

Red and Green

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Minot State University

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Native American Heritage Month

**Kylie Koontz
Editor**

The month of November is Native American Heritage month. This month is a celebration of the long history and vibrant culture of Native Americans, but more than that, it is meant to recognize the atrocities they've faced, the sacrifices they've made, and the contributions and achievements of the Native people.

"Native American Heritage Month is a time to celebrate the rich cultures, traditions, and history and to acknowledge the important contributions of Native people," said Annette Mennem, Native American Cultural Center director.

With 5% of Native students making up Minot State's campus and five tribal nations in North Dakota — two of them being within 110 miles of Minot — representation, acceptance, and celebration of the Native culture is important for Native students on campus and the tribal nations in North Dakota.

Native American student Samantha Brunelle, from the Fort Peck Indian Reservation in Northeast Montana, is Assiniboine and Turtle Mountain Chippewa. Her Native name is Cheda Knega Winyan (Spotted Hawk Woman). Brunelle is in her second year of university

and is on the track & field team.

She has faced hardships being a Native student at MSU but has a resilient and positive mindset on the hardships she faces as a young Native American woman attending university.

"Attending Minot State has taught me how shockingly uneducated the rest of the world is on Native Americans. I am making it a priority to educate those around me about me and my culture. Being Native comes with hardships that other races don't necessarily face in their everyday life. For example, a majority of Natives living on reservations face harsh disparities including poverty,

poor health, drug and alcohol abuse, and all types of violence. However, with these hardships, comes a sense of pride, strength, and selflessness," she said.

Not many Native American have the opportunity or resources to attend a secondary education. Brunelle takes pride in the fact that she is here doing something she loves with the intent to give back to her people.

"Being a young Native woman at college, I am doing something that my ancestors could only dream of. It is important for me to get my secondary education because it will help me to serve my reservation. Not

many people from my reservation go on to college after high school," she said. "I am in the second year of higher education to get a degree in the medical field to help increase the life expectancy for my people. Sadly, life expectancy for Fort Peck reservation sits at 59 years of age, compared to that of 78 years of age for the state of Montana and nationwide.

"Educating my peers on Indigenous history is in part my responsibility. I feel I owe this much to the millions who suffered the genocide on land we all walk on today. We were already here, we are still here, we will remain here."



The Minot State Native American Cultural Center.

Photo via Minot State website

News in Brief

COVID-19 vaccination clinic

On Nov. 19, the fourth COVID-19 vaccination clinic for the 2021-22 school year will be held on the third floor of the student center in the Conference Room from 9 a.m. to 12 p.m.

Native American Cultural Month; Craft, Jewelry Making

On Nov. 22, the Native American Cultural Center will have limited kits for two styles of earrings. Email annette.mennem@minot-stateu.edu to reserve your kit. Once you pick up the kit, follow the video instructions to complete your jewelry piece.

Yoga

On Nov. 22 and 29, there will be yoga in the Wellness Center from 12-12:45 p.m.

Friendsgiving and Family Feud

On Nov. 22, MSU Life will be hosting Friendsgiving and Family Feud from 6-7 p.m.

Free soup

On Nov. 23 and 30, there will be free soup at the Student Center Atrium from 10:45-11:45 a.m.

Last day to drop second 8-week courses

Nov. 23 is the last day to drop second 8-week courses.

Women's basketball

On Nov. 23, the women's basketball team takes on University of Mary at 5:30 p.m. in the Dome.

Men's basketball

On Nov. 23, the men's basketball team will face University of Mary at 7:30 p.m. in the Dome.

Thanksgiving Vacation

Nov. 24-26 is Thanksgiving Vacation, which means there will be no classes for MSU students.

Women's basketball

On Nov. 29, the women's basketball team will compete against Valley City State University at 5:30 p.m. in the Dome.

Men's basketball

Also on Nov. 29, at 7:30 p.m. in the Dome the men's basketball team will take on Valley City State University.

Leadership Workshop: Team Goal Setting

On Nov. 30, the Team Goal Setting Leadership Workshop will take place on the second floor of Lura Manor at 6:30 p.m.

Downtown Minot lights up

**Yuden Zongtenpa
Staff Writer**

This year, the annual Minot Christmas Tree Lighting event is set to be held on Friday, Nov. 26 at the north end of Main Street, in front of The Depot and 10 North Main. This event is a yearly tradition organized by the Minot Downtown Business and Professional Organization, where all residents of Minot are invited to attend and get into the Christmas spirit.

Even though the tree lighting had to be done virtually last year as a safety precaution against COVID-19, preparations for this year's ceremony, as well as many other activities, are being carried out in full swing.

"We have a long tradition of celebrating the holiday season with gusto," said Josh Wolsky, interim director of the Downtown Minot Organization. "All the activities together makes Downtown Minot an enchanting place to visit during the holiday season!"

While the actual Christmas tree lighting program begins at 6 p.m. on Nov. 26, there are various other fun activities for both adults and kids predicted to happen on the same night.

One such activity is the Santa Claus and real reindeer event from noon to 7 p.m. A multitude of downtown merchants will begin enthusiastically advertising their holiday windows that same weekend, with an open house along with sales and specials set to happen at these local businesses.

New Communication Matters Lab

**Alex Koontz
Staff Writer**

This semester has been filled with fun activities and exciting new things for Minot State. Such things include the new research room in Hartnett Hall.

