

# Red and Green

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Minot State University

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## In this issue:

**Campus library announces textbook reserve program**  
**Page 3**

**Listening in: 'My Favorite Murder'**  
**Page 4**

**'But it's so flat!': Indoor rock walls offer climbing to new audiences**  
**Page 5**

**MSU to launch new kinesiology degree**  
**Page 6**

**Women's hockey on a winning streak**  
**Page 7**

**Super Bowl watch party in the Dam**  
**Page 8**

**Change of velocity in the weight room**  
**Page 9**

## Off-campus shooting results in on-campus crash

By Shalom Baer  
COMM 281

There was an early Sunday morning shooting near campus on Jan. 12 that ultimately resulted in a car crash on university grounds. According to a Minot Police Department press release, law enforcement responded to a report of gunshots in the 13th Street and 11th Avenue NW area at 6:07 a.m. The intersection of 13th Street and 11th Avenue NW is five blocks west of Minot State. After the report of gunshots, police received a report of a vehicular crash near the Dome. The driver — 29-year-old Dominick Stephens of Minot — had been shot while being pursued by another vehicle off campus and was pronounced dead at Trinity Hospital.

One day after the incident, 22-year-old Marcus Lee, also from Minot, was arrested for conspiracy to commit murder in connection to the shooting. Minot PD said that it is believed Lee was the driver of the vehicle that was pursuing Stephens.

Gary Orluck, director of campus security, said that according to video footage, only one vehicle entered campus, and no gunfire took place on university property.

“Our exterior video cameras did capture the whole crash and the events leading up to the crash coming from the west side of campus. I can definitely say that there were no shots fired near campus. If there would have been a threat on campus, we would have initiated a timely warning to campus to let everyone know to be careful and identifying information that could be a concern,” Orluck said, adding that he is glad no one on campus was hurt during the events.

“We were a little bit shocked when we heard there was a shooting involved,” Orluck said. “I’m just very happy that there wasn’t anyone walking across 11th Avenue or driving on 11th Avenue at the time

**See Shooting — Page 11**



The light post and rock that Stephens collided into.

## 2020-2021 general scholarship application deadline Feb. 15

By Calli Delsman  
COMM 281

Minot State University offers a variety of different scholarships that are available to undergraduate and graduate students. Students must be fully accepted at Minot State to receive a scholarship and be enrolled as a full-time student — 12 undergraduate credits or nine graduate credits. The deadline for the general scholarship application is Feb. 15.

“Most every scholarship offered at Minot State is covered under that

general scholarship application. In some cases and some scholarships, there is a need for additional materials,” said Minot State Director of Financial Aid Laurie Weber.

Once students submit the general scholarship application, most scholarships are covered by that application. If more information is needed for scholarships that students are eligible for, another form will be presented to them to submit.

“The exceptions to that would be athletics, music based on performance, the arts scholarships that require a portfolio, and the freshman theater scholarship which is performance based,” Weber said.

Once students complete the general scholarship application, the system will find scholarships that are best suited for that specific student based on their information.

“After you fill in the basic questions

in the general scholarship application you click submit, and then behind the scenes we’re doing a daily import of data about you: things like your major, minors, GPA, how many credits you’ve completed, whether you’re grad or undergrad, what your residency is. Then it tries to match up what other scholarships you are eligible for,” Weber explains.

**See Deadline — Page 2**

# News in Brief

## Writing Center now open

The Minot State Writing Center opened for spring tutoring on Monday. They have an online appointment site that students can click "Register for an account." Once students create an account, appointments can be made. They work with students at all stages of the writing process and tutoring is free for all MSU students, both face-to-face and by email.

The Writing Center is located on the lower level of the Gordon B. Olson Library and is part of the newly opened Academic Support Center. They can be reached at [writing@MinotStateU.edu](mailto:writing@MinotStateU.edu).

For more information, contact Writing Center Director Patti Kurtz.

## 'Sommerreisen' opens in Hartnett Hall Gallery

A collection of 35mm color photographs taken by local artist Hannah Streccius are on display in the Hartnett Hall Gallery. The photos were captured during her trip to Germany last summer. They showcase her memories as she explored the land of her heritage using 35mm color film and traditional photographic techniques. The gallery will be on display from Jan. 28 until Feb. 14.

