

MSU mentoring program at YMCA

By JEREMY REDLIEN
Staff Writer

The Mankato YMCA Brother/Sister mentoring program, in which adult volunteers are paired with participating youth, provides a rewarding experience for those involved.

“Our tagline is building ‘unique friendships between terrific kids and adult volunteers.’ So really we’re just that bridge connecting Mankato area youth with someone in the community, whether that’s a MSU student or community leaders, or parents or whatever, just a positive mentor leader role model in their life,” said Allison Braswell, who serves as the Mankato YMCA Brother/Sister Program Advocate and Recruitment Coordinator.

According to Braswell, the Brother/Sister mentoring program provides a wide range of benefits for all who participate.

“You gain a lot as a mentor too. First of all you’re making a difference in the life of a child which is the most important thing but you’re also gaining skills in those soft areas. Being able to organize your time, time management. Communicating with others. Getting to know a different demographic or another way of looking at living or life and putting yourself in somebody else’s shoes, so empathy. Those are really good skills for anybody to have in this world,” said Braswell.



DYLAN LONG • The Reporter

Allison Braswell is the Mankato YMCA Brother/Sister Program Advocate and Recruitment Coordinator. They provide children within the community to community leaders as a positive role model.

MSU students who participate in the Brother/Sister program also say that they benefit from the program, primarily by reminding them of when they were kids.

“It’s very rewarding,” said Monica Montejo. “It feels like you’re with your younger sibling. You’re just kind of hanging out with them.

You’re like a resource for them. In a way, it makes you reflect back on your own life. It’s just really positive.”

“It takes me back to being his age and to experience youth once again,” said Hayden Ekern.

Mentees also benefit from the Brother/Sister mentoring program.

“From what I’ve heard, she’s talking more, having more fun, and you see their personality come out more,” said Montejo of her mentee. “They just feel more connected with everyone.”

“They have that one on one attention which is so important.

YMCA on page 3

CADA offers support groups for students

By LAUREN VISKA
Staff Writer

Before the age of 18, one in five girls will experience sexual abuse. According to estimates, 734,630 people in the U.S. experienced rape in 2018 — including threats, attempted and actual rape.

Committee Against Domestic Abuse (CADA) is a South Central Minnesota nonprofit that aims to help victims of those grim statistics.

CADA helps victims of relationship abuse, sexual violence and other forms of assault. Development and Communications Director Kristen Walters said CADA got started after there was “a need for women experiencing abuse at home to leave and have a safe place to go.”

“It grew out of the feminist movement at the time and seeing a need. This was when a lot of other shelters were starting,” said Walters. “A group of RAD badass women in Mankato got together and made a shelter. It was a house on Second Street, and it grew from there.”

Walters said some women had never lived in a shelter before, and when they came to CADA it was a different experience. She also said

living in a shelter is different for everyone. CADA provides hasadvocates on site 24/7 as well as hygiene products.

“It’s kind of like dorm living. We have some common areas like the living room or kitchen, and every individual or family has their own bedroom,” said Walters. “They can cook for themselves. They can come and go as they please. We do have a curfew for safety. But it’s a locked facility with cameras and a safe, secure place.”

Students are welcome at CADA. They offer two support groups, including one for sexual harm that meets Tuesday nights. A licensed therapist facilitates the groups.

“We have a support group for survivors of, we say, sexual harm, because some people that’s rape, some people that’s sexual harassment, sexual assault within a relationship; any kind of sexual harm,” said Walters.

CADA’s advocates facilitate a domestic violence support group. It is held over Zoom and lasts 10 weeks. Meeting are held during the day or night so people can access it when they can.

For those skeptical about going to support groups, Walters said,



Courtesy Kristen Walters

Committee Against Domestic Abuse (CADA) is a South Central Minnesota nonprofit that aims to help victims of those grim statistics.

just go and see what it’s like. She said the support groups are non-judgmental, no one will be forced to talk, and what is said during that time is confidential. There are guidelines to them, and Walters said everyone there understands and respects them.

“Healing is an act of communion. There’s a quote by Bell Hooks, and it’s on the flier we use. ‘But

rarely, if ever, any of us healed in isolation,” said Walters. “We firmly believe that connection is a huge part of healing. And even if you’re not sure, just sit and connect with people.”

Walters said the CADA website is a great way to connect with someone. There is a chat feature, a 24-hour helpline and their email.

CADA on page 3

Marijuana use on campus after legalization

By AMALIA SHARAF
Staff Writer

In 2023, Minnesota became the 23rd state in the U.S. to legalize recreational cannabis use.

However, Minnesota State’s policies still prohibit any kind of use, including medicinal, on campus.

Cannabis can be used to treat a variety of conditions, such as seizures and epilepsy. There are over 50,000 people of all ages with epilepsy in Minnesota.

Nevertheless, MSU follows federal regulations which prohibit the use of marijuana.

(Cannabis describes cannabis products in general. Marijuana specifically refers to cannabis products made from the dried flowers, leaves, stems and seeds of the cannabis plant.)

“Even though it is legal in the state of Minnesota as of August 1 of last year, we abide by the Drug-Free Schools and Communities Act,” said alcohol/drug sanction education coordinator Natalie Schuette. “And because it’s not federally legalized, we actually cannot allow students, staff and faculty to have the cannabis.”

