

Red and Green

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Minot State University

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New year, new beginnings

Miya Smalls
Assistant Editor

As MSU kicks back into gear with the Spring 2022 semester, students, faculty, and staff are ready for the big changes the new year has to offer. Whether it's graduation or a campus renovation, lots of exciting things are coming together this semester. With all the exciting changes happening, more is to be expected inside the newsroom, and it won't just be the content. The Red and Green editorial staff is pleased to welcome and introduce their newest members to the team.

Hussein Abu-Lamzi, Red and Green's current features editor, is an English major minoring in psychology. Abu-Lamzi states his interest in joining the team sparked when he realized the features editor position would allow him to quickly absorb the campus culture by getting out of his comfort zone to share the stories of others.

"When I heard about the opening for the features editor position, I saw it as an opportunity to expand my interests in journalism and take it up a notch through understanding the behind-the-scenes composition process of the newspaper," he said.

For this semester, Abu-Lamzi is looking forward to writing the international student feature articles and possibly including a features section

on MSU professors, giving them a space to share their early years in education with the student body.

On top of new openings, came new beginnings as Nengi Daminabo joins the team with a never before position for the Red and Green news: social media content coordinator. Daminabo is a professional communication major with a focus in production, minoring in film studies. Daminabo explains that her position allows her to be creative and feel a sense of belonging with others.

"Watching creative ideas move across the room makes you love your job. I want my work to reflect beauty, brilliance, passion, and the importance of mental health," she said. "I aspire to give back to society, create an escape for people through my art, and be a blessing to the parts of the world I'm able to reach, but also to be exceptional in my field and, of course, make a lot of money."

This semester, Daminabo states that she'd love to see more social engagement between the Red and Green staff and the students on campus. Along with that, she is looking forward to the growth of the social media pages of the Red and Green.

Although Daminabo opened a new door for the editorial staff, the final addition to the team, Liela Kugochi, followed right behind her as she is titled the Red and Green's social media content provider. Kugochi is

majoring in management information systems with a minor in marketing. Her passion for photography and marketing was what sparked interest in joining the team.

"I love to take photos and I've been wanting to use my camera for something," she said. "Since I'm minoring in marketing, I was interested to promote something on social media. Also, being a marketing officer for

DECA, I wanted to use my skill for school activities." Kugochi states that she hopes for more campus involvement throughout the Red and Green.

With new members added to the only year-old editorial staff, MSU can expect new and exciting things from the Red & Green this year.



Photo by Johanna Eben
New members Liela Koguchi, Nengi Daminabo, Hussein Abu-Lamzi



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News in Brief

General Scholarship Application deadline

The Minot State General Scholarship Application deadline is Tuesday, Feb. 15. This application is available online and is for the next academic year.

FAFSA now open

The 2022-2023 FAFSA (Free Application for Federal Student Aid) is now open for the Fall 2022, Spring 2023, and Summer 2023 semesters. The priority funding deadline for Minot State is April 15, 2022.

Women's hockey

Come out to the Maysa on Friday, Feb. 4 to watch the women's hockey team take on Michigan State University. The puck drops at 4:30 p.m.

Bubble invite

The softball team's season opener is on Friday, Feb. 4 at the bubble, beginning at 5 p.m. vs. University of Mary. The Bubble Invite I is a three day tournament. On Saturday, Minot State will play Valley City State University at 2 p.m. Sunday will find them head to head against University of Minnesota Crookston, also at 2 p.m.

Minot Symphony Orchestra

The MSO invites the whole family to "Twist & Shout" on Saturday, Feb. 5 at 3 p.m. in Ann Nicole Nelson Hall. The performance will feature Caitlyn Vogel, Miss North Dakota USA, as the special guest.

Wrestling senior night

Minot State wrestlers will take on Dickinson State University on Wednesday, Feb. 9.

Beavers vs. St. Cloud

On Friday, Feb. 11, Minot State basketball will be at the Dome. The women will take on St. Cloud State University beginning at 5:30 p.m. with the men's team following at 7:30 p.m.

