

RED & GREEN

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MINOT STATE UNIVERSITY

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First-Generation College Celebration Day

**Jane Wunderlich
Staff Writer**

National First-Generation College Celebration Day is held annually on Nov. 8 and is in recognition of the Higher Education Act of 1965.

School systems all around the United States encourage K-12 schools, non-profits, universities, corporations, and other colleges to celebrate the success that has come from first-generation organizations.

There are many ways that this is encouraged. Institutions and organizations bring in speakers who have been a first-generation student who are now living their dreams because they pushed themselves to get through college. They tell their stories and really try to encourage those who are

currently in the education system to keep working for a better life for themselves. Many people believe education is power and this has been seen time and time again with those who are educated making their way to the top in different circumstances.

To classify as a first-year college student, it requires that your parent(s) have not completed a four-year college or university degree. It doesn't matter what any other family member's education level is, it strictly is for your parents' level. Even if your parent(s) has completed three and a half years of university classes, it still does not count. It must be for the full four years.

The POWER Center at Minot State University offers guidance specifically

for first-generation college students. Exclusive tutoring is available, as well as each student receiving an academic coach to help guide and navigate their path as they walk through college. The POWER Center is located in the basement of the library and would love to help in any way that they can when it comes to students here at MSU.

Minot State, like most universities, offers first-year experience classes. Although these classes are not specifically for students who are first-generation college students, they do benefit those who are in college for the first time. These classes are opportunities for first-year students to participate in a powerful learning experience that will help them transition into university

See first gen, page 11

MSU POWER Center First Generation Celebration

**Tuesday, Nov. 8
1-3 P.M.**

**POWER Center,
Library lower level**

**All first generation
college students
are invited – faculty
and staff included!**



**MINOT
STATE
UNIVERSITY**

The POWER Center is hosting an event in celebration of First-Generation College Celebration Day.



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MSU POWER Center

Alex Koontz
Social Media Director

The POWER Center at Minot State University, located on the lower level of the Gordon B. Olson Library, strives to help students in their academic, personal, social, and career success.

The POWER Center stands for Providing Opportunities with Enhanced Resources. There are many opportunities and services that the POWER Center provides such as peer mentoring, tutoring, cultural experiences, workshops, and one-on-one academic coaching. They also provide personality and career interest assess-

ments, information on individual development accounts, assistance with financial aid and scholarship applications, and peer review instruction.

When a student becomes part of the POWER Center, they will receive services afforded only to them. These services include priority registration, development workshops, office resources such as the use of computers and printers and more. First-year students who are accepted to the POWER Center can take part in POWER Days in August, where they can move into the dorms early and learn

secrets to success at Minot State University.

The POWER Center also provides students with out-of-class cultural and educational experiences. Some trips that have been planned for spring and summer break are to historical St. Augustine Florida; Casper, Wyoming to travel part of the Oregon Trail on a wagon trail; and Boston, Massachusetts to learn about the Freedom Trail and the Boston Massacre.

The POWER Center is for students who qualify under one or more of the three categories: first-generation college student (neither

of parent has received a four-year degree), income-eligible (family income is within certain guidelines), or you have a documented disability, which includes, asthma, ADHD (attention deficit hyperactivity disorder), and anxiety.

This month the POWER Center will be providing two workshops, one on Nov. 9, where academic coach Amaura Brandt will help attendees learn about finances and budget building, and the other on Nov. 21,

where academic coach Tate Haskins will teach attendees about goal setting.

The center helps students learn how to have a positive and productive life not only during college but after as well.



Pictures provided by the POWER Center

The POWER Center strives to help students in their academic, personal, social, and career success and is located on the lower level of the Gordon B Olson Library.

The importance of hunting

Parker Striha
COMM 281

The 2022 rifle season for deer hunters starts soon. That means from Nov. 6-20, there will be thousands of hopeful hunters across the state looking to fill their tag. Many hunting seasons, including those for coyote, waterfowl, pheasants, and turkeys, are already active across the state.

