

# Red and Green

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Minot State University

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## What to expect at Homecoming

Praise Okunbor  
Staff Writer

Preparations for Homecoming are ready to roll.

The week of Oct. 3-9 will be filled with events, reunions, sports, and excitement as students and alumni come together to celebrate Minot State.

The first event of the week will be on Sunday, Oct. 3 at the North Dakota State Fair Center.

"We will kick off Homecoming week with an event we just invented called Flannel Fest," Aaron Hughes, student activities coordinator, said. "The Wellness Center and I have put together outdoor events. It will include the go-carts we missed during Rec Fest, actual fishing, axe throwing, archery, and it will be a really good time."

Taxi passes are available for students at the student ID office who do not have vehicles.

Janna McKechnie, director of alumni relations and annual giving, is excited for the reunion on Friday.

"Our Friday night social is where we have most of our alumni and friends come back. We do our reunions at night so it's kind of a fun get together," McKechnie said.

Notwithstanding the current pandemic, the Homecoming committee has made arrangements to still celebrate if cases take a turn for the worse.

"We are prepared. If cases increase or the CDC makes recommendations that we need to not meet in person, we've got plans in place to still engage alumni and students," McKechnie said.

"Most of our events are things we've done in a COVID-19 friendly way: Beep Bingo, 500 Ways, and tie blankets all can work as to go items," Hughes explained.

A lot of planning goes into the annual Homecoming event. After over 90 years of tradition, offices across campus come together to make it happen. Homecoming is supported by various groups on campus including the Wellness Center, MSU Life, and the student activities office.

The Homecoming parade is set to be held on Saturday, Oct. 9 beginning at 11 a.m. with tailgating to follow.

"Saturday is like a combination of the whole week, so the parade and tailgating and seeing all the red and green down on the 11th Avenue with people cheering for Minot State," says McKechnie.

Homecoming week is full of activities including fishing, archery, axe throwing, and more! Then, to follow up, there is the parade and tailgating preceding the big Homecoming football game. So get in your red and green Beavers, Homecoming week is going to be full of fun!



Photo by Praise Okunbor

Buckshot holding the Homecoming 2021 postcard.

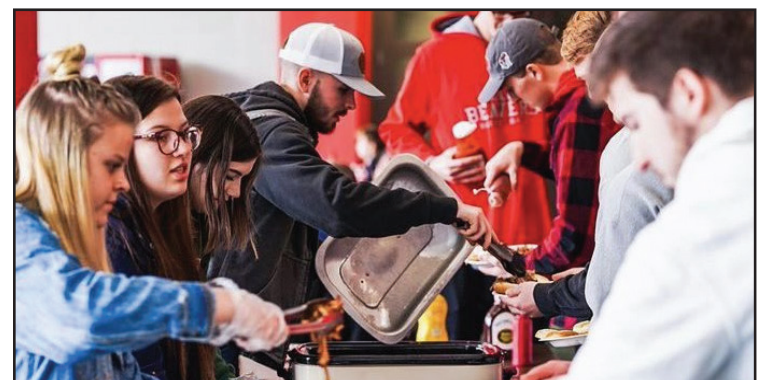


Photo via Minot State University Instagram

MSU Homecoming 2019.

# News in Brief

## My Transgender Life

MSU Pride is hosting Asher Hoffarth Unplugged: My Transgender Life tonight, Sept. 30, at 6:30 p.m. in Aleshire Theater, located in Hartnett Hall.

## Dropping classes

Friday, Oct. 1 is the last day to withdraw from 16-week classes and receive a 75% refund.

## Drag Your \*\*\* To Class

The Drag Your \*\*\* To Class Drag Show will be held Saturday, Oct. 2 at 7:30 p.m. in Aleshire Theater, Hartnett Hall.

## Flannel Fest

On Sunday, Oct. 3 from 2-5 p.m., Flannel Fest will be held at the North Dakota State Fairground.

## Yoga

On Monday, Oct. 4, there will be yoga in the Wellness Center 12-12:45 p.m.

## 500 Ways To Win

Oct. 4 from 7-8 p.m. in the Beaver Dam.

## Free lunch

Free lunch will be available on Oct. 4-5 from 11 a.m.-1 p.m. in the cafeteria.

## Leadership Workshop EQ: Your Intelligence

On Tuesday, Oct. 5, there will be a leadership workshop in Lura Manor on the second floor.

# Summer Theatre remodel

**Jasmine Rogers**  
**Staff Writer**

After 56 seasons, Minot State's Summer Theatre is getting a remodel.

Over the past 10 years, the community has made changes to the theater such as putting in permanent seating, new lighting and sound equipment, and even a golf cart to assist patrons who need help getting to their seats on the hill.

Artistic Director Chad Gifford said, "We are now

taking the chance to remodel the structure itself by redoing the bathrooms, dressing rooms so they can be larger, office spaces, and a green space for the performers."

They will also be fixing the creaks and leaks that the theater has acquired over the last 56 years.

New plans will implement a drive-through system so visitors to the theater can get up the hill faster and more easily.

These renovations are es-

sential to help maintain the Summer Theatre itself and is essential to the people who perform there and attend the performances.

After holding so many shows, it is important for the performers and the community to see the theater get a makeover.

"With this bright and shiny new facility, we will attract even more people to come be a part of the magic up on the hill in Magic City," Gifford said.



Photos via Minot State University Facebook

Above: Actors perform for a full house.

Below: Summer Theatre's iconic front.



Photo via Minot State University Facebook  
Construction in progress at Summer Theatre.



# International student feature: Great Godwin

**Jane Wunderlich**  
**Social Media Director**

In recent years, hundreds of international students have made their way to Minot State University.

In Red and Green's Sept. 16 issue, Hussein Abulamzi took a deeper look into what brings international students to the Midwest university. Each student's story comes from different roots, and for freshman Great Godwin, his happens to be Delta State, Nigeria, Africa.

