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Wride sisters shine, Krebsbach hits qualifying mark
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RED & GREEN

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Iconic Dome plays key role in region

By SAIF KHAN
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The Dome at Minot State University stands as a symbol of community and athletic prowess. The arena, the largest in the Northern Sun Intercollegiate Conference, serves as a sports venue and hosts shows, cultural celebrations and more. It is a common part of life in Minot.

Constructed in the 1970s, the Dome has been a cornerstone of Minot State University and the Minot region for five decades. Its establishment provided a cutting-edge facility capable of hosting large-scale events and creating a sense of unity among students, faculty and local residents. Over the years, it has become a vital thread in the fabric of the Minot community.

“The Dome is the epicenter for athletics in the region,” said Kevin Harmon, Minot State University’s vice president of student affairs and intercollegiate athletics. It hosts more than 100 events each year, drawing audiences from youth to



Rick Heit

A packed house watches the North Dakota Class B state basketball tournament at Minot State University’s Dome in Minot. The facility plays a key role for athletic events as well as cultural and other gatherings in the area.

MINOT STATE UNIVERSITY TEACHER PROFILE

MSU professor blends passion for science with hands-on teaching



Dr. Rachel Schomaker

Submitted Photo

By SAIF KHAN
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At Minot State University, Dr. Rachel Schomaker, a science and biology professor, has built a career connecting her life-long fascination with the natural world and a deep commitment to her students. Her teaching philosophy centers on personal connection and hands-on learning.

Bringing her expertise in microbiology to the classroom, Schomaker inspires students to explore their own paths in science and beyond.

Born and raised in Florida, Schomaker earned a Bachelor of Science in Biology from Florida Southern College. Her passion for science ignited in childhood.

“I’ve loved science and nature my entire life! Ever since I was young, I knew I wanted to go into science,” she said.

As an undergraduate, Schomaker explored diverse research areas, in-

cluding aquatic plants, reptiles, amphibians, parasites, waterfowl, and bacteria. Guided by faculty mentors, these experiences fostered her love for microbiology.

“When I was at Florida Southern College, I was privileged to work on many research projects with faculty members,” she recalled.

It was during graduate school that Schomaker discovered her passion for teaching. Leading a classroom for the first time revealed her ability to connect with students and spark their curiosity.

“I love being able to inspire students by teaching them about how the world works, and to be able to help them on their journey to discovering their own path,” she said.

This passion propelled her directly into a Ph.D. program at the University of South Carolina, where she specialized in Ecology and Evolution, focusing her research on how microorganisms respond to changes in resource avail-

See SCHOMAKER — Page 4



Sonja Andersen

Minot State University junior **Valeria Vegerano** assists a student by reviewing classwork on their iPad.

Building future classrooms, one connection at a time

By SONJA ANDERSEN
Comm 281

At Minot State University, junior education major **Valeria Vegerano** is shaping her future as a teacher, focusing on reading and elementary education.

Growing up as the oldest sibling, Vegerano al-

ways had the instinct to help younger kids, which led her to consider teaching.

“I’ve always been the one helping others, so becoming a teacher just felt like the natural next step,” she said.

The education program

See FUTURE — Page 4



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Dear Readers,

Another North Dakota winter has finally begun its reluctant retreat. The snow-drifts, once towering sentinels against the pale sky, are now shrinking, surrendering to the insistent warmth of the lengthening days. For those of us who call Minot home, this annual thawing isn’t just a change in weather; it’s a hard-earned victory, a collective exhale after months of bracing against the biting wind and navigating icy roads.

We North Dakotans know winter. It’s not a fleeting inconvenience; it’s a season that demands resilience. It tests our vehicles, our patience and sometimes even our spirits. We learn the art of layering, the strategic placement of our cars to catch the morning sun, and the almost mystical ability to walk on ice without ending up on the ground. It’s a shared experience, a silent understanding among neighbors shoveling their driveways in unison, a knowing nod to the driver sliding just a little too much at the intersection.

But it’s in this very toughness, this forced hibernation and constant negotiation with the elements, that something remarkable is forged. Just as a blacksmith tempers steel in fire, our community, and indeed our individual selves, are strengthened by the challenges of winter. We learn to rely on each other, to offer a helping hand to a neighbor stuck in the snow, to appreciate the simple comfort of a warm home and a hot meal.

And now, as the first hints of spring paint the landscape, the contrast is all the more profound. The tentative green shoots pushing through the thawing earth carry a significance that those in milder climates might not fully grasp. The vibrant yellow of the first dandelions isn’t just a pretty flower; it’s a defiant burst of color after months of monochrome. The return of birdsong isn’t just a pleasant melody; it’s a triumphant chorus announcing the resurgence of life.

Consider this: did you know that some of the earliest spring wildflowers in North Dakota, like the pasqueflower, our state flower, are surprisingly resilient to cold snaps? They often bloom even while there’s still a threat of frost, a testament to the tenacious spirit of life in this northern climate. It’s as if they’ve absorbed some of that winter grit themselves, emerging stronger and more determined.

Being a transplant from another state, until you live in North Dakota, you cannot understand just how tough the winters can be. You can read about them, but until you live through them, you cannot understand just how harsh they really are. Every year for the past three years, the blizzard that hit in April 2022 pops up on my Facebook feed as a reminder of just how tough winter can be on North Dakota. Saved in the photos on my phone is a picture of a dandelion sprouting as a reminder that even after an April blizzard, “Spring hopes eternal.”

That’s the beauty of a North Dakota spring. It’s not a gentle transition; it’s a vibrant awakening made all the more glorious by the starkness that preceded it. The longer days feel like a reward for enduring the darkness. The warmth on our faces is a tangible reminder of the sun’s persistent power. And the eventual explosion of color, the blooming of lilacs and the unfurling of leaves, is a breathtaking testament to the enduring cycle of life.

So, as we shed our heavy coats and welcome the first signs of spring, let’s not forget the lessons of the winter we’ve just weathered. Let’s carry that resilience, that sense of community and that deep appreciation for the vibrant beauty that emerges from the starkest conditions. Our tough winters don’t just pass; they build us, preparing us to truly savor the long-awaited embrace of spring in all its glorious, hard-earned splendor.

Bob Patchen
Red & Green Advisor
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Please feel free to contact me if you have a story idea, a club event, or any item that you’d like to see in the Red & Green.

UPCOMING Events

April 2025

Saturday, April 19
Badlands: Ephemeral Horizons by Michael Baum
Northwest Arts Center: ‘Juried Student Art Show 2025’

Sunday, April 20
Badlands: Ephemeral Horizons by Michael Baum

Monday, April 21
Badlands: Ephemeral Horizons by Michael Baum
Easter Break, no classes
10:00am - 12:00pm MSU Lifelong Learning Institute: Pickleball 101
12:00pm - 1:00pm Yoga

Tuesday, April 22
Badlands: Ephemeral Horizons by Michael Baum
Northwest Arts Center: ‘Juried Student Art Show 2025’
7:30am - 9:00am MSU Development Foundation Board Meeting
11:00am - 1:00pm Earth Day Campus Cleanup (Weather Permitting)
7:00pm - 9:00pm MSU Life Event: Bob Ross Painting Night

Wednesday, April 23
Badlands: Ephemeral Horizons by Michael Baum
Northwest Arts Center: ‘Juried Student Art Show 2025’
10:00am - 12:00pm MSU Lifelong Learning Institute: Intermediate Pickleball
10:00am - 1:00pm Understanding Accessibility: A Simulation Experience
12:00pm Baseball vs Northern State (DH)
12:00pm - 1:00pm Yoga
6:00pm - 7:00pm Writing Series Workshop: Making Good Writing Great
7:30pm MSU Chamber Ensemble Concert

Thursday, April 24
Badlands: Ephemeral Horizons by Michael Baum
Last day to drop second 8 week class
Northwest Arts Center: ‘Juried Student Art Show 2025’
8:00am - 4:00pm New student registration
10:30am - 1:30pm Annual Research & Scholarly Work Poster Session
1:00pm - 1:30pm Unlock the Power of Your Resume
3:30pm - 5:30pm Faculty Senate Executive Board meeting
7:00pm - 8:00pm SGA Meeting

Friday, April 25

35th annual Spring Honor Dance & Powwow Celebration
Badlands: Ephemeral Horizons by Michael Baum
12:00pm - 1:00pm Yoga

Saturday, April 26
35th annual Spring Honor Dance & Powwow Celebration
Badlands: Ephemeral Horizons by Michael Baum
10:00am - 11:30am Family STEAM Day
12:00pm Softball vs St. Cloud State (DH)

Sunday, April 27
Badlands: Ephemeral Horizons by Michael Baum
12:00pm Softball vs Minnesota Duluth (DH)

Monday, April 28
Badlands: Ephemeral Horizons by Michael Baum
10:00am - 12:00pm MSU Lifelong Learning Institute: Intermediate Pickleball
12:00pm - 1:00pm Yoga

Tuesday, April 29
Badlands: Ephemeral Horizons by Michael Baum
10:30am - 12:00pm Tuesday Soup
12:00pm Baseball vs Bemidji State (DH)
6:00pm - 9:00pm MSU Lifelong Learning Institute: DIY T-Shirt Night
7:30pm MSU Big Dam Band and Jazz Combos Concert

Wednesday, April 30
Badlands: Ephemeral Horizons by Michael Baum
10:00am - 12:00pm MSU Lifelong Learning Institute: Intermediate Pickleball
12:00pm - 1:00pm Yoga
4:00pm - 5:00pm Conversations with Colleagues
7:30pm MSU Concert Band Concert

May 2025

Thursday, May 1
Badlands: Ephemeral Horizons by Michael Baum
3:30pm - 5:30pm Faculty Senate meeting
7:00pm - 8:00pm SGA Meeting

Friday, May 2
Badlands: Ephemeral Horizons by Michael Baum
Northwest Arts Center, A Mosaic of Minds: Senior Capstone Exhibition
12:00pm - 1:00pm Yoga
4:00pm Baseball vs Augustana (DH)
6:30pm - 8:00pm Mosaic of Minds: Capstone Art Exhibition reception

Saturday, May 3
Badlands: Ephemeral Horizons by Michael Baum
Northwest Arts Center, A Mosaic of Minds: Senior Capstone Exhibition
10:00am - 12:00pm Prospective student visit
1:00pm Baseball vs Augustana
7:00pm Minot Symphony Orchestra presents: Disney’s “The Lion King” in Concert