This room is called the Communication Matters Lab and its campaign was created and promoted by Associate Professor Christina Paxman's COMM 325 Campaign Strategies class.

The Communication Matters Lab is located on the first floor of Hartnett Hall. The main idea for this lab is to create a space where students can create and work in a space specifically made for research and communication.

The lab has three cameras that tape the whole room so

students and faculty can prepare presentations or speeches. The room also comes with moveable and stackable furniture to keep the room clean and spacious.

What makes this lab even more special is that students and faculty have access to the lab at any time. Any and all students are allowed to use the lab as they wish, regardless if they are a communication student or not. This new room can be a place to study or work on group projects.

Minot State has so many bright students and this lab will help them thrive and grow in so many ways.

A huge thanks to the professional communications department, Paxman, and her COMM 325 class for making this possible.



Photo by Alex Koontz
Chili cook off at the Communication Matters Lab opening.

International student feature: Lucy Chapman, Kate Head, Tash Elliott

Jane Wunderlich
Social Media Specialist

From the land down under, these three Australians have had quite the adventure so far here in Minot. They relate in many ways when it came to transitioning to the United States, and their story as to how they were brought together is one to hear.

Lucy Chapman, a junior majoring in physical education, is from Wamberal NSW, Australia. Natasha “Tash” Elliott, from Brisbane, Queensland, is also a junior and is pursuing her corporate fitness and wellness management degree. Kate Head is a senior finishing her international business degree and is from Ipswich, Queensland.

All three of them had either competed against one another, or had heard of each other, before coming to the states.

Head competed her first

two years in the United State at Kennesaw State University before entering the transfer portal. Similarly, Elliot came from a smaller school in Jefferson City, Missouri, before making her way up north to MSU. Chapman, on the other hand, finished her last year in Australia before coming right to Minot State as a first-year student.

When considering Minot State, they all relate with the simple fact that they had heard there were other Australians that would be attending MSU. Little did they know the bond they would create in such a short amount of time. Besides the great facilities, they felt more comfortable knowing they would have friends who they would be able to relate to.

Elliot explained, “having other Aussies here is a great peace of mind because we just understand each other, and we are able to become each other’s

family away from home.”

They are challenged in many ways, being thousands of miles from home, with the biggest one being the inability to see their family.

“Having to watch my family grow older from a distance has definitely been the hardest part for me,” Head said.

Elliot added, “it doesn’t matter how much you prepare for it, it’s still the most difficult part.”

The pandemic was not in their initial plans to come here; however, their families were incredibly supportive when they started looking to come to a university here in the U.S.

“They really pushed for me to come to the U.S. It’s an opportunity of a lifetime and I can wholeheartedly say it has been one of the best decisions,” Chapman said.

“They were supportive but were a little confused about the concept of playing college sports since it isn’t something that’s really done in Australia. As they learned about it, they became more enthusiastic and knew it would be a good experience,” Head added.

The biggest pull to Minot State for each of them was basketball. The passion the three of them have for the game is evident by their time commitment and determination to succeed. Gym rats is a perfect phrase to describe them. Spending hours in the gym together each week, traveling to games, team bonding, living together, and everything in between has only helped build the foundation of their friendship.

Head coach Mike Brandt adds his own words, “they’re a

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A recap on the discussion of cancel culture

Hussein Abulamzi
Staff Writer

The Campus Community Dialogues hosted their live audience discussion on cancel culture at the Northwest Art Center Gallery on Nov. 23. The event saw moderate attendance with approximately 40 people, including students, English professors, and Minot community members.

The event took off with an opening statement from Jonah Lantto, the media specialist panelist and host of “The Good Talk Network,” who argued that cancel culture makes a third definition for modernized boycotting, standing alongside the second term from the early 90s: political correctness.

Jynette Larshus, MSU sociology professor, approached the term from an academic perspective, speaking to the concepts of shaming, bit analysis (i.e., analyzing short moments without context), and social contagion (i.e., the scaffolding spread of news amongst a society).

While Lantto and Larshus approached the subject from two differing backgrounds, media and academic, respectively, both of them supported the same central notions.

First, free speech does not equate to a “bullet-proof armor that can protect you from consequences,” said Lantto, much to the agreement

of all present. Both panelists agreed a society cannot shame its way to a better one; that shaming on social media today adopts the punitive agenda of harming the individual rather than correcting their mistake.

After the opening statements, Alexandra Deufel, host of the event and an MSU biology professor, fielded questions from the audience. Topics that generated a back and forth between the audience members and panelists included the Jon Gruden email scandal, JK Rowling’s gender-centered tweets, governmental oversight and regulation of internet usage policy, and internet social rules.

Also, topics that came about as tangents and concepts which might otherwise garner the reader’s interest included the Chinese social score system and the latitude of attitude concept, which says the theoretical bell curve we adopt of not giving something any thought if it is outside our scope and stances on the social world should flatten if you keep encountering issues on the edge of it.

Amongst the closing remarks from audience comments and panelists’ opinions, one of Lantto’s comments put the night in perspective and left everyone with something to ponder.

He said, “nobody has ever been canceled for unleashing a barrage of compliments.”



Photo via Minot State women’s basketball Instagram
Minot State basketball players Lucy Chapman, Kate Head, and Natasha Elliott pose with the Australian flag.



