women, 29% cis men) to do so.

- Of those who contact a campus program for help, 40% say it was extremely or very useful and 35% say it was a little or not at all useful.

- An estimated 13.5 million people are stalked in a one-year period in the United States.

- Nearly 1 in 3 women and 1 in 6 men have experienced stalking victimization at some point in their lifetime.

- More than half of all victims of stalking indicated that they were stalked before the age of 25, and nearly 1 in 4 were stalked be-

## Americans' economic outlook brightens as inflation slows



NAM Y. HUH • The Associated Press

A customer checks prices while shopping at a grocery store in Wheeling, Ill., Friday, Jan. 19, 2024. A typical basket of groceries now costs 20% more than in February 2021, just before inflation began to take off.

By CHRISTOPHER RUGABER  
The Associated Press

After an extended period of gloom, Americans are starting to feel better about inflation and the economy — a trend that could sustain consumer spending, fuel economic growth and potentially affect President Joe Biden's political fortunes.

A measure of consumer sentiment by the University of Michigan has jumped in the past two months by the most since 1991. A survey by the Federal Reserve Bank of New York found that Americans' inflation expectations have reached their lowest point in nearly three years. And the same survey, released last week, found that the proportion who expect their own finances to improve a year from now is at its highest level since June 2021.

Economists say consumers appear to be responding to steadily slower inflation, higher incomes, lower gas prices and a rising stock market.

Inflation has tumbled from a peak of around 9% in June 2022 to 3.4%. According to the Federal Reserve's preferred price gauge, inflation has reached the Fed's annual 2% target when measured over the past six months.

What's more, paychecks have outpaced inflation over the past year, thereby easing Americans' adjustment to a higher cost of living. Weekly earnings for the typical worker — halfway between the highest and lowest earners — rose 2.2% last year after adjusting for inflation, the government reported last week. By that measure, inflation-adjusted pay is 2.5% higher than before the pandemic.

"While falling inflation took some time to feed through to consumer sentiment, it appears the good news is finally getting through," said Grace Zwemmer, an analyst at Oxford Economics.

Consumers' inflation expectations are important because they can become self-perpetuating: When people expect inflation to stay high, they often change their behavior, by accelerating purchases before prices rise further, which can, in turn, fuel more inflation. By contrast, lower inflation expectations can reverse that

dynamic and help cool inflation.

Even with the steady slowdown in inflation, prices are still nearly 17% higher than they were three years ago, a source of discontent for many Americans. Though some individual goods are becoming less expensive, overall prices will likely remain well above their pre-pandemic levels.

That dichotomy — a rapid fall in inflation with a still-elevated cost of living — will likely set up a key question in the minds of voters, many of whom are still feeling the lingering financial and psychological effects of the worst bout of inflation in four decades. Which will carry more weight in the presidential election: The dramatic decline in inflation or the fact that most prices are much higher than they were three years ago?

Consider the price of food, one of the items people encounter most frequently. Grocery inflation has plummeted from a year-over-year peak of 13.5% in August 2022 to just 1.3%. Yet a typical basket of groceries still costs 20% more than it did in February 2021, just before inflation began to accelerate. On average, chicken prices are up 25%. So, too, is bread. Milk is 18% more expensive than it was before the pandemic.

The cost to rent an apartment has also soared and is still rising faster than before the pandemic. Rental costs are up 6.5% from a year earlier, nearly twice the pre-pandemic pace. At their peak in early 2023, rents were rising nearly 9% annually.

Sharply higher costs for such necessities as food and rent still represent a heavy burden for people like Romane Marshall, a 30-year-old software engineer who lives on the outskirts of Atlanta.

In late 2020, Marshall took computer coding classes to try to move beyond the warehouse and customer service jobs he had previously held. When he was hired by a professional services consulting firm in April 2021, he was "ecstatic." After he completed an apprenticeship program the next year, his pay jumped from \$50,000 to \$60,000.

## Oregon facing rampant public drug use

By CLAIRE RUSH  
The Associated Press

Democratic lawmakers in Oregon on Tuesday unveiled a sweeping new bill that would undo a key part of the state's first-in-the-nation drug decriminalization law, a recognition that public opinion has soured on the measure amid rampant public drug use during the fentanyl crisis.

The bill would recriminalize the possession of small amounts of drugs as a low-level misdemeanor, enabling police to confiscate them and crack down on their use on sidewalks and in parks, its authors said.

It also aims to make it easier to prosecute dealers, to access addiction treatment medication, and to obtain and keep housing without facing discrimination for using that medication.

"It's the compromise path, but also the best policy that we can come up with to make sure that we are continuing to keep communities safe and save lives," state Sen. Kate Lieber, a Portland Democrat, told The Associated Press.



DAVE KILLEN • AP FILE

A person holds drug paraphernalia near the Washington Center building on SW Washington Street, April 4, 2023, in downtown Portland, Ore. On Tuesday, Jan. 23, 2024.

Voters passed the pioneering decriminalization law, Measure 110, with 58% support in 2020.

But Democratic legislators who championed it as a way to treat addiction as a public health matter, not a crime, are now contending with one of the nation's

largest spikes in overdose deaths, along with intensifying pressure from Republicans and growing calls from a well-funded campaign group to overhaul it.

Researchers say it's too soon to determine whether the law has contributed to the state's deadly overdose surge.

### ◀ SECURITY from page 1

ically targeted during use. In addition, being water based means that individuals who are exposed are more easily decontaminated compared to pepper spray.

These claims were backed up by physician John W. Lyng in a statement put out by Cortega.

"It is my clinical opinion that the ability to rapidly and easily decontaminate subjects exposed to REPULS likely translates to a significant reduction in the risk for injury from this product compared to the risks associated with exposure to OC [oleoresin capsai-

cin, an ingredient found in pepper spray] containing chemical irritants. Additionally, the risks associated with cross-contamination to first responders and other healthcare personnel appear to be substantially reduced with REPULS compared to other deterrent spray products on the market," said Lyng.

However, a report published by Investigative Ophthalmology and Visual Science in June 2023 found that ocular injuries from Repuls could last longer than those sustained by exposure to pepper spray.

Since the new tools were introduced at MSU, there has been only one documented use of handcuffs by campus security. That use happened as the result of an assault on a member of campus security.

"I had hoped that we would never ever use them, but we did use the handcuffs on an individual at stadium heights within the first few weeks. But he started assaulting the officer so at that point they used handcuffs," said Schnorenberg.