Sunday, May 4
Badlands: Ephemeral Horizons by Michael Baum
3:00pm Western Plains Children’s Choirs Spring Concert
5:00pm - 7:00pm MSU Life Event: Summer Bingo

Monday, May 5
Badlands: Ephemeral Horizons by Michael Baum
Final Fuel Up!
10:00am - 12:00pm MSU Lifelong Learning Institute: Intermediate Pickleball
12:00pm - 1:00pm Yoga

Tuesday, May 6
Badlands: Ephemeral Horizons by Michael Baum
Final Fuel Up!
Northwest Arts Center, A Mosaic of Minds: Senior Capstone Exhibition
10:30am - 12:00pm Tuesday Soup
5:00pm - 7:00pm MSU Life Event: Tie Dye

Wednesday, May 7
Badlands: Ephemeral Horizons by Michael Baum
Final Exams second 8 weeks
Final Fuel Up!
Northwest Arts Center, A Mosaic of Minds: Senior Capstone Exhibition
10:00am - 12:00pm MSU Lifelong Learning Institute: Intermediate Pickleball
12:00pm - 1:00pm Yoga

Thursday, May 8
Badlands: Ephemeral Horizons by Michael Baum
Final Fuel Up!
Northwest Arts Center, A Mosaic of Minds: Senior Capstone Exhibition
8:00am - 9:00am Final Exams second 8 weeks

Friday, May 9
Badlands: Ephemeral Horizons by Michael Baum
Final Fuel Up!
Northwest Arts Center, A Mosaic of Minds: Senior Capstone Exhibition
9:00am - 12:00pm Nursing students present research
12:00pm - 1:00pm Yoga
5:00pm MSU Gala



Submitted Photo

Participants in a previous Minot State PowWow gather.

MSU announces 35th annual Spring Honor Dance, PowWow Celebration

The Minot State University Native American Center and Club will host the 35th annual Spring Honor Dance & Powwow celebration on Friday, April 25, and Saturday, April 26, in the Minot State Dome.

In addition to the PowWow, on Friday, April 25, from noon to 2 p.m. at the Minot State Dome, MSU will host an educational program titled “Kennedy Bruce (Porcupine Woman) Cultural Teachings.” The program was named after former Native American Club president Kennedy Bruce, who passed away from cancer in 2015. Attendees can learn about the Turtle Mountain Band of Chippewa Indians, a North Dakota tribal nation. The program will feature Ojibwe teachings by Alex Decoteau, the cultural teacher at Turtle Mountain School, and his high school language students. This cultural experience is suitable for students in grades 4 through 8 and aligns with North Dakota Native American essential understandings.

Then, on Saturday, April 26, from 10 to 11:30 a.m., the Plum River Native Prairie Family STEAM (science, technology, engineering, art,

and math) Day event will take place at the Plum River Site (formerly the Erik Ramstad school location). Family STEAM Day will feature hands-on exhibits showcasing science, technology, engineering, art, and math from MSU programs and community partners. In the event of inclement weather, the event will be held in the Minot State Dome.

What is a PowWow?

It is called a Ni-mi-win in Ojibwe, meaning a celebration of life. A powwow is a time when people of all ages gather to sing, dance, renew old friendships, make new friends, and share the beauty of native people with everyone. There are basically two types of powwows: traditional and contest. Minot State University’s powwow is a contest powwow, part of a powwow circuit, and drums/dancers from across the United States and Canada attend powwows. There are different dance categories and age groups, from toddler to elder.

What will you see?

½ A dance arena — a circle — represents the totality of learning in

a lifetime.

Drums — it has its own life. It is made from two living things: wood and hide. The drum is treated with respect and should only be used by the owner(s).

Grand Entry is a parade of dancers and opens the powwow. Clothing worn by the dancers is called regalia or outfits.

“This is our 35th year of honoring graduates; in my time, I’ve been part of the celebration and honoring many students,” said Annette Mennem, director, Native American Cultural Awareness Center. “I’d like to also recognize the families who support our students and acknowledge the staff and faculty who play a part in our students’ success. This powwow is a highlight of my position at MSU, the reward from it matches the work going into it, and that makes it all worth the effort.”

Grand Entry times are Friday at 7 p.m. and Saturday at 1 p.m. and 7 p.m., with an honoring of graduates at 8 p.m.

There will be craft and resource vendors on site. This event is free and open to the public.



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Submitted Photo

The second place robotics team for Minot State at the Midwest Symposium.

MSU students sweep robotics competition at Midwest Symposium

By KAIF KHAN

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MINNEAPOLIS – Minot State University students secured the top three spots at the recent Midwest Instruction and Computing Symposium (MICS), an annual regional conference focused on advancing computing education across the Midwest.

The MICS conference, held April 4-5 at Augsburg University in Minneapolis, Minnesota, provides a platform for students to showcase their innovations, research, and technical skills through paper presentations, poster sessions, programming challenges, and robotics competitions. This year, students from colleges and universities across Iowa, Minnesota, North Dakota, South Dakota, and Wisconsin participated.

MSU students competed in all three events, with the robotics competition being a highly anticipated event as MSU entered as the reigning champions for the past two years.

The 2025 MICS robotics contest challenged students to design and build autonomous robots capable of completing a three-point basketball challenge. Each team had to create a robot that could independently pick up balls and launch them into a single, netless basketball hoop. Once activated, the robots had to operate without human control and accumulate points to win.

In a remarkable showing, Minot State University (MSU) students claimed all three top positions in the competition. The MSU Computer Science Department celebrated as Cayden White took first place with his robot named “Kobe-Otic.” The team of Travis Smith, Cheyenne Douglas, and Hannah Landry secured second place, and Hatter Dunham, Albert Demotte, and Kubsam Daniels finished third. All the teams dedicated significant time and effort over weeks and months to prepare for the competition.

“Winning first place felt amazing, especially after spending countless hours developing my robot. I was confident in its accuracy and reliability, having tested it extensively over several weeks,” said Cayden White. He encountered numerous challenges and overcame over two months in the project. “One of the biggest challenges was understanding the competition rules, which I didn’t receive until February—leaving me only two months to design, build, and program the robot, especially since it had to be fully autonomous and operate with seven different motors simultaneously. Managing all seven motors at once was no easy task, and I ended up dedicating over 100 hours in the computer lab to make it work.”

White also noted the added pressure of maintaining MSU’s winning streak. “What kept me going was the competition itself. I’m naturally competitive, and I was driven to continue Minot State’s

winning streak from the past two years. I also was part of the team last year; I decided this year to use the robot as my capstone project!”

For Cheyenne Douglas, it was her first MICS competition, and the experience was impactful. “Some of the challenges we faced while building the robot included selecting the most effective parts, designing a reliable throwing mechanism, and combining our different ideas into a cohesive plan,” Douglas said. “Initially, we planned to use an arm to throw the balls, but after testing, we switched to a more efficient design using two rotating wheels to launch the balls onto the ramp.”

Travis Smith, also on the second-place team, detailed the complexities of the design process. “The hardest part was getting the balls to feed smoothly into the shooter without jamming or misfiring,” Smith explained. “It took a lot of trial and error with the spacing, angles, and timing to make it consistent. We also ran into some mechanical issues along the way—parts breaking, components overheating—but that’s just part of the process.”

The path to third place was far from smooth for Hatter Dunham. “Some of the challenges I came across were the robot being too heavy and having to restart the project as a whole over and over—plus getting electrocuted constantly and the robot literally catching fire,” Dunham said. “The robot took about

two weeks or so to rebuild, a whopping three times!” Despite the technical difficulties, none of the teams gave up.

The robotics competition tested the students’ building and coding abilities and their problem-solving skills. Each team faced unique challenges, from last-minute rebuilds to mechanical malfunctions, and each team met those challenges with determination. Their sweep of the top three spots is a significant achievement, highlighting the strength of MSU’s computer science programs and the dedication of its students.

Minot State University expressed its pride in the students’ triple victory, which further establishes the university’s reputation for producing highly capable and focused computer science graduates.

Minot State offers biomedical science, environmental science degrees

By VERONICA COREY
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Minot State University’s Department of Science will offer two new degrees beginning Fall 2025: biomedical science and environmental science.

The biomedical science degree is an interdisciplinary program blending biology, chemistry, exercise science, and psychology that prepares students for graduate school in the healthcare field. In contrast, the environmental science degree explores the complexities of the environment through an integrated study of biology, chemistry, and geoscience.

“I’m very excited to see this program started,” said Department of Science Chair Bryan Schmidt. “This degree was intentionally designed to not only help students get into graduate or professional school but to succeed in those advanced programs and beyond in a biomedical profession.”

The Bachelor of Science in Biomedical Science has a curriculum focused on the core sciences of modern medicine, with specialized tracks for different healthcare professions such as primary healthcare (pre-medicine, pre-dentistry, pre-veterinary, pre-pharmacy, and pre-op-tometry), allied health (pre-chiropractic, pre-occupational therapy, and pre-physical therapy), and research professions.

“Minot State University’s new biomedical science program is the ideal preparation for students with a passion to contribute to the health and well-being of

others,” said Nigel George, Minot State associate professor. “By emphasizing research, modern healthcare, and the study of human behavior, and by offering flexible tracks developed in consultation with professional programs, we are ensuring our students have a distinct advantage in their pursuit of careers in healthcare. Our faculty’s commitment to each student’s success truly distinguishes our program.”

The Bachelor of Science in Environmental Science has core courses covering all three disciplines, so students can tailor their degree by choosing from the three specialized tracks: conservation (biology focus), earth systems science (geoscience focus), or environmental health (chemistry focus).

“The environmental science program is an interdisciplinary way to learn the biology, geology, and chemistry of the environment around us,” said Joseph Pettit, Minot State assistant professor. “The tracks within allow students to learn about conservation, earth systems, or environmental health but also give students real tools that make them competitive in the job market. These programs were designed to put students into jobs with non-governmental organizations or agencies like the US Fish and Wildlife, Game and Fish, or the US Geological Survey. We do this by learning new technologies and how they can be applied to modern problems.”

Whether preparing for graduate school or an entry-level career, this program equips students with the knowledge and skills to make an impact in environmental science.

“Your Minot, Your Lyrics” anthem contest deadline is April 21

The deadline for the “Your Minot, Your Lyrics” Anthem Contest is imminent. Entries must be submitted online by midnight on Monday, April 21, 2025.