Hunting helps with the conservation of wild animals and their habitats. Conservation includes

restoring habitats, operating captive breeding programs, and educating the public. All those things must be paid for somehow. The funding for those activities and ones like them comes directly from the hunters themselves. Every person must pay some sort of fee if they wish to enter themselves into a license lottery. They also must pay a set price if they directly purchase a license, such as the \$30 mark for a deer bow tag.

The Pittman-Robertson Act is a major way

that hunters help pay for conservation. The act came from firearms and ammunition industries asking for Congress to create a new tax on the sale of ammunition and firearms in the early 1900s. The revenue created by this tax would go directly towards wildlife conservation in the United States. The act ultimately went into action in 1937.

It was promptly named after its two sponsors, Key Pittman, a senator from Nevada, and Absalom Willis Robertson, a House member from Virginia.

Since its creation, over \$7 billion has been collected and made available for states to use.

Hunting also plays a major role in population control for all species of wildlife. As cities and human populations expand, more wildlife gets squeezed into smaller areas. That means that less resources will be available for all wildlife.

The logic goes for both sides of the predator-prey arrangement in nature. If there are too many prey animals, grasses and plant life will be overeaten and

some animals will become malnourished and will starve. If there are too many predators, the population of prey animals will decrease faster than normal.

Hunting allows for the population control of both prey and predator animals. We make sure that neither population gets so out of hand that it throws off the balance of nature.

Arguably, the most important reason for hunting is that it allows those who do it to claim their own food. It may just be the

purest way to get food as well. Hunters have an idea where these animals have been and what they have been eating. They know that the meat from these animals has no added hormones or dyes or anything else that meat at stores may have. Deer meat, also called venison, is healthy for a person to consume. Venison has less cholesterol than chicken, less fat than salmon, and it costs less than beef does.

Hunting is beneficial to both humans and the environment.



School of Radiologic Technology

Trinity Health is looking for the next class of students to begin their radiologic technology career! If you have or are working toward any associate or baccalaureate degree and meet our minimum requirements, apply today to the Trinity Health Radiologic Technology Program. A new class of this 21-month program begins in August 2023.

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For more information, or to apply, visit www.trinityhealth.org/trinity-health-careers/school-of-radiologic-technology/

For additional assistance, please contact Michelle Bratton, Program Director/Education Coordinator, at 701-857-2316.



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R&G Editorial

Kylie Koontz
Editor

My next artist of choice is King Princess, a queer singer-songwriter and multi-instrumentalist from New York who is well known artist in the indie-pop scene.

Especially well known in the LGBTQ community, King Princess is a lyrical genius when writing songs about queer love and heartbreak. Her breakout song “1950” was released in February 2018 and continues to be a fan favorite to this day.

“1950” perfectly showcases King Princess’s talent. She played every instrument on this track, as well as sang. Lyrically, it’s hard to describe how well written “1950” is. “1950” is a beautiful indie-pop song that tells us a story of unrequited love and the history of how hard it is for people to express their queerness, especially to those they fall in love with. Throughout the song she references societal norms and how

they negatively impacted the queer community - especially young queer people in love.

King Princess brings a certain tenderness to each of her songs which continues to bring her fans back again and again. As a queer artist you can tell she understands the importance of telling stories about queer love, whether it be unrequited or star-crossed.

The representation of queer love in media has grown in the past few years but especially in the music industry, and King Princess is an artist who continues to ensure the queer love is represented in music and that those stories are continued to be told. Princes

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

Meditation series

Mya Temanson
Student Writer
MEDITATION ON
DISTANCE

A long, long, long road

Like most roads of its kind:

Unchanging, indifferent, tricking me

Into believing I’ve travelled nowhere at all... Perhaps I’ve travelled backwards.