'INT'L Paperworks 2022'

The Northwest Arts Center is having its annual juried exhibition, which has been newly renamed "INT'L Paperworks 2022." The exhibition is on view until Feb. 24 in the Walter Piehl Gallery.

'Two Friends'

The Northwest Arts Center presents "Two Friends," by artist Erin Wohletz, through Feb. 24.

Yoga

Yoga will be held at the Wellness Center on Mondays and Wednesdays during the semester at 12 p.m.

Drop-in counseling services

Minot State University offers drop-in counseling services on Tuesdays and Thursdays. The service will be held from 2-2:30 p.m. in the Souris Room, located on the second floor of the Student Center, and from 3-3:30 p.m. at the Wellness Center in the Group X Room.

To travel, or not to travel

Sabah Sarwar Staff Writer

With the ever-changing guidelines and restrictions due to COVID-19, travel can be a confusing and time-consuming process, but it doesn't have to be. Although the Omicron variant has a record-breaking number of cases, most countries in the world are open to travelers from the United States.

If you are planning on traveling, whether it be internationally or just to another state, there are some considerations to keep in mind. Check country and state-specific government websites.

Most countries require a health form, a negative COVID-19 test result, and full proof of vaccination. For more detailed information about US government guidelines, visit the CDC website. Currently, the CDC recommends travelers "pay close attention to the situation at your international destination before traveling outside the United States."

For traveling in the United States, consider visiting areas that have fewer COVID-19 cases such as Washington D.C, Pennsylvania, and New York as opposed to states such as Hawaii, North Dakota, and Utah that are currently experiencing a spike in cases.

Traveling within the states as opposed to globally, although not ideal, is a better option for containing the pandemic. Whether you want to try camping, staying in a unique Airbnb, or booking a nice hotel in a city nearby, take the opportunity to explore Minot and the surrounding area if you don't feel ready to go further afield.

Stay responsible and enjoy your trip. Although travel is not prohibited, ensuring that restrictions and rules are followed is imperative to containing the spread of the virus and prevent lockdowns. Here's to some new, safe adventures.

What your school email can do for you

Divine Daminabo Staff Writer

Most of us are aware that our school email gives us the Microsoft 365 software package, which has the Outlook email login we use to get important emails regarding our institution.

But in this singular application, you also get OneDrive for up to 1 TB of cloud storage; Microsoft Teams for direct/group instant messages, file sharing, and video conferencing; OneNote for class notes and lists; Office desktop and mobile apps that include Word, PowerPoint, Excel, and more that can be installed on up to five devices; and Forms, that allows you to create surveys and quizzes.

When it comes to using the school's Wi-Fi, your username and password will suffice for immediate access. There is no limit to how many devices you can add to it. However, when it comes to game consoles, you can only add up to a maximum of five devices using this same information to access Wi-Fi.

One thing we love about our student email is the student discounts it gives us on streaming platforms such as Amazon, Spotify — which comes in a bundle with Hulu and Showtime — Paramount+, Discovery+, YouTube Premium, Apple TV+, Apple Music, Audible, Pandora, Tidal, and so on.

Some of these discounts become easily accessible if you create a UNiDAYS account with your school email and connect it to the account of the chosen platform, but it is not required for all applications.

When it comes to graphic

design and video editing apps, there are also a lot of benefits you get from having a student account, like the Adobe Creative Cloud package which you can also use for free in the computer labs on campus. There are so many more applications on those computers, ranging from creative design to coding. If the labs are closed, these computers can be accessed remotely from your home or dorm. More information about this and how it works can be found on the Minot State University website.

Unfortunately, all this will end 18 months after you graduate or after your final set of enrolled classes so even in the case of transferring to another school, it is advised that all personal logins be linked to a personal email account. While your school email is still present and active, there is a lot to take advantage of with your school email.



Images via microsoft.com
Your school email provides free access to many computer programs, including Microsoft 365. Teams, above, and Outlook, below, are two apps students often use.



Major Hartnett Hall overhaul

Hussein Abu-Lamzi
Features Editor

Scheduled for an overhaul with a \$25 million budget, Hartnett Hall will shut down Summer 2022 and open back up Fall 2023.