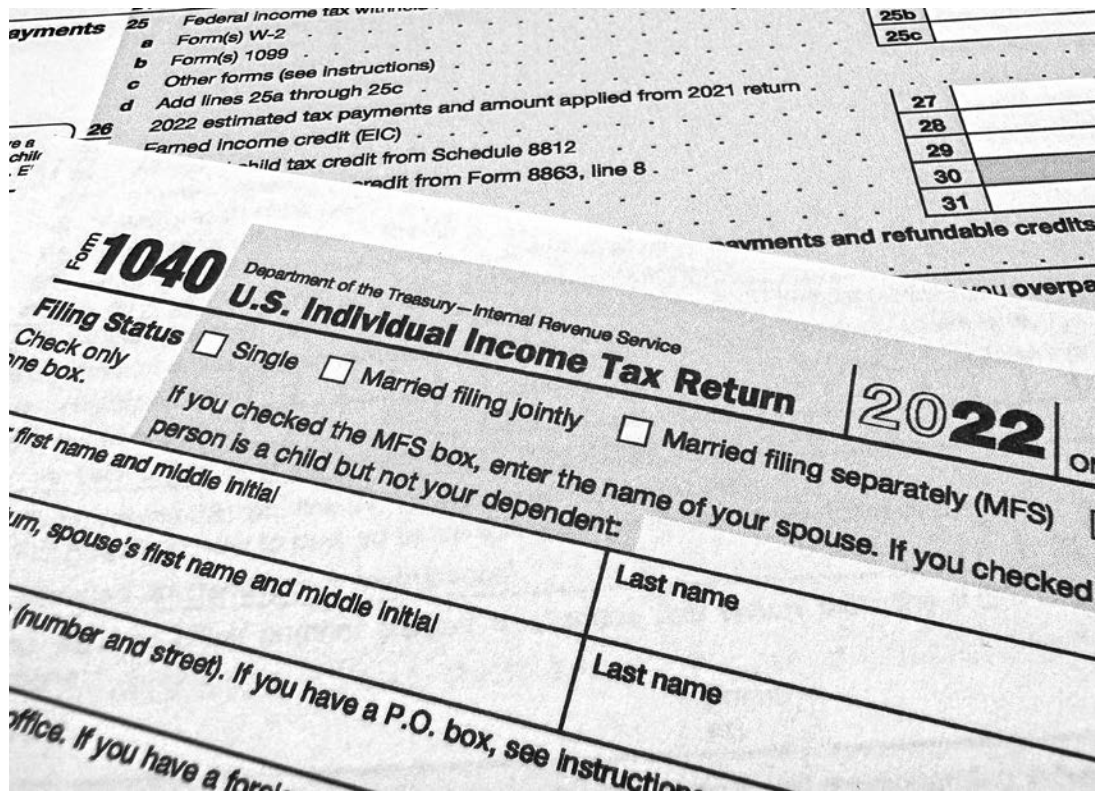
Schuette said MSU receives federal dollars as a state university.

Therefore, MSU cannot have cannabis on campus whether or not there is a prescription.

According to MSU’s Alcohol and Other Drugs policy, which was adopted in September 1995 but amended recently, “While it is now lawful in the State of Minnesota to possess and consume edible cannabinoid products and to possess, transport and use cannabis in certain locations by those individuals 21 years of age or older it is still illegal under federal law, with no exception for medical use. In order to comply with the federal Drug-Free Schools and Communities Act and the Drug-Free Workplace Act, all use, transport and possession of any type or form of marijuana on University property or at University sponsored events is prohibited and violators are subject to disciplinary action if they violate this policy.”

The same policy applies. **MARIJUANA on page 3**

Most Americans feel they pay too much in taxes, AP-NORC poll finds



JON ELSWICK • AP FILE

The Internal Revenue Service 1040 tax form for 2022 is seen on April 17, 2023.

By CORA LEWIS and LINLEY SANDERS
The Associated Press

A majority of taxpayers feel they pay too much in taxes, with many saying that they receive a poor value in return, according to a new poll from the University of Chicago Harris School of Public Policy and The Associated Press-NORC Center for Public Affairs Research.

Two-thirds of U.S. taxpayers say they spend “too much” on federal income taxes, as tax season begins. About 7 in 10 say the same about local property taxes, while roughly 6 in 10 feel that way about state sales tax. Generally speaking, Republicans are more likely than Democrats to view taxes as unfair, to say they are paying too much in taxes, and to see taxes as a poor value.

The poll found that few U.S. adults have a high level of confidence that the institutions that ultimately use their tax dollars — whether the federal government or local school districts — spend those taxes in the best interest of “people like them.” But people tend to trust governing bodies closer to home with their tax dollars slightly more: 16% are extremely or very confident in their local school district, compared to 6% for the federal government. Adults who are 60 and older are more likely than younger adults to perceive taxes, generally, as fair.

Chris Berry, a professor at the University of Chicago Harris School of Public Policy who was involved in the creation of the poll, said that, overall, public opinion about taxes and trust in government has declined. He sees the poll results as partly reflecting increased political polarization but says the public has long typically trusted local government more than the federal government.

“One of the things you’ll hear said is, “There’s no Democratic

or Republican way to collect the trash or pave the streets,” he said. “We tend to think of local government as less partisan.”

Among those who pay federal income taxes, half say they would prefer having fewer government services if it meant reducing their bill.

One-third would keep their taxes the same in exchange for the same services, and 16% would opt to increase taxes for more services.

Danny Velasquez, 39, a business manager and Democrat in Boston who answered the poll, said he trusts local government to spend his tax dollars better than the federal government.

Asked how he would prefer his federal tax dollars be spent, Velasquez said the government “spends too much on war-making” and that he’d prefer “national health-care and investment in education.”

Only about 1 in 4 taxpayers say they get a good value from paying either federal income tax, state sales tax or local property tax. About 1 in 3 in each case say it’s a poor value, and roughly 4 in 10 say the value is neither good nor bad.

According to the poll, most U.S. adults say they find either federal income tax or local property tax “unfair,” and about half say the same about state income tax, sales tax, and the federal Social Security tax.

Loretta Mwangi, 60, a Democrat who lives in Baltimore, sees taxes as fair and said she doesn’t have strong criticisms of how the government allocates tax dollars. Mwangi, who suffers from chronic pain after years of working in warehouses and as a security guard, currently lives on disability benefits.

“They’re going by how much you’re making and taking a percentage based on that,” she said. “There could be more support for education and for the homeless — there are a lot of people under the

bridges still.”

Relatively few U.S. adults say they understand how the amount they owe is calculated. Only about 2 in 10 U.S. adults say they understand “extremely” or “very well” how amounts are determined for their local property tax. About one-quarter say they grasp the calculations for federal income tax. About 3 in 10 say they comprehend how state sales tax is calculated.

Yoany Mesa, 40, a computer engineer and Republican in Fort Lauderdale, Florida, said he doesn’t view the tax system as “equitable or transparent.”

He and his wife, Grettel, 34, an auditor for a dental insurance company, said they perceive the federal tax code as full of loopholes, especially for the wealthy.

“There are a lot of things you hear people with money are able to claim — an inside club. I think if certain people have dependents, they should be able to get credits,” Grettel Mesa said. During the pandemic, the couple had received expanded child tax credits, for example, they said, but that policy ended in 2022.

