

MINOT STATE UNIVERSITY
Red & Green

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NOTSTOCK, PotStock and WordStock, oh my!



Photo by Koh En Chze (Ariel)

NOTSTOCK participants use hairdryers to dry paint on their newly screenprinted T-shirts. NOTSTOCK, MSU's annual live, signature arts festival, ran last week with four days of printmaking, poetry, music, ceramics, theater, dance, foreign language and communication arts, and featured two art exhibits.



Photo by Koh En Chze (Ariel)

Guest ceramicist Alexandra Jelleberg talks to students in Aleshire Theater about her work with ceramics. As part of PotStock, Jelleberg and ceramicist Kendra Rodgers gave ceramic demonstrations, including raku firings, for three days outside the Beaver Dam.

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Baseball and softball teams donate equipment to children in Nicaragua

By Isaac Hunt
Sports Writer

Helping Kids Round First is an organization that provides baseball and softball equipment to children in Nicaragua so they can enjoy playing the sport with gear they would not otherwise have access to.

This year the Minot State University baseball and softball teams are donating some of their equipment to the cause, contributing to the 40,000 pounds of uniforms, bats, gloves, cleats and helmets that will be shipped out later this month.

"We are elated to be able to give our old equipment, bats, balls and many other softball items to the kids in Nicaragua," head softball coach Bill Triplett said. "I'm proud of our team for wanting to do this, and knowing that what we are giving is going to put smiles on the faces of the children down there makes us all feel good."

Minot State isn't the only school helping out. With many teams in the NSIC joining Helping Kids Round First, the conference is making an impact.

"Rounding First contacted us," baseball head coach Brock Wepler said. "I think they reached out to all of the schools in the Northern Sun. Been in contact with us for a couple of months. Augustana baseball went down to Nicaragua last year and helped out with some deals down there, so I think they're the ones that tried to get our conference on board with it."

In 2014, the Augustana baseball team went to Nicaragua in January to train and play exhibition games against professional teams, minor league teams and local club teams. While there, the team joined Helping Kids Round First in a service-

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News in Brief

Photographs from Americas 2014: All Media best-in-show winner on display

Edward Shmunese, photographer from Columbia, S.C., exhibits in the Northwest Art Center library gallery through Oct. 29. Shmunese is the best-of-show winner from the Americas 2014: All Media juried competition. His work consists of digital photography that attempts to capture the absurdities in the world around him. The exhibit is free and open to the public and can be seen during regular library hours.

MSU honors Athletics Hall of Fame inductees

The Minot State University Athletics Hall of Fame Committee has selected four individuals to be enshrined in 2015.

The 2015 Hall of Fame class features student-athletes Genevieve (Binsfeld) Hanson, Willie McCollum, LeeAnn Pektivitch and Mike Tighe.

The Hall of Fame induction ceremony will take place during half-time of the Beavers' home football game against Northern State Saturday, Oct. 3, with kickoff slated for 6 p.m.

Run/Walk for Wellness Sunday in Oak Park

All are welcome to a run/walk at Oak Park on Sunday. A variety of activities will be available to people of all ages along the route. Registration begins at 2 p.m. the day of the event. Non-students pay \$15, students pay \$10 with their student ID, and free for children 12 and under. The MSU Wellness Committee sponsors the event. Proceeds go toward an MSU Wellness Scholarship. Support MSU by walking at Oak Park. For more information, contact Karina Stander, 701-858-4078.

Comedian Michael Harrison performs Oct. 6

Tuesday is about to get a whole lot funnier. Comedian Michael Harrison will perform in the Beaver Dam at 7 p.m. He has witty one-liners and a kick-butt stand-up routine! Don't miss it. MSU Life sponsors the event. It is free with MSU student ID.