Photo by Johanna Eben
Campus Community Dialogues panelists in discussion.

RG Editorial

Kylie Koontz Editor

The month of November is Native American Heritage Month. In honor of the celebration, here is a list of five Native American activists who inspire me:

Chrystos (Menominee)

Chrystos is a two-spirit activist and poet. Two-spirit means they identify with both genders and do not conform to either. Some refer to it as being gender non-conforming or nonbinary.

Chrystos' poetry explores the struggles of Native life in today's society. Issues like genocide, queerness, and violence against Native people. As someone who writes and

reads poetry, I personally connected with Chrystos' through their use of poetry as activism. I highly recommend reading some of their work. It is eye opening and equally sad as it is beautiful.

Sarah Deer (Muscogee Creek tribe)

A lawyer and professor at University of Kansas, Deer has worked tirelessly for victims' rights and sexual violence prevention. In 2013, she played a huge part in the reauthorization of the Violence Against Women Act, which gave tribal jurisdiction to prosecute non-Native perpetrators of

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*This editorial may not reflect the views of Minot State University.

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Senior spotlight: Arias celebrates academic and athletic success

Lauren Reeves Features Editor

After deciding to attend Minot State University and be a part of its cross country and track & field team, Nina Arias made the big step of moving from central California to Minot. Arias, who is a senior finishing her final semester as a professional communication major, states that she wanted to experience something different than what she was used to and that she has enjoyed collaborating with other departments and students to work on projects or events.

"I felt that I needed a big change, and it took moving halfway across the country to really see that. I really liked the small campus environment," said Arias. "I was afraid of getting lost in the system at a larger school. I have enjoyed so much through Minot State. My teammates and the experience I was given through the XCIF program were some of the best memories I've had. Plus, working so closely with classmates and professors makes me feel a little less far from home. Everyone is so kind and easy

going, it's very easy to find things to love about MSU and Minot."

For her achievements, Arias states that her biggest accomplishment academically would be achieving her academic All-American honors for cross country. As for her athletic achievements, Arias helped the Minot State University women's cross country team place fourth in the NSIC Conference Championship in 2019 and seventh in the NCAA Regionals Championship in 2019, the highest team finish for the Minot State University athletic program. The team moved up 21 spots from their previous placement in the regional championship the year before.

"I was very proud of my efforts in my first semester here. Keeping my grades up and running fast helped me to succeed in multiple aspects of my life," said Arias. "Through hard work and lots of training, I am in several of the top 10 lists for several races. I met some of my best friends there and overall I am very grateful for the experience."

As for her plans for after she graduates, Arias hopes to get some

real world experience in her field.

"Truly, I hope to be happy. That would be my favorite accomplishment," said Arias. "I would love to say that my dream is to accomplish securing a six-figure salary, but truly I would love to just wake up in the morning without regrets and love and give love. My dream career would be something having to do with nonprofit or community-centered work."

Before she leaves, Arias would like to give advice to younger students at Minot State University to work hard.

"I would tell a younger student just starting out at Minot State to work hard because everything will be worth it in the long run," said Arias. "I would also tell them to take care of their mental health because they deserve to have a clear mind and there are resources available for them."

As she leaves, Arias says that she will without a doubt miss her friends and professors with whom she has made a connection that she hopes will never break, saying "they are my home away from home."



Nina Arias celebrates her accomplishments at MSU.

Submitted photo

International Cultural Day

Venissa Adetl
Staff Writer

There are at least 33 countries represented on the Minot State campus. The countries with the largest on-campus communities are Canada, Nigeria, and Bahamas. According to the school's surveys, there are a total of 313 international students on campus, 254 of whom are undergraduates.

International Culture Day was celebrated at Minot State University on Nov. 4 at the Student Center. It was a day where MSU international students from all around the world got to represent and showcase their various and unique countries. Students and staff were able to learn about the many different countries and cultures of their students and fellow peers.

It was a day full of so much color and different sights, smells, and tastes. It brought people closer to each other. You

could see the joy and the pride of the international students being able to represent and talk about their home country. It was truly a sight to see and a special moment at Minot State.

Learning about the history of a country from fellow students brings you closer. The countries that displayed were China, Japan, Korea, Nigeria, Ethiopia, Ghana, Nepal, Bahamas, Paraguay, Mexico, and Cameroon.

When stopping by some of these tables, you got the chance to play a game and win something, have your name written in that language, and you could even get a beautiful design drawn on your hands with henna, which is a dye prepared from the plant known as the henna tree, very common in most Asian countries.

Be sure to pass by next year for another display of the amazing diversity and beautiful cultures represented here at Minot State!



Photo by Leila Koguchi

International Cultural Day.

Parents vs. school boards

Lauren Reeves
Features Editor

Over the past few months, many school districts and counties have been seeing clashes between parents and school boards over potential changes to curriculum and school policies. Many parents feel that their children are too young to understand the material being introduced in the classroom and would like their schools to back down from these radical changes of education. School boards and teachers, on the other hand, state that they want to create more diverse learning experiences for children, deviating from many of the traditional teaching practices that they feel are outdated and need to be changed.

One of the debates that has been discussed throughout the country is the potential of critical race theory (CRT) becoming part of the school curriculum in the future.

