

## Red & Green to host panel discussion on race

Tuesday, Nov. 7, at 7 p.m.

Conference Center, third floor, Student Center

Area experts will discuss ways to begin conversations about race and answer questions from the audience.

Questions may be sent in advance to redgreen@MinotStateU.edu.

# Helping students to understand rape culture

Mia Lupo  
Comm 281

The conversation of rape culture has been happening since the 1970s. In recent times, it has been brought up due to sexual assault allegations against celebrities like film producer Harvey Weinstein or actor Bill Cosby. Although prevalent, rape culture can often go unnoticed. For this reason, it is important to understand what rape culture is and how to recognize its many forms.

"Rape culture is a spectrum of behaviors that make it possible to excuse and tolerate sexual violence," Sarah Aleshire, Minot State University assistant professor of English and Gender/Women's Studies coordinator, said. "It might seem really innocent in an individual action like saying a negative comment, but it's all illustrative of this bigger picture that we've normalized and found excuses for. Sexual violence in its physical form might be the extreme (on the spectrum) and a joke about what someone's wearing might seem more innocent, but it's all on the same line of rape culture."

As Aleshire pointed out, there is a spectrum of offending behav-

iors that exist from a sexist joke to the physical act of rape. The larger acts of sexual violence like sexual harassment and rape are influenced by these seemingly smaller acts like using, "Boys will be boys," to excuse sexist and anti-

***"Rape culture is a spectrum of behaviors that make it possible to excuse and tolerate sexual violence."***

— Sarah Aleshire

ored behavior.

"It (rape culture) shifts the blame of sexual assault from the perpetrator to the victim," Jynette Larshus, associate professor of sociology, said. "It objectifies the victim. It says, 'What did the victim do to make them be assaulted?' versus 'Why did the perpetrator assault them?' It's not just women, men can be sexually assaulted, too, but the rape and sexual culture objectifies women more than men."

One of many ways rape culture manifests itself is by teaching women how not to get raped rather than teaching men not to rape. Often, women get blamed for the sexual violence that they

**See Rape Culture — Page 2**



Submitted Photo

Seniors Dan Fagan, as Jed (left), and Annika Kraft, as Lola, rehearse for their performance in "Dinner Theatre." The play runs Nov. 2-5 in Aleshire Theater in Hartnett Hall. Showtimes are 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday.

# Davidson returns to the stage

By Alyson Heisler  
Comm281

Conrad Davidson is a Minot State University professor, an actor, a director, and a playwright.

Davidson has been involved with theatre for more than 50 years — after a start in college when acting drew him in.

"It's always a risk being an actor and putting yourself out there, but it's worth it in the end," Davidson said.

In his sophomore year of college at Dickinson State, he found himself thinking, "What should I

do?" and one day in class he found it right in front of him.

"I saw my professors having fun doing their jobs, and I thought it looked like a good life," Davidson said.

In 1986, Davidson began his career at Minot State, and, in the years since, he's held several positions at the university including professor, chair of humanities, and dean of the College of Arts and Sciences — a position he held for ten years until this spring. Currently, he is back in the position of pro-

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Davidson

# News in Brief

## Hartnett Hall Gallery opens exhibit

The Northwest Art Center's Hartnett Hall Gallery presents "In Our Own Words: Native Impressions," prints by artist Daniel Heyman on display Nov. 2-28. The gallery is open Monday through Friday from 9 a.m. to 4:30 p.m., and by special arrangement. The exhibit is free and open to the public and is closed on holidays.

## SGA invites students and staff to meetings

The mission of Student Government Association is to promote the general welfare of the students, increase student involvement within the university, and provide an official voice through which student opinion may be expressed. It is the responsibility of SGA to foster communication between the students, staff, and administration of Minot State University.

SGA meets monthly, this month on Nov. 8 at 7 p.m. in the Westlie Room, third floor, Student Center. All students, faculty and staff are

welcome to attend but guests that want to address the association are encouraged to contact SGA prior to meetings in order to appear on the agenda.

## Interdisciplinary Social planned to raise awareness on inclusion

Minot State University Diversity Council invites MSU students to its annual Interdisciplinary Social Monday, Nov. 13, in Swain Hall, third floor atrium.

The award-winning documentary by photojournalist Dan Habib, "Including Samuel," will be shown, with discussion on inclusion to follow.

Pizza will be served at 4:30 p.m., the documentary begins at 5 p.m.