Great is the youngest of four children, all who are currently attending universities in Oklahoma, Maryland, or North Dakota. Their parents highly encouraged each of them to attend university in the U.S. because it's seen as a greater education and a greater future compared to what Nigeria has to offer them.

"It's more of a secured

future," Great adds.

Great wasn't always planning on attending university. He actually hoped to go to film school. However, in his culture, having a four-year degree is something that is looked highly upon and that's what his parents wanted him to do before he went on to pursue film studies.

"You can do what you want to do, but after you get a degree," he said.

That's what started Great on his journey to Minot State.

Great has never traveled to another country inside of Africa besides his home, but he has been to eight other countries, most in the continent of Europe.

"My family and I used to pick a different place every year that we wanted to go and visit. We did that until my older brothers went to college here

in the states, and now we just travel around the states each summer because it's easier since we are all here."

While travel was nothing new for the experienced explorer, the below zero winters were.

"It's so cold. Whoa," he said. "So cold here."

That's probably one of the very few downsides of going to school up north.

When he was deciding where he wanted to attend university, he added, "I didn't have a choice really. It was sort of picked for me."

Great's older sister, Anne, is a student at the university studying mathematics and economics.

"I knew I was going to know somebody if I came here," he said.

The comfort of having a sister close by while attending school is something that Great was able to have peace about when

he decided to continue here.

The entire schooling experience is different in many ways compared to the education system back in Nigeria.

"The teachers here are so nice," Great said. "They actually care about you and want you to do your best."

Back in Nigeria, grades aren't a huge concern that the teachers have for their students. The students often feel as if they're just a number.

"I feel like it's something that Minot State enforces on their teachers, to be nice, and to be encouraging, and I've experienced a lot of that," he said.

He also adds about his campus experience, "When it comes to the campus and administration, I really think they're trying to be their best by making it a positive environment and engaging

the students with activities. It's a positive community."

Great was going to give it one semester here to feel it out and see if he enjoyed it, and if he didn't, he was planning on going somewhere else. Thankfully, his positive experiences have led him to remain right where he's at.

What's next for Great Godwin? After completing his bachelor's in professional communication, he hopes to return home to Nigeria and open his own news media business.

"I plan to work in the states for a few years after I'm done with school to gain some experiences, but then I want to go home and start my business," he said.

Great loves news and technology and wants to implement those into his business plan for when he returns to his home country of Nigeria.

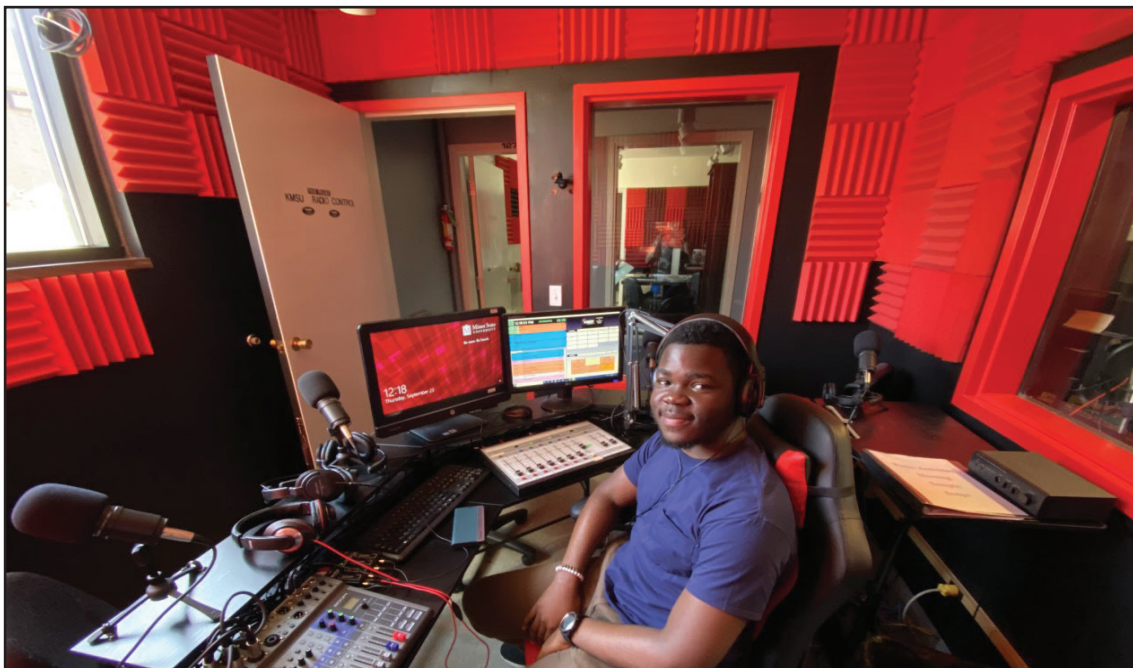


Photo by Jane Wunderlich

Great Godwin working at the audio board.



Photo by Jane Wunderlich

Great Godwin stands outside Hartnett Hall.

# RG Editorial

In honor of Hispanic Heritage Month, here are some Hispanic journalists you should know:

## Leon Krauze

Leon Krauze is an Emmy-award winning anchor at KMEX in Los Angeles. He has also written and contributed to many other top journalism organizations including The New Yorker, The Washington Post, Slate, The Daily Beast, Los Angeles Times, and Mexico's El Universal.

Krauze also holds the Wallis Annenberg Chair in Journalism at the USC Annenberg's School of Journalism.

## Lulu Garcia-Navarro

Lulu Garcia-Navarro has reported for NPR from Latin America and the Middle East, reporting on gender, race, and the environment.

In 2011 Garcia-Navarro won the Peabody Award for coverage of the Arab Spring uprising in Libya. Now, Garcia-Navarro hosts NPR's "Weekly Edition Sunday."

## Maria Elena Salinas

Maria Elena Salinas is the host of "The Real Story with Maria Elena Salinas" on Investigation Discovery. Before her current job, she was a co-anchor of "Noticiero Univision."