Writers, wordsmiths and poets with a deep connection to Minot, are invited to take part in a special Anthem Poetry Contest that will serve as the official poetic voice for Minot. The goal of the contest is to create a powerful anthem that celebrates the strength and resourcefulness of the people of Minot, located in the heart of the Western Plains. The poems should reflect the resilience, determination, and unity that define our community. The anthem will not only be a tribute to Minot’s enduring spirit, but also a celebration of what makes it a wonderful place to live—a city that has weathered challenges, embraced its people, and flourished with pride.

Eligibility: The contest is open to all writers, wordsmiths and poets with a deep connection to the Magic City. Entries from all backgrounds and skill levels are welcome. There is no fee to enter.

Format: The poem should be structured like an anthem – a piece that could be performed with strength and pride. The poem must incorporate a theme of harmony and unity while celebrating the spirit of Minot. This could be in the form of a hymn, a rallying cry, or an inspiration call to action, ideally fitting for public performance. The anthem should be between 20 and 40 lines – long enough to capture the essence of Minot but concise enough to be easily

performed or sung.

Original Work: All submissions must be original, not previously published or performed. Plagiarism or use of AI will result in disqualification. Submissions must be in English.

Deadline: Entries must be received by midnight on Monday, April 21, 2025.

Prizes: \$500 cash, lyrics credit, and 2 season tickets for the Minot Symphony’s 25-26 season will be awarded to the top entry. The 2nd and 3rd place entries will receive a 6-ticket flex pass for the MSO.

How to Submit: Entries must be submitted electronically on the form at www.minotsymphony.com.

The entries will be reviewed by a panel of judges and the winner will be announced at the Minot City Council meeting on Monday, May 19, 2025 and the anthem will be premiered by the Minot Symphony Orchestra with area choirs in March 2026.

Full contest details and entry form can be found at www.minotsymphony.com. Contact the Minot Symphony Orchestra at 701-858-4228 or email minotsymphony@minotstateu.edu with any questions.

The Minot Symphony Orchestra is a unique blend of student, community, and professional musicians from the Minot area. The symphony is directed by Maestro Efrain Amaya, Associate Professor of Performing Arts at Minot State University.

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Plum River project to host Family STEAM Day

By **VERONICA COREY**
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The Plum River Native Prairie project invites families, educators, and community members to attend Family STEAM Day on Saturday, April 26, from 10 to 11:30 a.m. at the Plum River site, located on the former grounds of Erik Ramsstad Middle School.

Plum River Native Prairie is a collaborative initiative to restore the site into a thriving native prairie ecosystem. The project is supported by Minot State University, Minot Public Schools, Audubon Great Plains, the Ward County Soil Conservation District, AmeriCorps, and the CIRCLES Alliance.

Family STEAM Day will feature hands-on exhibits showcasing science, technology, engineering, art, and math from MSU programs and community partners. Attendees will also receive red clover seeds to plant at home and learn why red clover was chosen as the first step in restoring the prairie.

“This event is a great opportunity for families to engage with science and Indigenous knowledge in a real-world

context,” said Dan Conn, associate professor and chair of the Department of Education and Inclusive Services at Minot State University. “I’m so excited to work with our students and community partners to promote STEAM education in meaningful, hands-on ways.”

The decision to plant red clover in early May reflects months of collaborative research. MSU undergraduate Patrick Baker, a medicinal plant chemistry major and AmeriCorps member, has been working through AmeriCorps and the CIRCLES Alliance with Ruth De La Cruz of Nueta Hidatsa Sahnish College and the Ward County Soil Conservation District to determine the most effective cover crop. Red clover was chosen for its soil-enriching properties, medicinal significance, and deep cultural relevance within Hidatsa traditions. The clover will be planted using no-till methods to promote sustainable soil practices this spring.

Family STEAM Day will conclude at 11:30 a.m., allowing attendees to head over to the MSU Powwow Grand Entry, making it a full day of community, culture, and learning.

The event is free and open to the public. In the event of inclement weather, the event will be held in the MSU Dome.

Future

Continued from Page 1

at MSU has been key in helping her develop her teaching skills. Vegerano especially loves how the program has adapted recently. The curriculum’s updates, aligned with new North Dakota teaching standards, are helping students like Vegerano feel more classroom-ready.

“The new state standards really push us to be more prepared for real-world teaching,” she said.

These changes will ensure that future teachers like Vegerano are prepared for what awaits them in the classroom. Her time at John Hoeven Elementary, where she applied what she’s learned, has been a standout part of her training. The teachers and principal at the elementary school have been dedicated to ensuring that MSU students receive the best experience. Having a strong school culture makes all the difference in student and teacher success.

“He’s the principal who talks with our professors, suggesting, ‘Maybe you could do this, provide them with that,’ to give us more practice,” Vegerano said. “He wants us to see it, learn it, and then incorporate it into our practice.”

MSU’s education curriculum has given Vegerano an abundance of hands-on experience teaching kids one-on-one.

“They’re quite literally setting me up for success,” she said. “I get a little bit of half and half; they’re letting me figure out

what I want to do and how I want to do it. Then, they’ll give me feedback. They want us to keep going forward and to learn that when we fall down, we know how to get back up.”

What Vegerano loves most about teaching is the connection she builds with her students.

“When I heard a student was telling someone, ‘I learned that from her,’ it just feels so rewarding,” she said with a smile. “One of my students even calls me ‘Mrs. V,’ her reading teacher, and I’m like, ‘Wait, what? She actually learned from me?’”

Her professors have also been huge supporters throughout her journey.

“They really care about our success,” Vegerano said. “They’ve helped me understand the changes in the curriculum and made me feel prepared to take on the challenges of teaching.”

For anyone thinking about becoming a teacher, Vegerano emphasizes the importance of building strong relationships in the classroom.

“It’s not just about teaching lessons,” she said. “It’s about making students feel like they can grow and succeed. I want to bring the energy that all my professors have brought into every classroom.”

Looking to the future, Vegerano is excited to continue growing as a teacher.

“I just want to make a difference by connecting with my students,” she said. “When they feel heard and valued, that’s when they start really learning.”

Schomaker

Continued from Page 1

ability.

“After getting my bachelor’s, I went straight into my PhD program at the University of South Carolina,” she explained.

The decision to join Minot State University was deliberate. Schomaker valued the intimate learning environment she experienced as an undergraduate.

“Because I attended college at a small school for my Bachelor of Science, it was important to me that I taught at a small school when I went into teaching, too,” she said.

Minot State University’s size and focus on work-life balance appealed to her as she built her career.

“Developing relationships with my students and getting to know them on an individual level is important to my teaching style, and so I was attracted to Minot State’s size and work-life balance,” she said.

At Minot State, Schomaker enjoys the energy of the lab, where she believes biology truly comes alive.

“I love being able to interact with my students in the lab setting,” she said. “The lab is where all of the fun happens, and I like getting to teach students actionable skills to put to use in their careers.”

Compared to larger universities where lab access can be limited, MSU’s smaller class sizes allow her to work closely with students, guiding them through experiments. This hands-on approach is central to her teaching style.

Schomaker also advises many students, offering personalized guidance.

“The smaller student-to-faculty ratio also helps with advising, which is something I really enjoy doing,” she said. “Being able to spend quality time with the students to help guide them is important to me.”

Asked about her advice for new MSU students, Schomaker said, “My best advice for any student, whether freshman or not, is to enjoy the exploration. College is about asking questions about the world and yourself. Follow what makes you excited, take note of what sparks interest, and let that help you decide where to go.”

Her advice for freshmen specifically is to address time management. “I see new students struggle with time management. Try out some free tools or planners to help you manage all of the new responsibilities and freedoms you are going to have in college,” she said. “If you can figure out a system that works for managing your time and duties, you can do anything.”

Her advice offers valuable insight for all students, not just those new to college.

Dome

Continued from Page 1

adults.

“It’s been used six days a week for nine months, with a lot of games over the weekend too,” Harmon said. “Even people from countries like Canada come to play here.”

While best known as home to the Minot State Beavers’ basketball, volleyball, wrestling teams and other sports, the Dome’s uses extend far beyond athletics. Its vast space and adaptable layout make it suitable for speaking engagements, trade shows and cultural gatherings. One standout event is the annual Powwow, a Native American celebration that draws hundreds of people to the university from across the country. The Dome also hosts science fairs, graduation ceremonies and other key activities.

“The community likes it; they walk and use it for their well-being,” Harmon

said. “It’s part of their life, with runners and state games. It’s important; it brings people closer together.”

The dome has a significant economic impact on the region. Major events such as the North Dakota State Class B Basketball Championship draw tens of thousands of fans over three days, boosting local commerce for hotels, restaurants and other businesses. Each year, the Dome transforms into a celebratory space for the graduation ceremony, attracting thousands of people from around the world to see their loved ones graduate.

“This summer, there will be new bathrooms and renovations. Infrastructure upgrades as well,” Harmon said.

From student-athletes to local residents, the Dome at Minot State University has served for decades as a central hub for athletics, recreation and community events. Its significance to Minot endures.

Triple majoring, an eight-year academic journey

By **ARIANNA POLONIO**
Comm 281

“Do you think I could do a double major?”

That was the question, an international student from Ecuador, asked his advisor when registering for classes for the 2025 fall term.

He had heard from a friend that she was double majoring in management and marketing, and that sparked his interest in asking his advisor.

“He told me because I had taken a class in management, I could take five more, and that could account for a major in management,” Sanchez said.

Sanchez has more than 140 credits, having earned an Associate in Science in Radio-TV-Film: Video Production from Butte College in California and continuing his studies at other universities before coming to Minot State.

“I have seen courses like statistics, accounting, business ethics, and all of those accounted towards a possibility of earning a degree in management and marketing” he said.

At this time, he was only focused on his international business degree, but he wanted to know if it was possible to add another major to his list.

“I came to the realization I could do a double and then a triple major,” he added.

Sanchez, now in his mid 20s, has had quite a journey during his seven-year college education. After being scouted to play soccer at a community college, he stepped away from school just a year in.

“I took a gap year at 19 years old,” Sanchez said. “I went to Argentina to play soccer.”

Returning to college presented a challenge for him because of the language barrier.

“I went back to community college at 20 years old, and I finished in three years because my English was not good,” he remarked.

He then transferred to Long Beach State University in California, but after a year or so the pandemic broke through. He was stuck in the U.S. studying online for a year. That was a breaking point in his spirit, since he was also far from his family. He decided to return home to Ecuador and take a break from



Arianna Polonio
Ariel Sánchez, an international student from Ecuador, is working on earning a triple major.

his studies. He worked for a few years before coming back to the U.S.