According to Schnorenberg, Repuls has not yet been used by campus security.

MINNESOTA STATE UNIVERSITY, MANKATO  
LIBRARY SERVICES

## Try the Interlibrary Loan Service at Memorial Library!

Interlibrary Loan allows books and other materials from one library to be loaned to someone at another library. The service is free for students, faculty and staff.

FOR INFORMATION, SCAN THIS QR CODE!



MINNESOTA STATE

Minnesota State University, Mankato  
A member of Minnesota State

# 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

## Stay informed, read the news

From using our computers for classes and work to spending any spare minute on our phones, there's never a moment when we're not connected to a screen.

However, in all that time we engage with technology, the media we're seeing usually isn't news regarding the local, nationwide or global news.

College students can disregard news easily. They'll say it doesn't impact them in any way or is boring.

However, the news isn't just another form of media to consume; it's a way to stay connected with the rest of the world and a form of education.

News informs us of what's occurring in the world, broken down so we can understand what's happening.

It keeps us updated on other cultures, the ongoings of society and changes to our future.

Additionally, reading the news often makes us knowledgeable in any conversation.

With the amount of content available to us, it can be difficult to determine which sites have correct information and which ones don't.

More and more websites are also tending to focus more on celebrity gossip and the latest trends in fashion, beauty and lifestyles.

The Reporter focuses heavily on news pertaining to students and events on campus as opposed to general news.

Reading the news opens our eyes to topics that are important to us.

We can gain more information from several sources as opposed to a 10-slide Instagram post.

News websites crank out stories every day as their goal is to keep the general public informed with what's going on.

When we want to know what's going on when an emergency strikes, we immediately turn to the news.

The news is never going to go away.

It's a part of our daily lives, more than we think it is. It's how we think about our next few purchases, when we'll travel depending on the weather forecast and who we'll vote for in upcoming elections. It's important to stay updated in our ever-changing world.

Taking a few minutes to read a couple of news stories pays off in the long run, so catch the latest scoop!

# Perspectives

## Why Not Today?

# Transgender athletes deserve to play sports too



Courtesy CNN

Pictured above is Caster Semenya who was barred from running track with women due to too much testosterone

My mom was the second female athlete to compete in high school cross country competitions in New York state. According to her, it was accepted wisdom at the time that a woman running more than a mile would cause her uterus to fall out.

My mom was a runner. That's who she was. Many a conversation she had with people she just met in our small town included the line, "Oh you're the woman I see running every morning."

I myself was never an athlete. I played soccer and baseball in elementary school. In high school, I did drama club and boy scouts. Since I've come to Mankato, I have taken up pickleball, a sport I wish had been around when I was a teenager because it's the



Jeremy Redlien  
Staff Writer

first sport I've played that I was not completely terrible at.

I know there are many reasons why sports should be gendered. Testosterone helps generate muscle mass and since men have higher testosterone levels, women won't be able to fairly compete at elite levels with men and are at increased risk of injury when it comes to full contact sports like wrestling.

And with the segregation of sports by gender comes the issue of transgender athletes. Where do transgender athletes compete then? What about intersex people?

It's a hot-button topic that's generated a lot of interest in the past decade.

What I want to ask however, is what happens if sports are completely gender desegregated?

Right now it appears men would dominate most sports. Sorry ladies. But women have been found to have advantages when it comes to endurance sporting events.

Furthermore, the research into female athletes and athletic practices is itself lacking. Cara Ocobock, in her book "Sex in Sports: Men Don't Al-

COLUMN on page5 ▶

# Pulse

## "What is on your bucket list?"

Compiled by Dylan Long



FELESHA DAMMANN,  
SENIOR

"Skydiving"



ALICIA ROBLES,  
SOPHOMORE

"Scuba dive"



JACOB TANG,  
JUNIOR

"Diving in South East Asia."



KAITLEEN ARMSTRONG,  
SOPHOMORE

"Travel to Europe."



KELLY NIKOMRAT,  
JUNIOR

"Skydiving"



TYLER LORBESKI,  
SOPHOMORE

"Visit Japan."

# What to know as the US marks Roe V. Wade anniversary



ANDREW HARNIK • AP File

Abortion rights advocates and anti-abortion protesters demonstrate in front of the U.S. Supreme Court, Dec. 1, 2021, in Washington.

By GEOFF MULVIHILL  
The Associated Press

Since the U.S. Supreme Court's Roe v. Wade ruling on Jan. 22, 1973, the time around the anniversary has always been marked by rallies, protests and political pledges.

This time, after the 2022 ruling that overturned the nationwide right to abortion that Roe provided, there's a flurry of activity as state policy gets decided by courts, lawmakers and voters.

It's also giving Democrats, including President Joe Biden's reelection campaign, a chance to rally voters around abortion access.

Abortion opponents also rallied last week in Washington with a context that's different from past editions of the annual March for Life.

There's no longer a nationwide right to abortion and 14 states have bans on abortion at all stages of pregnancy.

But the political fallout has boosted their opponents more than them.

There were still some traditional anti-abortion rallies, including one in St. Paul, Minnesota, where an estimated 2,000 people attended, with many placing life-size models of fetuses on the steps of the state Capitol in protest of pol-

icies that protect abortion access.

Here's what to know about several developments.

**BALLOT DRIVE LAUNCHES IN COLORADO**

**O, CAMPAIGN IN MARYLAND**

At least a hundred people gathered on the steps of the Colorado Capitol on Monday to launch a signature campaign for a ballot measure to enshrine abortion rights in the state's constitution. A cardboard sign read, "Someone you love has had an abortion," as state lawmakers and the Colorado attorney general bunched around a microphone and the crowd cheered.

Colorado's legislature passed abortion protections last year, but "if we don't enshrine it in the constitution, we will be at the whim of lawmakers," said Nicole Hensel, executive director of New Era Colorado, one of the coalition of groups behind the Coloradans for Protecting Reproductive Freedom campaign.

Colorado has become an island of abortion protections as surrounding states installed restrictions after Roe was overturned. The Cobalt Abortion Fund based in Colorado spent six times the amount helping people get abortions in 2023 as they did in 2021.

Advocates in Maryland also used Monday's Roe v. Wade anni-

versary to begin their campaign to support the ballot measure to enshrine abortion rights in the state constitution that's already on the ballot there for November.