With her long time job on the Spanish-speaking news show, she became one of the most recognized Latina journalists in the U.S. Salinas was also a founding member of the National Association of Hispanic Journalists and in 2006, she was inducted into the NAHJ hall of fame.

Leon Krauze, Lulu Garcia-Navarro, and Maria Elena Salinas are only three of many Hispanic journalists who have pioneered the way for other Hispanic journalists, reporters, and news anchors. Hispanic contribution to the world of journalism has a long history, their representation in what we see hear and learn should be highlighted not just for Hispanic Heritage Month but in everyday life.

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

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## Mystery behind the Cook Hall cemetery

*Why a 2010 study of the First Lutheran Church Cemetery is still relevant today.*

**Hussein Abulamzi**  
**Staff Writer**

Students and staff know it as the Cook Hall cemetery, but most do not know its history goes back to the founding of Minot and that it houses Erik Ramstad's grave, one founder of the city.

Starting in June 2010, Mark Timbrook, retired MSU historian, conducted a three-year project on researching the historical context of the cemetery and its physical condition. He completed the report for the First Lutheran Church, the cemetery's owner, and forwarded it to the State Historical Society of North Dakota to include it in the church's cultural resource center.

According to Timbrook, "the poor condition of veteran graves and the almost unreadable condition of other graves" moved him and his wife "to start the cleaning process with the skills [they] learned from attending an NCPTT session with Jason Church in Florida."

His principal takeaway from the project is that "cemeteries are not the end-all of life. They

can be a remarkable telling of life over a given period of time."

This is certainly true of Ramstad's life, who donated the land for the original location of the cemetery, the southwestern edge of present-day Roosevelt Park.

In 1880, Ramstad and his brother immigrated from Norway to the U.S., and they reached Grafton, Dakota Territory in 1882. Ramstad's life is then "another telling of the underestimated value of immigration in the making of this nation," Timbrook said.

A location of foreign history to most MSU students and staff, the First Lutheran Church Cemetery still lacks a plaque briefing the passers-by on its historical significance to Minot and the MSU campus. In the closing recommendations of his first-year preliminary report on the cemetery, Timbrook suggests "signage can draw attention to the grounds and return a sense of dignity and importance to the space," which is one of his many ignored suggestions to the church.

The cemetery's history paral-

els Minot's history. Its grounds remained an active burial site from close to Minot's founding until 2020, the year of its most recent grave site. Ramstad, who donated 60 acres to the Minot Normal School, present-day Minot State University, passed away on Jan. 21, 1951. He was buried in the cemetery's north-eastern quadrant, when it witnessed its highest use from the 1940s until the 1950s.

The first-year report also documented the Lutheran settlers' arrival at the Mouse River Valley. Under Johannes Kopperdahl's leadership, the settlers founded the Mouse River Norwegian Evangelical Lutheran Church on Dec. 28, 1884, at Ramstad's house. On Dec. 11, 1886, the church congregation founded the cemetery on Ramstad's land.

The title of Timbrook's first-year preliminary report is "First Lutheran Church Cemetery Minot, North Dakota." It is in the special collections section at the Gordon B. Olson Library.



Photo courtesy of The Grand Forks Herald  
The First Lutheran Church Cemetery located in front of Minot State University.

Red and Green  
148 Hartnett Hall  
Minot State University  
500 University Ave. W  
Minot, ND 58707

701-858-3354  
[redgreen@MinotStateU.edu](mailto:redgreen@MinotStateU.edu)

**EDITOR**  
Kylie Koontz

**ASSISTANT EDITOR**  
Miya Smalls

**FEATURES EDITOR**  
Lauren Reeves

**SPORTS EDITOR**  
Philip Green

**SOCIAL MEDIA DIRECTOR**  
Jane Wunderlich

**ADVISOR**  
Alison McAfee

# The legacy of the war in Afghanistan

**Lauren Reeves**  
**Feature Editor**

On Sept. 11, 2001, America was shaken after an attack by Islamic extremists from Al Qaeda terrorist group hijacked four planes and carried out suicide missions. Two of the planes struck the World Trade Center, a third plane struck the Pentagon, and the fourth plane crashed in a field in Shanksville, Pennsylvania, intended for the White House. Altogether, 2,996 people were killed in the attack and around 6,000 people were injured that day.

Shortly after the 9/11 attack, President George W. Bush declared a war on terror and an invasion of Afghanistan. After 20 years, on Aug. 31, 2021, President Biden declared that the war in Afghanistan is over.

The beginning of the war received a lot of support from Americans, as they were recently shocked at the attack on their home soil and wanted vengeance for the many lives lost as a result.

“9/11 signaled that it was possible to commit a terrorist attack on U.S. soil, and Operation Enduring Freedom accomplished none of its political goals, which were always vague and often contradictory,” said John McCollum, assistant professor of sociology and political science at Minot State University. “I was only 12 years old when the terrorist attacks on 9/11 happened. Like seemingly everyone at the time, I thought the war in Afghanistan was necessary to protect the country and bring the perpetrators to justice. Since then, I’ve lost friends in terms of both life and well-being to the Global War on Terror. I look now at the loss of an estimated \$8 trillion dollars, somewhere around 8,000 deaths of U.S. service members, somewhere close to one million civilian deaths, and think of the better future we could have had instead.”

This disapproval of the war

that McCollum feels is shared with Robert Kibler, professor of humanities, who worked with the special forces back in the early 1980s.

Kibler states that while reaction from the American people for vengeance is understandable, it was brought about in one of the worst ways possible.

“I was appalled that we invaded Afghanistan and I was appalled because certainly 9/11 happened and we needed to do something about it,” said Kibler. “But the smart move, the only move anybody with any sense and knowledge would have taken, would be to ramp up your intelligence in the region, find out who was responsible, and let secret forces do their job. We needed to find out who was responsible for 9/11 and summarily execute them. That’s what people wanted. And it was a criminal act of the highest of crimes, but we’ve spent trillions of dollars of treasure and blood to do this. When really millions would have done it with a few more years and building the intelligence network. And that’s what these intelligent networks are for; eyes and ears to keep our fingers on the pulse of what our enemies are doing and to act in those very few instances.”