Today in History

- 1890:** Yosemite National Park forms.
- 1903:** First Baseball World Series, Pittsburgh Pirates vs. Americans Pilgrims (Red Sox).
- 1942:** Little Golden Books (childrens' books) begins publishing.
- 1948:** California Supreme Court voids state statute banning interracial marriages.
- 1962:** James Meredith becomes first black at University of Mississippi.
- 1964:** Free Speech Movement launched at University of California, Berkley.
- 1971:** Walt Disney World in Orlando, Fla. opens.
- 1974:** Watergate cover-up trial opens in Washington, D.C.
- 1990:** Meteorite explodes above Pacific Ocean.
- 2010:** Scientists announce the discovery of Inkayacu, an extinct genus of prehistoric penguin that lived in the Late Eocene period.

(Courtesy of Brainyhistory.com)



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NOTSTOCK at MSU



Photo by Koh En Chze (Ariel) Bearded Men Improv took to the Aleshire Theater stage to perform improv comedy. They also hosted improv workshops as part of NOTSTOCK last week.



Photo by Koh En Chze (Ariel) Jason McCall explains his view on super heroes in relation to his book, 'Dear Heroes.' McCall also hosted a Poetry Slam in the Beaver Dam last week as part of WordStock.

Tuesday
SOUP
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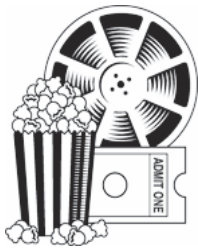
WHERE
 Memorial Hall 114
 Minot State University Campus

FEATURING: The documentary film "Abolition of Shame: A North Dakota Homecoming" is a look at the lawsuit by the ARC against the State of North Dakota for the historical warehousing of people with mental illness, intellectual, and developmental disabilities in the San Haven State Hospital. Film will be followed by a facilitated discussion by Dr. Brent Askvig, Executive Director of NDCPD and Professor of Special Education.

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On Movies



by Alex Nelson
Staff Writer

When society has fallen, when the world has been lit on fire and everything you know is gone, sometimes the only thing you can do is run.

"The Maze Runner: Scorch Trials" is directed by Wes Ball and stars Dylan O'Brien, Kaya Scodelario, Thomas Brodie-Sangster, Ki Hong Lee, Giancarlo Esposito, Rosa Salazar, Aidan Gillen and Patricia Clarkson. Based on the book series by James Dashner, it is rated PG-13 for language, violence and frightening moments.

'The Maze Runner: Scorch Trials'

After escaping the horrors of the maze, the Gladers Thomas (O'Brien), Teresa (Scodelario), Newt (Brodie-Sangster), Minho (Lee) and their friends believe that they are safe from the maze and from WCKD. However, they are proven wrong as they are still in WCKD's hands. Escaping WCKD's grasp, the Gladers learn that the outside world, known only as the scorch, is even deadlier than the maze. Cities have crumbled and their remains are covered with desert-like sand. The majority of people in the world are infected by a disease that makes them savage like zombies.

Those who are not infected, such as Brenda (Salazar) and Jorge (Esposito), fight to survive in this harsh world by any means neces-

sary. Hoping to find a safe haven away from the organization WCKD and the leaders Ava Paige (Clarkson) and Janson (Gillen), Thomas and the other Gladers realize that they have no other choice but to run through the scorch.

After seeing the first film, I couldn't wait to view the sequel. I should state that the film didn't disappoint me, as it kept me interested the whole time. While not necessary, it would most likely help viewers to see the first film to understand what is happening. Reading the books would help, as well, for those who are not familiar with this series.

That said, those who read the books will notice that there are obvious changes between the

book and the movie. Some changes in the film I found suitable, not to mention that the changes I found are not to the point where they couldn't make another one. The one main issue I had with the movie is the amount of cast members. The cast was well-picked and the acting was enjoyable. The problem, though, was that there were many characters and, with the exception of the main character, I would sometimes get lost wondering if some of the cast members got their moment to shine in the movie.

As I said before, the cast was great for each of their parts, it is just that it felt difficult to keep track of all of the characters that were shown. While I ended up understanding what was going on

and who was who, it might cause some difficulty to some viewers, especially those who have not read the books or seen the first film.