Mesa said she had also previously trusted her local government more to spend their tax dollars, but that their area has recently been experiencing frequent flooding and sewage overflow, which makes her question that budgeting.

“There’s a lot of infrastructure spending that seems to be going by the wayside,” she said. “The money was supposed to go towards fixing the sewage systems — so where is that money going?”

The poll of 1,024 adults was conducted Dec. 14-18, 2023 using a sample drawn from NORC’s probability-based AmeriSpeak Panel, which is designed to be representative of the U.S. population. The margin of sampling error for all respondents is plus or minus 4.2 percentage points.

The Super Bowl is set



JED JACOBSON • The Associated Press

San Francisco 49ers quarterback Brock Purdy (13) and head coach Kyle Shanahan, left, celebrate after the NFC Championship NFL football game against the Detroit Lions in Santa Clara, Calif., Sunday, Jan. 28, 2024.

By ROB MAADDI
The Associated Press

Patrick Mahomes, Travis Kelce and the Kansas City Chiefs are heading to Las Vegas with a chance for a rare repeat while facing the San Francisco 49ers in a Super Bowl rematch from four years ago.

The Chiefs beat Lamar Jackson and the No. 1-seeded Baltimore Ravens 17-10 in the AFC championship game Sunday to advance to the Super Bowl for the fourth time in five years.

A few hours later, Brock Purdy rallied the No. 1-seeded 49ers to a 34-31 victory over the Detroit Lions in the NFC title game.

The Chiefs (14-6) are aiming to become the first back-to-back champions since Tom Brady and the New England Patriots did it following the 2003-04 seasons.

Purdy — who was still two years away from being the last pick of the 2022 NFL draft the last time the teams played in the Super Bowl — will try to lead the 49ers (14-5) to a record-tying sixth title in their eighth appearance.

The teams meet at Allegiant Stadium on Feb. 11. The 49ers opened as 2 1/2-point favorites, according to FanDuel Sportsbook.

Mahomes and the Chiefs overcame a 20-10 fourth-quarter deficit and beat the 49ers 31-20 to give coach Andy Reid his first Super Bowl victory on Feb. 2, 2020. Brady and the Tampa Bay Buccaneers spoiled Kansas City’s repeat bid the following year.

The Chiefs will become just the third team to play in four Super Bowls over a five-year span.

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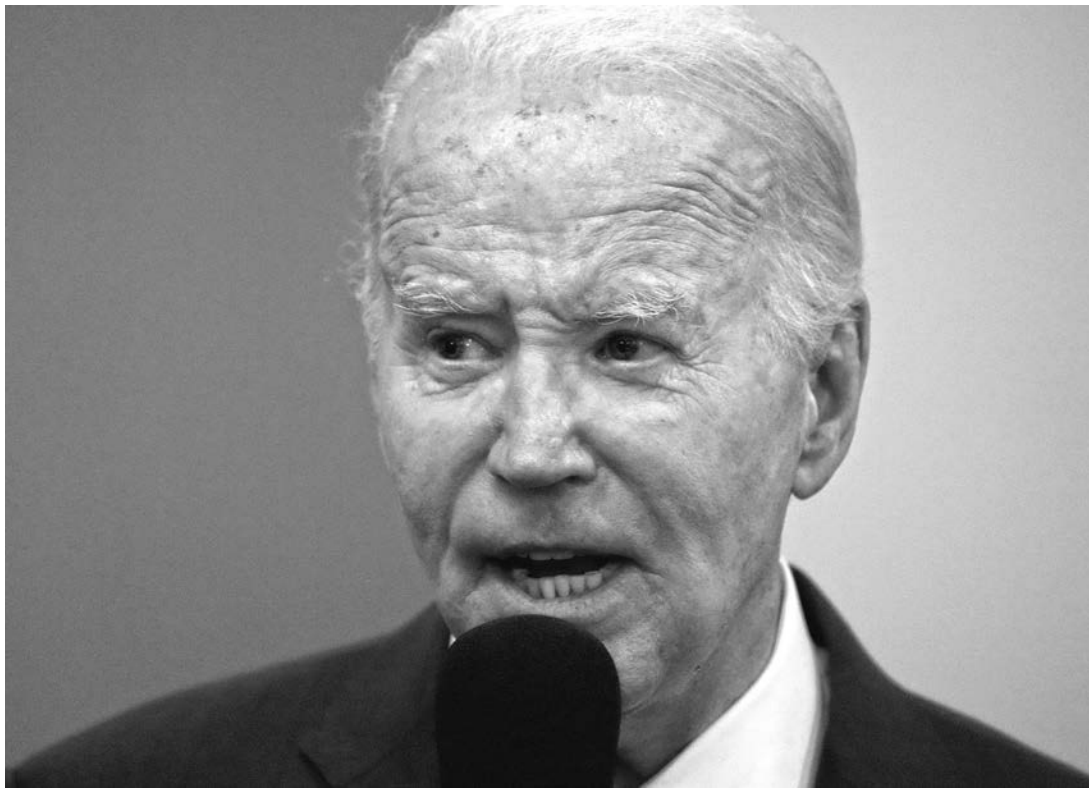
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President Biden said he'd shut the US-Mexico border if given the ability



JACQUELYN MARTIN • The Associated Press

President Biden speaks at the "Sunday Lunch" event at the Brookland Baptist Banquet Center, part of the Brookland Baptist Church, in West Columbia, S.C., on Sunday, Jan. 28, 2024.

By COLLEEN LONG
The Associated Press

President Joe Biden has made some strong claims over the past few days about shutting down the U.S.-Mexico border as he tries to salvage a border deal in Congress that would also unlock money for Ukraine.

The deal had been in the works for months and seemed to be nearing completion in the Senate before it began to fall apart, largely because Republican presidential front-runner Donald Trump doesn't want it to happen.

"A bipartisan bill would be good for America and help fix our broken immigration system and allow speedy access for those who deserve to be here, and Congress needs to get it done," Biden said over the weekend. "It'll also give me as president, the emergency authority to shut down the border until it could get back under control. If that bill were the law today, I'd shut down the border right now and fix it quickly."

A look at what Biden meant, and the political and policy considerations at play:

WHERE IS BIDEN'S TOUGH TALK COMING FROM?

Biden wants continued funding for Ukraine in the face of Russia's invasion.

Senate Republicans had initially said they would not consider more money for Kyiv unless it was combined with a deal to manage the border.