The Hartnett Hall gallery is located on the west side of Hartnett Hall in Room 233. The gallery is open from 10 a.m. to 5 p.m. Monday through Friday.

## MSU PRIDE Club game night

The Minot State campus PRIDE Club will host a game night for students to listen to music, play board games, and hang out together. The game night will be on Feb. 11 at 7 p.m. in Old Main Room 101.

## Build-A-Unicorn

In collaboration with MSU Life, PRIDE Club will host a Build-A-Bear event. Take the opportunity to create a fluffy friend for yourself. Choose your animal (unicorns included), stuff it yourself, and give it a name or personality.

The Build-A-Bear event is on Feb. 12 at 7 p.m. in the Beaver Dam.

## Flat Tail Press presents 'Band Together'

"Band Together: Women Make Their Mark on Gig Poster Scene" is a collection of original screen prints designed by women and is on loan from the Laurie Geller collection. The collection will be on display until Feb. 11 in the Flat Tail Press Gallery in the Student Center.

For more information, contact Ryan Stander at [ryan.stander@MinotStateU.edu](mailto:ryan.stander@MinotStateU.edu).

## SGA meeting open to students

The Student Government Association will hold a meeting on Monday, Feb. 10 at 7 p.m. in the Westlie Room on the third floor of the Student Center. Students are invited and encouraged to participate in campus-related discussions.

## Minot Toastmasters meeting

Students are welcome to attend a Toastmasters meeting, where members of the club present and practice their speeches on topics of interest. The Minot Toastmasters Club will meet for their weekly meeting on Tuesday, Feb. 4 at 6 p.m. at the Grand Hotel at 1505 N. Broadway.

## International Artist Series presents Jason Lyle Black

The International Artists Series of Minot presents Jason Lyle Black as a part of their 2019-2020 season.

Jason Lyle Black is a nationally acclaimed concert pianist, composer, and entertainer known for his unique presentation of musical performance and comedy. His act includes comedic routines, upside-down head-pedaling, and backwards piano playing. He was also featured on the "Ellen DeGeneres Show."

The concert is on Feb. 14 at 7:30 p.m. in Ann Nicole Nelson Hall.

A membership for all concerts in the series are available for \$80 for an adult and \$40 dollars for a student. Singular tickets are available online at [minotconcerts.org](http://minotconcerts.org) and are \$30 for an adult and \$15 for a student. Single tickets are based on the availability at the door on the day of the concert.

## ... deadline continued from page 1

On top of the scholarships that Minot State offers, there are also programs for students who are eligible for specific awards. The scholarships are a bit different than awards to the financial office but for students, it roughly means the same thing when it comes to receiving money.

"Generally speaking, the awards are a tuition waiver, which are basically discounts of tuition, so for example the automatic four-year award program," Weber stated. "Those are, rather than scholarship dollars coming and paying towards a student's tuition, actually reducing the amount that the students are paying by waiving a portion."

When it comes to applying for award programs, some of them fall under the general scholarship application. There are also some awards that require additional forms to be considered for the award.

"The general scholarship

application applies to all scholarships and some award programs, like the automatic four-year award, the transfer student scholar award, and the cultural diversity tuition waiver. You don't have to submit a scholarship application to be considered for those as a new freshman," Weber said.

There are many different ways that new scholarships are created and also multiple ways that scholarships and awards are funded. Most of them are created by people in the community who want to help MSU students with specific requirements.

"People or members of our community give contributions to Minot State which then is invested in an endowment, and proceeds of that endowment are available for distribution in scholarships for each academic year," Weber said. "In other cases, some of the funds come from trusts not held by Minot State but established by a family, person, or a business, separate from Minot State University."

The general scholarship application for Minot State students is due by Feb. 15 for the 2020-2021 school year. For more information or questions, feel free to contact Weber at [laurie.weber@MinotStateU.edu](mailto:laurie.weber@MinotStateU.edu).

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Photo by Shalom Baer

The financial aid office is located on the second floor of the Administration building.