According to the California School Board Association, "CRT avoids a focus on the individual in favor of critiquing how systems use their race to allocate social, political, and economic power in ways that favor certain groups, historically white people in the United States. CRT is a practice of interrogating race and racism in society and the ways in which it impacts people. CRT emphasizes race as a social construct (a classification system developed by society that can change over time, rather than fixed biological categories) with social significance, not a biological reality. It acknowledges that racism is embedded within systems and institutions that replicate racial inequality — codified in law, embedded in structures, and woven into public policy."

Daniel Conn, an associate professor of teacher education, explains more about CRT by stating, "it is a lens that you can use and it's a way that you can look at things. What it basically says is

that because our policies and our traditions are so steeped in racism that it's kind of all around us, and therefore you have to be critical of policies with our systems. It's the way that we do things and be aware that some of the people that wrote those laws were white supremacists and some of the people that wrote those policies to keep black people or keep immigrants out."

Conn also stated that CRT itself is not a school curriculum and is not part of any curriculum. However, many parents are still worried that ideas from the theory are making their way into the classrooms of elementary school students and are not something they should be exposed to just yet.

According to Education Week, "critics charge that the theory leads to negative dynamics, such as a focus on group identity over universal, shared traits; divides people into 'oppressed' and 'oppressor' groups; and urges intolerance."

One out-spoken critic, Quisha King, a Black mother from Duval County Florida, agrees with the statement, and was quoted by the New York Post saying, "telling my child or any child that they are in a permanent oppressed status in America because they are black is racist."

Conn states that while King should criticize CRT as it can be weaponized and used in the wrong way, he adds that she does not speak for all Black Americans, and her criticism only talks about one part of the theory.

"I'm sure there are lots of Black and white people that think critical race theory is a good idea and don't think it's a good idea," said Conn. "Yet to her concern, I think that there are times where it's abused or where it's misuse or weaponized. But I still think it's a useful lens, it depends on who's using it."

These clashes have also brought up the question of who is supposed to be raising the

children, as both the parents and the school boards claim that they have the right to decide what to teach the children, and that they know what is best for the students. Another issue that these clashes have brought about is physical fights between parents, school boards, and police, which has led United State Attorney General Garland to release a memo on cracking down on parents who disrupt school board meetings.

The memo states: "while spirited debate about policy matters is protected under our Constitution, that protection does not extend to threats of violence or efforts to intimidate individuals based on their views. Threats against public servants are not only illegal, they run counter to our nation's core values. Those who dedicate their time and energy to ensuring that our children receive a proper education in a safe environment deserve to be able to work without fear of their safety."

This statement came after several fights broke out in Loudoun County, Virginia following the arrest of Scott Smith, the father of a female student who was sexually assaulted on May 28 of this year. Smith was speaking out at the meeting against Loudoun County Superintendent Scott Ziegler and a new school's transgender policy.

According to the Washington Examiner, "Scott Ziegler stated in a June 22 [2021] school board meeting that he did not know of 'any record of assault occurring in our restrooms' when confronted about the school's transgender bathroom policy. However, it was recently reported that at least two sexual assaults occurred within Loudoun County's schools over the past year, both were allegedly committed by the same 'gender fluid' male student."

"All public and private schools

See Parents, page 11

The truth about the turkey

Leigh-Anne Tellado
Staff Writer

Thanksgiving is one of the keystone holidays in America with 46.9 million people (about twice the population of New York) gathering around their families to share a large dinner with, but few of these families know the true beginnings of the day. We mostly focus on the football games and the Macy's Parade, rather than the history or even the traditional foods from back during the first Thanksgiving. And so, with the big day just around the corner, pull up a seat and dig in so we can perchance the foods, culture, and history of this holiday.

On Nov. 11, 1620, the pilgrims arrived in New England after a 66-day long journey within the Mayflower. They would be taught how to farm by an English-speaking member of the Pawtuxet tribe (a tribe that resided within what is now known as Massachusetts

and Rhode Island). This member was called Tisquantum, or Squanto, and he escaped being sold to slavery in England and somehow made it back to America. He would come back to find his tribe died from a plague brought from the pilgrims.

A year after this, the Pilgrims would have a three-day feast to celebrate the harvest. There are luckily two surviving documents that talk of the meal that they had eaten. They describe a meal that featured freshly killed deer, assorted wildfowl, a bounty of cod, bass, and flint, and a native variety of corn, which was eaten as corn bread and porridge. The corn variety that they are assumed to have been eating was northern flint corn, which was cultivated by the Native Americans at the time. This corn was normally multicolored and was hard, which gave the corn its name.

The Pilgrims would

have their next Thanksgiving feast in 1623 when William Bradford (governor of 30 years) would announce a feast after the pilgrims had suffered a drought but still had a successful harvest. This would be the start of an annual or occasionally celebrated holiday throughout the New England settlements.

Thanksgiving would not be officially recognized until George Washington in 1789 made an announcement for the country to have a day for prayer and

thankfulness due to the conclusion of the War of Independence.

Later, in Oct. 1863, Abraham Lincoln would officially mark Nov. 26 as the day America would celebrate Thanksgiving. This trend of the holiday being celebrated on the fourth Thursday of November would stay this way until 1939, where President Franklin Delaware Roosevelt would change it to the third Thursday of every November. It changed back to the fourth Thursday due to Congress

pressuring the president. This would be the last change this holiday would make as of the present day.