Hartnett Hall houses classes under the Divisions of World Languages and Cultural Studies, Art and Professional Communication, and Performing Arts, which must all temporarily relocate somewhere else for the next academic year.

The Hartnett Hall Renovation Committee, which started in March 2020, has yet to reach a decision on where classes will move.

“We don’t want to put the students anywhere that will injure their educational experience,” said Bill Harbort, chair of the Division of Art and Professional Communication, art professor, and committee member. “The committee will work on a transition plan for the experiential places, like the TV studio, radio station, graphics lab, photo studio, and

painting classrooms.”

Ideally, these experiential classes must relocate to material-intensive and technologically-sound spaces with proper ventilation. The relocation also includes the faculty personnel and offices at Hartnett, who, according to Harbort (at least for the art department), have been completely on board, asking questions with no complaints.

The budget and renovation plans merit the one-year closing of Hartnett Hall. Built in the mid-1970s, Hartnett Hall has received only minor updates ever since.

“Art classes got shoehorned into what was once English classrooms,” said Harbort. “So the shape of the classroom doesn’t accommodate the studio structure.”

Where lecture and discussion-heavy classes come in rectangular shapes and with very little ventilation, studios and art classes work best in square-shaped rooms and need proper ventilation because of the fumes, paints, and chem-

icals inside them.

The construction includes completely tearing down Hartnett’s walls and building them back anew from the ground up; it also includes upgrading the building to best fit the student experience.

“We’ve had conversations about moveable walls that accommodate the enrollment of the class. That is the type of thinking that will impact the student experience,” Harbort said. “When

students have some ownership of this building, they’ll commit to and get more involved with their work and create great things. Students can be here late at night or on Saturday mornings. They don’t just attend class and go home.”

Despite the dedicated division chairs’ focus on the student experience and sharing their academic expertise with the administrators on the Hartnett Hall Renovation Committee, the

committee lacks student representatives. Harbort acknowledges this shortcoming and asks his art students about their ideas and needs regarding the renovation.

Considering a representative student committee to voice the art, English, and theater students’ concerns and find answers to their questions as they inevitably come up could be a solid step forward at this stage.



The main entrance to Hartnett Hall.

Photo courtesy of minotstateu.edu

RG Editorial

New year, new me

Kylie Koontz
Editor

With the New Year comes New Year's resolutions, the New Year, New Me hashtag, crowded gyms, and a lot of self love/self care social media posts.

All of these things tend to make me feel like I am not doing enough or that I don't have enough goals for the new year.

I want to remind you that, as students, our lives are scheduled based off of classes and extracurriculars so it can sometime feel like we don't have time to do any of the #NewYearNewMe trends; but that doesn't mean we can't find ways to make us feel like we are improving our day-to-day lives this new year.

Even small things like waking up an hour earlier before class to make yourself

a real breakfast or spending your open afternoons in the gym for 45 minutes can make a difference. Journaling at the end of your day or reading for 30 minutes before bed are other ideas.

All of these things can help a busy student feel like they are taking time, even if it is just 30 minute to an hour, out of their day to continue to improve themselves or their quality of life.

The new year is a stressful time. Adapting to a new schedule, new classes, and cold weather can push what time we do have for ourselves to the side. Remember that out of all of the things we have to do to succeed, out of all of the stress, a few minutes to yourself will benefit you and help you feel like you aren't missing out on the #NewYearNewMe.

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

The English application: Define good writing

Hussein Abu-Lamzi
Features Editor

The English scholarship application is due Feb. 15, 2022, when the scholarship committee will judge the writing of English majors in a process that speaks to the values of the English department and its definition of solid writing.

In judging the applicants' writing, the committee does not follow a writing checklist. Rather, each professor judges the applications alone before they meet as a group and discuss the strongest portfolios.

"We are always discussing what good writing, coming from a student, looks like," said Sarah Aleshire, English assistant professor and committee chair. "We see this committee as a continuation of what we do in the English department."

Aleshire; Eric Furuseth, humanities program coordinator and English associate professor; and a third adjunct English professor make up the committee.

The committee picks a few students from the pool of applicants to whom they allocate the scholarship funds. Students' portfolios may include up to 1,000 words, half of which must be nonfiction piece written for an English class. Judges see the student's name on the application and most of the applicants would have taken classes with either of the three professors.