# Campus library announces textbook reserve program

By Cameron Adam  
COMM 281

On top of everything else college students have to pay for, textbooks seem to be the last nail in the coffin. Fortunately for Minot State University students, there is now an alternative to buying hundreds of dollars' worth of books every semester. Textbook Reserve is premiering at the Gordon B. Olson Library this semester.

This program is geared more towards the highly populated, general education classes to benefit as many students as possible. Jane LaPlante, chair and information literacy librarian

at the Gordon B. Olson Library and mastermind of the project, said that the goal of this program is to help students who might be struggling financially.

She has noticed how across the country, especially farther east, there are similar programs and figured it was time for Minot State to follow suit.

This led to a partnership between the library and POWER Center to purchase a starting number of 60 textbooks that will be available to students at the library.

The continuity of the reserve program

is based on the usage it receives; more students using the already purchased books leads to the library and POWER Center buying a larger and more varied selection for future semesters.

"This will augment people's use of renting books but won't replace it," LaPlante said.

There are still many technical classes which require specialized books that won't be on the library's buy-now list any time soon.

"It's huge for financial relief, I love it,"

said Hannah Dahl, an employee of the library and student at Minot State.

Dahl is a transfer student from Brigham Young University-Hawaii and according to her, BYU-Hawaii has a similar program dating at least back to 2015. With her average cost for textbooks coming to around \$300 per semester, Dahl appreciates the textbook reserve program.

There are, however, a couple caveats. The loaned books are not allowed to leave the library and there is a two-hour time

limit per checkout period. Fortunately, these two stipulations work together well; if a student goes over the two-hour limit, they can just go back to the front desk and check it out again as long as no one else has requested that particular book. Students can find out what books are available online at [MinotStateU.edu/library](http://MinotStateU.edu/library). To check out a reserve book, ask for the title at the front desk and a librarian will retrieve the book.



Textbook reserve books are located on shelves behind the library's front desk.

# RG Editorial

## Custer Park should stay Custer Park

By Shalom Baer  
Editor

According to the Bismark Tribune, two women, Ali Quarne and M. Angel Moniz, started a campaign to change the name of Custer Park located in downtown Bismark, North Dakota's capitol. The park is the oldest in the city at 93-years-old.

It's named after Lt. Col. George Armstrong Custer, who lived from 1839-1876. He fought in the Civil War, but what he's best known for is his role in the American Indian Wars. Custer was responsible for the deaths and forced relocation of many Native Americans, eventually meeting his own end at the famous Battle of Little Bighorn in 1876.

Moniz and Quarne argue that the name of the park is alienating to indigenous members of the community and should be changed to something more inclusive. They have suggested Unity Park, Harmony Park, or Eagle Park.

The question at hand here isn't about whether Custer was an ethical person. Clearly, he did horrible things during his lifetime. However, Custer is a significant, influential character of history, especially

the history of the Western states. And we shouldn't simply erase anyone who has done something horrible.

For example, George Washington fought to liberate the colonies while owning slaves. Rather than removing his name from our national monuments, we should have conversations about the complexity of our Founding Fathers and military figures alike.

Custer fought a war to abolish slavery in the South right before fighting a war of conquest in the West. That war of conquest ultimately led to the American West being what it is today. Bismark may not exist without Custer. Does that excuse what Custer did during his lifetime? No. However, for better or for worse, Custer played a major role in our country's expansion, and removing his name is closing our eyes to a part of our history, not facing it.

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

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## Listening in: 'My Favorite Murder'

Alyson Heisler  
Features Editor

As a podcast-obsessed person, I'd like to give my recommendation and review of what I've been listening to lately. I've recently discovered an interest in murder cases and other dark subjects — the who, what, where, and how of it all.

A podcast that fulfills this interest in a comedic manner is "My Favorite Murder." The podcast is hosted by Karen Kilgariff, a stand-up comedian and TV writer, and her writer friend, Georgia Hardstark.

The two began the podcast in 2016 and have since been invited to be guests on several podcasts and have done live podcasts in cities across the U.S.