“I started as an international business major in Minot State. I did a year online in 2024 to stay close to my family, and then I came,” Sanchez said.

When asked about his balance between studies and life, he said the following:

“I study all day, honestly. In between classes, if I don’t have work, I study,” he said. “I also try to play pool with my friends for at least an hour; I still need to be around people.”

Sanchez keeps an active lifestyle on campus.

“I’m in the entrepreneurship club and the men’s soccer club,” he said. “I also work as a tour guide”

In addition, when he is not studying, he prioritizes working out.

“What keeps me healthy and helps with my mental health is working out,” Sanchez said. “I love going to the gym.”

One of his favorite things about MSU is that he can do it all in one place.

“I like the facility of this

place to study, exercise, socialize, work, and eat all in one place,” he said. “It makes life easier.”

Now that Sanchez is close to graduating, he recalls the things he has learned over the years.

“Now that I am a little older than when I started college (18 years old), I value more the time I spend with the people I know, and I give an important amount of time to enjoy this last year where my University journey is about to end,” he said.

He is also proud of his improvement in speaking English.

“For me, even knowing that there are many Latinos with much better English than mine, I feel really good when I think that I am capable of getting a degree in an English-speaking country,” he pointed out.

With his degree, he looks forward to working in marketing, hopefully related to the film industry or modeling. His final advice calls from a place of wisdom.

“There is time for everything.”

Minot State’s Giving Day unites community for annual fundraiser

By **KAIF KHAN**
Red & Green Staff Writer
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Minot State University’s annual Giving Day on April 9 brought together students, alumni, faculty, and community members with a shared goal: to give back. The 24-hour fundraising campaign has become a tradition of generosity and unity, directly benefiting students, organizations, and the broader university community.

Launched in 2018 through strategic planning by the MSU Development Foundation, Giving Day has evolved into more than just a fundraising initiative. It’s a celebration of collaboration, community, and collective progress. Over the years, the event has become a staple of MSU culture, raising nearly \$1.6 million to date to fund scholarships, academic programs, student clubs, and campus improvements.

“Minot State University’s Giving Day is an annual 24-hour online fundraising event that brings together alumni, friends, students, faculty, and staff to support various university programs, scholarships, and initiatives,” said Rick Hedberg, vice president for advancement at MSU. “During Giving Day, donors can contribute to a wide range of projects and causes that are meaningful to them.”

This year’s event saw a boost from generous matching opportunities provided by the MSU Development Foundation, including a 50% match on all gifts up to \$1,000. These incentives helped maximize the impact of each donation, encouraging broader participation.

The significance of Giving Day resonates deeply with the student body. For many, the donations represent more than just financial support. “For students, Giving Day helps raise funds for student scholarships, reducing the financial burden for many,” Hedberg said. “This support allows students

to focus on their studies and extracurricular activities with less stress about tuition and fees. Donations also support academic resources, providing better facilities, technology, and equipment to use in their studies, improving the student experience.”

Beyond scholarships, Giving Day also empowers MSU’s numerous campus organizations. From academic societies and cultural clubs to athletic teams and student government, these groups rely on Giving Day to sustain and expand their programs. “Campus organizations and clubs benefit from the funds raised on Giving Day,” Hedberg added.

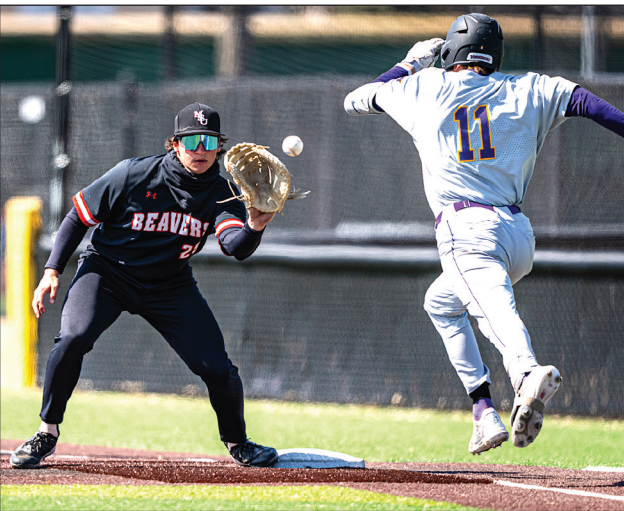
Hedberg affirmed that this year’s Giving Day continued the tradition of generosity and growth. “We are truly grateful for the support we receive from our alumni and friends,” he said. “It is a difference maker for our campus.”

The impact of Giving Day extends beyond the university grounds into the city of Minot and beyond, strengthening the connection between MSU and its supporting community. “Giving Day also strengthens local connections by providing a platform for the local community and alumni to give back to MSU, reinforcing ties between MSU and the surrounding area,” Hedberg said.

Giving Day has transformed from a novel fundraising concept into an annual tradition that not only generates crucial funds but also reinforces the core values of Minot State’s mission: education, service, and community. Originating from strategic planning by the MSU Development Foundation, the event now serves as an example of how universities can effectively engage their stakeholders and build momentum toward meaningful change.

“In essence, Minot State University’s Giving Day is a celebration of community, collaboration, and support for the future of both the university and the region,” Hedberg concluded.

MEN'S BASEBALL



Photos by Sean Arbaut

Top: Minot State's **Noah Gutierrez** gets a base hit in the Beavers' 6-run rally Sunday in their game against visiting No. 4/8 Minnesota State, Mankato at Corbett Field.
Bottom Left: Minot State first baseman **Oscar Pegg** fields a throw to retire Minnesota State, Mankato's **Aidan Bryne** during their game Monday at Corbett Field Name
Bottom Right: Minot State shortstop **Shane Kary** throws the ball to first for an out during the Beavers' home debut against No. 4/8 Minnesota State, Mankato on Saturday at Corbett Field. Minot State lost, 11-3 and 7-0.

Minot State 7, Mary 3

BISMARCK, N.D. – Oscar Pegg and Noah Gutierrez each had three hits, and Michael Williamson drove in three runs as the Minot State Beavers defeated the Mary Marauders 7-3 on Tuesday, April 15.
Connor Hill (2-2) earned the win, pitching five innings. Oscar Pegg homered and doubled for the Beavers, and Noah Gutierrez also homered.
Mary 7, Minot State 6, 11 innings
BISMARCK, N.D. – Oscar Pegg hit two home runs and drove in three runs, and Shane Kary had three hits, but the Minot State Beavers fell to the Mary Marauders 7-6 in 11 innings on Tuesday, April 15.
Hayden Bode (0-2) took the loss in relief. Noah Madas also homered and drove in two runs for the Beavers. Noah Hull homered and drove in three runs for Mary.

Sioux Falls 8, Minot State 4
Oscar Pegg homered and drove in a run, and Connor Hill doubled and drove in a run, but the Minot State Beavers fell to the Sioux Falls Cougars 8-4 in the first game of an NSIC doubleheader on Saturday, April 12, 2025.
Jake Thompson (1-3) took the loss on the mound for Minot State. Jace Coleman pitched for Sioux Falls. Jaxon Haase homered and drove in four runs for the Cougars.

Sioux Falls 10, Minot State 4
Grant Gabbert homered and drove in two runs, and Connor Hill also homered and drove in a run, but the Minot State Beavers fell to the Sioux Falls Cougars 10-4 in the second game of an NSIC doubleheader on Saturday, April 12, 2025.
Anthony Disantis (2-2) took the loss on the mound for Minot State. Ryan Gouldin homered and drove in three runs for Sioux Falls.

Sioux Falls 4, Minot State 3
Shane Kary had three hits, including two doubles and a home run, and drove in two runs, but the Minot State Beavers fell to the Sioux Falls Cougars 4-3 on Friday, April 11.
Oscar Pegg doubled and drove in a run for the Beavers. Ayden Sauerbrei (0-1) took the loss in relief. Conner Meldrim pitched 2.1 scoreless innings of relief. Ben Serie doubled and drove in a run for Sioux Falls.

Minot State 2, Minnesota Crookston 0
CROOKSTON, Minn. – Michael Williamson homered and drove in both runs, and Connor Hill pitched 5.1 scoreless innings as the Minot

State Beavers defeated the Minnesota Crookston Golden Eagles 2-0 on Wednesday, April 9.
Ayden Sauerbrei earned his fourth save for Minot State. Josh Dykhoff had the lone hit for Minnesota Crookston.
Minnesota Crookston 13, Minot State 2
CROOKSTON, Minn. – Oscar Pegg homered and drove in two runs, but the Minot State Beavers fell to the Minnesota Crookston Golden Eagles 13-2 in seven innings on Wednesday, April 9.
Jake Seibert took the loss on the mound. Josh Dykhoff homered and drove in four runs for Minnesota Crookston.

No. 4/8 Minnesota State, Mankato 10, Minot State 6
Brent Riddle drove in four runs, including a two-run double and a two-run homer, but the Minot State Beavers fell to the No. 4/8 Minnesota State Mavericks 10-6 on Monday, April 7.
Connor Hill homered and drove in two runs for the Beavers. Jacob Thompson (1-2) took the loss on the mound. Zach Stroh homered and drove in three runs for Minnesota State.

No. 4/8 Minnesota State, Mankato 19, Minot State 7
MANKATO, Minn. – Brent Riddle had two doubles, and Connor Hill homered and drove in three runs, but the Minot State Beavers fell to the No. 4/8 Minnesota State Mavericks 19-7 on Sunday, April 6.
Oscar Pegg also drove in two runs for the Beavers. Anthony Disantis took the loss on the mound. The Beavers scored six runs in the fifth inning. Ike Mezzenga had five hits, including two home runs, and five RBIs for Minnesota State.

No. 4 Minnesota State 11, Minot State 3
Connor Hill drove in two runs, but the Minot State Beavers fell to the No. 4/8 Minnesota State Mavericks 11-3 in the first game of an NSIC doubleheader on Saturday April 5.
Jake Seibert (0-2) took the loss on the mound for Minot State. Grant Gabbert scored a run for the Beavers. Aidan Bryne homered and drove in two runs for Minnesota State. Nathan Culley pitched six innings for the Mavericks.

No. 4 Minnesota State 7, Minot State 0
The No. 4/8 Minnesota State Mavericks shut out the Minot State Beavers 7-0 in the second game of a doubleheader on Saturday April 5.