Refuting that non-anonymous applications may exude bias, Aleshire said, "We're a small department; we would know the student so this way it is not pretending."

Still, the three judges look only at the writing, excluding the student's academic performance and involvement within

the department, so long as they meet the 3.5 English GPA cut-off requirement.

While most English classes take the time to discuss writing literary analysis essays, barely any classes discuss and include creative writing. Even then, classes lack a criterion for creative writing like the ones they have for academic writing. Literary analysis essays contain a thesis statement, forecasting topic sentences, primary source analyses, etc. How do you equate that with creative writing?

"We try not to have a hierarchy," Aleshire said. "If a student worked on mastering a poetic form, then they should include it in their letter of support. Students know if they are proud of the piece, if it shows something about them as a writer, it makes sense to include it. Half of our applicants include their creative writing

excerpts."

As for the letter of support, it contextualizes both academic and creative writing within the portfolio.

Countering the lack of a checklist or numeric grading system for the students' writing portfolios, the committee relies on the letter of support in understanding the students' decisions and gaining insight into their rationale.

"It is your chance to show us what you want us to focus on," said Aleshire.

Prior to this application format, the department used the Professor Recommendation Form, which ranked at which percentage the applicant stood compared to the rest of the professor's students. However, now the department and the committee agree on a more holistic approach to evaluating their students' writing:

See English, page 11

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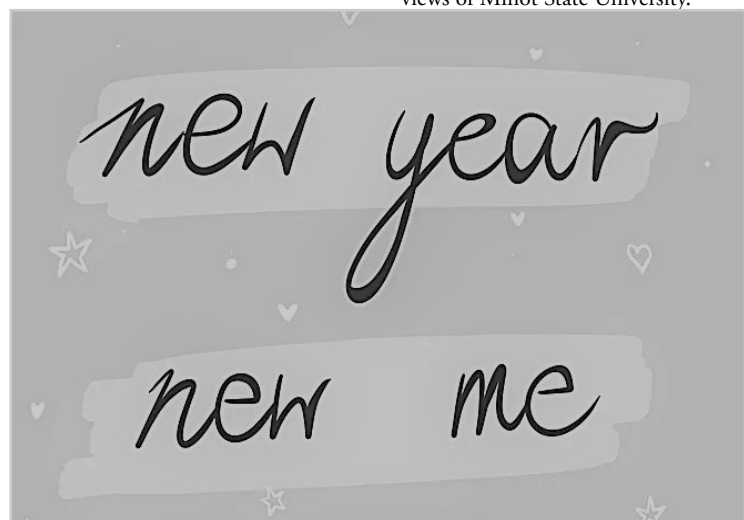


Image via pixabay.com

International student: Wardah Husain

Hussein Abu-Lamzi
Features Editor

"I started baking in fourth grade. My mom did not control me — she gave me the reins, and she said, 'go nuts,'" Wardah Husain said. "I was not destructive and I followed the recipes — I started with cakes and cookies, and it never went too bad. Everything always came out edible."

From India, Husain lived there until first grade, when she and her mother moved to Abha in Saudi Arabia. Her father, a political journalist, stayed behind in India for work. Her mom still works as a university professor of English literature in Abha.

An only child, Husain grew up wanting siblings, so (naturally) she adopted three cats: Muffin, Motu, and Baby. Despite their limited-size apartment — which now causes two of the three litter boxes to go on the balcony — Wardah still saved Baby's life back in November 2021.

She and her mom went shopping. On their way, she heard Baby meowing and eventually found him to the side of the road, shivering.

"I wrapped him in my scarf," Husain said. "We found him late at night so we couldn't go out to buy kitten formula but we made one with what ingredients we had at the house. And I fed him every two hours."

Three days later, Baby got his energy back and started playing around with Muffin and Motu.

"Muffin does not tolerate other cats," Husain adds. "She walks to the front door and hisses at the other cats in the neighborhood. But she treats Baby like her son. She keeps licking him!"