The podcast recounts the timelines and stories of different murder cases and hometown murders through the hosts' research and comical storytelling. Over the course of an episode, Kilgariff and Hardstark

tell the story of their chosen case — whether it be a well-known case like JonBenét Ramsey or a darker element of history like the Radium Girls. Both hosts will interject their own comments or questions into the other host's story, creating moments of comedy out of dark descriptions. Sidebar conversations often begin from these interjections, also.

Listening to this podcast feels like having a conversation with a friend or a group of friends. I don't know about others, but I'm not having conversations about murders with my circle of friends so this fills that hole — "My Favorite Murder" offers an opening to have a conversation (be it a one-sided conversation) about the darker, more unsuspecting parts of the world.

The conversational style, created by the hosts being true-crime lovers themselves, makes the often

hard to stomach subject of murder, kidnapping, and dark history easier to casually listen to and discuss.

Shorter, more personal stories submitted by friends of the hosts or listeners are featured in special episodes called murder-minisodes that are released between full-length episodes. Listeners can also submit their hometown murders on their website, [www.myfavoritemurder.com](http://www.myfavoritemurder.com).

My recommendation is to start a casual conversation about murder or any other peculiar interests with a friend, listen to an episode of "My Favorite Murder" to learn some fun facts about a murder, and become a "Murderino."

"My Favorite Murder" is available to stream and download on Apple Podcasts, Spotify, Stitcher, and Player FM.

# 'But it's so flat!': Indoor rock walls offer climbing to new audiences

Layn Sarsten  
Staff Writer

Tell someone that there is rock climbing in North Dakota and “but it's so flat” is the standard reaction, even from locals. In most regards, it is a fair reaction.

There is climbing in the Flickertail State, but not in the traditional sense. Outside of a few sunbaked, dirt bluffs in the Watford City area, there isn't much outdoor climbing. But there are quite a few indoor climbing gyms throughout the state. The trouble is, even high-traffic climbing websites like [www.mountainproject.com](http://www.mountainproject.com) don't list all the available locations. That site only shows the YMCA rock wall in Minot; the gyms in Bismarck and Dickinson aren't listed.

That is why local and dirtbag climbers alike should count themselves lucky. Not only is there a local YMCA wall, but Minot State University also houses a hidden gem of a climbing facility. Minot is one of only two cities in the state to have two different climbing walls.

“It's small here, but it's still efficient, and I like the routes on it,” said Wellness Staff Member Chandra Battles.

Minot State University installed a 35-foot, natural-featured climbing pillar during the 2012 Wellness Center remodel. The natural features cut through the wall, creating hand-and-foot holds for the climbers to use to scale the column.

“I do like the cut outs,” said Battles.

The cut outs create a surface that is different from the colored fiberglass rocks that spatter the wall like a strange, half-finished

pointillism painting. White chalk cakes not only the nice jugs, but also the not-so-friendly slopers and crimps. The smaller holds have more chalk than the larger ones, because those are the ones that really need that little extra grip. Begging for all the friction that human fingers can muster to stay attached to the rocks, they become caked in white chalk.

Most people in Minot do not come for those holds, though. Most come for the general workout climbing can provide. For newcomers looking to get into climbing, it can be intimidating. The mental hurdles can often be larger than the physical ones.

“It's more of a mental challenge,” said Battles. “You have to sit there and figure out how am I going to do this to get (to the top of the wall). I feel with a lot of people, they don't have the trust in themselves that they can do it. It's the same with weight lifting. You have to be able to push yourself to do it.”

That initial hurdle can be hard, but it doesn't seem to damper the spirits of the newcomers.

Battles continued, “I would say that they're very excited people. [They] have a lot of energy in them. You can tell that they're kinda new to it, which is really cool that they're excited to learn about it and everything.”

With a little bit of help from the staff at the wall, the climbing slowly becomes more of a physical challenge.

“You have to put a lot of trust in yourself and in the person belaying you,” Battles added. “It's really not

that hard. Just use your legs a lot!”

New climber Deann Rasmusan echoed this sentiment.

“It's not as hard as you think it is” she said. “I was always afraid because I didn't know if I could figure out the footing or whatever so I just didn't want to try because I didn't want to fail. It was a lot easier than expected.”