"Including Samuel" talks about students with disabilities not being included in a normal classroom setting, rather they are being taught in a separate class environment which both has good and bad sides to it.

Students in all fields of studies are welcome to attend this free event.

## ... Rape Culture continued from page 1

experience because people believe that they didn't take the necessary precautions in which to avoid the assault.

"People assume that promiscuous girls are the only ones who get raped. Research has demonstrated that often times the perpetrators are people that the victim knows: friends, boyfriends, and someone from class," Lisa Dooley, Title IX coordinator, said.

Educating women on how to avoid being victimized should not leave the responsibility solely in their hands. Even if they wear revealing clothes, are in the wrong place at the wrong time, and are heavily under the influence, under no circumstances do they deserve to be violated.

"We can say if you park in a deserted parking lot with no headlights, you're more likely to get victimized, but that doesn't mean you should get victimized. There's that fine line," Larshus said.

When it comes to sexual harassment or assault, universities have a Title IX office to handle such cases. Title IX is an Education Amendment from

1972 that eliminates discrimination based on sex. If discrimination occurs on or off campus to a student, faculty, or staff member, the school has processes in place to address it. The Title IX office, with help from MSU groups like Step Up, the Student Social Work Club, and the Sexual Violence Advisory Council, have organized events or lectures to help educate the campus on this type of discrimination.

"Universities have a pretty good handle on the really clear-cut criminal offenses. It's the non-criminal ones that are more pervasive and harder to see," Aleshire said.

Society engaging in victim blaming, catcalling, rape jokes, calling men "girls" as an insult, and not taking male victims of rape seriously are all non-criminal offenses that allow rape culture to continue.

"There's a whole cultural backlog about rape and sexual culture and everything that we do is informed by that long train of events. Structures like that (Title IX) can be in place that challenge that, but if you don't acknowledge that there are socialization

patterns outside of those structures, they won't be as effective," Larshus said.

Awareness is one way to end rape culture.

"The goal going forward is to find more ways to bring it to the student level," Aleshire said.

According to Dooley, MSU seeks to educate students on the effects of rape culture and on the resources available when students feel they have been aggrieved.

"We are going to do our best to prevent and eliminate sexual violence on this campus and make sure students are able to attend free from discrimination. The more we educate, the more individuals are going to come forward and report ... prohibited behaviors so that we can change the culture of this campus," Dooley said.

Students may reach out to Title IX coordinators, MSU Student Health, or trusted faculty and staff to get help on this issue. Incident reports may be filed online through the Title IX page on the MSU website. For further information, contact Dooley at Lisa.Dooley@MinotStateU.edu.

# Study tours offered

By Amine Ezzaoui  
Comm 281

Minot State University's study tour program introduces MSU students to countries in Europe, Africa, and Asia to discover different cultures. These study tours have been led by Andrea Donovan, associate professor of art and humanities, since 2011. Last summer, MSU students Conor Donovan and Sallie Mitchell were part of the study tour to England, Scotland, and Ireland.

"I enjoyed some of the cultural artistic literary heritage, food, and social activities like going to the theatre, enjoying live musical performances," Mitchell said.

The students went to London, Edinburgh, and villages around those cities. They also traveled to the University of Oxford and Dublin during the almost two-week tour.

Students and alumni who are interested in taking part in the next study tour can find out more online through MSU's study tour website. The coming trip includes stops in Venice, Florence, and Rome.

Conor Donovan said the study tour could be helpful for students who are thinking of applying for an exchange program or thinking of moving outside the United States so they can have an idea about life outside home.

## ...Davidson continued from page 1

fessor — but the shift hasn't been difficult as Davidson continued to be involved with all parts of comm. arts during his time as dean.

Besides teaching, he has also published several shows and produced many shows, including "Adam v. Eve: A Marital Combat Play" and "Don't Believe Everything Your Séances Tell You." His passion as a playwright is strictly comedy involving fun, exaggerated humor.

"I've never had any connection to serious plays — I tried to write one in college, and it was just awful," Davidson said.

His upcoming production, "Dinner Theatre," is a set of short, humorous sketches, ranging from a few minutes to 11 minutes, that center around the

theme of food and the conflicts that can arise from meals.

"Anybody who sees this show will be able to make a connection, whether it be an excruciatingly bad server, a first date, struggles with etiquette, or the common conflict — a holiday meal with family," Davidson said. "We, as a society, use eating for everything — from social situations to romance."

Davidson originally wrote the show in 2005 as part of a project with the North Dakota Council of the Arts and, shortly after, the Mouse River Players produced the play in Minot.