Overall, I found the film enjoyable. True, there are changes and differences from this movie and the book, but I don't believe that the changes "destroyed" the film, although some fans of the book series may not enjoy this movie. The cast was enjoyable and the action sequences were pretty good, as well. I am looking forward to the final part of the saga to come.

I personally give "The Maze Runner: Scorch Trials" 4 out of 5 Beavers; for diehard fans of the series I would give it 3.5 out of 5 Beavers.



Ask a pastor

Mindfulness

By Christoph Schmidt
MSU Campus Pastor

I asked some students recently what they thought of the idea of MINDFULNESS. They described mindfulness in various ways, such as being fully aware, being present, being attentive to one's surroundings, noticing details, and living in the moment.

In a world filled with endless distractions and voices crying out for our attention, mindfulness can

sometimes be hard to come by. But for these exact reasons, it's a practice from which we all could benefit. When we learn to be mindful of what's happening, both in ourselves and in the world around us, we tune in to what it means to fully live.

Oftentimes, so much of our lives are on mindless autopilot. Your morning routine of getting dressed, brushing your teeth and eating breakfast. The ability to drive your car vast distances with-

out even thinking. Watching television or surfing the internet. Even our interpersonal relationships are prone to mindlessness (the opposite of mindfulness).

Not only can mindlessness be dangerous (as when driving a car!), but it can cause us to miss out on much of what's beautiful and good. When our minds are constantly focused on our to-do lists, or stuck dwelling in the past, we miss out on the joy of the present. Remember, we only get to

experience today once, then it's gone forever.

I used to do some sport climbing when I lived out in Washington. What I loved about climbing was the way in which it forced me to be fully present in that exact moment. The sheer concentration required to find the right hold forced everything else out of my mind – it was just me and the vertical drop of rock in front of me. Mindless climbers often succumb to natural selec-

tion, after all.

So how does one regain a practice of mindfulness? For me, mindfulness is about NOTICING. It's about noticing and observing the many thoughts and emotions that you go through in a given day. This very act of noticing often leads to clarity and unexpected insight.

Mindfulness is also about noticing your surroundings and the people in your life – the

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The Vent

The hallmarks of racism

by Frankie Jean-Pierre
Staff Writer

I recently stumbled upon a news article that attempted to highlight a few commonalities shared among people or groups that are racist. I've scarcely thought about racists and what commonalities they share aside from a deep ignorance of something as insignificant as skin tone, but as I listened more I was surprised by the traits that were listed. They really made me begin to think, because these traits were not so much individual character traits as they were ideological traits, so to list them ...

- They do not see people as individuals, but as groups categorized by race, religion, etc.
- They are unable to objectively judge a situation, leading to part of the ignorance I previously mentioned.
- They often seek to gain power through sowing discord, dividing

people and manipulating situations to fit their own agenda.

Seeing this list made me think about various people and groups that have exhibited these characteristics and, of course, the obvious ones that came to mind were Adolf Hitler and the Ku Klux Klan, but I wanted to see if there are any modern people or groups that have these traits. It didn't take long to make a list and realize what some have already known and what others will now learn.

Today there are two groups specifically that are spreading the disruptive seeds of racial issues across the nation, one directly and one indirectly. The direct one that has caused all sorts of problems is the "Black Lives Matter" organization. Ever since the Trayvon Martin case, people have been laying the seeds of discord in the ground by making that case and the subsequent ones about something that has no factual relevance - and that is race.

From Trayvon Martin, to Michael Brown, to Freddy Gray, to Michael Slager in South Carolina all of these cases, if you look them up, have the same narrative playing, "White cop/individual kills Black victim." Now none of these cases has anything to do with race, but people like Al Sharpton, President Obama and former Attorney General Eric Holder have all jumped on the race bandwagon and driven it into cases where it's irrelevant.