Husain and her mom

planned to move out of their limited-size Abha apartment multiple times; however, Husain's library houses her 300 books, a number that always threw a wrench into their moving plans. Some of her favorite authors include Gillian Flynn, G.R.R. Martin, and Ray Bradbury.

Growing up as the daughter of an English literature professor meant mingling and interacting with readers and writers constantly. Besides the numerous amounts of fiction books Husain read, her mom also fostered her daughter's literary courage in the most unexpected way.

"My mom gave me her research papers to proofread since sixth grade, and I quite enjoyed doing it. It was fun finding faults with adults," she said. "The papers were long so they were bound to find mistakes, and finding those mistakes in such work felt validating."

Husain's mother allowed her daughter free rein in the kitchen with baking since her daughter's childhood, and years later, she would bake a giant cake for her freshman class in celebration of winning head girl position. She kept winning that position until senior year at the international high school that taught an Indian curriculum.

"We had 20 students. They ate the cake in minutes," Husain said, describing her freshman class as big. "I graduated with eleven people!"

When her baking skills improved and she started baking pizzas, Baby and Muffin would lick all the pizza sauce as a testament to her skills.

"Although, Baby also eats carrots, melons, and watermelons so I don't know what he has going on," she said.

Before coming to MSU, Husain went to the Memorial University of Newfoundland, in Newfoundland, Canada, to become a political journalist. Unlike her parents' inclinations, however, she said, "I thought there would be more action, and that I would enjoy writing."

While she enjoyed reading the literary research papers that her mom passed to her since she was in middle school, regarding political science research, she said, "I don't enjoy reading the research papers as much as I enjoy discussing politics and interacting with people about it."

Husain realized her opinions about politics during the gap term she took in Fall 2021, where from Saudi Arabia she virtually interned at a political forum for youth based in India.

"During the pandemic, I kept hearing how involved the nurses were in the healthcare system," she said. "I kept hearing about how much they do, and I wanted something more hands on."

Deciding to switch from journalism to nursing got coupled with a university transfer for Husain when she talked to her friends in South Dakota, some of whom had heard of MSU's affordability and its strong nursing program. So, Husain made the decision and transferred to Minot State.

"It's so cold, yet the people are so warm," she said.

She backs this statement with the recent unfortunate loss of her phone, which only showed her the value of the friendships she had already made since coming to MSU two weeks ago.

"I lost my phone a few days ago," Husain recalls. "So, my friends spent all night with me dumpster diving for it. And one of them lent me his camera when he heard about my photography hobby."

Like other international students at MSU, Husain's story speaks to the larger intellectual and social diversity found at the university. Her interests and inclinations brought her to MSU, where she can pursue her love for learning at an affordable cost within a stimulating community and amongst reliable friends. She brings her memories with her to MSU, enriching the identity of the student body and hoping to expand on them with new memories.



Praise Okunbor (left) and Wardah Husain (right).

Photo courtesy of Minot Daily News

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What is DECA?

Favour Orordi Student Submission

What is DECA you may ask? DECA stands for Distributive Education Clubs of America. DECA means much more than its acronym. It's an opportunity for students — not just business majors — to gain experience solving real business problems, gaining leadership skills, and networking with business leaders.

DECA members travel for conferences and state and national competitions, although no member is ever required to compete at competitive events. Members also engage in fundraising activities that allow the club to cover most travel expenses. At state and international competitions, there are networking events that allow students to connect with businesses for internships. Additionally, members will have numerous opportunities to bond and create lifelong friendships with other students who are studying in the US and Canada.

If you are interested in joining DECA, please email deca@minotstateu.edu. The next meeting is Thursday, Feb. 10 at 12:30 p.m. in Room 315 at Old Main.

Media Ink: Bringing passion projects to life

Yuden Zongtenpa Staff Writer

The start of the new spring term at MSU has made way for the revival of the Media Ink club.

With COVID-19 restrictions ramping up during 2020 and 2021, the club was unable to carry out many activities overall, as it was difficult to set up meetings in face of all the restrictions. But all of that changes this semester.

"There are a lot of club members graduating this year, so we'd like to go out with a bang," said Emily Norman, Media Ink president.