The only other state where a statewide vote on abortion rights in 2024 is sure to happen is New York, where the proposed amendment includes protecting reproductive freedom.

But similar votes are under consideration in more than a dozen states.

Since 2022, abortion rights supporters have prevailed on all seven statewide ballot measures.

**LAWMAKERS IN WISCONSIN, MAINE CONSIDER BALLOT MEASURES**

Lawmakers in two states scheduled hearings for Monday as first steps to ask voters to change abortion policy. Both face uphill battles.

In Maine, Democrats are pushing for a measure that would protect reproductive autonomy in the state constitution.

Democrats control both chambers of the Legislature and the governor's office and, under state law, abortion is allowed at any point throughout pregnancy, if it's deemed necessary by a doctor.

But advancing a measure to voters would require the approval of two-thirds of both legislative chambers.

# What to know about Sweden's bumpy road toward NATO



PETER KLAUNZER • The Associated Press

A Swedish build Saab Jas Gripen F Demonstrator jet performs during a flight show of the Swiss air force in Axalp near Meiringen, Switzerland, on Oct. 11, 2012.

The Associated Press

Sweden's bid to join NATO — held up for almost two years — cleared its next-to-last hurdle when Turkey's parliament gave its go-ahead to let the Nordic country into the alliance.

All existing NATO countries must give their approval before a new member can join the alliance, and Hungary is now the only member that hasn't given Sweden the green light.

Here is a look at Sweden's complicated path toward NATO membership.

**WHY DOES SWEDEN WANT TO JOIN NATO?**

Sweden has stayed out of military alliances for more than 200 years and long ruled out seeking NATO membership. But after Russia's full-scale invasion of Ukraine in February 2022, it ditched its longstanding policy of nonalignment almost overnight and decided to apply to join the alliance together with neighboring Finland.

Both Sweden and Finland had already developed strong ties with NATO after the end of the Cold War, but public opinion remained firmly against full membership until the war in Ukraine.

Nonalignment was seen as the best way to avoid creating tensions with Russia, their powerful neighbor in the Baltic Sea region. But the Russian aggression caused a dramatic shift in both countries, with polls showing a surge in support for NATO membership.

Political parties in both Finland and Sweden decided they needed the security guarantees that only come with full membership in the U.S.-led alliance.

**WHY IS IT TAKING SO LONG?**

While Finland became NATO's 31st member in April of last year, Sweden's application has been held up by Turkey and Hungary. To let Sweden join, Turkish President Recep Tayyip Erdogan put forth a series of conditions including a tougher stance toward groups that Turkey regards as threats to its security, such as Kurdish militants and members of a network it blames for a failed coup in 2016.

Although the Swedish government tried to appease Erdogan

by lifting an arms embargo on Turkey and promising to cooperate on fighting terrorism, public demonstrations in Sweden by supporters of the outlawed Kurdistan Workers' Party, or PKK, and by anti-Muslim activists who burned the Quran complicated the situation.

Pressure from the U.S. and other NATO allies on Turkey to remove its objections to Swedish membership appeared to have little effect until Erdogan said at a NATO summit last year that he would send the documents to Parliament for approval. But the issue was held up in Parliament until lawmakers finally held a vote on the issue Tuesday and ratified Sweden's accession protocol by 287 votes to 55.

That leaves Hungary as the last hurdle for Sweden's NATO bid. Hungary initially didn't give any clear reason for its delays and Prime Minister Viktor Orbán long insisted that his country wouldn't be the last to give Sweden its approval. But the tone toward Stockholm hardened last year, with Hungary accusing Swedish politicians of telling "blatant lies" about the condition of Hungary's democracy.

Orbán, who has broken ranks with NATO allies by adopting a Kremlin-friendly stance toward Russia's invasion of Ukraine, said Tuesday that he had invited Swedish Prime Minister Ulf Kristersson to Budapest to discuss "future cooperation in the field of security and defence as allies and partners."

Unless an emergency session of Hungary's parliament is called to debate Sweden's NATO bid, its next scheduled assembly is expected on Feb. 26.

**WHAT WOULD SWEDEN BRING TO THE ALLIANCE?**

The inclusion of Sweden would leave the Baltic Sea surrounded by NATO countries, strengthening the alliance in the strategically important region.

The Baltic Sea is Russia's maritime point of access to the city of St. Petersburg and the Kaliningrad enclave.

Sweden's armed forces, though sharply downsized since the Cold War, are widely seen as a potential boost to NATO's collective defense in the region.

◀COLUMN from page 4

ways Have the Advantage," she writes, "Women are horribly underrepresented in exercise physiology — both as researchers and research participants. Because of this lack of representation, we know comparatively little about the best training and nutritional practices for women, much less their performance limits."

Consider also the following scenario. Take any two random groups of people. Active-

ly encourage the first group to participate in athletic activities, while discouraging the second group in various ways, such as by telling them they'll lose vital reproductive organs if they run over a mile. Encourage different diets in each group. In fact, go so far as to constantly attack the self esteem and body image of the second group so that they become more likely to develop eating disorders.

Now ask yourself which group is going to produce better

athletes.

My point is: I'm not sure we really know if cis men are naturally better athletes compared to cis women or if such advantages are the result of years of society structuring things so that cis men are more likely to develop superior athletic abilities.

Ultimately, cisgender and transgender people deserve to play professional sports. It's just as simple as that.

# 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](http://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](http://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](http://yaegerbus.com)

# ...: MANKATO

## NOW HIRING!



1949 **75** YEARS 2024  
**SCHMIDT**<sup>®</sup>  
SIDING & WINDOW

[SCHMIDTMANKATO.COM/EMPLOYMENT/](http://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](http://bit.ly/ISG_careers)



Architecture + Engineering + Environmental + Planning | ISGInc.com



# WE ARE HIRING!

APPLICATIONS AVAILABLE ONLINE AT  
[www.harrymeyringcenter.org](http://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

## Men's hockey to host Northern Michigan

By AHMED HASSAN  
Staff Writer

After coming off a series split on the road against Bowling Green, the Mavericks return home to face the Northern Michigan Wildcats on Friday.

The Mavs return home after the road trip as they look to improve their home record and have the support of the Maverick fans behind them. The Mavs are currently 6-5-0 at home while holding a 6-4-3 record on the road.

The Mavericks sit at third in the Central Collegiate Hockey Association standings with a 8-5-1 conference record and a 12-9-3 overall record while Northern Michigan is in sixth place with a 6-8-0 conference record and a 8-12-2 overall record.