McCollum compares the war in Afghanistan to the war in Vietnam, and states they both ended in the United States being defeated.

“I think there’s a great deal of belief that the U.S. has never and will never be defeated in war,” said McCollum. “This belief is essential to many people’s view of the necessity of American power to maintain peace and prosperity in the world, which normalizes and justifies constant war, military bases in a known 161 countries, and excuses consistent disregard for the lives of millions of people hurt, killed, or displaced by the Global War on Terror as necessary sacrifices for the ‘greater good.’ I don’t think it’ll be enough for

Americans to question our military presence in 161 countries or our military budget that’s bigger than the next ten nations combined, much less stop a future war, but it’ll make it harder for whoever is in power at that time to justify the next war.”

Kibler compares the end of the war to another war between Russia and Afghanistan, which ended in a similar way to the war between America and Afghanistan.

“It ended as a debacle, left equipment, shame, and loss,” said Kibler. “But because the area is a difficult one, geographically and the people, we call them the Afghani people, but they’re really a whole bunch of different peoples, it’s been an invasion route for forever. There’s not even one language in Afghanistan, and they have a tribal identity. It’s a bunch of different tribes, speaking different languages with different cultures. So invasions are always bad and it never ends well.”

Despite the war being over, reports have stated that there are still Americans in Afghanistan, which McCollum states are troops who are supported by drone strikes, air power in the form of jets and bombers, and probably tanks and armored vehicles, and that the U.S. is not done putting troops in Afghanistan. Kibler believes that the war in Afghanistan was a set defense of a potential war with China and that the troops are there in case China attempts to overtake the region.

“Neither of these [wars] were about oil or terrorists or freedom for women or relieving the oppression of the people,” said Kibler. “They were all strategic, pre-positioning, for what was considered the inevitable war with China. Afghanistan is right there on the Silk Road or interrupts the Silk Road of trade from ancient days between China and England. This is stopping some essential parts of the Chinese war machine. They tell the American people it is

help the Afghan women and the Iraqi women, oh, it’s for freedom, not the oil. But as I always thought, it was the oil because those who control the oil, control the motor and engines and war weaponry.”

As for the legacy of the war in Afghanistan, McCollum does not see it as a good one.

“The U.S. was in Afghanistan for 20 years. When and how does the war end? Frankly, a somewhat orderly withdrawal is the only way the war was ever going to end,” said McCollum. “Unless you’re committed to a chain of military bases spread all across Afghanistan and a willingness to commit to a permanent occupation of the country, there’s no other way this war ends. In terms of economic development, there’s little to show for the continuation of the war as necessary. The people of Afghanistan have certainly gotten some foreign loans, infrastructure, and other developmental assistance, but contrast that with the legacy of U.S. bombing, drone strikes, and 200,000 civilians dead, and I fail to see how more military presence will bring economic prosperity.”

Kibler agrees that the legacy of the war is not a pleasing one, and adds that’s his disdain for the lack of use of special intelligence to resolve the situation and the push for a full scale war instead.

“I thought it was an outrage that we invaded Afghanistan and the net result is drone strikes and bombings that have killed people who haven’t the slightest idea what this war is about,” said Kibler. “They don’t think they have any role in it. So we’ve also made permanent generations of enemies from the bombing of innocent people who are damaged in our fight, in our blunder-headed fight against Al-Qaeda, ISIS, all of these different radicalized groups. Intelligence would have spared all those people, saved our money, and we would have more precisely identified who was where and taken them

out. It was an unethical approach to solving a very real problem of finding those responsible for 9/11 and the assault on our homeland.”

The media has shown that the public has mixed feelings about the war and the way it ended.

One outspoken voice is former Navy Seal Robert J. O’Neil, who was part of the team that killed Osama Bin Laden. He took to Twitter after the attack on Kabul and stated his outrage with how the withdrawal of troops was handled. O’Neil tweeted, “I can get a few pipe-hitters. Jump into Kabul and kill these dudes [Taliban]. It’s not difficult.”

He followed this tweet two days with, “They are saying that Americans are trapped in between Kabul and the airstrip. The way to get them out is not difficult. No one will make the decision.”

Kibler disagrees with the idea that the withdrawal of troops could have been better. In fact, he wasn’t surprised with how the evacuation went, as he states the Soviet Union saw the same kind of results when they tried to evacuate. However, he states that O’Neil is speaking from his experience from the war and how that experience will never leave him.

“The Seal is speaking from the point of view of somebody who saw suffering and death in that war,” said Kibler. “I’m not really thinking about it much every day for years, but for people who fought there, it’s always on their mind. So in a sense, they give a biased perspective. They’re too close to it. People whose fathers and mothers died in Afghanistan, who saw their best friends killed there, you know, they’ll never forget it. And it will always be on them.”

As for the question of whether the end of the war was wise, McCollum and Kibler both state that it is hard to tell, and that history will ultimately declare the full legacy of the war in Afghanistan.



# The Haitian refugee crisis



Photo courtesy of Fox News

Haitian refugees in Del Rio, Texas.

## Kylie Koontz Editor

Due to political unrest and catastrophic natural disasters, thousands of Haitian migrants are trying to make their way to the U.S.

The U.S. is now refusing to offer asylum to Haitians seeking safety from their oppressive government, poverty, and natural disasters.

The Biden administration has forced asylum-seeking refugees onto planes and back to Haiti. In addition to turning away refugees, recent news has shown Border Patrol agents on horseback chasing down Haitian refugees and beating them.

President Biden recently spoke out against what had happened to the Haitian refugees crossing the Rio Grande.

"I promise you, those people will pay," he said.

An investigation into the incident is currently underway.