Hayden Bode (0-1) took the loss on the mound for Minot State. Jake Orthner had three hits for the Beavers. Ike Mezzenga homered and drove in two runs for Minnesota State. Ean DiPasquale pitched three shutout innings for the Mavericks.
Southwest Minnesota State 8, Minot State 4
MILROY, Minn. – Brent Riddle drove in two runs, but the Minot State Beavers fell to Southwest Minnesota State 8-4 in the first game of an NSIC doubleheader on Friday, April 4.

Conner Meldrim (2-1) took the loss on the mound for Minot State. Michael Williamson scored a run for Minot State. Levi Lampert homered and drove in a run for Southwest Minnesota State. Cameron Jensen pitched for Southwest Minnesota State.
Southwest Minnesota State 17, Minot State 8
MILROY, Minn. – Parker Rodgers homered and drove in four runs, and Brent Riddle homered, doubled, and drove in two runs, but the Minot State Beavers fell to Southwest Minnesota State 17-8 in the second game of an NSIC doubleheader on Friday, April 4.
Wyatt Toth (1-4) took the loss on the mound for Minot State. Oscar Pegg doubled and drove in a run for Minot State. Henry Hammrich homered and drove in two runs for Southwest Minnesota State. Cody Wichmann pitched one inning of relief for Southwest Minnesota State.

Southwest Minnesota State 20, Minot State 7
MILROY, Minn. – Seugjun Song homered and drove in two runs, and Connor Hill also homered and drove in a run, but the Minot State Beavers fell to Southwest Minnesota State 20-7 in an NSIC game on Thursday.
Michael Williamson added two hits and an RBI for Minot State. Griffin Shearon took the loss on the mound. Every Minot State starter reached base safely. Jared Cortez homered and drove in six runs for Southwest Minnesota State.

Southwest Minnesota State 11, Minot State 1
MILROY, Minn. – Gage Eastlick struck out eight, but the Minot State Beavers fell to Southwest Minnesota State 11-1 in seven innings in the second game of an NSIC doubleheader on Thursday.
Eastlick pitched 4.1 innings for Minot State. Michael Williamson and Grant Gabbert each had a hit for the Beavers. Levi Lampert homered and drove in two runs for Southwest Minnesota State. Jameson Quinn pitched a complete game for Southwest Minnesota State.

MSU men's hockey adds star forward Jaxon Grosdidier

MINOT, N.D. – The off-season just began for the Minot State men's hockey team, but head coach Wyatt Waselenchuk wasted no time starting to build for immediate future success.
On the recruiting trail already, Coach Waselenchuk is pleased to introduce the newest addition to the Beavers roster, 6-foot-1 forward Jaxon Grosdidier from the Waywayseecappo Wolverines.
“We are absolutely ecstatic to welcome Jaxon to the Beaver hockey family,” Waselenchuk said. “He’s a young man that has had to work incredibly hard for everything. He found himself in some tough spots throughout his junior career, dealing with some injuries, and has come back stronger than ever. His drive and work ethic have been incredibly motivating for us as a staff, and he was a no-brainer as we started compiling our recruiting list for the 2025-26 season.”
Grosdidier will be a freshman in the classroom at Minot State and on the ice for the Beavers starting in the fall of 2025.
A product of Sioux Falls, South Dakota, who graduated high school from Northstar Christian Academy in Alexandria, Minnesota, Grosdidier has spent the last three full seasons playing junior hockey for four different teams in three different leagues, most recently enjoying a prolific offensive campaign with the Waywayseecappo Wolverines of the Manitoba Junior Hockey League. This past season with the Wolverines, he scored 25 goals and assisted on 27 others in 61 total games, which included four playoff games.
“I am super thrilled and grateful to get the opportunity to play at Minot State,” Grosdidier said. “Minot has always been a top team in the ACHA and I’ve heard nothing but great things about

the program, its staff, and players. Watching the outcome they had this year, and knowing that everyone at Minot State has some unfinished business going into next year, really made me want to be a part of the Beavers team for the next four years.”
Prior to skating in the MJHL with Waywayseecappo, Grosdidier split time in the North American Hockey League and the National Collegiate Development Conference of the United States Premier Hockey League during the 2023-24 season playing 34 games with the Oklahoma Warriors of NAHL where he had 4 goals and 3 assists, and 5 games with the Utah Outliers of the NCDC with 1 goal and 2 assists for the Outliers.
He played in 16 games with the Aberdeen Wings of the NAHL during the 2022-23 season with 2 goals and 2 assists after beginning his junior career in 2021-22 with the Wings, skating in one game in Aberdeen.
“He checks all the boxes for us: He is a strong power-forward that plays with an edge, he shoots the puck like a pro, and has found himself as one of the premier goal scorers in the MJHL,” Minot State’s coach said.
“In speaking with his current coach, and former Beaver player Landyn Cochrane, he absolutely raves about Jaxon as a young man,” Waselenchuk added. “He comes from a fantastic family that has supported him every step of the way, and we are so excited to have them join us in Minot next fall.”
“I want to thank my parents and sister for all the constant support,” Grosdidier said, adding, “and everyone in Waywayseecappo for an unforgettable year. Lastly, I want to thank God because without him, nothing is possible. Go Beavers!”

WOMEN'S GOLF

SIOUX FALLS, S.D. – The Minot State women's golf team wrapped up its regular season with a solid showing at the Augustana Spring Invite, finishing tied for 5th place out of 11 teams with a two-day total of 94-over 670 at Elmwood Golf Course.
Holly Knudsen led the charge for the Beavers, carding a 7-over 79 in Monday's final round to finish tied for 12th overall with a 36-hole total of 17-over 161. Close behind was Lauryn Keller, who shot a 9-over 81 to move into a tie for 15th at 20-over 164.
Taylor Cormier finished tied for 41st with a total of 28-over 172 after an 18-over second round, and Zoe Banack placed 44th at 31-over 175. Competing as individuals, Meadow Roberts shot a second-round 88 to finish tied for 53rd at 38-over 182, while Abigail Goettle rounded out the team score in 65th at 46-over 190.
Maggie Veenendall of the University of Sioux Falls claimed individual medalist honors with a 7-over 151, and Augustana University won the team title with a score of 56-over 632.
SMITHVILLE, Mo. – The Minot State women's golf team wrapped up the opening round of the NSIC Conference Preview tied for 10th place after posting a team score of 44-over 332 at Paradise Pointe Golf Complex.

and Abigail Goettle (102) rounded out the scoring for Minot State.
As a team, Minot State sits in a tie for 10th heading into the final round, with action set to resume at 9 a.m. on Tuesday.
Augustana holds the team lead after day one, finishing with a score of 17-over 305, while Wayne State's Camryn Johnson leads the individual field with an impressive 1-under 71.
SMITHVILLE, Mo. – The Minot State women's golf team concluded the NSIC Conference Preview on Tuesday, finishing in 12th place with a two-day team score of 106-over 682 at Paradise Pointe Golf Complex.
Leading the Beavers was Lauryn Keller, who followed up her first-round 79 with a 9-over 81 on Day 2. Her consistent play landed her in 16th place overall with a 36-hole total of 16-over 160.
Holly Knudsen finished tied for 34th, carding a 13-over 85 in the final round to bring her tournament total to 23-over 167. Taylor Cormier posted a 15-over 87 to finish in 57th place at 29-over 173, while Zoe Banack added a 25-over 97, ending the event in 74th at 38-over 182. Rounding out the lineup, Abigail Goettle shot a 27-over 99 to finish at 201 for the tournament.
Augustana claimed the team title with a score of 50-over 626, while Victoria Woytassek of Minnesota State took home individual medalist honors with a 6-over 150 to finish the tournament.
The Beavers will be back in action April 7th at the Augustana Spring Invite.

Michels shaping psychology at Minot State

By JACK JOHNSON
Comm 281

If you're majoring in psychology at Minot State, you're walking a path shaped by Vicki Michels.

Before becoming department chair, she spent 10 years as a clinician—working in hospitals, private practice, and eventually helping Trinity Health build its outpatient mental health services from the ground up.

“Trinity didn't have mental health prior to that,” she said. “I worked at St. Joe's and United Mental Health. They had both inpatient and outpatient care. But Trinity didn't have any of it. When I went into private practice, they asked if I'd help them build it. A group of us did.”

Michels is originally from Mohall, N.D. and earned her undergraduate degree right here at MSU. Then she went on to complete her Ph.D. at the University of Wyoming, followed by an internship in Maine. In 2001, she returned to Minot and joined the university's psychology faculty.

But the department she returned to was very different from the one she had left.

“When I was a student here, we didn't have cognitive psychology, neuropsych, or even social psychology,” Michels said. “Now we have entire classes in those areas. I got neuropsych only because I took an independent study.”

A lot of that change, she said, started under Don Burke, a former department chair who expanded the program and launched the school psychology track. Michels continued in that spirit — bringing her experience from the field into the classroom and helping the program grow.

“In addition work, I saw that a lot of psychology wasn't being used,” she said. “When this position opened up, I thought I could help bring that broader understanding into the curriculum — especially for addiction studies students.”

That mission has become part of what defines her approach to teaching and leadership. And what she's proudest of isn't the courses she's developed, it's the people.

“I'm proudest of my students who have graduated,” she said. “They're my colleagues now. It's really cool to see how successful they are, and how much they care about their clients. I'm also proud of the faculty we have here. They care deeply about students, about research, and about improving the program.”

For students starting out in the psychology program, Michels has one piece of advice: don't stay in your bubble.

“Most students know what a clinical psychologist does. But they don't know about cognitive, social, or educational psychology,” she said. “That's why I always tell students to talk to the faculty — ask them what they do, what they studied, where they went to grad school. It gives you a better sense of what's possible.”

And for those thinking ahead to grad school?

“Grades matter. So does research. If you want to go to a Ph.D. program, having experience helps — whether that's volunteering, working in the field, or being involved in research,” Michels added. “You can even volunteer to be a research assistant if there's not enough funding. That kind of initiative makes a difference.”

Letters of recommendation, she adds, are more powerful when professors really know you.

“If all I know is you got an A in my class, I can write a good letter. But if we've worked together, or you've come in and talked regularly, I can write something much stronger and more personal.”

Independent studies are still available too.

“Yes, you can still do them,” she said. “You'd work with a professor like Dr. Horner, come up with an outline, and then bring it to me as chair. We submit it as a 499 course.”

When asked what keeps her motivated after so many years, her answer is simple.

“I love program development,” she said. “Thinking about how we can improve. And I love the people I work with, they push me to keep learning. That's the great part of being a university professor. You're always growing. And you get paid to do it.”