The Mavs have yet to face Northern Michigan this season which will make for a very interesting matchup. With the end of the season winding down, a sweep for the Mavs would put them in the perfect position to finish top of the CCHA as they cannot afford a loss at this crucial point in the season at home.

The Mavs have beaten Northern Michigan in 8 of their 10 last meetings. The last time these two teams faced off it was

a battle; the Mavs coming out on top in the CCHA championship winning 3-2 in overtime.

Maverick Senior Lucas Sowder is fresh off winning CCHA forward of the week after his electric performance against Bowling Green scoring two goals and two assists.

Sowder is a player to watch. He has caught fire in the past few matches for the Mavs scoring four goals and recording three assists for seven points over his past seven games.

Sam Morton leads all Maverick scorers this season with 18 goals and eight assists for 26 points. Morton has scored a goal in each of his last three games as he looks to continue that streak.

"They're two of the biggest pillars we have, they keep each other competitive on and off the rink," Head Coach Luke Strand said about Morton and Sowder during a press conference. "At the end of the day, they haven't tried to do things by themselves. They've got a great mind of what they've been through and what they're going to go forward with."

Northern Michigan will look to improve their away record against the Mavs as they have been terrible on the road with a 1-9-1 away record. North-



Courtesy Maverick Athletics

The Mavericks are set to take on the Northern Michigan Wildcats this weekend. The Mavs have beaten the Wildcats in 8 out of 10 of their last meetings. If the Mavs win,

ern Michigan comes facing the Mavericks having lost three of their last four games.

Northern Michigan will be looking to Andre Ghanous and Michael Colella to continue their productive seasons; Ghan-

tous has 7 goals and 16 assists for 23 points thus far, Colella comes into the game with 2 goals and 2 assists. in the past four games.

"They've got size and some mobility, they're going to play

a connected game," Strand said. "They've got some dynamic on the frontside that can change the game. You've got to get to their side of the rink and put pressure on their goaltending and their

**HOCKEY on page 9»**

## No. 5 Mavs look to rebound after first loss

By HAYDEN LEE  
Staff Writer

The polls have spoken.

After a week in which the Minnesota State men's basketball team was ranked No. 1 in the National Association of Basketball Coaches Poll, they suffered their first loss of the season. As a result, they dropped to No. 5 in the most recent poll.

Minnesota State is one of three teams in the Northern Sun Intercollegiate Conference to be ranked in the top-5 of this poll. The other two are No. 16 Minot State, who handed the Mavs their lone loss on the season last weekend, and newly No. 3-ranked MSU Moorhead, who the Mavs play this weekend.

The Dragons held the No. 1 spot a few weeks ago, but just like the Mavericks, they lost their first game of their season in the week they were promoted to the top rank.

The Dragons and Mavericks have a rich playing history that goes back over 80 years. Their first game came back in 1932, where the Mavericks took home a 37-28 victory. In today's era, that would likely be a low-scoring first half, especially with the



Courtesy Maverick Athletics

The Mavericks, which were ranked #1 last week, fell to the fifth spot after going 1-1 last weekend against Minot State (L, 81-71) and UMary (W, 87-71). Only 10 games remain in the season with two of them played this weekend.

offensive firepower both teams possess. This year's Mavericks team is averaging 91.6 points per game, while the Dragons av-

erage just over 80.

The two teams have relatively similar defensive stats, with the Mavericks allowing an aver-

age of .2 points per game more than the Dragons. Each team also holds opponents to under 46% from the field and 33%

from three-point range. In what is shaping up to be a game that could determine the top seed in the conference, the teams appear evenly matched.

But before they take on the Dragons, the Mavericks will play their first home game in three weeks against another in-state rival, St. Cloud State. The Huskies are right in the middle of the pack in the NSIC with an 8-10 record and are coming off of a loss against the Augustana Vikings.

The Huskies hosted the Mavericks earlier in the year in the opening week of conference play, where the Mavericks left Halenbeck Hall with a 78-61 victory.

Since that day, a quartet of offensive weapons has arisen in St. Cloud. Luke Taylor, Lucas Morgan, Jamiir Allen and Amish Ramlall are all averaging around 10 ppg.

With only 10 games left in the regular season for the Mavericks, every win matters, and they will have the comfort of playing six of the 10 at Taylor Center. Two of those six will be played this weekend, as Friday's game will begin at 7:30 and Saturday's at 5:30.



# Women's Basketball returns home ranked



Courtesy Maverick Athletics

The Minnesota State women's basketball team has earned the WBCA NCAA Division II Top-25 Coaches Poll after a 12-game win streak.

By LUKE JACKSON  
News Editor

After starting the year 2-4, the Minnesota State women's basketball team went on a 12-game win streak, earning a spot back in the WBCA NCAA Division II Top-25 Coaches Poll.

To start the season, the Mavs were ranked second in the preseason polls. Their last two wins versus Minot State University and University of Mary propelled them just enough for national recognition. Now, ranked 25th, they are back in the polls for the first time this year.

Throughout their 12-game win streak, they have taken down 11 conference teams which places them first in the Northern Sun Intercollegiate Conference. On average, they won each game by 25.6 points.

They have the highest-rated offense scoring 77 points and the fourth-rated defense averaging 17 steals per-game.

Against Minot, they won by

attacking the glass. They collected 22 offensive rebounds and gained 25 points off of second chance points. Natalie Bremer led the team with 21 points and six rebounds. Three other players scored double digit points in the 87-72 win.

After the game, head coach Emilie Thiesse stated the team needs to be more consistent with their "defensive edge." In the following win against UMary, they had 16 steals which converted into 30 points off turnovers.

The back and forth game had 13 lead changes and 10 tied scores. Ultimately, Joey Batt and personal fouls led the team to victory. Batt earned 21 points, four rebounds and three steals. The team went 16-24 on free throw attempts in the fourth quarter which closed out the nail-biter, 76-66.

The Mavs now host St. Cloud State University Friday and Minnesota State University, Moorhead Saturday. Both teams sit in the middle of the

conference. St. Cloud is 7-5 while Moorhead is 6-6.

Ashley Sawicki leads St. Cloud. While just being a sophomore, she was named to the NSIC's Shining 5. This is her second NSIC weekly honor of the year. She averaged 13.5 points, 8.0 rebounds, 3.5 assists and 1.5 steals in their pair of home wins this past weekend. She shot 68.8% from the field and posted a double-double with 12 points and 12 rebounds.