As the talks have progressed, Biden has come to embrace efforts

to reach a bipartisan border security deal after years of gridlock on overhauling the immigration system.

But his statement that he would shut down the border "right now" if Congress passed the proposed deal is more about politics than policy.

He is seeking to disarm criticism of his handling of migration at the border as immigration becomes an increasing matter of concern to Americans in the lead-up to the presidential election.

WOULD THE BORDER REALLY SHUT DOWN UNDER THE DEAL?

No. Trade would continue, people who are citizens and legal residents could continue to go back and forth.

Biden is referencing an expulsion authority being negotiated by the lawmakers that would automatically kick in on days when illegal crossings reached more than 5,000 over a five-day average across the Southern border, which is currently seeing as many as 10,000 crossings per day.

The authority shuts down asylum screenings for those who cross illegally. Migrants could still apply at ports of entry until crossings dipped below 3,750 per day. But these are estimates, the final tally hasn't been ironed out.

There's also an effort to change how asylum cases are processed. Right now, it takes several years for a case to be resolved and in the meantime, many migrants are released into the country to wait. Republicans see that as one reason that additional migrants are moti-

vated to come to the U.S.

The goal would be to shrink the resolution time to six months. It would also raise the standards for which migrants can apply for asylum in the first place. The standard right now is broad by design so that potential asylum seekers aren't left out, but critics argue the system is being abused.

DIDN'T TRUMP ALSO THREATEN TO SHUT DOWN THE BORDER?

Yes. Trump vowed to "shut down" the U.S.-Mexico border entirely — including to trade and traffic — in an effort to force Mexico to do more to stem the flow of migrants. He didn't follow through, though. But the talk was heavily criticized by Democrats who said it was draconian and xenophobic. The closest Trump came was during the pandemic, when he used emergency authorities to severely limit asylum. But trade and traffic still continued.

The recent echoes of the former president by Biden, who had long argued that Trump's border policies were inhumane, reflect the growing public concern about illegal migration.

But Biden's stance threatens to alienate progressives who already believe he has shifted too far right on border policies.

DOES BIDEN ALREADY HAVE AUTHORITY TO SHUT DOWN THE BORDER?

House Speaker Mike Johnson, a Trump ally and critic of the proposed deal, has argued that presidents already have enough authority to stop illegal border crossings.

Walters. "We can help folks do protective orders. So, if they need a court order, we can help with that.

Walters said that if students or anyone needs any help, they should reach out to CADA, and they will get whatever they need.

"It's a really tough thing to navigate especially when people have been isolated from their friends and family," said Walters. "Students who maybe are living away from home for the first time, and it's just nice to have someone helping you figure out what to do and have someone on your side."

◀CADA from page 1

"If it's 2 a.m. and someone needs something, we have someone who can either talk on the phone or chat online. We help people if they need a safe place to go. We can do safety planning for folks if they're trying to figure out what their next steps are," said

YMCA: 'Mental health is a big topic'

◀YMCA from page 1

Mental health is a big topic now. So having somebody focused on them, that will talk to them, that will listen to them, that will expose them to do different things. I tell my college students a lot as mentors, let them see you going to school, let them see you doing your laundry, paying your bills, making phone calls. Show them what it's like to navigate the world that you're in," said Braswell.

There are a wide range of activities mentors can take their youth mentees on.

"We'd do the Wow Zone. There's a lot of events that the YMCA provides that we can go to. For example this Friday there's a YMCA carnival event that we're going to go to. Sometimes we'll go to an art event for painting, we'll go play soccer. Literally anything,"

said Montejo.

"I've invited him to a few football games, we've been to MSU hockey games, we've been to church together, just anything that we get free time to do," said Ekern

There are two ways adults can volunteer as mentors, as a community based mentor or as a school based mentor.

Community based mentors are asked to commit to meeting with their mentee once a week for 2-3 hours.

School based mentors are asked to meet with their mentee once a week for an hour for the course of the school year.

Both Ekern and Montego said they would recommend participating in the Brother/Sister program to others.

◀MARIJUANA from page 1

plies to students living on campus. However, students may be allowed to use cannabis off-campus depending on the landlord's policies and regulations.

Student Health Services may refer students with prescriptions other than cannabis to the clinic located in the basement of Caroski Commons.

"We have a mental health therapist and we have several medical providers that would be

able to prescribe medication," said Schuette. "That would be a prescription medication like anti-anxiety, anti-depression medication and then maybe pair that with mental health therapy in the medical clinic. We may also refer to the counseling center."

Depending on the type of insurance students have, the services can be covered by insurance. For international students, all medications and services on campus are provided by United Healthcare.

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Importance of campus organizations

The time that most of us spend on campus is either going to class, meeting with a professor or advisor and potentially in the library so that we're in a quiet place to do homework and study.

How many of us have actually gotten a chance to speak with one another outside of class?

Even when we do talk in class, do we actually get a chance to get to know one another?

Those brief conversations that take place before the start of class or the few words we exchange as we are packing up our stuff and getting ready to bolt out the door, pale in comparison to the conversations we could be having with one another.

A great way to meet like-minded people and make connections with others that have similar interests is by getting involved in campus organizations.

A lot of us go to college and don't really know anybody on campus. For many of us, our first chance to meet new people comes from living in the dorms.

While that may be a good place to make some friends initially, those are people that just happen to live in your surroundings.

Joining campus organizations eliminates a huge hurdle when initially getting to know someone.

Which is knowing whether or not both parties have similar interests.

Another major benefit that students can get from getting involved with campus organizations is networking.

In today's world, so many of the opportunities that are available to us have to do with who we know, and not just what we know.

With some luck, students could meet someone that leads them to an opportunity that they have been hoping for.

Off the back of the networking opportunities that campus organizations could bring, being involved in such things is a good look for anyone's resume.

Depending on how involved students are in these organizations, it can give them the opportunity to display critical skills such as leadership and teamwork.

Next time you are in class, think about going the extra mile and talking to someone outside of class. Ask about their lives and what they do outside of class.

This could potentially lead to a great opportunity. It is always scary or intimidating asking your surrounding peers questions, especially when you don't know them well but it can lead to new beginnings.

Perspectives

Am I anxious or am I sick?



Courtesy Emma Johnson

Since I was a little kid, I've never liked going to the doctor.