In the past, Media Ink focused on creating podcast episodes with various guests with a few other students

working on the MSU radio channel as well. Currently, the club is dedicated to helping people working on their passion projects, offering a space for students to do something fun besides assignments.

As of now, the club consists of 25 members, most of whom are professional communication majors, with a few multimedia majors, too.

According to Norman, everyone in the department is "super close" with everyone treating each other like "one big family."

At the moment, the club is working on projects such as designing personalized baseball jerseys for all members, and member Logan Skees is working on

developing a mockumentary-style TV show based on the daily lives of the people in the club. Other passion projects include, but are not limited, to a yearbook for the professional communication department, other podcasts, and video projects that students plan to use in their portfolios once they enter the workforce.

Some of the club members are also participating in the Eric Sevareid Awards, organized by the Midwest Broadcast Journalists Association, a contest hosted every year where competitors submit projects for various categories from radio to documentaries to sports reporting.

The club members taking part in the competition are

going up against other universities across six regions — North Dakota, Minnesota, South Dakota, Nebraska, Wisconsin, and Iowa.

"We have a very talented department, and I'm really proud of our students," said Neil Roberts, the club advisor. "Despite going up against many larger schools, I have a feeling our students are going to compete very well."

The Media Ink club holds meetings every Wednesday in Room 128 at Hartnett Hall. For more information, students can contact club Norman at emily.l.norman@minotstateu.edu and vice president Dante Gadbois at dante.gadbois@minotstateu.edu.



Members of the Media Ink club.

Photo via Media Ink Instagram



New leader of the defense

Philip Green
Sports Editor

Minot State football kicked off the start of the spring semester with a change to the coaching staff.

On Jan. 18, MSU announced the hiring of a new defensive coordinator (DC), following a decision to go in a different direction from the leader of the Beaver's defense from this past fall. Lee Pronschinske comes to Minot State after spending the last season at North Dakota State University (NDSU). Pronschinske has been a part of a winning culture as NDSU went on to win its ninth Football Championship Subdivision (FCS) National Championship since 2011.

As a member of the football team, and a defensive player specifically, I am excited to get to work with coach Pronschinske. Since my time at Minot State, he will be the third defensive coordinator I have had. My first two years, head coach Mike Aldrich also acted as our defensive coordinator and called the defense. Right before COVID-19 hit America, Minot State and Aldrich hired a defensive coordinator to help take some duties off Aldrich's hands.

Coach Scheper served as the defensive coordinator for MSU during the COVID-19 canceled season and this past season before the team decided to make a change.

As a defensive player, I really enjoyed how our defense was run under Aldrich and I believe things will be run similarly to that with the new DC. This

past season under Scheper, we ran things very differently than how I and many of my teammates are used to.

Scheper came from a Canadian football background, which has several differences to the way the football is played here in America. He tried to incorporate some new strategies and techniques from the Canadian game and unfortunately, they were not as successful as we hoped. I believe the transition back to running a defensive scheme like what we ran with Aldrich will be smooth.

I personally will not get to see Pronschinske in action until we kick off spring practice, which will start following Spring Break. Pronschinske will primarily coach linebackers as his position group. Up until spring practices start, he will only be allowed to work skill development with his linebacker group per NCAA restrictions. Pronschinske hopes to instill his defensive players to play hard, play fast, and play together.

I look forward to seeing how he does so this spring.

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

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Minot volleyball welcomes a new head coach

Alex Koontz
Staff Writer

Volleyball has been a struggling program at Minot State for the past couple years, thus the time came to hire a new head coach for the 2022-2023 season.

Minot State University Athletics hired Alex Lehocky, who played volleyball for Otero Junior College and Keene State College in New Hampshire. She graduated from Colorado Mesa University with a degree in kinesiology, health, and fitness. She later attended A.T. Still University for her master's in kinesiology with a concentration in sports conditioning.

Coach Lehocky pre-

viously coached in her home state of New Mexico at New Mexico Junior College, where she started their volleyball program.

At New Mexico Junior College, Lehocky coached six Region V All-Conference players and obtained a 38-29 record over her three years there.