Their trip to MSU will be their first time leaving home in 20 days. SCSU closed out their four-game homestead going 3-1, winning their last three with a margin of 13.7 points.

For Moorhead, they are also coming off a four-game homestead. The Dragons were not as successful as they went 1-3 and are coming to Mankato on a two-game losing streak.

Natalie Jens leads the team with 15.8 points per game. She also has 70 assists and 38 steals this season.

against Northern Michigan.

This weekend's games will be held at Mayo Health Civic Center at 7:07 p.m. on Friday and 6:07 p.m. on Saturday.

"Finding our way to play

the best hockey at the best time of the year takes everyone," said Strand. They've got to decide what they're willing to do versus what they're just capable of."

## Maple Leafs beat Jets 1-0 in overtime

The Associated Press

Auston Matthews scored his NHL-leading 39th goal at 4:13 of overtime to give the Toronto Maple Leafs a 1-0 victory over the Winnipeg Jets on Wednesday

night in the opener of a home-and-home set.

Matthews took a pass from Morgan Rielly at the lip of the crease and redirected the puck past goalie Laurent Brossoit. Ilya Samsonov made 32 saves for his second shutout of the

season.

The teams will meet again Saturday night in Winnipeg.

Brossoit stopped 29 shots. Winnipeg has lost two straight for the first time since late November. The Jets fell 4-1 in Boston on Monday night.

## Joe Mauer, Adrian Beltré elected into baseball Hall of Fame



STACY BENGIS • The Associated Press

Former Minnesota Twins' Joe Mauer smiles during the ceremony inducting him into the Minnesota Twins Hall of Fame.

By RONALD BLUM  
The Associated Press

Todd Helton thought back to when he was a kid being coached by his father, Jerry, a minor league catcher in the 1960s.

"When I would go 1 for 3 — and it's a bad day when you're young — he'd say 1 for 3 gets you into the Hall of Fame," Helton said.

Helton, Adrián Beltré and Joe Mauer were voted into Cooperstown on Tuesday, feeling elation and relief when they were rewarded with baseball's highest honor.

Beltré was a no-doubt, first-ballot choice after batting .286 with 477 homers, 1,707 RBIs and 3,166 hits for four teams over 21 seasons. The third baseman appeared on 366 of 385 ballots (95.1%) cast by members of the Baseball Writers' Association of America.

Helton made it on the sixth try, voters taking time to warm to statistics inflated by the thin mile-high air of Denver's Coors Field over 17 seasons, all with the Colorado Rockies. The first baseman got 307 votes for 79.7% after falling 11 short last year when Scott Rolen was elected. Helton started at 16.5% support in 2019.

"I was the most superstitious guy in the world," Helton said. "I hadn't been superstitious in 10 years until today."

Mauer (293, 76.1%) joined Johnny Bench and Iván Rodríguez as the only first-ballot picks who primarily were catchers and at 40 became the youngest living Hall of Famer. He got 293 votes (76.1%), four more than the 75% needed, after batting .306 with 143 homers and 906 RBIs in 15 years, all with his hometown Minnesota Twins.

"Goes by way too fast," Mauer said.

Beltré, Mauer and Helton will be inducted on July 21 along with Jim Leyland, elected last month by the contemporary era committee for managers, executives and umpires.

There are 273 players among 346 people in the Hall, and just 60 of those players were elected on the first try.

Beltré becomes the fifth Dominican-born Hall of Famer after Juan Marichal, Pedro Martínez, Vladimir Guerrero and David Ortiz.

"I'm proud of the fact that I was able to play for a long time and be able to compete at the highest level," Beltré said. "I'm honored to be in the Hall of Fame. It's something that I never even dreamed of."

Reliever Billy Wagner was five votes short at 284 (73.8%) but up from 68.1% last year. He will appear on the ballot for the 10th and final time in 2025, when Ichiro Suzuki and CC Sabathia are newly eligible.

Gary Sheffield got 246 votes for 63.9% in his final appearance on the BBWAA ballot, up from 55% last year and 11.7% in 2015. He is eligible for consideration by the contemporary baseball player committee, which next meets in December 2025.

Beltré, a four-time All-Star and five-time Gold Glove winner, played for the Los Angeles Dodgers (1998-2004), Seattle (2005-09), Boston (2010) and Texas (2011-18). His 2,759 games at third base are second to Brooks Robinson's 2,870 and his 636 doubles are 11th.

Helton, a five-time All-Star first baseman and the 2000 major league batting champion, hit .345 with 200 homers and 791 RBIs at home and .287 with 142 homers and 547 RBIs on the road.

Mauer was a six-time All-Star, three-time Gold Glove winner and the 2009 AL MVP. An All-Star in six of his first 10 big league seasons and the only catcher to win three batting titles, Mauer moved to first base for his last five years following a concussion on a foul tip off the bat of the New York Mets' Ike Davis on Aug. 19, 2013, an injury that ended Mauer's season. Concussion symptoms returned on May 11, 2018, when he had whiplash while diving for a foul ball.

## John Harbaugh and Andy Reid to reunite at AFC game



JULIO CORTEZ • The Associated Press

Baltimore Ravens head coach John Harbaugh, left, and Kansas City Chiefs head coach Andy Reid chat before an NFL football game.

By NOAH TRISTER  
The Associated Press

John Harbaugh once defeated his own brother in a Super Bowl, so going up against someone he used to work with may not be all that emotional.

Still, there's plenty of respect between the Baltimore coach and his counterpart this weekend: Kansas City's Andy Reid.

"Obviously, it's a big deal in terms of the relationship," Harbaugh said this week. "It goes back a long, long, long way. Utmost respect for Andy, utmost appreciation for what he's accomplished as a coach. We were together for 10 years, the first 10 years there in Philly. We were in a lot of championship games, and a lot of playoff games."

They'll face each other as head coaches for the first time in a playoff game when the Ravens host the Chiefs on Sunday. That's somewhat remarkable given how successful they've been. This is Harbaugh's fourth AFC championship game with Baltimore and Reid's sixth in a row with Kansas City.

Reid leads their head-to-head series 5-2 since he and Harbaugh went their separate ways during the former's tenure at the helm of the Philadelphia Eagles.

"John does a phenomenal job. He knows the whole game," Reid said. "He was a great special teams coach, a great secondary coach and he's been a great head coach. Very proud of him and all he's done and accomplished."