The cast for the upcoming production includes MSU students Kayle Borner, Haron Eymard, Dan Fagan, Eric Fetske, Jaryn Homiston, Jenna Kilene, Annika Kraft, Marissa Moran, Hannah Nantt, Dilyn Plemel,

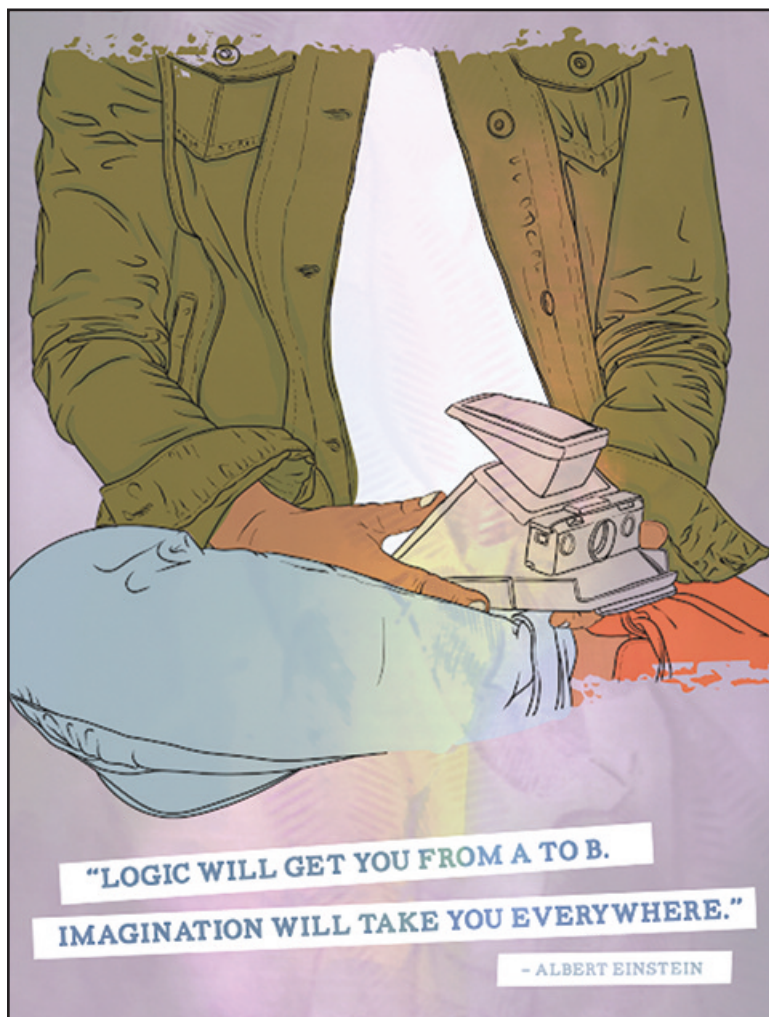
Zachary Schuller, and Floria Whyte.

Several of the cast members are from outside the comm. arts department, which allows for a new experience and leads to moments of comic engagement between the cast members.

"When there is a good comedic ensemble in the cast, I know that the audience will only amplify the comedic moments during the performance," Davidson said.

"Dinner Theatre" runs Nov. 2-5 in Aleshire Theater, Hartnett Hall. Showtimes are 7:30 p.m. Thursday through Saturday and 2 p.m. Sunday. Admission is \$15 for adults, \$10 for seniors, and \$5 for children 17 and under. MSU students, faculty and staff are admitted free with current MSU ID. For reservations, call the box office at 701-858-3172.





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Submitted Photo

One of Cera Pignet's poters from her senior exhibit is shown. The posters highlight the importance of art in peoples' lives.

## Student Spotlight ...

# Cera Pignet

By Corey Keller  
Comm 281

For Minot State University senior art student Cera Pignet, art has always been something she's enjoyed while growing up in Minot.

"I've always liked drawing, it's been a huge part of my life. I've drawn almost every day since I was a little kid," Pignet said.

After spending her freshman year at the Minneapolis College of Art and Design, Pignet transferred to Minot State her sophomore year and has taken advantage of her opportunities to grow as an artist.

"I got more attention from professors at MSU to help me become a better artist," Pignet said.

"They forced me to branch out a lot. I started out as a graphic design major, and I went through my loop of bookmaking, printmaking, ceramics, beadwork, and weaving. I eventually landed back on illustration, which has been my

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Pignet



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## R&G Opinion

This editorial may not necessarily reflect the views of MSU.