I wonder if all this waiting,

All this missing,
All this time spent in idle thought,

Is worth it; living so far away

From a sweet kernel, a plush petal,

A shareholder of my heart.
I know I move forward only when I

Overtake yet another traveller:

A whoosh of air,
Their engine whirring,

Tires kissing the pavement.
My ears continue to ring that night,

Comingling with the ring of my lover’s laughter.

MEDITATION ON
MYCELIUM

It rained.

The earth, so dry,

Drank it up.

This morning,

A ring of mushrooms bloomed;

A mycelium stretching its hyphae,

Peeking at the glistening world above.

Soon it will fall back into quiet repose,

Save its fruit for the next shower

As it whispers to itself in the dark,

Crawling earth --

Silk tendrils searching here and there.

Its fungal cleverness escapes my understanding

While I admire its soft caps
And wonder after what organisms

Must have once lived here.

Would the fungus know?

Perhaps next time --

If I still my buzzing body --

I will hear its story

And be coaxed further into the earth

To grow fruit of my own.



Photo via martinmuir.com

Veterans Day

Jane Wunderlich
Staff Writer

The United States celebrates Veterans Day on Nov. 11 every year. Many know it as a day that they don't have to go to work and get a long weekend. They celebrate with parades, gatherings, and festivals to recognize those who have served their country.

Yet many others are reminded of the grief, pain, and sacrifice that their loved ones have made to their great country and only wish they could be celebrating Veterans Day with their loved one.

Veterans Day is not to be confused with Memorial Day, which is the holiday where we remember all those who have lost their lives serving their country, but it does bring similar feelings to the surface for some. There is so much packed into such a memorable day with emotions from pure joy to the heaviest of hearts.

The United States isn't the only country to celebrate Veterans Day. Since World War I had

many countries involved, France, Australia, Canada, and Great Britain also celebrate on or near the same date.

World War I was stated to be known as the "war to end all wars." Armistice Day was approved to be a legal holiday to celebrate world peace on May 13, 1938. This was to celebrate the heroes who served during WWI.

It wasn't until after World War II, 15 years later, that President Dwight D. Eisenhower slashed the word "armistice" and replaced it with "veterans," due to that war being the greatest mobilization of sailors, airmen, soldiers, and other military in the nation's history.

Since then, it is a day to honor American veterans from all wars. There is no division when it comes to having served the United States, and President Eisenhower wanted to make sure that the citizens of America knew that.

There are ways to care for a veteran whether it be on Nov. 11 or any other day of the

year.

Visit the local VFW or American Legion, where you can go in and shake hands with veterans. Thank them for their service, hear their stories, and allow them to feel recognized for the remarkable things they did for their country.

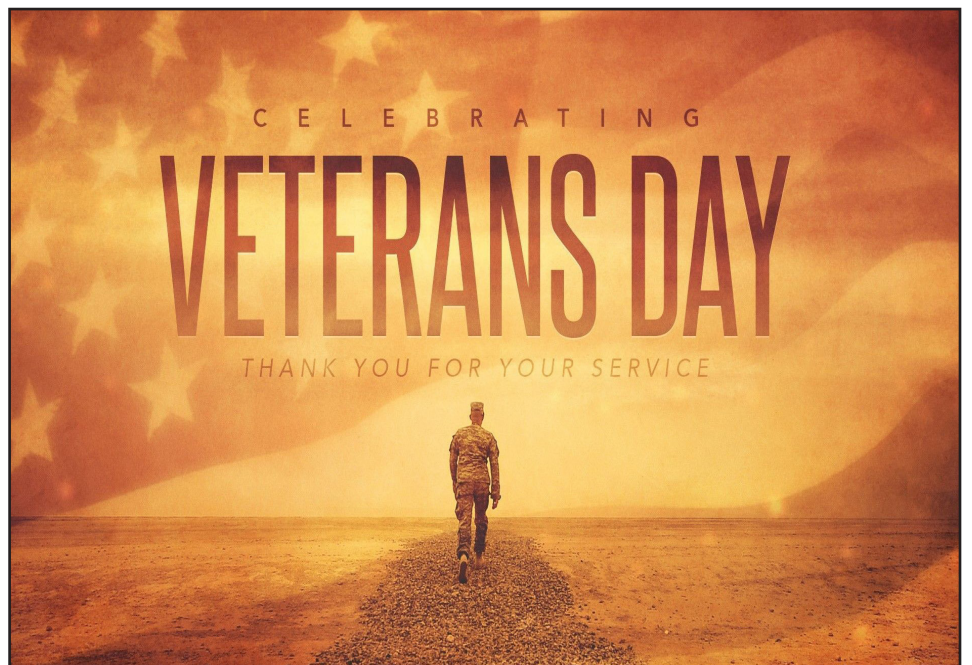
Stop by a cemetery where veterans are buried and help clean up, put flowers by grave-stones, or acknowledge families who are visiting a loved one who passed away.