So, as we settle down around the table with a deliciously made dinner to eat with our family, let us think about the events that lead us to be able to have this holiday.

Most of all, let us be thankful for Squanto for without his teachings, the Pilgrims would have had a much tougher time surviving the harsh winters.



Computer science wins award

Divine Daminabo
Staff Writer

On Oct. 15, Zhuoyu (Ben) Yang, Keegan Summers, and Ross Hardy finished in second place in the annual Digi-Key Collegiate Computing Competition hosted by the Digi-Key Cooperation.

This is the first time Minot State has placed in this competition as a university in five years, so it was a big win for the individual competitors and Minot State University as an institution.

Prior to this event, the group made sure to practice diligently weeks before. They had a couple of challenges on the way, like having the competition a day after midterm exams, but thankfully, they were able to manage their time with positive attitudes. They saw it through and succeeded.

Yang, Summers, and Hardy also are referred to as the Garbage Collectors. When asked about the origin of the unique yet witty team name, they said it was an inside programming joke referring to the gar-

bage collecting system in coding.

The competition was held online this year due to COVID-19 safety measures and restrictions, but the Garbage Collectors are ready to go at it again next year, be it online or in person.

Only Yang will graduate next year, so the other members are looking forward to participating again next year.

The computer science program at Minot State University is a remarkable one. The group expressed how they appreciated the investment the professors put in the students and the classes.

"As long as you want to learn, professors are there to teach you to make sure you get the concepts," said Yang.

As for the future, they all individually have different dreams and ambitions, but they are all geared in the direction of computer science including fields such as cybersecurity, programming, and software engineering. However, they are still open to what life has in store for them.

Beadworking at Minot State

Saif Khan
Staff Writer

November is National Native American Heritage Month, where we honor the heritage of Native American and Indigenous peoples. It is celebrated to honor the original inhabitants of what is now the United States.

There are lots of events lined up for Native American Heritage Month at Minot State. Those events include, Indigenous Fashion/Art/Music on Nov. 17 in the Northwest Arts Center and Art/Craft: Sister Beads Earrings Nov. 22-30.

Beadwork is the art or craft of attaching beads to one another by stringing them onto a thread or thin wire with a sewing or beading needle or sewing them to a cloth. Beadwork is a form of personal jewelry that can be made at home and looks beautiful. Native American beadwork uses materials like dendrite, claws, bone, and glass.

In honor of Native American Heritage month, and to learn about and participate in the beautiful art of beadworking, email and reserve one of two earring beading kits (limited supply). You must email annette.mennem@minotstateu.edu to secure a kit. Then you will receive a how to video to watch so it can help you step by step. After you're done, take a picture and share at annette.mennem@minotstateu.edu.

Friendsgiving: The feast and the feud

Mason Collins
COMM 281

Thanksgiving is only a week away, but the Student Union is whipping up a feast before students head home for the holiday.

On Nov. 22, a day the Student Union is dubbing Friendsgiving, the activities team is bringing Feasts and Feuds to the Conference Center. Students can participate in a classic Thanksgiving meal with a "Family Feud" inspired game at the same time. While MSU Life has hosted the Feud game in the past, this is their first time running a Thanksgiving-style dinner alongside all the other events.

To participate, students must RSVP to the event on the MSU Life Instagram account at [@msu_life](https://www.instagram.com/msu_life). Each student can reserve a table for themselves and up to eight of their friends.

Feud teams are limited to five team members. The event begins at 6 p.m. but students can show up and leave at any time so long as they RSVP'd. The Feud games last around an hour and a

half.

Students are more than welcome to come just for the food. If game shows aren't enough however, there will be table games, music, and photo ops throughout the night.

"We'll start with a house salad. There will be roasted turkey, mashed potatoes, glazed carrot, pumpkin pie, etc. We are just trying to mimic what a family Thanksgiving would feel like for students here on our campus," said Student Activities Coordinator Aaron Hughes.

This event happens right before Thanksgiving break, giving students a chance to meet up with their friends and have fun before heading home for the holiday. The signup for tables is live now on the MSU Life Instagram account, so be sure to reserve a table and get ready for a night to remember.

RG Editorial

Fashion statement on game day

Philip Green
Sports Editor

Very few things have had a bigger impact on college athletics than the upgrade to game day uniforms. Almost all athletic programs across the country are in a constant battle to use new and improved team uniforms as a recruiting tool to bring in the best athletes. The University of Oregon football is the most recognizable for always having a new uniform combination, but tons of sports and programs are doing the same.

Even Minot State football wears a new uniform combo each week. They have three different jerseys, three sets of pants, two different helmets, and have utilized four different logos on the helmets. Since adding black as a main color in team uniforms, MSU has stepped its game up in the jersey department. Like they say, if you look good, you feel good, and if you feel good, you play good. Now obviously, having the best uniform doesn't mean we are automatically are the best team, but it doesn't hurt.

Each team at Minot State has a pretty good set of uniforms. I am going to list out my favorite uniform combos from Minot State.

Starting with fall sports. Soccer has a great set of uniforms overall; it was hard for me to pick a favorite. After going back and forth, I've decided their white uniform with the green and red striping is my favorite. You can never go wrong with white and the pattern of green and red striping down the middle is great. I love the scripted Minot State font on the front as well.