Minot State volleyball is currently made up of all freshmen. Although some of the student-athletes are sophomores in academics, this past season was their first season competing in the NSIC due to the 2020 COVID-19 season.

The MSU volleyball program is really looking for some guidance

coming off a 1-25 season. The team is ready for a fresh start and are excited to see the changes made to the program.

Lehocky was interviewed for nothernnsun.org and said, "Ultimately everyone wants to win; I think the primary goal initially is to get the current team and future Minot girls bought into the culture I'm going to bring."

Lehocky arrived on campus the first of February to officially begin her head coaching position for Minot State volleyball.



Photo from Minot State volleyball's Twitter
To open up the spring semester, Minot State hired a new volleyball coach. Alex Lehocky joins the Beavers from New Mexico Junior College and hopes to turn around a struggling program and bring a winners mentality to the Beavers.

Minot State hires first women's wrestling coach

Divine Daminabo
Staff Writer

Brittney Mitchem grew up in Mercer, Pennsylvania, which she testifies is the greatest wrestling state. At the age of 6, she already had a flair for wrestling and has been wrestling ever since.

This made her popular among her peers because she was the only girl in her area that wrestled. It was not common to see a girl her age engaging in a male-dominated sport, but she continued down that path and eventually ended up wrestling at the number one college for women's wrestling at the time, University of the Cumberland in Williamsburg, Kentucky, where she is a two-time All-American.

After she graduated, she went on to get her master's in special education and at the early age of 23, she got her first coaching job. She felt incredibly grateful to get in the game young and get her early coaching mistakes out of the way. Fortunately, she surrounded herself with the best coaches and mentors that she could find so she got the support she needed to sculpt herself into the best leader she could be.

Her career in Minot was not something that was premeditated, but it was the good reputation of the school that brought Mitchem here.

"My husband and I took the leap of faith and came here together because of the opportunity Minot State has," she said.

When asked about the Minot State drafting process, Mitchem emphasized on the importance of good character, work ethic, and wanting student-athletes that want to "excel in the classroom and on the mat." She encourages passion in her team members because she

believes that it is something they can utilize to reach their full potential later in life and give back to the world.

Mitchem is excited for all her recruits, like Nina Sandoval, who is nationally ranked, and Kayelin "KJ" Johansen, who is currently attending Minot State University this semester. She sees something special in each of them and is ready to dedicate herself to encouraging their success.

"Wrestling is a wonderful sport that teaches toughness, discipline, and grit," Mitchem said. "It has taught me that when I fall, I get up; when I make a mistake, I fix it; and to never give up."

She attributes some of her good qualities to being developed through wrestling.

"All the lessons I learned from wrestling I am grateful for," she

said. "It has prepared me for life."

While she misses being on the mat, she has found new sources of joy through coaching, her marriage, and the birth of her son back in October.

Mitchem is confident about the buzz and engagement the team is going to get even though she understands the effort that needs to be put into the promotion of this program. In her words, "us wrestlers understand the grind."

She has a positive view of the future, and she is ready to put in the work to make that a reality. She hopes this program becomes an inspiration to young girls that want to feel empowered and promotes Minot State University and its students.



Photo by Divine Daminabo
Minot State will be adding a women's wrestling program in the fall of 2022. At the helm of that new program is Brittney Mitchem.

SAAC holds fundraiser for Make-A-Wish

Jordan Rodriguez
COMM 281

On Feb. 9, the Minot State Student Athlete Advisory Committee, also known as SAAC, will have a booth set up at the Minot State wrestling dual against Dickinson State. They will be taking donations and telling fans what SAAC does for the Make-A-Wish foundation. Minot State is no stranger when it comes to the Make-A-Wish foundation. Each year, SAAC helps raise money for this amazing organization.

"We always partner with Make-A-Wish," said Philip Green, SAAC representative. "It's one of the campaigns we work on throughout the year."

Along with their charitable actions on Feb. 9, Make-A-Wish's

annual giving day is on Feb. 10.

"We are planning on marketing their giving day and there will be a QR code we promote that people can scan that will take them directly to where they can donate," said Green.

Do not be shy, as anyone can donate and there is no minimum or maximum amount. As for the goal amount that SAAC is trying to raise, well, there is none.