Harbaugh was a special teams coordinator in 1998 for the Eagles under Ray Rhodes, then remained in that role for eight seasons after Reid took over the following season.

"Ray Rhodes was great to be around for a year or two. If Ray's out there listening, just thank you very much. I'm always appreciative of what I learned from Ray," Harbaugh said. "Then Andy came in, I was hoping to stay, and he gave me an opportunity to do

it. I was young and just figuring things out. That was good of him, and hope he's glad he did, looking back on it."

Reid said he'd known Harbaugh's father, Jack, before keeping John on his staff in Philadelphia.

"His dad was the best. He was real close with LaVell Edwards (at BYU). I did a thing at a hospital one time with them. I was a young coach, carrying Coach Edwards' bag. And I got to know them, and we were like, the three coaches at this whole convention that showed up at the hospital," Reid said. "We spent a couple of days together and it was great. I never forgot it. So when I met John, I was like, 'If you're half as good as your dad, you're on.' And he's been that."

Harbaugh became a secondary coach for Philadelphia in 2007, then took over the Ravens the following season. He won a Super Bowl in his fifth season in Baltimore. The opponent in that game was San Francisco, then coached by his brother, Jim.

Lately, Reid's Chiefs have been the team to beat in the AFC. Their streak of six straight conference title games has been accompanied by two Super Bowl wins, one of which came last year.

Reid also reached four NFC title games in a row in Philadelphia with Harbaugh on his staff.

Aside from Harbaugh, Reid's coaching tree includes another Super Bowl-winning head coach in Doug Pederson, as well as Sean McDermott of the Buffalo Bills, whom Kansas City defeated last weekend.

"You think about all the great coaches that were on that staff that Andy assembled and mentored and taught us all so much," Harbaugh said. "We were a close group of guys, a staff that loved each other. I see a lot of that on this (Ravens) staff, too."

Although it's been a while since he and Reid coached together, some of the lessons are easy to recall.

## Olympics omits Draymond Green

By TIM REYNOLDS  
The Associated Press

USA Basketball says it wants the best for Draymond Green, which is why the federation does not have him in its plans for the Paris Olympics.

Green's omission from the pool of 41 players who are now candidates to play for the United States at the Paris Games was explained Wednesday by men's national team managing director Grant Hill, who spoke highly of the Golden State forward's history with the national team and how he helped the Americans win Olympic gold in 2016 and 2021.

But it was Green's recent history — two suspensions for on-court conduct this season — that Hill and USA Basketball couldn't ignore.

"We all understand and certainly have great respect and sensitivity to this particular period in his career and he's working through some things both on and off the court," Hill said. "We at USA Basketball, we want to support him on his journey. We just didn't feel that playing over the summer gives him the best opportunity to do what he needs to do."

Green appeared in 16 of Golden State's first 40 games this season, his absences primarily because of the two suspensions — five games for grabbing Minnesota's Rudy Gobert around the neck during an on-court incident in November, then an indefinite banning after he struck Phoenix's Jusuf Nurkic in the face in December.

Green wound up missing 12 games before being reinstat-



BRANDON DILL • The Associated Press

Golden State Warriors forward Draymond Green (23) handles the ball in the first half of an NBA basketball game against the Memphis Grizzlies.

ed and four more games while ramping up to return to play.

Green is one of four current NBA players with more than one Olympic gold medal. The others — three-time gold medalist Kevin Durant and two-time gold medalists LeBron James and Chris Paul — are among the 41-player list that was released Tuesday.

But Green was hardly the only previous gold medalist that didn't make the initial list for this summer; of the 26 active NBA players with gold medals, 13 are in the pool, 13 aren't.

"His contributions have been significant, and he is a real part of the legacy of this organization for his excellence," Hill said. "But in lieu of what's transpired this year, we made a decision to not have him on this list."

It was the first of many tough decisions awaiting Hill,

men's national team director Sean Ford, national team coach Steve Kerr and others in the coming months as a list of 41 players has to get pared down to a 12-person Olympic team. There are a slew of players in line to potentially make their first Olympic team, including reigning MVP Joel Embiid and four-time NBA champion Stephen Curry.

There won't be tryouts and Hill's hope is to have the roster picked at some point during the NBA playoffs, which makes sometime in May a logical target for a team unveiling. All 41 players on the current list have expressed interest in playing; 24 have been All-Stars, with a combined 131 selections.

That means, at minimum, 12 past All-Stars won't graduate from the pool to the actual Olympic team this summer. The team will convene in Las Vegas for camp in early July.

**JOIN US FOR STUDENT  
RED EYE BREAKFAST**  
SATURDAY & SUNDAY • 9AM-12PM

- 2 Eggs Your Way
- 3 Slices of Bacon
- Choice of Hashbrowns or Potatoes
- Choice of Bloody Mary or Screwdriver

MUST HAVE  
STUDENT I.D. &  
LEGAL DRIVERS  
LICENSE.

**414 S. FRONT ST.  
MANKATO  
507-388-7767**

**ROUNDERS**  
SPORTS BAR & GRILL

# VARIETY

## Mavericks have an “ice” day

By ANAHI ZUNIGA  
Staff Writer

Winter temperatures this week have become a bit more warmer, giving Minnesota State students a chance to get outside and feel the cool winter weather breeze and perhaps even enjoy a winter favorite activity: skating.

From Tuesday through Friday of this week, the Student Events Team has put on MSU’s very first Maverick Winterfest outside the Performing Arts Center where students can ice skate while enjoying music and spark friendly conversations with other fellow Mavericks.

Senior Henry Bowring-McDonough, Maverick Traditions Chair for the Student Events Team, explained the process of planning this first time event for spring semester.

“This is the first event of its kind in terms of everything coming together. There was a lot more that was supposed to happen for this event but just because we weren’t able to meet every single aspiration that we have for this event, it’s still gonna be super fun,” McDonough said. “So just being able to plan super far in advance and roll with the punches as they come and being able to work through that and still put together a cohesive event.”

With the theme being “winter wonderland,” McDonough shares how his placement as traditions chair helped him organize the event and how he sees it continuing for a few more years and how it can



NATE TILAHUN • The Reporter

The Students Event Team is putting together Maverick Winterfest Tuesday through Friday this week, featuring an ice rink outside the Performing Arts Center. Students who are skilled on the ice and beginners are welcome to try out skating.

become bigger with the collaboration of Mankato.