One of my earliest medical memories was getting shots in my chubby, little knees. As I got older, the idea of getting shots, nasty-tasting medicines and getting my finger pricked were enough to make me dread going to the doctor for weeks on end.

Eventually, my health anxiety weakened after I had to go to my orthopedic doctor for my scoliosis for several years. Annual checkups were not something I had to fear and the COVID-19 pandemic made me adjust to my fear of needles. It wasn't until last spring that I believe my health anxiety got planted.

When my anxiety grew to be almost unbearable, I thought I was coming down with the stomach flu. Before I went to see the doctor, I suffered from nausea, lightheadedness, chills and heart



Emma Johnson
Editor in Chief

palpitations — pretty much all the basic symptoms of any cold or flu virus. At the time, I thought I was dying of some unknown disease. I wasn't aware anxiety and depression could manifest itself into physical symptoms; I always thought it would just be a spiral of horrific thoughts.

Thankfully, once I got the help and medication I needed, a lot of the physical symptoms subsided or vanished. After feeling like I was sick for months on end, I finally felt like I was returning to my old self. There were times

when a lot was on my plate and my stomach churned or I found it hard to focus, but it usually went away after a day.

In years past, cold and flu season never had an effect on me. I just got a flu shot and stayed away from sick people. However, this winter any and every virus has been infecting everyone. COVID, stomach bugs, strep and a plethora of other viruses. Four people at our office over the first weeks of the semester each got different illnesses and spent a few days at home. During this time, my mind spiraled.

My subconscious seemed to be focused on getting sick. It was thinking about all the illnesses going around and researching ways I could prevent myself from getting ill. I thought about missing classes considering most of them are attendance-based due to class discussions and losing easy participation points.

Full story on website

Pulse

“What are your thoughts on the Stomper Statue?”

Compiled by Alexis Darkow



ABBY WEYANDT,
FRESHMAN

“It looks fantastic and I really like it.”



CARTER LOGAN,
SENIOR

“It looks cool and is in a good location.”



GRIFFIN KRMPOTICH,
FRESHMAN

“It looks great.”



JESSE EHRGOT,
SOPHOMORE

“It looks great.”



LOU DUGGAN,
SOPHOMORE

“Pretty good sculpt quality and good placement. It is a community icon.”



MIKAYLA WITTER,
SENIOR

“It's a great addition to the school and a good place to take pictures.”

SPORTS

Maverick Dance: national champs again

By LUKE JACKSON
News Editor

From the outside looking in, dance is an art, a sport and a performance for a crowd.

For the Minnesota State Maverick dance team, it's also a passion that creates a family-like bond that drives them to championship success.

Every year the MSU dance team travels to the ESPN World of Sports in Orlando to compete for the College Cheerleading and Dance Team National Championships. This year, alum head coach Madison Hebrink led the team to two first-place titles in her inaugural season. One was in the Open Pom category, which was a mashup of popular songs that featured artists such as Beyonce, Pitbull and the Black Eyed Peas. The other was in Open Jazz where they used a cover of Dolly Parton's "Jolene."

After the award ceremony, Disney World opened its doors to all dancers and cheerleaders who participated in the National Championships. The teams were able to enjoy their night at Disney and then the next day the MSU dance team went and explored other parks in Orlando before heading home.

With the two first-place finishes, the team now has eight championships under its belt.

The team has to balance their



Courtesy Maverick Dance Team

The Maverick dance team holds their two trophies in front of the ESPN World of Sports sign in Orlando, Florida. Captain Brooklin Nothdurft says that 95% of the team's focus is on their routines for nationals.

season with practice, competitions, football games and prep clinics to help the youth. They also do five workouts each week throughout the summer.

Although they have so many different priorities, captain Brook-

lin Nothdurft says about 95% of their focus is on their routines for nationals.

"The beginning of the season is a lot of football games and practices for the halftime routines," Hebrink said. "Once November hits we

start our prep for nationals. We do two practices a day in December up until we leave for nationals. It is normally about seven hours of practice every day."

During the long days of practice, the team uses the time to

bond. Their main goal every year is to be a family. This family-like culture sets them apart and creates success.

"I feel like our biggest goal is always to be a family, this pays off on the floor because you can just tell that all of us love each other when we dance together," captain Salma Masood said.

The team spends most of their time together on and off the dance floor.

"We are all with each other all the time," Nothdurft said. "I mean all the time. We hang out at practice and a lot of us even live together. We're just a really close group of friends and teammates."

While their love for dance is the driving force for their friendship, they also share another bond; they want to be recognized as an athletic team on campus.

Since they are considered a club, they have to pay a \$2,000 fee to be a part of the team, they also have to pay \$250 each semester. The team does not get any scholarship money or help when traveling to competitions. The team also does prep clinics under the Maverick name where young dancers from all over Minnesota and other states come to Mankato to learn from the team.

One thing they do get is the ability to use the athlete's gym.

"I think we do a lot for the pro-

DANCE on page 6 ▶

Men's hockey rise to second in CCHA standings

By AHMED HASSAN
Staff Writer

The Minnesota State Mavericks returned home this weekend to face The Northern Michigan Wildcats where they split their series.

The Minnesota State men's hockey team moved into a first place tie with St. Thomas after a series split over the weekend with Northern Michigan.

In Friday's matchup the Mavs tied the Wildcats 2-2 in overtime with the Wildcats beating the Mavericks 2-1 in a shootout and getting the extra CCHA point. The NCAA will officially recognize this result as a tie.

The Mavericks responded Saturday with a dominant display winning 4-0.

The Mavs sit with a 9-5-2 record in conference and a 13-9-4 overall record.

Friday's game proved to be a story of missed opportunities and unnecessary penalties for the Mavs as they gave up 3 power plays in the game while taking 24 shots in the game managing only five shots on goal in four power plays.

The first period started out with Northern Michigan firing right out of the gate putting pressure on the Mavericks, but Alex Tracy saved four shots in the first 10 minutes to keep the Mavericks in it.

The Mavs went on the power



Courtesy Maverick Athletics

After the Minnesota State men's hockey team returned to home action with a tie against Northern Michigan Friday, the team responded with a 4-0 win Saturday night.

play four times in the first period, but only managed two shots on goal during those chances. They managed to convert on their third attempt when Kaden Bohlsen pulled the draw back to defenseman Evan Murr, whose beautiful

strike from distance found the back of the net marking his fifth goal on the season.