As with most physical challenges, rock climbing can be turned into a workout.

“It definitely helps build calluses. So when you're doing heavy lifts, your hands are already built up from that, and I think that it works some muscles that you don't necessarily exercise in the same way when you're weight lifting,” Battles said.

The obvious benefits being forearms and grip strength, climbing also targets the core and, as Battles mentioned, legs. It's truly a full body workout, with new climbers like Rasmusan getting in on the action at least once a week. She is also looking forward to the physical benefits that climbing brings while noting that her forearms tend to get quite sore.

Minot State has held a hidden gem inside of the Wellness Center for seven years. The MSU rock wall provides a fun alternative or addition to normal workout routines, working out different muscles and helping students learn to flex their brains differently, while piecing their bodies into the puzzles of each route on each climb. Climbing provides experiences and challenges for all levels. The wall waits for all.



The Minot State University rock wall is located in the Wellness Center. It is 35 feet tall and extends all three floors of the building.

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## MSU to launch new kinesiology degree

By Calli Delsman  
COMM 281

Minot State University is offering a new exercise science and rehabilitation degree starting in the Fall 2020 semester. The new bachelor's degree falls under the kinesiology department.

"There's seven options that can go off of the degree. They can do exercise science with a certification, pre-athletic training, pre-physical therapy, pre-occupational therapy, pre-physician assistant, pre-chiropractic, and pre-med, so there's lots of different things they can do," said Heather Golly, director of athletic training education.

One reason the new degree was created is that the large baby boomer population will need more health assistance.

"Baby boomers are becoming older so the generation now needs to be able to work with that population. Being able to work with young kids and then also all the way up to retirement and the old age generation, we're going to train people to work throughout their lifespan with a diverse population," Golly said.

Baby boomers will all be over the

age of 65 by 2030, which means one in five U.S. citizens will be of retirement age according to the U.S. Census Bureau. For the first time in history, older people will outnumber younger people, making it more of a necessity for this generation to have access to a rehabilitation-focused degree.

"Consumers aged 50-plus consume 52% of personal health care products, 55% of physical therapy sessions, 57% of health club memberships, and 82% of home healthcare usage," Golly explained.

Another reason for the addition of this degree is the change of athletic training now requiring a master's degree, which Minot State does not offer. This new degree will prepare students who want to continue in that field.

"We're transitioning from athletic training to this because athletic training is going to a master's program. This will set people up if they want to do that, but also with the new interest in strength and conditioning, that becomes an option as well," Golly said.

The main focus of this degree is the rehabilitation aspect. The new curriculum is focused on rehab along with other areas of the health field.

"We have a lot of new classes that are rehab-based, we'll offer three rehab classes and programming classes, like programming a strength and conditioning workout. Also, graded exercise testing: how to do an EKG, and how to do cardiac evals, and that type of stuff," Golly stated.

With the new degree available to students, more career paths are created and accessible to MSU graduates and the department will have a more diverse field.

"If they want to go into a clinical setting, hospital-based type of stuff, they have that option. There's also strength and conditioning coaches or fitness instructors," Golly said.

Golly and the rest of the professors in the department are excited to see what this new degree brings to Minot State and how it can make MSU students more successful in their chosen career paths.

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# Women's hockey on a winning streak

By Monica Rivera  
Staff Writer



Photo by Joshua Strong

**MSU women's hockey celebrates a goal against Midland University, ending the night with a 5-1 victory.**

The Minot State women's hockey team has been on a winning streak, taking 14 games in total this season and 13 in a row. The Beavers are ranked third in the American Collegiate Hockey Association Women's Division I for the first time this season. Junior Captain Sami Jo Henry believes that is something to be proud of.

"It feels pretty good to be at number three," Henry said. "I think that being ranked number three, our highest

ranking ever, is our biggest achievement. It's pretty awesome to be at this position, but we are not satisfied yet and want to finish off this season with a championship. We have worked really hard the past months to get where we are, and we want to just keep moving up and winning."

The Beavers have eight games left in regular conference play. Senior Mackenzie Balogh has had time to reflect

back on the season so far.