Keep company with veterans, is very appreciated. Some may not like to talk about the war, but others may love telling their stories and having someone listen to them.

There are also financial ways you can contribute. Many online missions allow you to volunteer your time and make care packages for active-duty troops, as well as those who are wounded, and veterans. They accept help with grateful hearts.



Above photo via Newsweek
Below photo found at getwallpapers.com



The war in Ukraine continues

Alex Koontz
Social Media Director

Though the news on the war in Ukraine has been scarce, the war itself rages on.

This will be the ninth month since the start of the war against Ukraine. This past week, the Kremlin has threatened to take the Ukrainian power grid. Ukraine has been facing energy shortages as a result of the missile attacks on civilian infrastructure, which includes Ukraine's energy facilities.

With winter closing in, this could be a huge issue for Ukraine.

However, news from Kyiv states that they just received new air defense equipment to protect the power facilities long enough for repairs to be performed.

Though most American news outlets quickly dropped the Ukraine war from their headlines, Europe is continuously impacted by the war. With thousands without homes, power, or even access to their families, Ukrainians continue to flee war-torn cities for safety.

The war in Ukraine is not over, in fact far from it. For updates, see Associated Press or BBC.



Photo via nytime.com

Ukrain soldiers in a trench.



Photo via Globsec.org

Destruction in Ukraine.



Photo via nytimes.com

Ukrainian troops.

Stress awareness

Mellie Wilson
Staff Writer

Nov. 2, National Stress Awareness Day, is a day for acknowledging stress and practicing mindfulness and stress management in order to enhance one's well being.

It recognizes the many physical health damaging effects of stress as well as an individual's mental health, which affects their performance in family life, work place, or self esteem.

Carol Spiers, chairperson of International Stress Management Association (ISMA), supports the goal of increasing awareness of teaching workers and employers strategies of overcoming stress in the workplace and applying it to personal life. A survey showed that 44% of Americans say that their stress levels increased, with almost

half due to the fear of job stability.

Many parents claim that their stress does not affect their children, yet the study showed that their children showed physical symptoms of stress such as sleeping issues, stomach pains, and headaches. Studies also proved that stress in children increases their chances of medical conditions or illnesses like heart disease or diabetes and can even shorten their lifespan.

Even though large amounts of stress can be very harmful to the brain, statistics show that each year about 100,000 Americans die due to work-related stress. Therefore, in order to control stress levels one can journal, meditate, exercise, and eat healthy foods in order to improve overall health and live a happy and stress free life.

MSU Food Pantry

Zoe Weishaar
COMM 281

The winter season is on the horizon here at Minot State. Since our campus is so diverse, there are many students and faculty that have not experienced snow before.

Whether you have been attending Minot State for one year or four years, the cold that Minot State endures can be shocking and chilling. If you came to Minot prepared or not, there are resources for you to stay warm in the cold, relentless weather.