Krebsbach, Swirple named Pinnacle Athletes of Month

MINOT, N.D. – Minot State junior sprinter Summer Krebsbach opened her outdoor season in record fashion, while Beaver senior Jake Swirple finished his collegiate career also writing his name in the record books.

Both have been honored for their record-setting efforts, as Kresbach is the Pinnacle Employee Benefits Female Athlete of the Month for March, and Swirple is the Pinnacle Employee Benefits Male Athlete of the Month for March.

Pinnacle Employee Benefits became the title sponsor for Minot State's Athlete of the Month award during the 2021-22 academic year. The award recognizes the outstanding athletic achievements each month of one male and one female Beaver student-athlete.

Krebsbach started off the month at the NSIC Indoor Track and Field Championships where she helped the Beavers' 4x400-meter relay team finish 8th in 4 minutes, 1.92 seconds to score team points for Minot State on March 1, the final day of the Championships.

After wrapping up the indoor season strong,



Summer Krebsbach

Krebsbach was back on track in Arizona to open the outdoor season with a pair of all-time record races at the Willie Williams Classic hosted by the University of Arizona.

Krebsbach started her record-setting weekend breaking her own school record (25.38) in the women's 200 meters with a time of 25.28 seconds on the opening day of action, good for 39th at the meet packed with NCAA Division I competition.

On the second day of competition, Krebsbach finished 20th in the women's 100-meter dash in 12.07 seconds, breaking the 44-year-old school record of 12.14 seconds run by Donna Bumann in 1981.

Krebsbach's performances this outdoor sea-

son currently rank her No. 5 in the NSIC in the 100 meters and 11th in the 200.

As for Swirple, the Beavers' senior heavyweight wrestler wrapped up his collegiate career with the best-ever outing for a Minot State wrestler at the NCAA National Championship and became the Beavers' first two-time NCAA All-American.

Starting the month on March 1 by rolling to three straight wins in the 285-pound weight class at the Super Region V Tournament, Swirple became the Beavers' third NCAA Super Region champion, joining Mitchell Eull (2018) and Jordan Will (2019).

Swirple earned a 1-0 win by decision over Nathan Schauer of Northern State to start the Super Region V Tournament, a 4-1 win by decision over Max Balow of Augustana in the semifinals, then beat Mary's Luke Tweeton by a 9-3 decision in the championship match.

The title earned Swirple his second trip to the NCAA National Tournament where he earned the No. 6-seed and opened action with a 4-2 win by decision over Ogden Atwood

from UNC Pembroke.

Moving into the quarterfinals with that win, he then recorded his biggest upset of the season with a 2-1 win in the overtime tie-breaker over No. 3-ranked Carter Blough from Grand Valley State, making Swirple the first Minot State wrestler to advance to the NCAA national semifinals.

The run at a potential national title ended in the semifinals for the Minot State senior, who despite being denied a shot at the championship finished 6th overall, matching the all-time best finish for a Beaver by Eull in 2018, and earning Swirple All-American honors for the 2nd time in his career.

Also an NCAA All-American after finishing 8th at the NCAA National Tournament in 2022-23, Swirple became Minot State's first-ever two-time NCAA All-American in men's wrestling.

Swirple wrapped up the month by being selected to play professional football with the Alabama Beavers of the new International Football Alliance (IFA), which begins its inaugural season on May 31.

Another record for Summer Krebsbach

TUCSON, Ariz. – It was another record performance for Minot State's Summer Krebsbach on Saturday.

One day after setting a new all-time school record in the 200 meters, Krebsbach added a new all-time school record in the 100 meters on Saturday to her list of accomplishments.

Clocking the fastest time ever by a Minot State women in the 100, Krebsbach finished 20th in the event in 12.07 seconds at the Willie Williams Classic hosted by the University of Arizona. She broke the 44-year-old record of 12.14 seconds run by Donna Bumann in 1981.

While Krebsbach added her second record run of the weekend, on the men's side, personal-best performances by Ramon Duran, Zaccharius Brown, and Peyton Tuhy led the way for Minot State.



Steven Schultz

Minot State's Summer Krebsbach races in the 100 meters on Saturday at the Willie Williams Classic hosted by the University of Arizona.

Duran was 23rd in men's 400 meters in 48.84, an outdoor personal-best time, while Brown was 31st in 49.75, also a PR for Brown.

Brown added a PR in the 400-meter hurdles Friday night, as well, finishing 20th in 55.29. Duran was 12th in the 400 hurdles in 54.01.

And Tuhy added a PR in the 800 meters on Saturday finishing 27th in 1:54.75.

Adding to the strong performances on Saturday was Bailey Wride, who finished 10th in the women's 800 meters in 2 minutes, 16.74 seconds.

SOFTBALL

Concordia-Saint Paul 5, Minot State 3

ST. PAUL, Minn. (AP) – Sara Van Wickler had a home run and an RBI, but the Minot State Beavers fell to the Concordia-Saint Paul Golden Bears 5-3 on Sunday, April 13.

Reegan Floyd (13-6) took the loss, pitching 8.2 innings and striking out six. Anna LaCount also had three hits for the Beavers. Sydney Pelzer homered and drove in three runs for Concordia-Saint Paul.

Concordia-Saint Paul 6, Minot State 5

ST. PAUL, Minn. – Paige Kellogg drove in four runs, but the Minot State Beavers fell to the Concordia-Saint Paul Golden Bears 6-5 on Sunday, April 13.

Sarah Misner homered and had an RBI for the Beavers. Jasmine Blizzard (8-7) took the loss in relief. Alexis Monty homered and drove in two runs for Concordia-Saint Paul.

Minot State 6, Winona State 2

WINONA, Minn. – Taylor Smith doubled and drove in two runs, and Paige Kellogg singled and drove in a run as the Minot State Beavers defeated the Winona State Warriors 6-2 on Saturday, April 12.

Reegan Floyd (13-5) earned the win, pitching a complete game. Sara Van Wickler had three hits for Minot State. Bryn Elsenpeter homered and drove in a run for Winona State.

Minot State 9, Winona State 1

WINONA, Minn. – Anna LaCount homered and drove in

three runs, and Sara Van Wickler doubled and drove in two runs as the Minot State Beavers defeated the Winona State Warriors 9-1 on Saturday, April 12.

Jasmine Blizzard (10-7) earned the win, pitching six innings. Taylor Smith also drove in a run for Minot State. Sam Keller doubled for Winona State.

Minot State 11, Minnesota State-Moorhead 3

Anna LaCount hit two home runs and drove in three runs to lead the Minot State Beavers to an 11-3 victory over the Minnesota State-Moorhead Dragons on Wednesday, April 9.

Reegan Floyd (12-5) earned the win, pitching six innings. Isabelle Anderson tripled and drove in two runs for the Beavers. Sara Van Wickler also tripled. Jessie Henry had four hits for Minnesota State-Moorhead.

Minot State 5, Minnesota State-Moorhead 4

Taylor Smith had three hits, including two triples, and Abbey Kelley drove in two runs as the Minot State Beavers defeated the Minnesota State-Moorhead Dragons 5-4 in a walk-off win on Wednesday, April 9.

Jasmine Blizzard (9-7) earned the win, pitching a complete game. Sara Van Wickler also had an RBI for the Beavers. Natalie Gonzalez homered and drove in a run for Minnesota State-Moorhead.

No. 13 Augustana 6, Minot State 2

Paige Kellogg doubled and drove in a run, but the Minot State Beavers fell to the No. 13 Augustana (SD) Vikings 6-2 on

Sunday April 6.

Reegan Floyd (11-5) took the loss on the mound for Minot State (21-15, 9-4). Taylor Smith also had two hits for the Beavers, and Anna LaCount added a double and a hit. Stella Harber homered and drove in two runs for Augustana.

No. 13 Augustana 3, Minot State 1

Anna LaCount scored the lone run for Minot State as the Beavers fell to the No. 13 Augustana Vikings 3-1 on Sunday April 6.

Jasmine Blizzard (8-7) took the loss, pitching seven innings. Anna LaCount also had a hit for Minot State. Ashton Dorman homered and drove in three runs for Augustana.

Minot State 4, Northern State 3

Sara Van Wickler doubled and drove in a run, and Taylor Smith homered and drove in a run as the Minot State Beavers defeated the Northern State Wolves 4-3 on Tuesday.

Reegan Floyd (11-4) earned the win, pitching six innings and striking out eight. Anna LaCount also drove in two runs. Abby Rux pitched for Northern State.

Northern State 7, Minot State 6

Anna LaCount homered and drove in two runs, and Abby Lohse homered and drove in a run, but the Minot State Beavers fell to the Northern State Wolves 7-6 on Tuesday.

Jasmine Blizzard (8-6) took the loss, pitching six innings and striking out nine. Sarah Misner doubled and drove in a run for Minot State. Emma Owens hom-

ered and drove in three runs for Northern State.

Minot State 4, Southwest Minnesota State 2

MANKATO, Minn. – Sara Van Wickler had a double, a triple, and two RBIs, and Taylor Smith homered and drove in a run as the Minot State Beavers defeated the Southwest Minnesota State Mustangs 4-2 on Saturday.

Reegan Floyd (10-4) earned the win, pitching seven innings and striking out three. Abby Russell drove in a run for Southwest Minnesota State.

GAME 2 | Minot State 3, Southwest Minnesota State 2

MANKATO, Minn. – Sara Van Wickler had three hits, including a double, as the Minot State Beavers defeated the Southwest Minnesota State Mustangs 3-2 on Saturday.

Jasmine Blizzard (8-5) earned the win, pitching seven innings. Paige Kellogg had two doubles and two RBIs, and Taylor Smith had an RBI for Minot State. Abby Russell had a double and two RBIs for Southwest Minnesota State.

Minnesota State-Mankato 5, Minot State 1

MANKATO, Minn. – Sarah Misner doubled and had two hits, but the Minot State Beavers fell to the Minnesota State Mavericks 5-1 on Friday, April 4.

Reegan Floyd (9-4) took the loss on the mound. Calley Olson pitched one inning of relief. Abbey Kelley drove in the Bea-

vers' lone run. Minnesota State's Cheyenne Behrends had a double and an RBI.

Minot State 5, Minnesota State-Mankato 4

MANKATO, Minn. – Lexie Nelson drove in three runs with a double, and Micaela Resler had two RBIs as the Minot State Beavers defeated the Minnesota State Mavericks 5-4 in 11 innings on Friday, April 4.