"The biggest accomplishment we've had as a team this season is coming together as one unit. We had a lot of new girls at the beginning of the year, and we've really meshed and formed a great family. That's never easy to do and took us a little bit to figure out how, but I think we've got there," Balogh said. "We all have the same end goal, that national championship. That motivates us each

and every day to push ourselves and each other because we all want it."

Henry and Balogh are both on the same page when it comes to what they want to achieve as a team and what they have already achieved.

"Our goals to finish off the season are to win a national championship. Everything we do, every game we go into, we take it very seriously to prepare for that final game," Henry said. "I think

what keeps us motivated is knowing that we have a really special bond with each other and that we want to win for the person beside us. We have a great bond on this team and sharing a national title together would be amazing, and we all envision that every game."

Make sure to keep up with the Beavers. For a full schedule of games, visit [MSUBeavers.com](http://MSUBeavers.com).

# RG Editorial

## NSIC needs to fill gaps

By Philip Green  
Sports Editor

Just weeks before the end of the fall semester, a big shake-up in athletics occurred in the Northern Sun Intercollegiate Conference (NSIC). As bubble setup was in full swing, major talk among the athletic department was about the breaking news of St. Cloud State University and University of Minnesota Crookston cutting their football programs. For many, the news was unexpected. However, earlier in the week a rule change was made by the NSIC to no longer require a school to have football in order to be part of the conference. With this rule in place, both schools made their decision to part ways with their respective teams.

As a part of the NSIC North, Minot State played St. Cloud and Crookston in football every year. Now, two spots on the 11-game schedule will need to be filled. The easy fix would be to

schedule non-conference opponents like every other sport does. However, the NSIC has a rule against having non-conference regular football season games.

NSIC should change the rule that prevents non-conference regular season games. There are benefits to allowing non-conference play. First, it can be very beneficial for recruiting. By defeating non-conference opponents, NSIC teams would prove that the NSIC is the toughest conference in D-II football. It can also allow teams to play FCS D-I teams. For example, a school like North Dakota State University might play Minot State for an early season warm-up game. Preventing non-conference games handcuffs NSIC scheduling and should be changed.

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

## Super Bowl watch party in the Dam

Tyler Luban  
COMM 281

Super Bowl Sunday is almost here and MSU Life has gameday plans for a viewing party in the Beaver Dam on Sunday. With free appetizers and the big game on the big screen, students both on and off campus will have the opportunity to watch what is widely considered the biggest sporting event of the year.

Aaron Hughes, student activities coordinator for Minot State, and her team have been working hard to set up the event.

"We're going to have free food starting at 5:30 p.m., when some of the commercials are expected to start," Hughes said. "Usually we have around 75 students that come to the Beaver Dam, and it's usually the students that don't have cable in their apartments, or maybe they're underage and can't go to Wings and Rings or whatever."

For many students who do not know what they're doing for the game, this event provides a free and guaranteed way to enjoy one of the biggest televised events of the year. The entire game and

halftime show will be shown from start to finish.

This year's matchup pits the AFC champion Kansas City Chiefs against the NFC champion San Francisco 49ers. With exciting players such as Chiefs' quarterback Patrick Mahomes and 49ers' quarterback Jimmy Garoppolo, football fans around campus cannot wait to see this matchup unfold as a new champion looks to be crowned.

"They're the best two teams in the league," said Kaiden Cardoso, a freshman broadcasting major. "If you look back at like week eight, you're probably thinking Niners versus Patriots. Obviously, the Patriots fell off, but the Chiefs have been a dominant force in the NFL for a couple of years. I don't think the game is going to be a blowout; I'm going to say a 42-35 Chiefs' win."

With all the hype around the big game, excitement and emotions are sure to run high.

"This will be the most entertaining game all year," Cardoso added. "This is

going to be a shootout; this isn't going to be a 17-24 game or a 7-10 game, this is going to be a lot of scoring."

The Beaver Dam is a popular destination for students and MSU Life is looking to put on a good show with this event. Previous events have left a good impression on students and this Super Bowl party should do the same.