Not as many teams on campus use green in their jersey's quite like volleyball does, but similar to soccer's white jerseys, I like how volleyball uses green and red striping on their white uniform.

Picking football's best uniform is tough, I think there are several great combinations. In the end, I like the white helmet, with the black beaver logo, along with all black uniforms. The white striping on the black game pants accents the white helmet very well.

For winter sports, both men's and women's basketball have great uniforms. I really like the new white men's basketball uniforms. They would be a great look, but my only knock on them is the green collar. It feels out of place with the rest of the trim and patterns being black. Other than that, they are great. The new white jerseys that the women's team got last year are amazing. I love the scripted font on the front and the pop of red outlined in black throughout the uniform is an awesome look.

For spring sports, softball has several good looks but their white jerseys with the red pinstripes might be the best uniform on campus. Something about pinstripes can either make or break a baseball uniform, and theirs definitely makes it. Baseball was another tough pick for me, you can't go wrong with cream baseball jerseys, it's a classic look, but my favorite is MSU's black jerseys. The red trim on the jerseys and hats brings the entire look together.

*This editorial may not reflect the views of Minot State University.

Minot State men's basketball fall to NDSU in pre-season exhibition

Kaiden Cardoso
COMM 281

The Beavers fell to the NDSU Bison 85-54 in Minot State's final preseason game.

Kody Dwyer started off the game by winning the tip ball for the Beavers. Capitalizing on the tip off, Melvin Newbern put the first set of points on the board for Minot State. Ben Bohl would then answer an NDSU score with a 3-pointer, giving Minot State their largest lead of the night. Max Cody scored a layup to end the first half with the Beavers trailing 38-24. The Bison picked up the pace in the second half, scoring 13 unanswered points for their longest scoring run of the night.

The Beavers will return home to face their rival, University of Mary, on Nov. 23 for their NSIC matchup of the season.



Photo from MSU basketball's Twitter
Minot State men's basketball traveled to Fargo to take on NDSU in a preseason exhibition as they prepare to kick off their 2021-2022 season.

Minot State wrestling season opener

Noe Garcia
COMM 281

Beaver wrestling started off their season Nov. 6 with a strong showing at the Jimmie Open in Jamestown. The Beavers walked away with one champion and five runner ups.

Shadi Mitwalli won his bracket at 149 pounds, dominating the tournament. Mitwalli went 3-0 on the day with a pin and two victories by decision.

Also wrestling at 149 pounds was Marco Ramirezlazos, who ended the day with a fourth place finish.

"I'm happy with my performance. It felt good to return to competing after an injury ended my season early last year. I'm just already looking forward to our next competition," Mitwalli said.

At 125 pounds, Oscar Nellis nearly walked away with a first-place medal as well. Nellis fell in overtime 6-4 to Augstanas' Jax-

on Rohman in the championship match. Lincoln Stormer also lost a nail biter in the finals at 149 pounds losing 5-4. Nathan Baca and Noah Gallardo also made it to the finals at 157 pounds and 174 pounds but

came up short.

The Beavers return home Dec. 3 to take on the Northern State University Wolves at 7 p.m. for their first taste of NSIC competition.



Photo from MSU wrestling's Twitter
Shadi Mitwalli took first place in his 149 pound bracket as the Beavers began their season at the Jimmie Open.

Athletics offers leadership classes

Kylie Koontz
Editor

Minot State athletics continuously strives to enhance and showcase the excellence of their student-athletes. Over the last few years, the athletic department has added some critical things to continue that trend. This includes the addition of a new position — athletic director of community and fan engagement — as well as the diversity council. This year, the athletic department went one step further and created optional leadership classes for all student-athletes.

Over the years, coaches at Minot State sought ways to help further develop their athletes' leadership skills outside of sports. Since 2019, the athletic department and coaches brainstormed for ways to do so.

"There's been lots of ongoing discussion among coaches and administration over the past five years on what is important to us, what we want our students to learn and be exposed to while our teams are growing, and what do we want our students to be ready for when they graduate. When the pandemic began in the spring of 2020, I made a commitment to our coaches and staff that we would not waste the time given us. I enrolled every full-time employee in the athletic department in an online leadership development program. The discussions and the growth pushed us all to be better as leaders. It also continued the discussion regarding how we wanted to invest in our students," said Athletic Director Andrew Carter.

The long list of classes includes Culture, Leadership, Commitment, Time Man-

agement, Wellness, Mentality, Goal Setting, Social Expectations, Confidence, Diversity, Communication, Conflict & Confrontation, Budget & Fiscal Management, Civic Responsibility, Networking, Mentoring, and Market Ready.

All of these classes are optional for student-athletes as the athletic department staff knows how difficult it is to be a full-time student as well as an athlete. Each class is taught by someone in the department who has volunteered their time to do so. Some classes are even taught by upperclassmen to teach the underclassmen about what they have learned throughout their college career.

"It is not mandatory that a student attends. They already have a very full schedule of things to do, and I do not want this to be a burden on them, but a way to grow and develop their skills. My biggest take away so far is the fact that every single session is presented by someone who felt it was important enough to invest in our students while volunteering their time. Another take away is that we have a department full of upperclassmen who are willing to invest what they have learned into our underclassmen," said Carter.

While college is about preparing for your chosen career, there are some things that college doesn't prepare you for.