Haitian refugees are still making their way to Del Rio,

Texas, camping at the border flash point. Border Patrol is prepared for thousands more refugees to make their way to the Texas border.

Jen Psaki, White House press secretary, announced on Sept. 23 that some Haitian refugees would now be allowed to enter the U.S., though over 2,000 of those refugees have been forcefully rounded up and deported in an attempt to clear the camp.

With the Biden administration facing backlash from many people, including Director of Amnesty International USA Paul O'Brien who said, "The government is not committed to upholding the rights and well-being of the asylum seekers they are sending back to danger."

President of Haiti, Ariel Henry, said that what was happening at the border was "inhumane" and "counterproductive."

The world is keeping a close eye on the U.S. to see what decision they make next.



Photo courtesy of Pacific Standard

Haitian refugees wade through the Rio Grande in Del Rio, Texas.

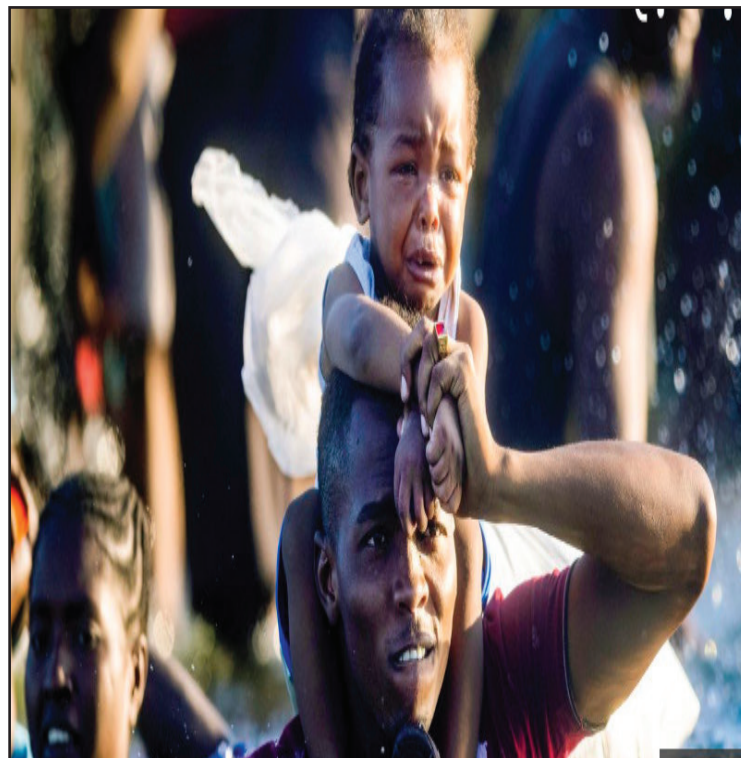


Photo courtesy of VOX

A Haitian refugee carries a child in Del Rio, Texas.

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OPINION  
so why not  
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# Amtrak derailing leads to the death of three people in Montana



Photo via Larry Mayer, AP Photo  
Three killed in Amtrak derailment in Montana.

**Miya Smalls**  
**Assistant Editor**

On the afternoon of Saturday, Sept. 25, in a remote part of Montana, an Amtrak train went off the rail, resulting in the death of three passengers and the hospitalization of five, authorities stated.

At about 4 p.m., eight out of 10 Empire Builder train cars were toppled over near Joplin, Montana while it was headed west-bound to Seattle/Portland.

There were about 141 passengers and 16 crew members amongst the 10 train cars at the time of the incident, Amtrak stated.

As a result of this accident, local authorities confirmed three of the passengers on board lost their lives.

Additionally, injuries among the passengers and crew members traveling on the train were reported and transported to medical care as the rest of the passengers were safely removed from the scene.

"I would describe the

experience as kind of extreme turbulence on an airplane but louder, and there was kind of a lot of smoke smell. The first thought I really had when I woke up was, 'Oh my God we're derailing,'" Megan Vandervest, a passenger on the train's sleeper car, stated to CNN. "We kind of thought maybe the car behind us had slightly come off or something like that, but it ended up being much, much worse and a lot more jarring to see when we got off the train."

Amanda Frickel, disaster and emergency services coordinator for Hill County, Montana, stated to CNN that the injured passengers were transported to nearby Montana towns including Havre, Shelby, Great Falls, and Fort Benton for treatment, and those in critical condition were flown out medically. As members of those injured are under assistance, the National Transportation Safety Board is seeking a further investigation of the incident.

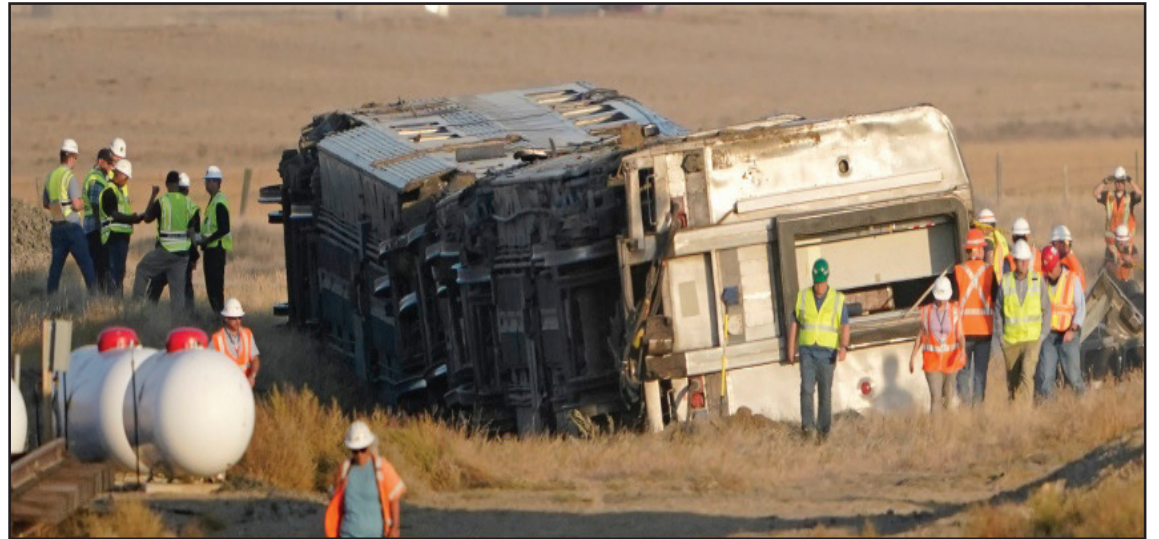


Photo via Ted S. Warren, AP Photo  
Emergency crews respond to an Amtrak derailment in Montana Saturday, Sept. 25.