"The Beaver Dam always puts on a pretty good show; there's usually some games and some prizes to win," Cardoso said. "I heard there was going to be free food. I mean, I don't see why anyone wouldn't go."

Since 1967, the Super Bowl has been a worldwide event, even reaching a most-watched, live U.S. television broadcast record of 114.4 million viewers in 2015. On Sunday, the Chiefs and the 49ers look to put their name in the history books and MSU Life is offering a free and easy way to witness history with fellow classmates. Kickoff and appetizers begin at 5:30 p.m. on the second level of the Student Center.

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The Beaver Dam, where the Super Bowl will be streamed on Sunday.

Photo by Alyson Heisler



## Change of velocity in the weight room

**Philip Green**  
Sports Editor

When athletic recruits come to Minot State for visits, they will likely encounter a form of strength and conditioning style that is unusual and unfamiliar. Since taking over the Minot State athletic training program, head strength coach Caleb Heilman has taken a new approach to athletic training.

The most common and traditional style of training for athletes in a weight room involves trying to lift as much weight as possible, as often as possible. That isn't the case here at Minot State. Heilman has introduced a new form of training known as velocity-based training.

"Velocity-based training operates under the premise that power is, in fact, force times velocity," Heilman explained. "So in power-based sports such as football, basketball, or baseball, it makes sense that we train to move loads at as high of a velocity as possible in order to develop power in our athletes."

A major difference between this new style of training is the consistent and immediate feedback. In more traditional lifting methods, feedback is usually done through one-rep maxes every few weeks to see if the athlete was able to lift more weight and show improvement.

"Velocity-based training provides athletes with consistent feedback regarding the speed at which they are moving a load," Heilman said. "This allows human performance professionals to attenuate the loads being utilized in the weight room to ensure that their athletes are training in ranges that are most conducive to power development."

Velocity-based training can be tracked several ways. Here at Minot State, it is done through accelerometers. According to Heilman, accelerometers can come in the form of a sleeve that attaches to a barbell or in a canister that uses a string attachment to a barbell or other implement. They also connect to tablets via Bluetooth to provide feedback to the athlete and coach.

Assistant strength coach and graduate assistant Brody Myers is studying the velocity-based training at MSU and displaying it in his capstone project in order to illustrate how effective this new form of training is for college athletes.

"The goal of my project is to show the difference between a training program that has immediate feedback and one that does not," Myers explained.

Myers has engaged 16 MSU football players to help display the positive effects of velocity-based training. Myers will test the players' athleticism through 40-yard dash times and vertical and broad jump scores. After testing, the players will be split in half to train. Myers will track the results of training one group with velocity-based training and the other with traditional training.

Myers hopes his project will show how effective velocity-based training

is and outline how important it will be for the athletic department to obtain more accelerometers. Minot State currently has two accelerometers in the weight room which makes it difficult to give every athlete an opportunity to use them and benefit from them.

"If my hypothesis is proven to be true, then this could be something that we look at as a viable training option for all athletes, and increase the number of velocity-based training systems that we have in our weight room so that every athlete has a chance to improve their athleticism while here at Minot State," Myers said.

Minot State isn't the only college athletic program taking this approach towards strength and conditioning. Louisiana State University also implements velocity-based training and is coming off their recent national championship win and one of the greatest statistical seasons in college football history.

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**...shooting  
continued from page 1**

that the incident occurred.”

The crash occurred the Sunday before the start of the semester when campus is quieter, but there were some students on campus. Tyler Luban, a baseball player at Minot State, said that the team had practice that morning at 6:30 a.m. and he arrived at 6 a.m.

“We didn’t think anything of it at the time. We just thought that it was a pretty bad car accident,” Luban said. “That night, everybody told me that there was someone that got murdered. It was a little more surreal. It looked like someone definitely hit a rock going really fast.”

The vehicle Stephens was driving crashed into a light post and the rock that holds the metal beaver sculpture on the southeastern corner by the Dome.

“The rock moved just a little bit from the impact of the car; it only moved it a couple inches, maybe just enough to wake the beaver up,” Orluck said.

The knocked-over light post is scheduled to be replaced as soon a replacement arrives.

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