Jasmine Blizzard (7-5) earned the win, pitching 10 innings. Calley Olson pitched a scoreless inning in relief. Sarah Misner added two hits for Minot State. Maddie Helin homered and drove in a run for Minnesota State.

Minot State 2, Mary 1

BISMARCK, N.D. – Paige Kellogg drove in the game-winning run in the ninth inning, and Anna LaCount had an RBI single to help the Minot State Beavers to a 2-1 extra-innings victory over the Mary Marauders on Wednesday.

Reegan Floyd (9-3) earned the win, pitching eight innings in relief. Calley Olson pitched a scoreless inning. Taylor Smith had four hits for Minot State.

Minot State 9, Mary 0

BISMARCK, N.D. – Jasmine Blizzard pitched a three-hit shut-out as the Minot State Beavers defeated the Mary Marauders 9-0 on Wednesday.

Blizzard (6-5) went the distance for Minot State. Anna LaCount homered and drove in two runs. Abbey Kelley also drove in two runs. Mallory Hoogensen had an RBI single.

Minot State Athletics 13th in NSIC All-Sports standings

The Minot State athletic department finds itself 13th in the NSIC All-Sports standings for the 2024-25 academic year two-thirds of the way through the year.

The Beavers had 51 points as an overall athletic department after the conclusion of the winter sports season.

The Minot State men's sports teams also were 13th after the winter sports with 18.5 points, while the Beaver women were 12th in the All-Sports standings with 32.5 points.

The NSIC All-Sports standings are based on points awarded to each school for their finish in an NSIC-sponsored sport. The winner of each title in a conference-sponsored championship sport receives points totaling the number of teams in that sport, plus one. The next-place finisher receives points totaling the number of teams less the number of

places from first place. Ties in the standings at any level result in the totaling of points and equal distribution.

For the winter sports season, points were awarded for men's and women's basketball, men's and women's indoor track and field, men's wrestling, and women's swimming and diving. Minot State competes in all those NSIC winter sports except women's swimming and diving.

The Beavers tied for 7th in men's basketball, were 8th in men's wrestling, and 11th in men's indoor track and field. The Minot State women's basketball team finished 9th and the women's indoor track and field team was 10th.

Minnesota State, Mankato leads the overall standings with 119 points with Augustana in second with 111 points.

Augustana leads the men's standings with 51.5 points fol-

lowed by Minnesota State, 70.50	
Mankato with 47.5 points.	
And Minnesota State, Mankato leads the women's standings with 71.5 points while Augustana is second with 59.5 points.	
The final NSIC All-Sports standings and the All-Sports champions will be announced this summer following the conclusion of the spring NSIC sports.	
2024-25 NSIC All-Sports Standings thru winter sports	
1 Minnesota State	119.00
2 Augustana	111.00
3 Sioux Falls	84.00
4 Concordia-St. Paul	83.00
5 University of Mary	80.50
6 MSU Moorhead	76.00
7 St. Cloud State	73.00
8 Northern State	72.50
9 Minnesota Duluth	

13 Minot State	18.5
14 Bemidji State	15.0
15 Minnesota Crookston	
Women's 2024-25 NSIC All-Sports Standings thru winter sports	
1 Minnesota State	71.50
2 Augustana	59.50
3 Concordia-St. Paul	
4 University of Mary	
5 St. Cloud State	50.50
6 Sioux Falls	49.00
7 Northern State	45.00
8 SMSU	42.50
9 Winona State	41.50
10 Minnesota Duluth	
11 MSU Moorhead	33.00
12 Minot State	32.50
13 Wayne State	31.00
14 Bemidji State	23.50
15 Minnesota Crookston	
14.00	

Van De Griend named to 2nd All-American team

For the second time this week, Minot State junior forward Caleb Van De Griend has been named an All-American.

One day after the NABC coaches named the 6-foot-8 Beaver forward from Bridgetown, Australia an All-American, the sports information directors across the nation named Van De Griend a 1st Team D2CCA All-America.

The Beavers junior forward set single-season school records for points with 752 this season, and rebounds with 470 this season, and helped lead Minot State to a program-record 26 wins and to the Beavers'



Caleb Van De Griend

first-ever NCAA National Tournament berth.

A four-time NSIC Player of the Week, he also set a single-game record with 22 rebounds against Winona State on January 3,

and he leads the nation in rebounds per game (13.1 rpg), is 4th in field-goal percentage (70.83), and was 2nd in the NSIC in points per game (20.9).

Van De Griend is Minot State's second NCAA All-American in men's basketball. He joins former Beaver star Tyler Rudolph, who was the team's only other NCAA All-American. Rudolph was named to the NABC All-American Team, a 2nd Team Basketball Bulletin All-American, a 3rd Team Basketball Times All-American, and the NSIC Player of the Year following the 2017-18 season.

Caleb Van De Griend named NABC All-American

For the second time in Minot State's short NCAA history, the men's basketball team has an All-American.

It comes as no surprise to Beaver fans, but 6-foot-8 junior forward Caleb Van De Griend has earned the top honor from the NABC as he has been voted to the NABC 2024-25 All-American Team, the culmination of a record-setting season for the Bridgetown, Australia native.

The Beavers junior forward set single-season school records for points with 752 this season, and rebounds with 470 this season, and helped lead Minot State to a program-record 26 wins and to the Beavers'



Caleb Van De Griend

first-ever NCAA National Tournament berth.

A four-time NSIC Player of the Week, he also set a single-game record with 22 rebounds against Winona State on January 3, and he leads the nation in rebounds per game (13.1 rpg), is 4th in field-goal

percentage (70.83), and was 2nd in the NSIC in points per game (20.9).

The All-American honor is the first for Van De Griend who was named to the All-NSIC 1st Team at the start of this month, and to the D2CCA Central All-Region 1st Team two weeks ago.

Van De Griend joins former Beaver star Tyler Rudolph as the team's only other NCAA All-American. Rudolph was named to the NABC All-American Team, a 2nd Team Basketball Bulletin All-American, a 3rd Team Basketball Times All-American, and the NSIC Player of the Year following the 2017-18 season.

MEN'S GOLF

SIoux FALLS, S.D. – The Minot State men's golf team closed out its regular season with an impressive runner-up finish at the Augustana Spring Invite, coming up just three shots short of the team title with a two-day total of 14-over 590.

Zach Hendrickson delivered a stellar final round to pace the Beavers, firing a 2-under 70 on Monday to finish at even-par 144, good for a tie for 3rd individually.

First-round leader Jace Carlisle followed with a 5-over 77, securing a tie for 7th place with a 36-hole total of 2-over 146. Winston Grayson posted a bounce-back round of even-par 72 to finish tied for 13th at 6-over 150.

Darien Herlick carded a 3-over 75 and tied for 22nd with a total score of 8-over 152, while Chase Gedak was right behind in a tie for 25th after shooting 4-over 76 to close at 9-over 153.

Max Karnik, competing as an individual, finished tied for 47th at 20-over 164 after a second-round 82.

Augustana University claimed the team title with a final score of 11-over 587, and the Vikings' Will Allen 1st place at 2-under 142.

SIoux FALLS, S.D. – Powered by a red-hot round from Jace Carlisle, the Minot State men's golf team is in prime position after the opening round at the Augustana Spring Invite, while the Beaver women are also battling near the top of the leaderboard.

Carlisle carded a 3-under 69 at Elmwood Golf Course on Sunday to take first place heading into Monday's final round. His round featured five birdies and 11 pars, helping propel the Beavers into second place in the 10-team field with a team score of 9-over 297, just four strokes behind leader University of South Dakota (293).

Zach Hendrickson added a solid 2-over 74 to sit in 8th place individual-

ly, while Darien Herlick and Chase Gedak each posted 5-over 77 and are tied for 21st. Winston Grayson is tied for 28th with a 6-over 78.

On the women's side, Minot State is tied for fourth place at 43-over 331, keeping themselves in contention in a competitive field. Holly Knudsen and Taylor Cormier each shot 82 and are tied for 17th, while Lauryn Keller is tied for 24th after carding 11-over 83 and Zoe Banack is tied for 28th after carding 12-over 84. Abigail Goettle finished the round with a 12-over 101 and is currently sitting at 68th.

Augustana University leads the women's team standings at 316, with Augustana's Peyton Drefke holding the individual lead at 6-over 78.

Both Minot State teams wrap up the regular season Tuesday with the final round of the tournament before turning their focus to the NSIC Championships beginning April 25.

BLUE SPRINGS, Mo. – The Minot State men's golf team concluded the final round of the NSIC Conference Preview on Tuesday, finishing 13th overall in the 18-team field with a two-day total of 29-over 605 at Adams Pointe Golf Club.

Chase Gedak paced the Beavers, finishing tied for 19th with a steady 1-over 145 across both rounds. Jace Carlisle added a 4-over 148 to finish tied for 39th.

Rounding out the team scores were Zach Hendrickson, who carded a 12-over 156 (85th place), Max Karnik with a 15-over 157 (100th), and Darien Herlick at 19-over 163 (107th).

Competing as an individual, Winston Grayson finished with a 9-over 151.

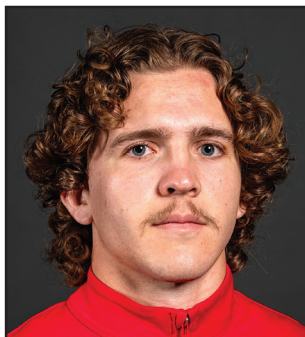
Concordia University, St. Paul surged to the top of the leaderboard to win the team title with a 4-under 572, while Golden Bears standout Thomas Gutzmer captured medalist honors with a 9-under 135.

Five Minot State men's wrestlers earn Scholar All-American Award

The National Wrestling Coaches Association (NWCA) handed out its top national awards for performance both on the mat and in the classroom, and five Minot State men's wrestlers were honored for their all-around performance as student-athletes.

The Beavers' Marcus Allen, John Armstrong, Brendan Barnes, Wayne Joint, and Tristan Pekas all were honored by the NWCA as each was named an NCAA Division II Men's Scholar All-American on Monday.

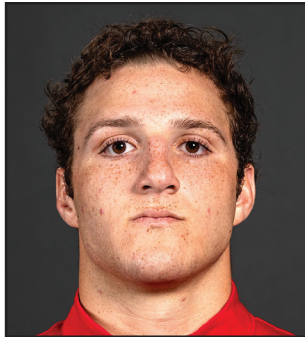
To earn this top honor, a student-athlete must be an NCAA All-American with a 3.0 GPA or higher, an NCAA National Qualifier with a 3.25 GPA or higher, or must compete in four varsity events and maintain a 3.5 GPA or higher.