Minot State University's food and clothing pantry provides necessities for students and faculty that need it. It has recently changed locations. It is still in the Wellness Center but instead of it being in the hallway, it is now in the back where the

offices are.

Paul Brekke is the Wellness Center director and states that having the food and clothing pantry in a secure location is a great opportunity to make connections and see you face to face. This helps with creating relationships with those who need to use the pantry and can maybe help with things that are not food and clothing related. Another reason the pantry was moved is because it is easier to keep track of everything and log data.

In order to receive food or clothing, you can check in at the front desk of the Wellness Center. You need to present your school ID to verify that you are a student or faculty. The pantry will be open when the building is open.

At the food and

clothing pantry, there are canned goods, frozen foods, hats, gloves, and coats. When collecting items, there will be a survey in the storage that asks for your feedback on what kind of food you would like to see. Minot State gets local, state, and national grants to fund the pantry.

If you are interested in donating to the pantry, you can drop off your donations at the front desk of the Wellness Center. Anyone can donate, so if you have some extra food or winter clothing, feel free to drop it off.

A few things that are on the donation list at Minot State include peanut butter, instant potatoes, fruit cups, juice boxes, water, mac and cheese, granola bars, cereal, feminine products, toothpaste, soap, winter

clothing, and so much more. If you want more details on what you can donate, you can contact the Wellness Center and they can connect you to someone that has more information.

At the food pantry, they are not there to question or judge, just to help. If you did not come prepared for the cold weather or need some food, please stop by the food and clothing pantry that is located in the Wellness Center. Get ready to suit up for the weather that is lingering in the near future. Go Beavers!



The food pantry is moving to a new location in the Wellness Center. Check in at the front desk for access to needed food and clothing.

Photos by Zoe Weishaar

R&G Sports

Men's basketball

Editorial

Mental health panel

Philip Green
Sports Editor

On Nov. 7, Minot State's Student Athlete Advisory Committee and Diversity and Inclusion Council will host a mental health panel for student-athletes. The panel will take place in the third floor Conference Center in the Student Center at 7 p.m.

Last spring, the two groups hosted the first ever Mental Health Panel. It featured two student athletes, Zoya Robbins and Kody Dwyer, discussing their experiences with mental health. Then a panel discussion over questions student-athletes sent in occurred. The panel discussion featured the two athletes as well as an MSU trainer, MSU's team doctor, a MSU counselor, and MSU men's basketball head coach, Matt Murken.

The panel was such a success that the two groups have decided to make the panel a reoccurring event.

One panel each semester will be hosted. The panel is also recorded so athletes can go back and watch the panel if they missed it or rewatch it if there is talking points they want to revisit.

This semester's panel will follow a similar format to last spring's panel. There are five panelists part of this panel. They include MSU volleyball player Kylie Koontz, MSU women's hockey player Gracie Perry, MSU women's basketball coach Amber Renz, former MSU baseball player and current assistant director of athletics for revenue and fan development Sal Rodriguez, and MSU counselor Troy Roness.

This semester's panel is also getting paired with the Green Bandana Project.

The Green Bandana Project is a mental health awareness and suicide prevention campaign that uses backpacks and bandanas to support peers reaching out for help.

At the panel, student-athletes will be given green bandanas to tie around their backpack and the Green Bandana Pledge will be read to remind everyone what it means to be a part of the campaign.

Similar to Robbins and Dwyer at the last panel, Koontz and Perry will kick off the panel by taking

some time to share their personal stories and journeys with mental health. Then the two will join the other three panelists and answer questions sent in by athletes. All questions are anonymous.

After the panelists have discussed the questions that are sent in, the panel will be opened up for audience questions. Athletes in the audience are given the chance to ask any questions they may have that might not have been answered during the panel discussion.

The Minot State Student Athlete Advisory Committee and Diversity and Inclusion Council hope to make the mental health panel an integral part of the Minot State student-athlete experience. Mental health is an under discussed topic, especially in the athletic community. Minot State hopes to make mental health as important as physical health for athletes.