"When we get opportunities to get three or four power plays off the gate, we need to take advantage of them," said MSU forward Lucas

Sowder after the game.

The second period was all the Mavericks in the first seven minutes with the Mavs having 13 shots, but not scoring on any of them. The second period began to be very chippy and heated between

both teams resulting in two power plays for Northern Michigan.

"The back to back penalties put us back on our heels," said MSU Head Coach Luke Strand. "The way we took penalties is not conducive to win."

Northern Michigan began to capitalize on the penalties, and took control of the game taking shot after shot with Tracy keeping the Mavs in the game with six saves in the period.

The Wildcats inevitably found the back of the net with two minutes remaining in the second period with Jack Perbix cleaning up the loose puck to equalize for the Wildcats. Matvei Kabanov scored with 28 seconds remaining to give the Wildcats the lead to end the period.

The Mavs eventually got it going in the third period right away putting the pressure on the Wildcats. The Mavericks had kept battling and thought Lucas Sowder equalized the game for them at 8:23, but was marked off after review.

However, Lucas Sowder responded at 8:56 scoring his 10th goal of the season that counted this time. The goal was assisted by Sam Morton on a cross ice pass to Sowder.

"It's been we over me, it's nice to have some success, but I'm just trying to play a team game," said Sowder. "I've been fortunate

full story on our website ▶

Women's basketball tame the Huskies



Courtesy Maverick Athletics

The Minnesota State women's basketball team held the Huskies to just four points in the third quarter. It is the least amount of points in a quarter that the Mavs have held an opponent to this season.

By MOHAMED WARSAME
Sports Editor

The Minnesota State women's basketball team welcomed themselves back home with a 71-47 win against St. Cloud State University Friday.

It was the Mavs' first home game since their 69-48 victory over Northern State University Jan. 5.

It was hard to separate the two teams in the first half.

The Mavs started the game with a 6-2 lead.

Hannah Herzig got things going for the team with two layups. St. Cloud then responded with a 7-2 run to take a 9-8 lead.

The Huskies went on to have a 12-9 lead, before a Emily Herzberg three-point shot tied the game, and started an 8-0 run by the Mavs to close out the first quarter with a 17-12 lead.

St. Cloud outscored the Mavs 15-13 in the second quarter.

To end the quarter, the Huskies had a possession where they were able to corral five straight offensive rebounds, before Makenna

Vanzant drained a three-pointer.

After that chaotic sequence by the Huskies, the Mavs went into halftime with a 30-27 lead.

In the first half, MSU shot 32% from the field, 1-7 from three-point range and went 7-10 from the free throw line. The Huskies shot 30% from the field and went 3-15 from beyond the arc.

They did not attempt a free throw in the first half.

The Mavs came flying out of the blocks in the second half.

They turned the game on its head in the first three and a half minutes of the third quarter.

During that stretch, they went on a 19-2 run.

This included shooting 8-9 from the field and getting six steals.

Natalie Bremer and Emily Russo played major roles in breaking the game open for the Mavs.

Bremer scored eight points during their run, and Russo had three steals.

The Huskies could do little to stop MSU's momentum the rest of the quarter, and managed to score only four points.

It is the least amount of points the Mavs have held an opponent to in a quarter all season.

The Mavs went into the fourth quarter up 59-31.

Bailey Conrad scored the first points of the quarter, two minutes into it by hitting a three-pointer.

The Huskies went on to have a 10-4 run over three minutes and outscore the Mavs in the quarter 16-12.

However, the damage was done in the third quarter.

MSU ended with a shooting percentage of 39.1% from the field, 29.4% from the three-point line and 75% on their free throws.

They forced the Huskies to commit 24 turnovers.

18 of them were steals by the Mavs.

Bremer led the Mavs in scoring with 16 points.

She also had seven rebounds and three steals.

Herzig and Herzberg were the next highest scorers on the team, with 12 points each.

Next up for the Mavs is a trip to Duluth to take on the University of Minnesota Duluth Tuesday.

Third-largest crowd in Taylor Center history fuels Mavs past Dragons



Courtesy Maverick Athletics

It came down to the wire Saturday evening in front of the third-largest crowd in Taylor Center history, but 4,155 fans witnessed #5 Minnesota State come away with the 81-78 win over #3 MSU Moorhead.

By HAYDEN LEE
Staff Writer

In what would be the third-largest crowd in Taylor Center history, the No. 5 Minnesota State men's basketball team bested the No. 3 MSU Moorhead Dragons Saturday night.

With 4,155 fans in attendance, Saturday's crowd made up the fourth-highest attendance in all of Division II basketball this season.

"The crowd was amazing tonight. This is what we work hard for, this is what we play for. We have a great facility and a great team for our fans to come out and watch us," said Malik Willingham in a press conference posted to the Maverick Athletics website. "We just want to put on a show for them."

And that is exactly what they did. On Saturday the Mavs and Dragons gave this record-setting crowd a game to remember.

To begin Saturday's battle of Northern Sun Intercollegiate Conference heavyweights, the score remained low, as the Dragons held a six-point lead at 16-10. The Mavericks chipped away at this lead, led by Justin Eagins, who scored a game-high 18 points in the first half.

The Mavericks eventually

grabbed the lead with just under four minutes left in the first half, but the Dragons quickly took it back until the final seconds of the opening stanza. However, Eagins seemed determined to keep the Mavericks in this game, as he connected on his fourth three-pointer of the night as time expired to send the teams into the locker room tied at 33.

Eagins' big shot gave the Mavericks the jolt of energy they seemed to need, and they came out of the locker room on fire. Led by seven points each from Kyreese Willingham and Dylan Peeters, the Mavs went on a 24-8 run, taking a 16-point, 57-41 lead with just over 11 minutes to go in the game.

With the game in the balance, the Dragons came through with a 24-7 run that propelled them back into the lead with 3:52 remaining. In the next two and a half minutes, the lead would change hands six times before Malik Willingham had enough and knocked down his first three-pointer of the night to put the Mavs up one with one minute remaining.

After some end-of-game antics, Elijah Hazekamp secured the rebound that eventually gave the Mavs the upper hand in the foul game and sent the Dragons

full story on our website ►

◀DANCE from page 5

gram and we don't see much compensation," Nothdurft said. "We feel in a way we are marketing for the school down at nationals. People come here for the dance program."