Brendan Barnes



John Armstrong



Marcus Allen



Tristan Pekas

Allen is a senior Exercise Science and Rehabilitation major from Houston, Texas, who picked up 8 wins on the mat competing at 184 pounds for the Beavers this season.

Armstrong is a sophomore 157-pounder from Clancy, Montana, majoring in Exercise Science and Rehabilitation who picked up 7 wins this season for Minot State.

Barnes is a graduate student from Kalispell, Montana, with a degree in Business Education who is working on his Master's in Sports Management who

placed 6th at the NCAA Super Region V Tournament and recorded 11 victories this season for the Beavers.

Joint is a senior 133-pounder from Lemoore, California, majoring in Psychology who placed 5th at the NCAA Super Region V Tournament and won 27 matches for Minot State this season.

Pekas is a sophomore 174-pounder from Hettinger, North Dakota, who is majoring in Finance and who won 3 matches this season for the Beaver.

This is the second con-



Wayne Joint

secutive year that Allen, Barnes, Joint, and Pekas have been named NWCA Scholar All-Americans.

36 Beaver student-athletes named to winter NSIC All-Academic Team

The NSIC released the All-Academic Teams for winter sports today and 36 Minot State student-athletes were honored for their efforts both in the classroom and in competition in men's and women's indoor track and field, men's and women's basketball, and men's wrestling.

Leading the way was the Beaver men's indoor track and field team with 12 student-athletes named to the NSIC All-Academic Team. The Minot State women's basketball team and the Beaver women's indoor track and field team both had 7 student-athletes honored, and the Minot State men's basketball team and the Beaver men's wrestling team each had 5 student-athletes named to the NSIC All-Academic Team.

Of those 36 Minot State student-athletes named to the NSIC All-Academic Team, 20 earned special distinction as they were named to the NSIC All-Academic Team of Excellence.

Combining the 36 winter Minot State student-athletes honored with the 32 Beaver student-athletes named to the Fall NSIC All-Academic Teams, the Minot State athletic department has 68 student-athletes on the NSIC All-Academic Team this academic year to be awarded. The NSIC spring sports All-Academic Teams will be announced in May at the end of the spring sports seasons.

To be named to the NSIC All-Academic Team, a student-athlete must be an active member of their respective team, in at least their second season of competition with their respective Beaver team, and maintain at least a 3.20 cumulative GPA. To earn NSIC All-Academic Team of Excellence honors, a student-athlete must maintain at least a 3.60 cumulative GPA.

Earning NSIC All-Academic Team of Excellence honors from the men's indoor track and field team were: Ramon Duran, a senior from Hollister, Calif.; Peyton Halverson, a junior from Clermont, Iowa; Camden Jasmin, a senior from Williston, N.D.; Nikita Neyshadt, a junior from Richmond Hill, Ontario; Yoni Neyshadt, a senior from Richmond Hill, Ontario; Isaac Rathbun, a junior from Minot, N.D.; Dallas Reese, a senior from Wolf Point, Mont.; and Kaden Vermillion, a sophomore from Henderson, Nev.

Earning NSIC All-Academic Team honors from the men's indoor track and field team were: Holter Bridwell, a sophomore from Bismarck, N.D.; Peyton Tuhy, a junior from Hettinger, N.D.; Francis Short Bull, a senior from New Town, N.D.; and Grayson Bonilla, a senior from Helena, Mont.

Earning NSIC All-Academic Team of Excellence honors from the men's basketball team were: Braelyn Dale, a sophomore from Perth, Australia; Jaxon Gunville, a senior from Minot, N.D.; and Caleb Van De Griend, a junior from Bridgetown, Australia.

Earning NSIC All-Academic Team honors from the men's basketball team were: Dylan Gichaba, a senior from Brooklyn Park, Minn.; and Jaden Wysocki, a junior from Rochester, Minn.

Earning NSIC All-Academic Team of Excellence honors from the women's basketball team were: Cassidy King, a senior from Chico, Calif.; Emma Mogen, a senior from Watford City, N.D.; and Jaime Skeggs, a junior from Mandurah, Western Australia.

Earning NSIC All-Academic Team honors from the women's basketball team were: Katie Aberle, a senior from Surrey, N.D.; Taylor Goss, a senior from Pekin, Ill.; Skylar Smith, a junior from Hilton Head, S.C.; and Ashley Wacha, a sophomore from Fargo, N.D.

Earning NSIC All-Academic Team of Excellence honors from the women's indoor track and field team were: Nicole Reeves, a junior from Anaheim, Calif.; Emery Smith, a senior from North Salt Lake, Utah; and Sidra Sadowksy, a senior from Hettinger, N.D.

Earning NSIC All-Academic Team honors from the women's indoor track and field team were: Baylee Lura, a junior from Carrington, N.D.; Paulette Dominguez, a senior from Ali-so Viejo, Calif.; Summer Krebsbach, a junior from Max, N.D.; and Camryn Adams, a junior from Northwood, N.D.

Earning NSIC All-Academic Team of Excellence honors from the men's wrestling team were: Marcus Allen, a senior from Houston, Texas; Brendan Barnes, a graduate student from Kalispell, Mont.; and Wayne Joint, a senior from Lemoore, Calif.

Earning NSIC All-Academic Team honors from the men's wrestling team were: Mario Esposito, a senior from Torre Dsel Greco, Italy; and Cannon Potts, a senior from Bend, Ore.

Wride sisters shine, Krebsbach hits qualifying mark

FARGO, N.D. – The speedy Beavers had a strong performance again as the Track and Field team competed in their third outdoor meet of the season.

On Friday, the 2025 campaign continued in Fargo at the NDSU Spring Invite, where multiple Division I schools were featured along with a mix of DII and NAAIA programs.

Sisters Bailey Wride and Afton Wride, along with Summer Krebsbach and Ramon Duran highlighted some of the top performances of the day.

Starting in the women’s 1500 meters, Bailey Wride won the entire set with a final time of 4:45.60. Wride also competed in the women’s 800 meters, collecting 5th with a time of 2:19.19. Just ahead of her in the 800m was Sidra Sadowsky. She closed in at 2:17.44, which was good for 2nd.

Finishing 4th and breaking her own record in the women’s 100 meters, Summer Krebsbach outdid herself again with a final time of 11.73 seconds, which passed her previous record of 12.07 from the Willie Williams Classic a couple weeks ago. With that outcome, she clinched her first-ever NCAA provisional qualifying mark in the 100M. She currently sits tied for 31st in the nation.

Krebsbach then followed up with another record-breaking performance in the 200M. She placed 2nd at 24.50 seconds, surpassing another record of hers of 25.38 from last season. She is on fire to start this outdoor season.

Afton Wride picks up another highlight to her rookie season as she managed to get 1st place with a finish of 11.31m (37 feet and 1 inch) in the women’s triple jump. With that result, she now moves to 4th all-time in the women’s triple jump. She surpassed Hannah Johnsen’s 2011 record, with was 36 feet and 8 inches.

On the men’s side, Ramon Duran flashed in the men’s 400-meter hurdles, capturing a 1st place finish at 54.17 seconds.

Minot State had a top 5 finisher in the men’s 3000 steeplechase. Holter Bridwell came in at 4th with a result of 9:58.96. That finish is also good for 3rd in the NCAA era, passing Gavin Jorgensen’s 2021 record of 10.02.11.



Members of the Minot State track team compete at a recent event.

In a hefty bracket, Peyton Tuhy also found himself in the top 5 of the men’s 1500 meters, clocking in at 4:02.64. Also in another loaded event, Devan Daniels also claimed 5th but this time in the men’s 100 meters. The sophomore went for 10.77 seconds, which passes his 2024 record of 10.8 and feel a tenth of a second short of tying for top 10 all-time.

Minot State was represented in the men’s triple jump by James Smith. He tallied 13.17m (43 feet and 2 inches) for 5th place.

And lastly in the men’s discus, Evan Hartt went back to work and found himself his own top 5 finish. The Freshman recorded 150 feet and 9 inches.

Sadowsky, Smith, Bridwell collect wins at Al Bortke Open

BISMARCK, N.D. – After a

brief hiatus last weekend, the Minot State Track and Field teams resumed outdoor activities at the Al Bortke Open hosted by University of Mary.

On top of two Minnesota schools and a representative from Montana, the meet featured competition from five other North Dakota schools.

There were some stellar performances as the Beavers picked up some wins. Sidra Sadowsky, Emery Smith, and Holter Bridwell all picked up 1st place finishes. In the women’s 800 meters, Sadowsky outpaced everyone with a time of 2:15.97, which was nearly 5 seconds faster than the runner-up finish. In the women’s 1500 meters, Emery Smith finished her race at 4:56.77, which also set a new personal best.

Staying in the 1500 meters

but on the men’s side, Holter Bridwell also captured a PR of 4:15.64, good for 1st. Running alongside Bridwell was Jake Jenkins who got 3rd with a time of 4:23.33 and Gabriel Plummer at 5th for 4:38.96.

Another PR was achieved on the men’s 200 meters by Zaccharius Brown, who found himself placing 2nd at a time of 22.28.

Summer Krebsbach picked up where she left off by capturing 2nd place in the women’s 100 meters, clocking in at 12.08. Just a tenth of a second shy of tying her previous record from the Willie Williams Classic in Arizona.

Over in the field events, it did not take Freshman Evan Hartt long to capture a personal record in the men’s discus. Hartt finished 5th after recording a throw that went for 141 feet and 9 inches.

Moving into the women’s javelin, another Freshman with Ava Ruthven got a 4th place result after throwing for 117 feet.

Afton Wride set a new career best in the women’s long jump at 17 feet and 1 inch. That outcome was good for 5th place at the event. Wride also competed in the triple jump and seized a 3rd place finish with 34 feet and 9 inches.

The men’s shot put was headlined by Dallas Reese, who put up 48 feet to finish 4th.

Lastly, in the relays, the men’s 4x400 meters took 4th place. A combination of Zander Grover, Peyton Tuhy, Holter Bridwell, and Kaden Vermillion racked up a time of 3:39.64. The women’s 4x400m group of Bailey Wride, Sidra Sadowsky, Nicole Reeves, and Natalie Becker reeled in a 2nd-place finish at 4:23.03.

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