Being a student-athlete has many advantages, one of them being that the skills you learn as an athlete can help correlate to life after college. Skills such as team-

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Minot State football: Season in review

Kaiden Cardoso
COMM 281

Although a record of 2-9 won't get the Beavers into the NCAA DII playoffs or a bowl game, the Beavers have plenty to be proud of for this season. If not for a few unlucky bounces and untimely mistakes, this team could easily be 6-5.

The Beavers offense has been explosive for the last half of the season, setting multiple single game records in the process. Freshman quarterback Dawson Mcleary turned many heads in his relief role of injured starter Ben Bilinski. Mcleary threw for 1,700 yards while completing 52% of his passes. Unfortunately, he also threw double the number of interceptions to touchdowns.

Ali Mohammed was an out-

standing rusher this year, totaling over 1,000 yards from scrimmage while trotting in for eight touchdowns. His 1,000-yard rushing season shattered the previous record of 722 set by Larry Overstreet in 2017. If you ask Mohammed who's to get the credit for his historic season, the big men up front wouldn't be too far from the top of the list. Not only did the O-line perform outstanding in the run game but only allowed 27 sacks all year in the passing attack — an outstanding performance all year which may not get the credit it's due.

Unfortunately, all of the success on the offensive side of the ball did not translate to a defensive presence. The Beavers struggled to put pressure on the opposing teams' quarterbacks all

year where they were only able to tally nine sacks. Getting off the field on third down was also a major issue. Teams converted on third down at a 45% clip and converted on fourth down 62% of the time. However, not all was bad. The defense intercepted opposing quarterbacks six times and forced 12 fumbles, only recovering four.

With a record of 2-9, the Beavers will miss the playoffs and a bowl game for the 10th year in a row.

A dark age of Minot State football has fallen upon us but the night is always darkest right before dawn, and every year is a new opportunity and challenge. Next year is always our year.



Photo from MSU football's Twitter
Ali Mohammed cracked the 1,000 yard rushing mark for the Beavers. Mohammad is the first running back to do so in the DII era of Minot State football.

Together by chance, inseparable by choice

Sam Wedar
Staff Writer

Having a twin is something that's indescribable. It's the best at times, but the worst at others. It's always having to share, but also always having someone to share with. It's weird to think that we were born on the same day, minutes, or even seconds apart. It's a bond that was given to us by nature. Another not-so-same version of yourself that you get to share your life with, and here at Minot State University (MSU), there are quite a few athletes who chose exactly that.

Four athletic teams at MSU have twins either playing on the same team or playing another sport on campus.

Kylie and Alex Koontz are maternal twins that both play for the Minot State volleyball team. They are from the small town of Earlville, Illinois. Kylie never knew being a twin was different and didn't feel it affected her throughout school and sports.

"It hasn't for most of my life; I didn't know it wasn't normal. Coming from a small school, it wasn't a shock to anyone," said Koontz.

Coming to Minot really opened her eyes to how rare having a twin really is. So having four sets on campus is something to ponder.

The Lorenz brothers, Cael and Ty, are a set of freshmen maternal twins from Grand Forks who decided to compete in a different sport but attend the same college. Ty told me that he was the last one to call Minot State home for the next four years.

"After seeing Cael commit, I decided it felt right to be where my family is," said Lorenz.

Cael and Ty also have an older brother on campus who plays football: junior wide receiver Jaxton. Ty explained that coming to Minot State felt as if he was just joining his family again and reflected on how being a twin affected his daily life.

"It made life easier. I always had someone next to me to do something with or talk to. I never had to worry about the first day of school. I always had my brother," he said.

Cael and Ty have been leaning on each other their entire lives and coming to Minot State is no different. They were given the chance to experience their college careers together and they couldn't be more grateful.

The last set of twins on MSU sports teams are not maternal. Sam and Sophie Wedar are a pair of twins who are originally from Minot. Yes, I am one of them and no, I am not a girl. My full name is Samuel — that is why we are fraternal. I am a junior wide receiver on the football team and my sister is a

junior point guard for the women's basketball team.

Being a twin, you come to realize that you don't have the same life as everyone else. Everything was done together growing up whether it was sports, going to school, or hanging with friends. I had Sophie in my class every year until sixth grade. We even played on the same sports teams, and I know what you're thinking: it only makes sense to play them together when they are little. Well, it wasn't only when we were little. Sophie and I took it all the way to eighth grade. We played on the same football team and even got to play at the same time. In our last game of the season, I got to throw Sophie her first touchdown.

I sat down with two of the

twins from the Koontz and Lorenz family and asked them a few questions which led me to this article. However, while I was interviewing them, being a twin myself, my mind kept grabbing at this one question: what's one thing people don't realize about having a twin? Both their answers were different from mine, but both made complete sense to me, and I agreed wholeheartedly.

Kylie said, "people don't understand how we have never not been together, we've never had that separation between friend groups, different grades, or different teams, we have always been together."

Going back and thinking on the past, and in most of my childhood memories, Sophie

was there.

Ty, on the other hand, had a very different approach to the question.

"People think we are very similar, but there are a lot of differences between us that people don't notice. People seem to compare twins a lot and never really look for the differences," he said.

Countless times Sophie and I were approached by people saying how much we look alike, how big we've gotten, or how our classes are going. It's crazy to think how much time we have spent together doing the same things every day, but still somehow, we each have become our own person here at Minot State.