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

Saif Khan
Staff Writer

Minot State University's men's basketball team is getting ready for their season to kick off, with the first game in less than three weeks. They are excited and ready to show off their new self.

"Preseason practices have been going very well. We have had some great competition in all positions this year, so it has raised the level of intensity daily," said Matt Murken, men's basketball head coach. "Our team plays very hard, and we have some good length and athleticism. We need

that to translate to some improved defense."

The team also had a chance to travel to Canada to play four exhibition games in August, which was a huge benefit for our basketball program as we have a lot of young and new players.

Getting exposure and playing different teams builds confidence, which is exactly what they gained. We also have some new coaches so that trip provided some much-needed experience and team bonding experiences.

"Our strength is our depth," said Murken.

"We have a lot of new players and a lot of young players, but also a lot of talented players. The faster we can learn, stay hungry to grow, and adjust to our style of play, the sooner we will see positive results."

The results are slowly showing. On Saturday, Oct. 22, the team had an exhibition game against Dickinson State, which we won 83-52. A great victory for our men's basketball team who played incredibly well that weekend!



Photo from MSU Men's Basketball's Twitter
Senior Guard Cam Dunfee named player to watch for the Beavers heading into the 2022-2023 season.

MSU soccer hosts first round of NSIC playoffs

Saif Khan
Staff Writer

Minot State University's women's soccer team has been wowing everyone in the community with their incredible performance this year in the NSIC games.

"Practices are going well," said coach Tyler Perez. "Good energy every day and the players do well to get after every training and learn all they can to prepare themselves for the next game. Our biggest strength is our culture and willingness to be there for each other."

These are also some of the reasons why the team is doing so well in their games, their willingness to work extremely hard towards their goals and to support one another. They have gone undefeated for their last 13 games, which is an incredible achievement for them and Minot State University.

Minot State hosted the first round of the NSIC playoffs as the fourth seed. The Wolves of Northern State came to Herb Parker Stadium on Friday, Oct. 31.



Photo from MSU Soccer's Twitter
Jordan Tenpas was named Defensive Player of The Week for MSU soccer. Tenpas is a part of a stout Beaver defense that hasn't allowed a goal in the last eight games they have played



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Minot State SAAC and Diversity and Inclusion Council to host mental health panel

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Panel

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AND INCLUSION COUNCIL

Monday, November 7th @ 7:00 pm
Conference Center - 3rd Floor of Student Center

.....





KYLIE KOONTZ
Student-Athlete

Junior on the
Women's Volleyball
Team





GRACE PERRY
Student-Athlete

Junior on the
Women's Hockey
Team

Photos from MSU Compliance's Instagram

The mental health panel will feature five panelists. The panelist include MSU volleyball player Kylie Koontz, MSU women's hockey player Gracie Perry, former MSU baseball player and current assistant athletic director for revenue and fan development Sal Rodriquez, MSU women's basketball coach Amber Renz, and MSU counselor Troy Roness.