### *Inclusion is more than opportunity*

The university's responses to questions regarding policy on hate speech in the Oct. 26 issue were non-response responses.

The answer, "Education is the best method to promote diversity and inclusion at our university," is true, but when asked how the university intends to educate students, its response was to create an inclusive environment for all students. Inclusion is not education. There need to be clear statements made as to how the university would educate students on how to include others and why to refrain from engaging in hate speech.

The university does not seem to want to have a stronger voice, nor does it claim to have one, when it comes to hate speech.

MSU also claims to use reported incidents as a "teachable moment," but does not specify how and only gives the vague response of "creating an inclusive environment" when asked how it educates.

When asked how the university takes initiative in cases where students are afraid of revealing their identity for various reasons, the response was, "Minot State University takes every reported incident seriously and all reported incidents are investigated." This answer leads one to assume that MSU does not take initiative as they only rely on student reports.

Inclusion is not only being able to eat in the same cafeteria, attend the same classes, or make use of the same student services. Inclusion is ensuring students, like those featured in the "I live color" article (Oct. 26 issue, Red & Green), never to go through those experiences on our campus again and can live here without fear of future incidences.



## Between the Lines

*In the era of instantly streaming entertainment, don't forget your local artists*

By Dan Fagan  
Staff Writer

With the advent of digitally streaming entertainment, viewers have access to a seemingly unlimited selection of movies, television shows, music, and various other forms of content.

My Netflix watch list is longer than it's ever been, and I keep adding to it. The sad part is my Amazon Prime watch list is even longer. I'll be the first to admit that I love having so much high quality entertainment at my disposal, but it's easy to forget that there is no substitute for seeing art performed live.

When I moved to Minot almost two years ago, I was surprised to find a small but mighty arts community. Minot State University offers plenty of opportunities for someone looking for a night out.

Last month, the MSU Theatre Program presented the Tony Award winning play, "God of Carnage."

This week it will open "Dinner Theatre," written and directed by Conrad Davidson, professor of theatre and communication arts. The theatre program will present at least three other additional shows this school year.

The MSU Music Division is loaded with talented individuals who perform often.

On Friday, Nov. 4, the symphonic band, concert choir, and various ensembles will perform in the Northwest Festival Showcase Concert in Ann Nicole Nelson Hall at 3:30 p.m.

For many students, the chance to see these artistic outings requires a short walk from the dorms. Students should take full advantage of the opportunity to see a play, attend the opera, or listen to the Minot Symphony. These are opportunities to experience new forms of art and perhaps discover a new interest. On top of that, almost all performances are free to students with a current MSU I.D.

There are three art galleries on campus, the Gordon B. Olson Gallery in the library, the Hartnett Gallery in Hartnett Hall, and the FlatTail Press Gallery in the Student Center. They display impressive works year around.

There are many artists who showcase their talents off campus as well. Take the time to familiarize yourself with the art galleries, live theater, and live music venues in Minot.

While artists derive much of their joy and passion from an

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## Possible changes to campus dining service

By Corey Keller  
Comm 281

Responding to multiple concerns raised by students last spring on the Student Satisfaction survey concerning the on-campus dining experience, Minot State University's Student Government Association and the Residence Hall Association will continue to address issues brought up by students.

The committee focuses on topics concerning the quality and selection of the food available in the Beaver Creek Cafe as well as the hours the cafe is open, which students raised multiple concerns about.

"It was pretty much the main motivator as to why I moved off campus," Layn Sarsten, a broadcasting major, said, while discussing the quality of food served by Sodexo. "There were days I would eat, and I just feel sick to my stomach and, it would happen way too often."

One area of concern for students has been food quality and preparation, which has been good at times but also lacking in other areas.

"I remember perfectly one day. I opened a biscuit and it was literally not even finished. It was golden brown on the outside and that was it. It was disgusting," Steven Torres, a third-year student, said.

"Somehow, somehow they managed to screw up chicken nuggets. Like you bite into it and it's all just fatty and just chewy grossness," Sarsten said.

With students living on campus having to purchase a meal plan, the SGA and RHA committee is attempting to making changes to the dining experience to ensure that students get the best possible service for their money.

"It's crazy expensive, like how much their charging us over what they serve us — it just doesn't make sense," Torres said.

Patrick Friley, Sodexo general manager, looks forward to continuing conversations about the dining experience.

"Were excited to meet with student groups, which we've done in the past, especially this group because it is the first dining committee led by SGA," Friley said.