"Obviously, the more the better" said Green.

A truly selfless gesture by the Minot State student athletes. Be sure to stop by the SAAC table on Feb. 9 inside the MSU Dome or use the QR code that SAAC will be promoting on their socials.



Photo via SAAC Instagram
The Student Athlete Advisory Committee at the 2019 Make-A-Wish booth during a men's wrestling duel.

Leif Nelson breaks high jump record

Venissa Adeti
Staff Writer

On Saturday, Jan. 15, at a track & field meet hosted by University of Mary, a record was broke by Minot State University's very own Leif Nelson.

Occurring in the Mike Thorson Open indoor track & field meet, Nelson placed second overall in the men's high jump with a season best and NCAA Division II-era record performance as he cleared 6 feet, 6.75 inches, leading the way for the Minot State men's team.

Nelson, born in Devils Lake, grew up with his parents and eight siblings, and is an entrepreneurship major.

"The reason I chose MSU is really because I have to pay for college myself, and MSU is inexpensive compared to other universities," he said.

He has been competing in track & field since middle school and always wanted to play college basketball. Nelson attended Lake Region State College and played a year of basketball there. Unfortunately, after a back injury and constant pain after every game, he started to look at other options. Even with the back injury, he dedicates himself to doing better than ever in whatever sport he does.

"I've wanted to be a professional athlete since I was a little kid so that pushes me to work as hard as possible until I get there," Nelson said. "I would describe myself as someone who is determined. I won't stop working hard to get to where I want to be athletically."

One thing he loves about track & field is that it's an individual sport.

"Your results reflect the work you've put in," he says.

One thing about college ath-

letes that most of us regular students admire is the way they can balance being an athlete and a student at the same time.

For Nelson, who has been playing sports while going to school the last 15 years, it is now part of him as a person. He really does not know what it is like to not be doing both, he says. One thing that does help him is to write down all the homework he has for the week on his phone and then

start with whatever is due first.

"I have been trying to jump over 6 feet, 6 inches since high school so to do that at the first meet of 2022 and break the record felt great," Nelson stated.

His main goal for this season is to throw over 70 meters in javelin and lastly, his future goal for track & field is to be in the 2024 Olympics.



Photo from Minot State track & field's Twitter
Coach Mark Del Monaco stands with Leif Nelson, who continues to impress. In a recent meet, Nelson broke the Minot State record for high jump with a jump of 6 feet, 6.75 inches.

MSU men's hockey shuts out Williston State College



Photos by Sean Arbaut, Minot State Athletics

Minot State hockey shutout Williston State College 6-0 on Jan. 23. Four goals were made by Justin Metcalf, with Landyn Cochrane assisting on each.



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**...English
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“What do we want our students to look like when they leave our program?” said Aleshire. “That is how we assess our major so it makes sense that’s how we assess our students’ writing.”

Therefore, the English program student learning goals and outcomes contextualize the committee’s selections.

Within the larger discussion English and humanities majors have inside their classes on what makes good writing, the English Application Committee suggests that, while no simple answer exists, good writing resonates not only with readers but also with the writer themselves — it says something about their situation within their community. For the application, good writing reflects the values of MSU English majors the English department hopes to instill in them, preparing them for the now and the beyond.



Students at an MSU Life Bingo event held during the first week of Spring 2022 classes.

Photo via MSU Life Instagram

NOTICES

The Minot State University Writing Center is now open for both in person and virtual tutoring for Spring 2022. Check minotstateu.edu/writingcenter for open times or to make an appointment.

The Wellness Center is open from 6 a.m. to 10 p.m. Monday through Friday, 10 a.m. to 6 p.m. on Saturdays, and 12-8 p.m. on Sundays. Wellness Center guidelines can be found at minotstateu.edu/wellness.

The Academic Support Center is offering Spring ASC Workshops for students. The workshops are organized by topic and designed to meet the demands of college-level academics. For a list of topics and their times and locations, visit minotstateu.edu/asc/workshops.shtml.

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Photo via Minot State men's hockey Instagram

Minot State students cheering a men's hockey win against the Midland Warriors.

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