One way the team strives to gain more recognition is by performing at Maverick football and basketball games.

"We want to prove that we are more than just a game-day performance," Hebrink said. "It's hard because the girls work so hard, just as hard as any other program here. We are bringing home championships and I hope they get the recognition they deserve. Not everyone can do what they do."

Masood agreed saying,

"There's nothing like being on a dance team. I don't think people realize how hard it is because of how effortless and pretty we make it seem on the floor. It is so hard, physically and mentally."

The team consensus, however, is that it's all worth it. Their love for the sport supersedes frustrations. The bond they create and the growth they achieve keeps them coming back.

"A lot of our team does it for the bond of each other and the lifelong friendships. It's not just for the dancing itself, but it's for the team aspect," Nothdurft said.

Coach Hebrink said, "Dance is important because we don't just teach dance lessons but life lessons. I try to instill in them how

to become not just a better dancer but also a better person."



Courtesy Maverick Dance Team

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VARIETY

There's snow place like Mount Kato

By MERCEDES KAUPHUSMAN
Variety Editor

Minnesota State students hit the slopes instead of the books at Mount Kato Saturday.

Mount Kato and the Student Events Team joined forces to put on a free tubing event for Mavericks from 7-11 p.m.

Taking advantage of Minnesota's warmer weather, MSU senior Claire Jasinski attended Saturday's event alongside her roommates.

"There were a lot of funny moments throughout the night," Jasinski said. "It's really great to go out and do something different with my roommates."

As an exercise science major, Jasinski spent the night tubing to subside the stress of school.

"I think it is important to get students away from school for their mental health," Jasinski said. "It's good for students to socialize and meet new people in a new setting; It's a plus that it gets students out and moving, being active."

Home to skiing, snowboarding, snow tubing and mountain biking, Mount Kato is a winter sports facility located one mile south of Mankato. The free tubing event, a



DYLAN LONG • The Reporter

The Student Events Team and Mount Kato hosted a free tubing event for students at Minnesota State Saturday from 7-11 p.m.

popular one in previous years, was brought back this semester with four open lanes for students to choose from.

Upon arrival, students signed

waivers and showed their MAV-Cards. In exchange, they were given open access to unlimited snow tubing until the event's end. There was also a shuttle running to and

from campus during the length of the event, giving all Mavericks the chance to experience Mount Kato's hills.

"Mount Kato is great," MSU se-

nior Jake Kemper said. "It's a fun activity to do in the winter time."

From balancing his studies in construction with being a captain of the MSU Lacrosse team, Kemper decided to take a break from his routine and join some friends at the ski area. Kemper enjoyed the fact that the event was, "free of charge for students."

"I think it's important for MSU to host these events because it allows students to enjoy themselves for free," Kemper said. "A lot of college kids don't have a lot of money so it can be difficult to find fun activities to do for free."

A conveyor belt brings tubers up to the top of the hill, with the option to walk on foot at the side. From there, students could slide down individually or link together.

In addition to bundling up, students were able to keep warm with a warming tent, bonfire and hot chocolate at the Chalet.

"My experience was amazing," Jasinski said. "My only flaw would be the long lines, but other than that I had an amazing, fun time"

Students are welcome to visit Mount Kato and pay a \$20 fee for two hour tubing intervals, as well as try out the ski slopes during open hours.

A story of brilliant and reckless creativity in "Seminar"

By ANAHI ZUNIGA
Staff Writer

It's official. This semester's new theater season kicks off on the last day of January at the Earley Center for Performing Arts with a studio performance of the play "Seminar," a play created by Pulitzer Prize nominee Theresa Rebeck.

In this provocative comedy, "Seminar" is about four young aspiring novelists who all sign up to take writing classes with an international literary figure who, through his reckless but brilliant instruction, causes his students to question everything about the writing process and their chances of success.

Senior and stage manager Erin Ackman explained the process of planning this studio play with the theatre crew and faculty and how they begin to work behind the scenes in making the story come to life.

"The play was chosen by one of our grad students, Casey, the director, and that's how a lot of the studio shows are. It's the grad students that put them on. We have weekly production meetings where the entire design team meets and talks about the concept where Casey says 'Here's kind of my vision of the play; where I want everything to be' and then we cast it shortly after that." Ackman said. "And throughout the rehearsal process, the de-

sign team can come in and watch rehearsals or we do ground plans of the space which is kind of a planning as if you took a bird's eye view of a space and then you sort of plan out. There's lighting and sound design and it's all really based around the feel of the play like what do we want the audience's reactions to be to these things."

For Ackman, being stage manager is managing behind the scenes and having both the cast and crew ready for their upcoming performances.

"Stage manager is effectively the one who runs the production after a certain point. So the director comes in, and it's his original vision and it's his idea and perspective and he casts everything but once we get down to performances, I'm the one who establishes call times which means when everybody else shows up." She said, "I am the delegator of all the tasks; I call the show, which means that all of the light cues, the sound cues, all of that kind of stuff comes from me. And I help everybody close out at the end of the night, so we reset for the next show. And we do it all again the next day."

In the world of theater, Ackman reveals the hardwork and connection that she was able to make with the cast and crew and being able to connect to the themes of the play.

"I really did enjoy this play and part of why I wanted to stage manage for this one is because my major



NATE TILAHUN • The Reporter

The Minnesota State Theatre Department is showcasing "Seminar," a provocative comedy about four aspiring novelists.

is English Education and so I really wanted to combine my two major and minor ideas and realize that there are ways to be a good teacher but also ways to be a bad teacher," she said, "I've always enjoyed the theater program here and getting to work with such a small cast is

such an intimate thing. And I feel like I got to know all of the actors in the crew very well. I consider them very good friends, I hold them in the highest regard. And I believe that even in bigger casts, there is that sort of familial dynamic that we as a program, always establish."

As the days count down to the first showing of Seminar, Ackman shares what MSU students can expect on opening night for this provocative comedy.

"It will be hilarious but it will also be very gut punching, in cer-

SEMINAR on page 8

Period Party: a celebration for menstruation

By ELLIE MESCHKE
Staff Writer

There was Bingo. There were beverages. There were prizes.

And plenty of talk about periods

More than 50 people turned out Thursday for a period party, an event held by the Women's Empowerment Group.