“As the traditions chair, I’m supposed to have a certain number of events per semester and I had an opening for this semester around this time of year. Usually, it’s something like an ice sculpture or snow sculpture. My boss Bill presented one day like ‘Would you like to

just do something completely different and completely new?’ and I was ‘I might as well,’” McDonough said. “We’re already planning for next year. One thing that we were hoping to get done this year but we knew it was kind of a long shot was to get in contact with Mankato City and to connect with their winter carnival that they do every

year. And while that didn’t work this year, it’s looking like it’s going to next year. It’s gonna be a lot bigger next year.”

Senior Brooke Andel and freshman Kaleigh Cottrell said that they enjoyed the event because it was accessible and close proximity for MSU students and how ice skating

**ICE on page 12►**

## Maverick Involvement Team dreams big

By ELLIE MESCHKE  
Staff Writer

It’s never too early, or too late, to achieve your dreams and live your life to the fullest.

In a talk with Greg Wilkins, the Associate Director of the Centennial Student Union and student activities, he shared personal stories as well as advice on how to make the most of life.

The “Dreaming Big” talk was a part of a six-week series of leadership talks hosted by the Maverick Involvement Team, all of which are open to the public.

“I encourage people to move from beyond ordinary to extraordinary. So sometimes I believe people limit their dreams because they’ve heard from family or friends as to who they can become, and I’m encouraging people to move outside of that paradigm and thinking about ‘What do you want to do?’, ‘How do you want to leave your mark?’, ‘What will be your legacy?’ So, where you are today, what will it be in the next 50 years, and encouraging people to find their passions. What are the things that rock their Birkenstocks, and then put those shoes on and then march to new orders, and to seek out those possibilities,” Wilkins said.

“I encourage people to not allow their past to predict their future. Growing up for me, I wasn’t just poor, I was ‘po,’ I couldn’t afford the ‘or,’ and I didn’t allow that to dictate the person that I wanted to become. It was what I was given at the moment, but it didn’t necessarily have to be the thing that was going to shape my total future and the outcomes that I was going to seek out what I wanted to do, and that was from internships to full-time jobs, world travel, volunteerism, there was gonna be another way to find a solution, and money wasn’t going to be one of the things that was gonna be a roadblock for me,” He said.

Michelle Harvey, the Assistant Director for RSOs, Leadership, and Nontraditional Students, said, “I think students are in a unique place when we’re in college to be thinking about our lives and thinking about what we want our lives to be, and we’re here learning skills in the classroom, but there’s also other skills that aren’t necessarily taught in the classroom; like, how do we dream big? How do we think outside of the ordinary? And, that’s what workshops like this can do for students, is provide another perspective and how can you pair that outside the

**DREAMS on page 12►**

## OPINION: Healthiest I’ve ever been

By EMMA JOHNSON  
Editor in Chief

College is the first time we’re out on our own and that includes making our own meals. After years of having dinner made for us, it can be difficult to create meals that don’t become repetitive. Harder still, finding nutritious meals can be a struggle to come by when it’s so tempting to order takeout or go out to dinner.

I’d heard of the “freshman 15” coming into college like any other high school senior. As someone who’s had body insecurities, it wasn’t something I was wanting to gain. I knew I’d have to make healthy choices and I was determined to turn my life around, even though I wasn’t unhealthy to begin with.

With all the options in the dining center, I found myself heading to the sandwich bar and getting fruit with all my meals instead of constantly hitting up the grill to add fries with everything. When I started working at the Reporter, I found myself grabbing sandwiches



Courtesy Flickr

While many students in college suffer from unhealthy habits, it is possible to maintain a healthy lifestyle while away from home with the help of quality foods.

and salads from the on-the-go cases in the MavAve. Not only was it cheaper than other dining options, it gave me the energy to get me through the day.

When I moved into my first off-campus apartment, I was so excited to have a full kitchen accessible to me and not just a small mini fridge that could barely hold a six pack of pop and not have to haul

a bunch of cookware down to the kitchen. With the ability to have a pantry, fridge and freezer, I was convinced to keep myself on track.

As someone who constantly juggles classes, homework and a job, I need food that is convenient and still tasty to enjoy. I usually take a granola bar or anything by the Kodiak brand for breakfast as all the protein keeps me full through-

out the day. I usually make an “adult Lunchable” for lunch which consists of meat sticks, cheese, crackers, some sort of fruit and a vegetable of some kind.

On nights I’m working, I take a bagged salad because it takes no time at all to assemble, it’s healthy and it keeps me full for the rest of the night. When I’m not working, I’ll make pasta, sandwiches, rollups or some other type of meal that I can take a little more time cooking.

Now, after living in an apartment for nearly two years, I’m the healthiest I’ve ever been. I eat well, get plenty of sleep, drink tons of water and do yoga and a meditation once a day. Of course, I still go out to eat with friends and some weekends, I lounge on the couch with junk food, but I know that I feel better, inside and out, when I take the time to eat foods that supply me with energy.

It’s never too late to make a change when it comes to your health and diet. No matter where you’re at in college, it’s worth it in the long run to eat well. Your body and mind will thank you years later.

# Weekly Challenge: Night owl turns early bird



MERCEDES KAUPHUSMAN • The Reporter

Many people struggle to wake up in the morning, and a sunrise alarm clock (pictured) might be a way to improve a sleeping cycle. Experts say the exposure to morning light has alerting effects and resets the circadian rhythm.

By MERCEDES KAUPHUSMAN  
Variety Editor

I've never been a morning person. I was a girl who wanted to stay up past her bedtime reading books, and snooze until my alarm clock yelled at me for the 10th time. I used to set out my school outfit the night before, and wake up at the last minute to throw everything on and head out the door.

As an adult, I fall in and out of struggling to wake up in the morning. I tend to always need five more minutes of shut eye, which turns into me running out the door, forgetting half of what I need, not eating breakfast, and getting where I need to be a minute late.

This habit has worsened over the winter, and in order to get my life back on track, I challenged myself to wake up an hour earlier than normal every day for a week.

My weekly schedule differs by the day; there are some days I have to be up at the crack of dawn, and others when I can snuggle in and sleep a little later. However, regardless of how early I wake, I feel the same desire to press snooze.

I decided I needed some extra help, and purchased a children's alarm clock on Amazon: the "Wake Up Light Sunrise Alarm Clock."