Photo from MSU Volleyball Instagram
Maternal twins Alex (left) and Kylie (right) Koontz.



Photo submitted by Sam Wedar
Fraternal twins Sam and Sophie Wedar.

...Editorial continued from page 4

domestic and sexual violence.

Deer is also an author. She writes about the history of sexual violence. As a young woman, I found myself inspired and in awe of her work to prevent domestic and sexual violence and hold those responsible for such violence accountable.

Nathan Phillips (Omaha Tribe)

An activist who stands for something closer to home is Nathan Phillips. Phillips is a former director of the Native Youth Alliance. NYA's goal is to uphold Native traditions, culture, and spiritual ways for the future. Phillips was one of the many Native activists who led the Standing Rock protests in 2016 and 2017 against the construction of the oil pipeline in North Dakota.

Madonna Thunder Hawk (Oohenumpa band of the Cheyenne River Sioux Tribe)

Civil rights activist Madonna Thunder Hawk is best known as a leader in the American Indian Movement and activist against the Dakota Access Pipeline. She is widely known as the co-founder of the American Indian organization Women of All Red Nations, an organization that focuses on issues that American Indian women face.

Winona LaDuke (Ojibwe Tribe)

Executive director of Honor the Earth, a Native environmental advocacy organization that was very active in the Dakota Access Pipeline protests, Winona LaDuke has done many outstanding things for Native Americans. Some of those include founding the Indigenous Women's Network,

as well as working with Women of All Red Nations to bring attention to forced sterilization of Native American women.

Each of these advocates have done outstanding things for the Native community. They have inspired me to become more educated on the atrocities Native Americans face today and appreciate and explore their rich and beautiful culture. I hope this list inspires you to do the same.

...International student feature continued from page 3

huge asset to our team. All three are hardworking and they just love the game of basketball. We are fortunate to have them."

Although their paths look quite different from one another down the road, they are confident their bond won't deteriorate wherever that may be.

"We're already planning on getting together whenever we finally get to go back home," Elliot said.

"I wouldn't change anything," Chapman added.

They give a few words of advice to those international students who are considering attending MSU.

"Bring warm clothes because Minot is ridiculously freezing, and many layers are required to survive in this climate," said Elliot.

"Go for it! You have nothing to lose about transitioning to the U.S. and you can always go home if you don't like it. It doesn't hurt to try!" said Chapman.

"Being away from home is something you get used to over time. Many people get scared about how much they'll miss home if they leave. But as time went on, I got used to being in a different country and I'm glad I chose to stay," added Head.

...Parents continued from page 5

that receive federal funding must follow the federal civil rights law Title IX which protects students from the impact of sexual harassment and assault on their education," said Lisa Dooley, Minot State University's Title IX coordinator.

Some media sources have stated that Smith claims that Ziegler is covering the assault of his daughter because the perpetrator is allegedly a transgender student, and Zeigler is avoiding political backlash as a result. These claims have made some parents of transgender students in Loudoun County fearful of a misrepresentation of their children and how they identify.

ABC 13 News quoted one Loudoun County parent, Emily Kuehl, who stated at the meeting about the transgender bathroom policy that "my son is a child from God. He is not a mistake. Please, I fully would want you to support 8040 (policy, Rights of Transgender and Gender-Expansive Students) to protect him and every other child that's here in Loudoun County. Thank you."

Dooley has responded to this worry by stating that "Title IX applies to sexual orientation and gender identity. Recently, the U.S. Department of Education issued a Notice of Interpretation which enforced Title IX's prohibition on discrimination on the basis of sex to include: (1) discrimination based on sexual orientation and (2) discrimination based on gender identity. Schools have a duty to dispel harmful stereotypes and prejudices; thus, creating an environment where every student has the opportunity to learn and thrive. This could be accomplished by providing a guide highlighting best practices while offering strategies for building upon and aligning them with each schools' culture. My suggestion is that news stories should focus on holding perpetrators accountable for their actions and

establishing practices that better address survivor trauma. These could bring about change of how rape cases are approached and avoid making survivors feel blamed or disbelieved."

No media sources have verified whether or not the perpetrator is in fact a transgender student. Investigators are still looking into this claim. As of recently, the teenager involved in both sexual assault cases has been found guilty; however, many parents and students in the county are still infuriated with the school boards handling of the situation, and some media sources have stated that they are demanding the resignation of Ziegler for his part in the investigation.

A few media outlets believe that the breaking of this news story led to the recent election of Republican governor candidate Glen Youkin of Virginia, after he promised in his campaign to support and side with parents against school boards. Throughout the nation, many parents are still debating and clashing with their school boards over new policies and whether or not they should be a part of public schools.

...Athletics continued from page 9

work, work ethic, and dedication. It is learning how to apply those things in day-to-day life that these classes help with.

"The topics we cover are important life skills that are valuable for all our student-athletes. These skills are pertinent to athletics, academics, and life. As an athletic department, we strive to provide opportunities for our student-athletes to gain valuable knowledge and skills to not only succeed in their sport and in the classroom, but to also be successful in life," said Assistant Director and Compliance Administrator Madeline Schorlemmer.

With this new emphasis on excellence not only on the court or field but in life, Minot State athletics can prepare their student-athletes for life after college and continue to build that culture of excellence.

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