Today "Black Lives Matter" members have called for the killing of cops and white people and have violently protested every issue under the sun where they've been able to interject race as the sole motivator of a black person being victimized. Even despite the facts that come out in these cases that show what really happens, these people still hold on to false narratives and prove incapable of objectively looking at incidents beyond

the race. Even the name "Black Lives Matter" shows their racist undertones, as they can't even come to the accord that ALL lives matter - they only see groups.

The other group I mentioned that is clearly racist, although it affects us in a more indirect way, is the Islamic State of Iraq and the Levant. One important ideological factor that separates the ISIL and "Black Lives Matter" is the religious overtone that drives the ISIL and their openly systematic killing of non-Muslims [mainly Christians] in the region. The group is so similar to the Nazis of Germany that it's a wonder the world has been so slow to condemn them and respond with military action while the group is still weak by comparison to their predecessors in Nazi Germany, and even more so when compared to the military strength of the United States, our allies and the Middle Eastern nations they threaten.

Referring back to the topic of racism, the ISIL are a modern version of the Nazis and they openly display their racist ideology for all the world to see.

A person can easily go down the list of hallmarks of racism and see that the aforementioned groups do not see individuals, they see only groups. They are not capable of objectively looking at situations and are not swayed by contrary information. They thrive on the power they gain by causing conflict and dividing people.

Racism is one of those issues that thrives on lies and insignificant factors and, if left unchecked, those racist ideologies can destroy people and communities. Through education, compassion and unity we, as individuals and as a people, need to overcome the ignorance of racism and concern ourselves with the more important things in life.

... Mindfulness
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friends, family members, professors and peers that shape who you are. It's about noticing their humanity as people rather than as merely their roles.

Finally, mindfulness is about

noticing all that's happening in the world around you - the joys, the laughter, the heartbreak, and the pain in places both near and far. When we're mindful of these things (as hard as they may be), we are able to live more fully into the reality of our existence.

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Hunger Games Dodgeball



Photo by Jerusalem Tukura
Ariel Zannou (left) throws a ball at an opponent, while Alex Ganzemiller (right) looks out for any oncoming dodgeballs before throwing his ball. The game took place at Herb Parker Stadium last week. MSU Life sponsored the event.



Photo by Jerusalem Tukura
Joe Freeman (left) and Mercedes Elliott cover each other during a game of Hunger Games Dodgeball.

... Donation continued from page 1

learning project and stayed with local families in rustic homes.

Located in Flandreau, S.D., Helping Kids Round First has been clothing children and helping them learn baseball since 2007.

"In Nicaragua, baseball is nearly as powerful an institution as the church," Helping Kids Round First says. "Communities lacking 20th century advancements often have a baseball field. The cleats donated are sometimes

the only shoes the children have."

Minot State baseball provided uniforms, baseball pants, catcher's gear and many T-shirts.

"A lot of stuff we've got sitting around in storage and it's going to a good cause and they're going to get use out of it," Wepler said. "So why not? Give this to those kids over there and they can enjoy it and get something out of it."

Many of the athletes at Minot State helped out with gathering equipment and taking photos of what was being sent. Just like the coaches, the players were more

than happy to help out knowing that the children in Nicaragua would be able to play and get use out of materials they are no longer using.

Both teams said they are more than willing to participate in these donations every year as long as Helping Kids Round First is still sending equipment down.

You can donate to Helping Kids Round First, find out more about what they do and look at photos by visiting www.helpingkidsroundfirst.org.

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24-Hour Play Festival hits Aleshire Theater



Photo by Koh En Chze (Ariel)

Amanda Kraft, Eric Fetske and Connor Donovan perform "Counter-Moves" at the 24-Hour Play Festival. Campus Players sponsored the event last week as a fundraiser.

NDCPD celebrates 25 years

'Handicap This!' comes to the stage Friday

By Caitlin Dupras
Comm 281

The North Dakota Center for Persons with Disabilities (NDCPD) is hosting three events on campus and one at Dakota Square Mall in celebration of its 25th year of operations. October is also Disability Awareness month.