Liz Flatum, the president of the Women's Empowerment Group, said "We were looking for a good introduction to the semester. Last semester we didn't have as much programming and we wanted something to get us out there. Especially with it being something that a lot of students would be connected to, and being able to connect...with our name being Women's Empowerment, not saying that like our group is specifically just for women, because, I don't identify with that label. It was something that could definitely unify students in that way."

The Women's Empowerment group is a relatively new group on campus with the goal of empowering women as well as educating others. As said above, everyone,



DLAN LONG • The Reporter

The Women's Empowerment Group hosted a period party for women on campus Thursday. More than 50 people arrived.

regardless of gender identity, is welcome to join. Every month, the group aims to hold an event to inform and empower students.

Flatum also said, "Periods, menstruation, is very stigmatized. There's a lot of shame held with having a period, and there's a lot

of legislation around it. And, how education in sex ed is...a lot of it is pushed to the side. So having a community where we can bring

together people to talk about how periods are always different. There's differences, and that your experience is what it is, and that there's differences between everyone."

They also said, "I think that there is value in finding your community of people who deal with menstruation. Having your community that can help you through the discrimination that you are facing, but if it's that you're facing it alone, also keep in mind that you aren't alone, that there are people that also understand what the struggles with menstruating, what the struggles with stigma is. I feel that I would just say: keep pushing forward, because once you find those people, then they're your people."

The next Women's Empowerment event will be in February, in which they will discuss red flags and green flags in relationships. The Women's Center, which is located in the Centennial Student Union in 218, is open to everyone, regardless of gender identity. Additionally, the majority of or all bathrooms on campus are stocked with free period products, there are also free period products right outside the Women's Center.

◀SEMINAR from page 7
tain places where you'll be laughing along. But it's in the best way possible where like I said, you see that

drama and you see why there is that gut punch and it's relatable. There's a lot of emotional and word comedy. There's a lot of wit to it but there

is also some physical comedy," she said.

Seminar will be showing in the Andreas Theatre at the Performing

Arts Center from Jan. 31 to Feb. 3 at 7:30 pm to 9:30 pm. For more information on upcoming theatre productions, performances and

tickets, visit mnsu.edu/academic-programs/theatre-arts/performances-tickets

The Interfraternity and Panhellenic Councils congratulate these Fraternity & Sorority Community members on their academic achievements during the Fall 2023 semester.

Pie for Pi —

All Fraternity members listed below earned a 2.85 GPA or higher during the Fall 2023 Semester.

All Sorority members listed below earned a 3.20 GPA or higher during the Fall 2023 Semester.

FSL Community GPA - 3.02.

Dean's List Recognition —

Fraternity & Sorority members listed below with a bullet after their name earned Dean's list for the Fall 2023 Semester

<p>Alpha Chi Omega</p> <p>Lillian Amos Mikayla Arendt Carina Bieberdorf* Sierra Christians* Olivia Edge Hailey Elmhurst* Lauren Friendshuh* Sophie Fuchs Paige Gabbert Kenna Gallion* Anjelica Guzik* Caroline Hartley* Leah Hed* Avry Henning Jaycey Horton Riley Jones* Katy Lyford Shalynn Mahady* Grace Maloney* Emily Reed* Ally Schultz* Kayla Schuster* Maryn Somerville* Sophia Tyler* Kalina Vandeputte Maggie Wipf* Whitney Younger</p> <p>Alpha Sigma Alpha</p> <p>Tatum Allen* Teagan Allen Annika Anderson</p>	<p>Emma Benjamin Krista BJORUM* Sydney Claseman Emma DeLange* Trinity Geyen Morgan Hagen* Lauren Hansch Hailey Hoernemann Abigail Johnson* Kate Kahnke* Mooyoung Lee* Amber Lovely* Karlie Maack* Julia Market Hannah Otto Emma Peirce Madelyn Remer* Haley Robertson* Shelby Roerick Kennedy Roslin Morgan Rusler Halie Stern* Emily Watts*</p> <p>Gamma Phi Beta</p> <p>Angela Altschul Sofia Braun* Madison Cleverly* Payton Deml* Destiny Fairbanks* Emma Gilberts* Tatum Howard* Allison Kolling*</p>	<p>Olivia Landgren* Allison Lashinski Sarah Morris* Adeley Murkins* Hanna Nooyen Kasia Nycz Kaylee Plahn* Emily Stinson* Abbey Stohs* Maddie Sura* Alexis Swartout* McKenzie Wallerus* Claire Westendorf*</p> <p>Phi Delta Theta</p> <p>Aedan Bertrand* Kayden Buckmaster Alexander Dorso Carter Martodam Jake Miller* Roman Newinski Trevor Odenbrett Riley Regan* Owen Ridenour Sam Ristow Ian Schaefer* Evan Van Scoyk*</p> <p>Phi Kappa Psi</p> <p>Mitchell Becker* Harrison Cole* Jaegar Cossette* James Framke*</p>	<p>Bradon Gerberding Brandon Grund Aj Kaufman Tucker MacCallum* Cameron Mathis* Jonathon Muck* Ryan Schmidt* Samuel Vestal</p> <p>Sigma Chi</p> <p>Jason Blankenship* Coltin Grimm* Ryan Guse* Connor Kulas Edward Nguyen* Joshua Palashewski</p> <p>Sigma Nu</p> <p>Grant Blosberg* Oscar Hertle Wyatt Hiers Minbeom Kim Carson Macksam* Ethan Macksam* William Meyer* Zachary Niece* Nate Rezny Joseph Roeser* Kaden Schafer Ryan Tuchtenhagen Maxwell Vail Matthew Villegas</p>	<p>Sigma Sigma Sigma</p> <p>Madison Aakhus Grace Andrews Kaley Arndt Erica Bartkey* Lilly Bengston* Jade Costello* Claire Czech* Skylar Fields* Alexis Fouss* Riley Gaulrapp* Madi Herrick* Sydney Johnson Alexis Kraska* Greta Lampe* Maleah Lunders* Shae Peterson* Kaitlyn Pintz Kayla Polanco Sarah Reed* Emma Riebel* Betsy Staiger* Delia Stoeckel Alexis Stokes* Lexi Thomas* Izzy Vars* Rachel Wall</p> <p>Tau Kappa Epsilon</p> <p>Anthony Alioto* Blake Mueller Murphy O'Brien Cruz Patzner*</p>
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