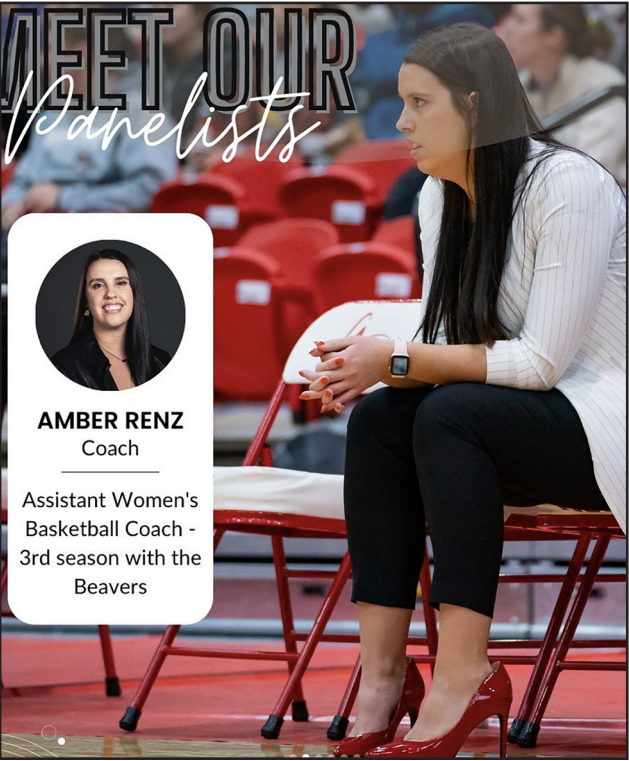



SAL RODRIGUEZ
Assistant AD

Assistant Athletic
Director for
Revenue and Fan
Development -
Alumni/Student-
Athlete of Minot
State

MEET OUR

Panelists





AMBER RENZ
Coach

Assistant Women's
Basketball Coach -
3rd season with the
Beavers





TROY RONESS
Counselor

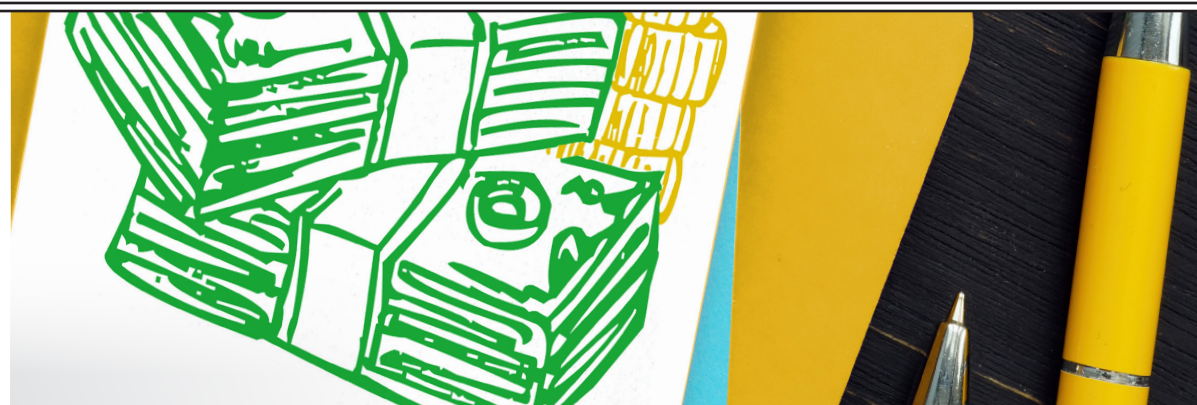
Clinical Mental
Health Counselor -
Adjunct Faculty,
First-Year Programs
- Faculty member
since 2013

*...first gen
continued from page 1*

life.

Minot State's faculty and staff work hard to create engaging content and experiences that will help students learn and adapt to their new lives here at the university. It isn't just faculty and staff, either. Peer mentors, who are students familiar with the campus, can help support students by showing them around and introducing them to support services, clubs, organizations, and other academic and co-curricular activities. As you can see, this is beneficial for those who are first-year college students and/or first-generation college students.

Institutions and organizations encourage first-year college students to ask lots of questions. They may not know any of the ropes on how to get all the way through college because their parents never finished. Reaching out to other family members who have completed their college degree can be of great help when having questions that need to be answered regarding their education. Minot State University offers admission counseling by appointment and would love to help students in any way that they can.



Student Workshop Financial Literacy

Wednesday, Nov. 9 at 1 P.M.

Academic Support Center, library, lower level

Join POWER Academic Coach

Amaura to learn about finances
and building a budget.

Open to all MSU students!



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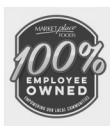
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