The first event begins today, Oct. 1, with a poster display from 9 a.m. to 3 p.m. in the Minot State University atrium. NDCPD staff members will be in attendance. They encourage students to stop by, look around, and ask as many questions as they wish.

The second event, a dessert social later today, from 1:30 to 3 p.m. in the MSU Student Conference Center, is designed as a way for the NDCPD to say thank you to colleagues, students, staff and faculty at MSU for all the support they have given throughout the years.

On Friday, students are encouraged to attend a performance of "Handicap This!" in Ann Nicole Nelson Hall at 10 a.m. This

special event by a national performance duo, Mike and Tim, delivers a message about bullying, acceptance and the challenges that people with a disability face. The group has performed all over the country and was featured in a special TedX Talk.

The NDCPD encourages teachers to bring their classes to the performance. Instructors are encouraged to RSVP in order for seats to be reserved so all of their students may sit together.

The final event is Saturday at Dakota Square Mall from 11 a.m. to 2 p.m. NDCPD staff will be available to talk to the public and answer questions about disabilities or the organization.

The NDCPD works across the state of North Dakota to improve the lives of those with disabilities of all ages, ranging from birth to death.

"The organization is constantly looking for new grants and events to help those in need throughout the state," Emily Rodacker, NDCPD project coordinator, said.

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Make breast cancer prevention your priority

By Kelly Paul

MSU senior nursing student

Early breast cancer detection plays an enormous role in developing treatment options and determining survival rates. One in eight women will be diagnosed with breast cancer within their lifetime. Breast cancer is the most common form of cancer in women, and 15 percent of cancer-related deaths are related to breast cancer. Approximately 11 percent of women with breast cancer are under the age of 45, which means it can and does occur in younger women, including those in their 20s.

Breast cancer begins with one malignant, or cancerous cell. These cells multiply to form tumors in one single area, or can multiply and spread to other parts of the body. Breast cancer can develop in tissues, milk-producing glands called lobules or, as it most frequently occurs, in ducts which transport milk from the lobules to the nipple. More than half of cases are located in the upper breast area near the armpit.

Seventy to 80 percent of women diagnosed with breast cancer have no history of cancer within their families. However, several factors have been identified that predispose a woman to its development. Non-modifiable risk factors, or those that cannot be changed, include: age (increasing risk as age increases), previous cancer diagnosis, mother or sister with breast cancer diagnosis, and presence of BRCA1 or BRCA2 gene, which is a genetically inherited gene mutation that predisposes women to breast cancer.

Those risk factors that can be modified include: physical inactivity, weight above normal limits and increased alcohol consumption.

Maintaining a healthy lifestyle reduces the risk of developing breast cancer. This includes exercising at least four hours a week and maintaining a healthy weight. Additional preventative factors

include: limiting alcohol consumption to no more than one drink daily for women, avoiding long-term heavy tobacco use, getting adequate amounts of sleep, and breastfeeding.

In addition to lifestyle factors, monthly self-examination is effective in detecting early signs. Each month, approximately one week after menstruation, women are encouraged to perform a self-examination. Begin the examination in the mirror, assessing the size, shape and symmetry of breasts while placing arms in three different positions: arms relaxed at the sides, held over the head, and with hands on both hips. Following the visual exam, it is important to perform a manual examination in the shower. Gently palpate both breasts, remembering to feel into the armpit as well.

While performing this monthly

breast exam, there are many potential warning signs to look for. According to the Center for Disease Control (CDC), some signs may include: painful or painless lumps on the breast or in the armpit, thickening of the breast tissue, changes in the skin texture such as dimpling, redness or flaking, discharge from the nipple that is not associated with breastfeeding, and pain with palpation.

While it is important to understand that these signs can also be associated with other medical conditions, if noticed, it is a good idea to follow up with your doctor. In addition to monthly self-examination, The American Cancer Society (2015) recommends that women should receive clinical breast exams every three years in conjunction with their pap smear, which is a test performed by a

physician to detect cervical cancer.