Photo via Kimberly Fossen, USA Today  
Emergency crews respond to an Amtrak derailment in Montana.

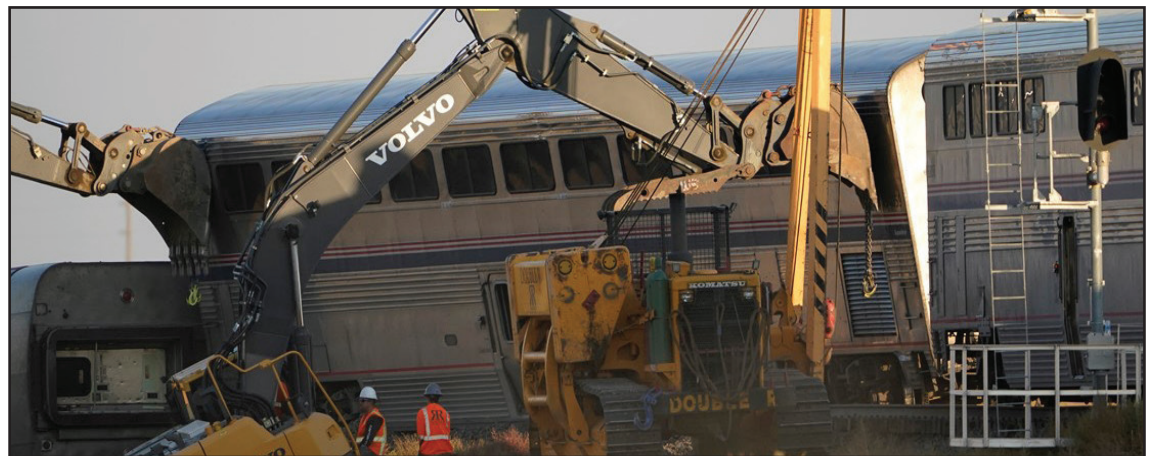


Photo via Ted S. Warren, AP Photo  
Heavy equipment props up a leaning train car near Joplin, Montana.



# RB Editorial

## Worst rule in sports

**Philip Green**  
**Sports Editor**

As sports fans watching our favorite team or game, how many times have we found ourselves asking why is that a rule? Or what is the purpose of this rule? How does it make the game better? I can think of rules in several different sports that make me think like that.

For college football fans, a targeting penalty being an automatic ejection and potential suspension for the next game feels over the top, especially when it hasn't lived up to its purpose of taking hard hits out of the game.

Why is it that it takes six fouls to foul out in the NBA whereas it's five in college basketball? Why are games officiated differently in international or Olympic basketball than in the NBA? Why does the American League have a designated hitter, but the National League doesn't in the MLB?

As bad as all those rules are, the NFL has managed

to top all of them with their new taunting rule.

Consistently watching football this past weekend, the game was stopped because a player would make a great play and celebrate their actions. If that celebration was in anyway even slightly towards the opponent a penalty was thrown.

As a fan I'm not here to watch the referees. I want to see my favorite players make big plays and celebrate it. Celebration is a part of competition and as an athlete, I want the opportunity to celebrate my successes because I have worked so hard to earn that success.

Athletes shouldn't be handcuffed from being emotional on the field when in all reality sports are very emotional. We don't handcuff the fans from expressing celebrations and excitement, why should the players who are actually playing be stopped from having fun.

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

## S.A.A.C. to work with Make-A-Wish

**Kylie Koontz**  
**Editor**

After a long year, the Student Athlete Advisory Committee (S.A.A.C.) is looking forward to continuing their fundraising for the Make-A-Wish Foundation.

S.A.A.C. has been working with Make-A-Wish for many years, but fundraising in 2019-2020 almost came to a complete stop due to the COVID-19 outbreak. Without sporting events to attend and events to plan, fundraising became increasingly difficult.

Some plans were made to fundraise while staying socially distanced and safe. One idea that developed was workout for a wish. Athletes were supposed to take a video of their teams working out and post them to the S.A.A.C. social media. With many athletes out of season, not many hopped on board and the idea fell through.

"We had a tough time getting events going last year with all of the COVID-19 protocols. We tried to run

some events, but it didn't work out for us," said Andy Makarchuk, president of Minot State's S.A.A.C.

Now, with campus activities and sports back this fall, S.A.A.C. has come up with many fun ideas to fundraise while simultaneously getting people involved in sporting events on campus.

"We plan on doing a lot of game day fundraisers this year, that will also help get more people involved at MSU games," says Makarchuk. "We also plan on partnering with some local businesses, like we did last year, to fundraise for the local women's shelter here in Minot."

Partnering with local businesses and supporting sports teams on campus also gives S.A.A.C. the opportunity to get the community involved.