The clock is essentially a sphere that gradually lights up to resemble the sun rising a number of minutes before the alarm actually goes off. I was able to Amazon Prime the clock to my house the next day.

According to sleep expert and associate professor at John Hopkins University David Neubaur in *The Washington Post*, the exposure to morning light from sunrise alarm clocks has alerting effects, and helps reset the circadian rhythm to keep humans biologically synchronized with the 24-hour day-night cycle.

The first night I slept, I was anticipating the digitized sun to light up my room, and woke up well before the sound went off. However, it worked. I was energized, ready to start getting ready, and felt much more awake throughout the day. The following night was the same, and I felt as though my alarm clock was a miracle worker.

However, I think my curiosity about the clock's power might

have been distracting me from my urge to keep sleeping as the week went on.

The first time I wasn't awake before my alarm went off, I clicked snooze a few times. Less than on a regular basis, but I'm not innocent. I ended up having to allow myself to lay in bed and watch TV before getting the urge to get ready and head out, but I still felt more awake than if I would have spent that time sleeping. This seemed to repeat itself on days with a later start in my schedule.

By the end of the week, I started to get into the habit of a morning routine. Once the light lit up my room, I went and turned my big light on which helped me get my feet on the floor. I made breakfast, even if it was as simple as a granola bar, and I played music while getting ready.

These may seem like small things, but they were things I always rushed or didn't have time to do and appreciate.

Thanks to this challenge and my alarm clock, I am going to continue to push myself to wake up an hour early, but cheat days may be permitted if I keep up the good work.

cause the All Seasons arena is not super close and so I like that it's on campus," Cottrell said.

Freshmen Sarah Oberstar and Kaitlyn Shaffer also shared their thoughts after a long night of skating with their fellow peers.

"I like that it was like free skates and skating for everyone," Oberstar said.

"I liked it and it's not something that everybody's good at so you don't have to be good to go

and like it's not embarrassing if you're not good at it," Shaffer said.

The Maverick Winterfest continues Jan. 25 and Jan. 26 from 5pm to 9pm. Other additions to this event are catering and food trucks which are available on Jan. 25 and 26 from 5pm to 7pm. For more updates on events organized by the Student Events Team, visit [www.mnsu.edu/studenteventsteam](http://www.mnsu.edu/studenteventsteam) or follow them on Instagram @studenteventsteam

classroom, to then combine yourself into the best you you can be. So I think it helps people be more

## A star is born? Maisy Stella makes her film debut at Sundance



CHARLES SKYES • The Reporter

Maisy Stella poses for a portrait to promote her film "My Old Ass" during the Sundance Film Festival on Monday, Jan. 22, 2024, in Park City, Utah.

By LINDSEY BAHR  
The Associated Press

"Who's that girl?" has been a common refrain from Sundance Film Festival goers walking out of "My Old Ass" this week in Park City, Utah.

Its star Maisy Stella, 20, will be a familiar name to some, for her years on "Nashville" playing Daphne Conrad, for her viral video singing Robyn's "Call Your Girlfriend" with her sister Lennon Stella (31 million views and counting), and for being someone Billie Eilish has said inspired her to start singing. But to a certain subset of cinephiles, Stella is a complete discovery and an exciting one at that.

Both designations work, in a way. Stella is reintroducing herself in her first film role after taking a few years off to just be a normal teen. She started on "Nashville" when she was 8 years old. At 15, she took a break from acting.

"I went back to school and made sure my head was like nice and screwed on and just went to prom and did all that stuff," Stella said in an interview with director Megan Park this week at the festival. "The second I turned 18, I was just like, I missed it so much and found such a new appreciation for it."

Her turn in "My Old Ass," the sophomore feature from Park, is about a girl heading off to college who finds herself in contact with her 39-year-old self (played by Aubrey Plaza). The film is a funny and emotional charmer that has left more than a few moviegoers wiping tears away for the last 30 minutes. Much of that has to do with Stella's authenticity as Elliott, who is figuring out how she wants to be in the world.

"I think the best thing she ever did was take a break for a second after Nashville and just, like, be a normal human," Park said. "A lot of kids that have been acting from such a young age, that's the only thing they know, and they don't have as much life experience. And Elliott is just like a normal girl. Maisy has that perfect mix ... she is one in a million."

Park met Stella through their mutual friend Maddie Ziegler, who plays one of Elliott's friends in "My Old Ass." Ziegler and Stella have been close since they were

children.

"I think about her and Maddie and I'm like so it was like two 8-year-old prodigies just hanging out," Park laughed. "You singing and her just chaîné-ing across the floor."

Stella downplays this, as she does many things (we'll get to Eilish later). She and Ziegler, the Dance Moms alum and Sia music video star, are just best friends. Their extracurricular talents don't come up very often. But they do get to perform together in this movie, alongside Kerrice Brooks. Without spoiling too much, there is a bit of a dream sequence in which Elliott performs Justin Bieber's "One Less Lonely Girl," a song she suggested and that Bieber and his camp had to approve.

"It was a big deal for our generation," said Stella. "It like changed who I am today as a person."

The film as a whole was a dream re-entry for Stella to work on material that she loved with a supportive group, including "Wednesday" actor Percy Hynes White and Plaza, who was only there for a few days but made a big impression.

"She's the most legit and the most genuinely profound actor," Stella said. "She genuinely taught me so much about how to be a good scene partner."

Plaza would ask what she needed from the day and then afterward make sure to text and give her a boost, saying how well she had done.

"In future projects like I will take that with me and like always try to give other people what she gave to me," Stella said. "It literally made the biggest difference."

Both Park and Stella have been overwhelmed by the response to the film at Sundance.

"It has been like the most surreal couple days of my life," Stella said. "My eyes well every 10 seconds when I talk about it. I've definitely felt the genuine excitement."

Park is already thinking about releasing the full "One Less Lonely Girl" performance at some point, but when is still up in the air. As of the writing of this article, "My Old Ass," produced by Margo Robbie's Lucky Chap Entertainment, has not yet been acquired for distribution. But that's likely to change soon.

### •ICE from page 11

can help overcome seasonal depression for many students.

"I liked how it was super accessible to students and it was a free event to have the opportunity to ice skate with the skates they provide," Andel said. "I think it's important they do things like this that get people out of their dorms when they probably don't want to and find a way to get outside."

"I thought it was really fun be-

### •DREAMS from page 11

classroom learning perspective with what you're learning in the

rounded and find a new perspective."