Mammograms, or x-rays performed on the breast, should be completed every two years in women over the age of 50. Women of higher risk, and women around the age of 40, should consult their doctor regarding the appropriate screening options for them, as women are often encouraged to come in more frequently, or to begin their screening at earlier ages. Some women, particularly those with higher risks, may consider having a mastectomy prophylactically. Women may also discuss pharmacological measures with their doctors, which may include taking Tamoxifen, a drug that has been shown to prevent certain types of breast cancer.

Cancer does not discriminate based upon age, and preventative strategies cannot begin too early. Early detection and diagnosis can

greatly increase chances of survival. Women of all ages should be empowered to educate themselves and begin a preventative regimen, to be included within their healthy lifestyle, and continued throughout life.

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Beavers drop 3 conference games

By Isaac Hunt
Sports Writer

In three home games last week, the Minot State University volleyball team could not pull out a Conference victory. Going to five sets in their first two matches, the Beavers struggled to stay consistent throughout the week.

In the first match, twice MSU was trailing in sets won against Mary. Twice the Beavers were able to tie the series. In the fifth set, however, they were unable to use that momentum to secure the victory.

When the two teams switched sides in the final set, MSU led 8-6. After being outscored by the Marauders 9-4, the Beavers left the court with their third conference loss, coming at home with 431 in attendance.

"We let too many of those opportunities slip out of our grasp," head coach Ben Kaszeta said. "Something we have to learn – to finish. We have to learn to believe in ourselves more, we have to learn to finish and put things away."

Opportunities were something Minot State (3-7, 0-3) was able to take advantage of at times in the five sets (21-25, 25-17, 23-25, 25-15, 12-15), but not when the games got close. In the two sets won against Mary (6-6, 1-2) there were differences in how the team performed overall.

"We were way more aggressive in those two sets," Kaszeta said. "We passed and served better, we were more aggressive with our swings and we were a lot more aggressive defensively. When we relaxed or we got timid or we got scared to make a mistake, the game got away from us."

Being aggressive is something senior Mallory Sall (OH) had taken upon herself after falling in the first set. With only one kill in the first set, Sall finished with 23 kills, just seven shy of her career record, when she tallied 30 kills in her freshman season. Sall also

helped the team defensively with 11 digs.

Four Beavers earned double-digit marks in the digs category, including freshman Logan Desorcy (L), who led the team with 19.

In the second match of the week, the MSU volleyball team took a 2-0

series lead in its matchup against Bemidji State Friday evening at the Minot State Dome.

But after falling in the next three sets, Bemidji State spoiled what looked to become the first conference win for the MSU Beavers.

"We're still not taking chances," Kaszeta said. "We had chances at the end of game three; we had chances at the end of game five. Bemidji was a little bit more aggressive. Aggressive with their serves. We didn't pass as well. They deserved the win and we didn't."

The five sets they played (25-22, 25-21, 22-25, 18-25, 12-15) wore down MSU a little bit at the end when freshman Alison Fuata (OH) had to come in to give some of the veteran players some time to rest in the fourth and fifth sets.

One player that didn't need any breaks was senior Tarah Dabovich (MH) who finished the match with a team-high 12 kills, as well as

seven total blocks and two served aces. Dabovich led both teams with an attack percentage of .435.

"Tarah had a good game," Kaszeta said. "She moved well, she blocked well. Maybe having her mom here helped, but she played very well today. She moved on the court well."

Despite the high level of play from Dabovich, the MSU Beavers (3-8, 0-4) couldn't hold onto the lead they earned in the fifth set. With a 6-3 lead, Bemidji State (4-9, 2-2) took a timeout and the teams switched sides with Minot State still in control.

With a final score of 12-15, the match was over and the teams left the court, one in a much better mood than the other.