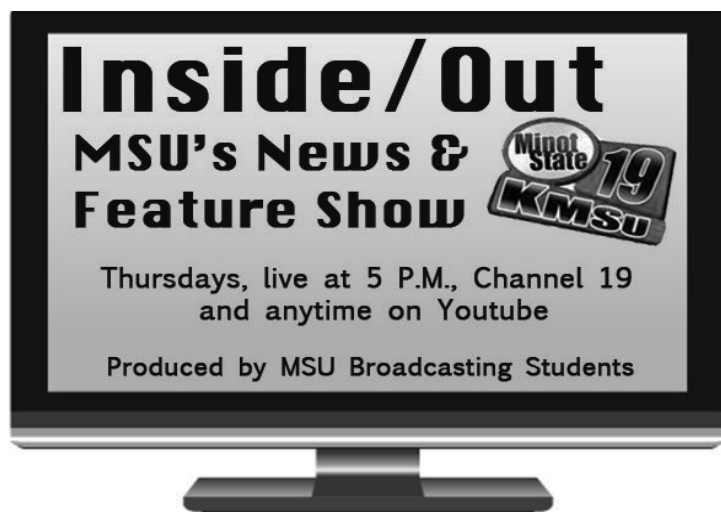
"As far as the community getting involved with our fundraising, we will be out and about this next year around town and at Minot State games putting on events, and people can stay up to date with what we are

up to by following us @MiS-USAAC on social media," says Makarchuk.

This fundraiser helps Make-A-Wish kids in the region that North Dakota is located, so all of the fundraising from this year will go to children who live in North Dakota.

"Donations to the Make-A-Wish Foundation will go to the regional Make-A-Wish Foundation, and then to kids around the state so they can get their wishes," Makarchuk said. "It is really cool to see the kids get their wishes, and I know a bunch of schools in our conference have done wish reveals in the past and we are looking to try and do that this year!"

With campus activities and sporting events in full swing and COVID-19 restrictions at a minimum, S.A.A.C. has the opportunity to continue their work with the Make-A-Wish Foundation to help make a child's wish come true.



*Photo submitted by S.A.A.C.*  
*The Student Athlete Advisory Committee (S.A.A.C.) is made up of two athletes from each team on campus.*



# Football player Philip Green named to Allstate Good Works

**Kaiden Cardoso**  
**COMM 281**

Two Minot State student-athletes have taken the initiative to provide an open space to talk, learn, and listen about challenges and solutions for mental health.

Seniors Troy Kowal and Philip Green have started a podcast called "Mental Game" to bring conversations about mental health to the forefront of Minot State athletes' awareness.

They have had such a major impact in the community that

Green was named one of 22 football players nationwide to the Allstate AFCA (American Football Coaches Association) Good Works Team for outstanding work for a charitable organization and good standing in the classroom.

"We are hoping to bring awareness to the sporting community about the mental health challenges student-athletes face," said Green. "As college athletes, we believe that there is a lack of emphasis on mental health in comparison

to physical health. We hope through this awareness we can better the student-athlete experience here at Minot State."

The two are teammates on the Beavers football team and friends in the classroom. They have been studying in the professional communication department for the past three years and have come up with a plan to help student-athletes with the stresses of college and athletics. The podcast is described as an open dialogue between coaches, players, train-

ers, and administrators to create resources and utilize ideas to help all Minot State athletes.

Topics consist of mental preparation before and during athletic events, dealing with anxiety, and how athletes can respond to successes and failures.

With the help of Prairie Sky Bread, a local downtown Minot business, Kowal and Green were able to shoot a podcast live on scene and raise money for the Hayden Hurst Foundation. The foundation focuses

on bringing awareness to mental health and ending the stigma around mental health.

The podcast can be found on YouTube under the title "Mental Game," and also on Twitter @MentalGamePodc1.

Students, faculty, and fans can cast their vote for Green to become the 2021 Allstate AFCA Good Works Team Captain through Nov. 22 by visiting [promo.espn.com/espn/contests/allstate/2021/index](https://promo.espn.com/espn/contests/allstate/2021/index). Votes can be cast daily.



*Photos submitted by Philip Green*

**Troy Kowal and Philip Green are in the process of starting their second season of the Mental Game Podcast. They are looking for any and all athletes, coaches, and administrators that are interested in being on the show. If you are interested, reach out to Kowal, Green, or the "Mental Game" Twitter account @MentalGamePodc1.**

## Minot State soccer in full swing

**Jordan Rodriguez**  
**COMM 281**

Like many other sports in 2020, Minot State women's soccer season came to an end before they even took the field. However, they did take the field again in the spring semester of 2021 to get a total of nine games in and finished with a record of 5-4.

To start off the 2021 season, the Beavers soccer team is 1-2, their win coming from a 2-1 overtime game against Colorado Mesa University (CMU).

Lainey Sandburg scored the game-tying goal in the final minute, while the golden goal was buried in the back of the net by Chloe Allan. Another key player in that game was goalie Maddie Kindred. She tallied

up six saves on seven shots on goal in the MSU victory.

"One of our mottos this season is belief. We were able to keep fighting until the end of the game because we believed that we still had a chance to come back," said player Sofia Lewis.

Since the win at CMU, the Beavers are currently on a three-match win streak improving their record to 3-2. Minot State dropped its first two games to Regis University and a hard-fought battle against #13-ranked Westminster College, while winning their next three matches against Colorado Mesa, Minnesota Duluth, and St. Cloud State by a combined score of 5-1.

Alaska native Kindred and red-shirt senior forward and Minot High graduate Lewis are two players to

keep an eye on this year.

Lewis has attained many accolades over her five years here at MSU, including 2019 All-NSIC Second Team, 2018 All-Central Region Third Team, D2CCA All-Central Region Second Team, First Team All-NSIC, and 2017 First Team All-NSIC, just to name a few. In her 59 games wearing a Minot State jersey, she has scored 35 times. Kindred is just what the Beavers need. In her first season with MSU, she started six games in the 2020 season playing 540 minutes, allowing just six goals while putting up a 5-1 record on two shutouts.

Minot State women's soccer hosts the Winona State Warriors on Oct. 1 at 3 p.m. at Herb Parker Stadium.



Photo via Minot State Soccer Instagram

2020 intersquad scrimmage.

## MSU volleyball has high hopes for the future

**Alex Koontz**

After a year of off season due to the COVID-19 pandemic, MSU sports are back and ready to compete. This year's Beaver volleyball team is looking forward to a tough but anticipated season.

Their preseason began with a tournament in Kansas, competing in four matches during the first weekend in September. Although coming out of the tournament 0-4, senior and captain Kayla Verity still has high aspirations for this year's young team.

"I think what's great about this team is that we have a group of young athletes that are growing with each game, and although the outcomes of these first games may not be what we wanted, with a

team like this you will see a turnaround as all our young athletes gain that confidence and feel for NSIC play. I think it's going to be a very exciting season, and everyone should be ready to see women's volleyball become something this year," Verity said.

After these couple aggravating losses, the Beavers are looking to redeem themselves in the coming weeks. The first week of October, MSU volleyball will face off against Augustana University and Wayne State College on the Beavers' home court. The Beavers are on the road again on Oct. 8 to Southwest Minnesota State University and the University of Sioux Falls for another weekend match up.



Photo by Liela Koguchi

MSU volleyball celebrates in their home opener against University of Minnesota Crookston.



# Artist highlight: Virginia Conn

**Mason Collins**  
**COMM 281**

Virginia Conn, a freshman at Minot State, has her own exhibit at the Taube Museum of Art in downtown Minot. The theme of Conn's exhibit, entitled "Nature's Infection," focuses on a combination of nature with a human element.

Conn uses art not only as a form of self-expression, but to work through her troubles. She recently recovered from a life-altering car accident and has been using her art to work through the aftermath of the incident.

"I went from my childhood trauma to the wreck. It was working through those emotions and everything else in between. I kind of thought of it as an infection," Conn said.

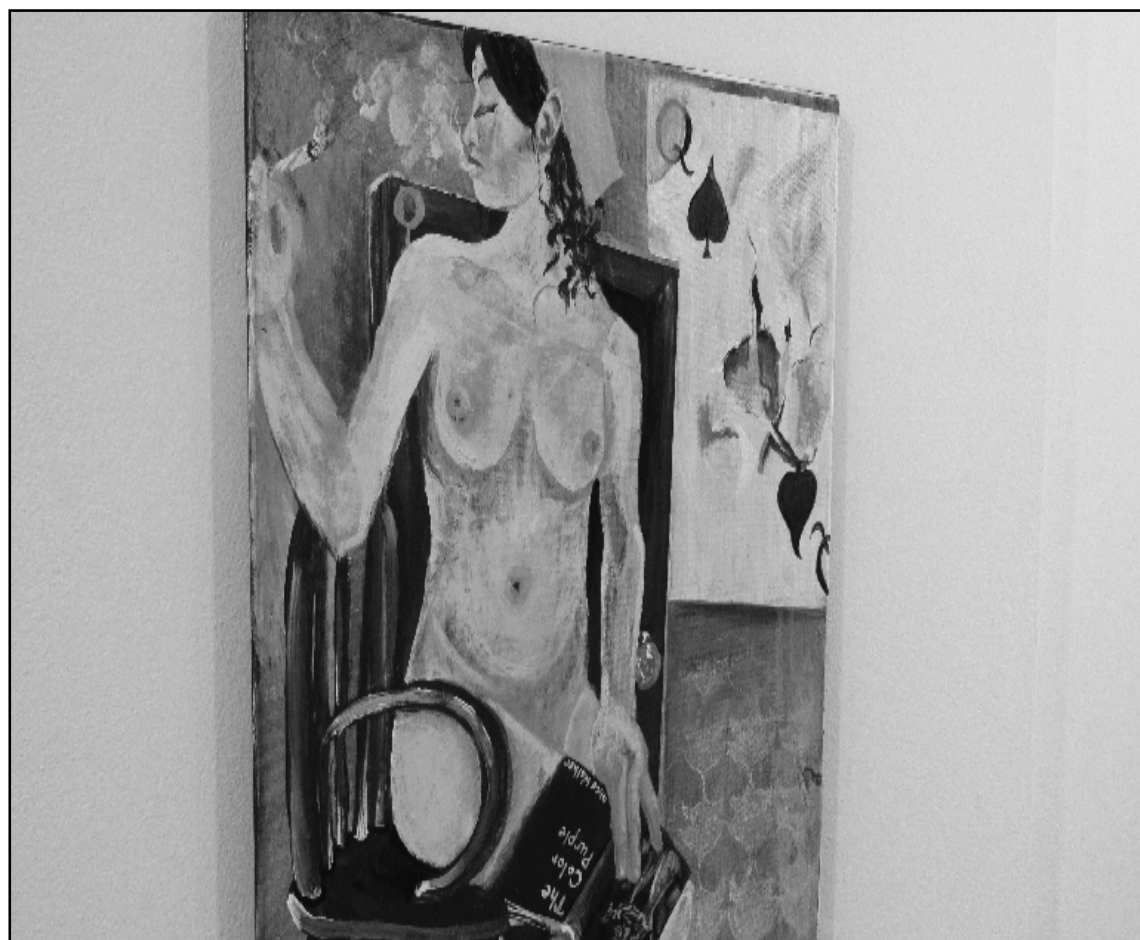
In the fall of 2020, Virginia participated in the Festival of the Arts competition. The judges then selected her work for an award, and the Taube offered her

an exhibit in their gallery. Conn took this chance to present her work to the city of Minot. She chose multiple works that can be seen as controversial with the intention of triggering self-reflection within the viewer.

Where many people choose to suppress the traumatic experiences that have happened to them, Conn chose to paint them. She uses some of the worst experiences that have happened to her as a support instead of a detriment.

"When you act embarrassed about something, you give it the power. Whereas if you show it yourself, you take that power away from it," Conn said. "I feel like my work was chosen because it's so vulnerable."

Conn's exhibit will be open to the public at the Taube until Oct. 8. In the meantime, she is focusing on getting her bachelor's in fine arts as she continues to paint her experiences for the world to enjoy.



Photos by Mason Collins

Artwork by Virginia Conn.



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