"I think they're disappointed; they know they're better than that, they know they can push past those," Kaszeta said. "They know they're better than how they just finished. Game one and game two proved it. We were functioning well, we went after things harder and we took care of business. We got passive and Bemidji took it up a little bit. We made a lot of errors and Bemidji capitalized on that."

The Beavers weren't as competitive in their match against Minnesota Crookston, dropping all three sets at home due to poor passing and serving, something the team has been working on in practice.

Practice isn't a game. Kaszeta knows that. He also knows he

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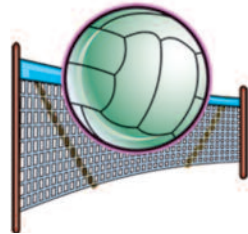


Photo by Jerusalem Tukura
MSU senior Tarah Dabovich (No. 8) and junior Taylor Butters (No. 1) block the ball in a game against the University of Mary. The Beavers lost, 2-3.

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... Volleyball
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needs to create added pressure to make practice more like an in-game experience.

"We do it well in practice," Kaszeta said about his team's ability to pass and serve. "But we don't do it well under pressure."

With 27 attack errors compared to 35 kills, Minot State (3-9, 0-5) struggled to get its offense running smoothly against Minnesota Crookston (11-2, 4-1).

"We didn't execute our game plan," Kaszeta said. "We knew their weak spots and didn't pass well enough to hit their weak spots all the time."

The only player for MSU to end the match with an attack percentage higher than .150 was Shaunessy Dauwalder who ended with a percentage of .400, hitting seven kills.

Matching Dauwalder with seven kills was Taylor Butters, who added one solo block and two assisted blocks to lead the team with nine points.

Even though Minot State played in two five-set matches this week, including one against Bemidji State that finished just 18 hours before this match began, Kaszeta wasn't prepared to let anyone off the hook, including himself.

"I don't make excuses," Kaszeta said. "I just don't think we took care of what we needed to. A lot of the simple things we missed out on. We need to push a little harder and get ready for the next one."

The next one will come against St. Cloud State as Minot State heads back on the road tomorrow. That match is scheduled to begin at 7 p.m.



Photo by Jerusalem Tukura

MSU frehsman Kelsey Dewulf sets the ball in a game with the University of Minnesota, Crookston. MSU lost, 0-3.



Photo by Jerusalem Tukura

MSU junior Shaunessy Dauwalder spikes the ball in a game against University of Minnesota, Crookston.

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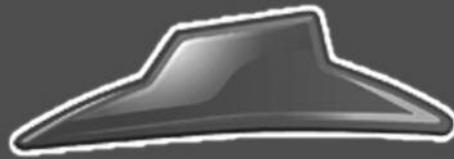
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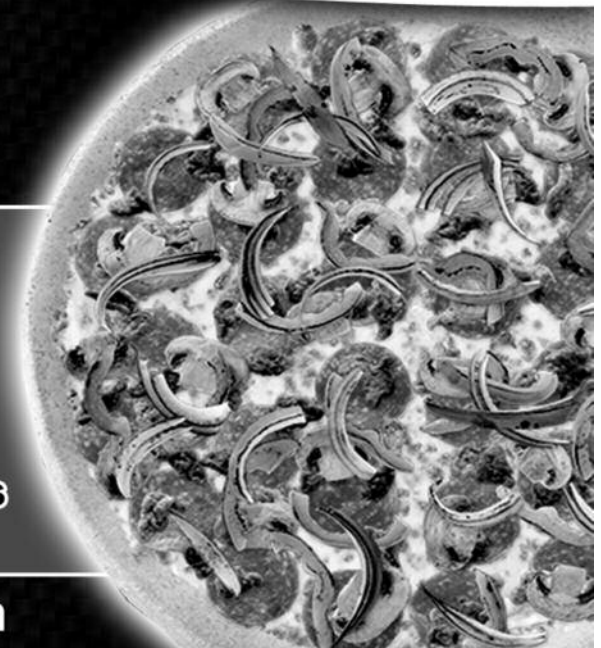
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