When asked about student complaints about food preparation, Friley said he was unaware of undercooked food.

"That hasn't been brought to my attention, but if something like that does occur the student can file a complaint

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## Red & Green

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Views expressed by this publication are not necessarily those of the university, its administration, faculty, or student body.

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# Caution! Winter is coming

By Brekka Wolf  
Comm 281

The trees are bare, snow is in the forecast, and people who have experienced North Dakota winters are pulling out their sweaters and winter wear from storage; however, there are many people on campus who are weary of the changing weather because the current temperatures are lower than what they are used to even during the coldest months at home, but winter veterans are eager to share that there is nothing to worry about, even after last year's extra-snowy winter.

"It certainly felt like it (the snowfall) was way above average due to several blizzards and the fact that we got so much all at once," KX News's meteorologist Amber Wheeler commented. "Minot's average snowfall is 46.1 inches, though I have other sources that range from 46-49 inches. Last winter, Minot got roughly 63 inches. November and December went on record as the snowiest November-December combination ever."

Lynae Dobbins, a junior from southern California, had some issues driving in all the snow, but she assured students there is nothing to worry about.

"I learned that people in Minot are very nice when my car got stuck in the snow and, two seconds later, three cars pulled over and pulled me out. It was very sweet and impressed me a lot," Dobbins said.

Michael Witham, a senior from Texas, will experience his third winter and, overall, still enjoys the season. He likes the snow — something he did not experience often at home — and even appreciates the colder weather. He also believes successful winters require being prepared.

"Buy a really good coat; buy gloves if you're going to be outside — like really good ones, not

dollar store ones — and shoes that grip well on ice and snow," Witham said before mentioning the dangers of ice. "You slip all the time if you're not paying attention. I think the worst was when I slipped three times. Every time I got up, I would just fall back down. That's the worst of it."

Eric Grund, Scheels winter sport fitness manager, encourages people to utilize layers to keep warm.

"If you're just going to wear a simple one-layer jacket and you're going to be outside for any period of time, you're going to be cold. Having something on the outside that's waterproof to keep out the elements is key as well, and cover your ears because you want as little exposed skin as possible," Grund said.

According to Wheeler, the current prediction is that there will be another La Nina winter, which is below average temperatures, but she wants new students to enjoy it.

"To students who may be here for the first time and will be experiencing their first North Dakota Winter, I say embrace it," Wheeler said. "It's cold for sure. You won't be able to spend a ton of time outside, but you should embrace it. Heed all warnings and dress appropriately. If you've never driven on snow or ice, drive with extreme caution, slowly and with a ton of space between you and the car in front of you. If you don't feel comfortable driving, don't."

# Freezin' for a Reason

SSWO plans event to raise poverty awareness and collect donations

Mia Lupo  
Comm 281

November is National Homeless Awareness month, which is why the Student Social Work Organization sponsors Freezin' for a Reason every year during this time.

The 15th annual Freezin' For a Reason takes place Saturday, Nov. 11, from 9 a.m. to 5 p.m. at Market Place Foods, 1930 South Broadway.

According to Janelle Nagy, MSU senior and chair of Freezin' for a Reason, this time of year is frigid and dreadful for those in need of

warmth, housing, food, and the necessary means with which to cook food. This event helps aid the needs of those in poverty by collecting nonperishable food, warm clothing, and monetary donations.

The donations collected will go to a charity organization of the SSWO's choosing; either the Salvation Army, Lord's Cupboard, or Our Lady of Grace Catholic Church.

The Minot Area Community Foundation will also donate \$500 to the selected charity if the event collects at least 1,000 pounds of food. The MACF has also helped with the event by lending a trailer, or donation station, for the SSWO

to store the food, clothing, and other donations during the event.

"We like to give back and help out (organizations) in need of these donations," Nagy said.

SSWO student volunteers and other volunteers will stand outside holding signs asking for donations while bearing the cold weather to do their part to help.

To volunteer or for event information, contact Nagy at [Janelle.Nagy@MinotStateU.edu](mailto:Janelle.Nagy@MinotStateU.edu).

Last year, SSWO collected more than 670 pounds of food for local food banks. It also collected \$443 for the YWCA and two bags of kids clothing for the Domestic Violence Crisis Center.

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inherit desire to practice their craft and to create, it always helps to have an audience. The coming together of artist and audience is not just a chance for the audience to be entertained, but for the artist to grow and react to the audience.

The next time you're looking for a night out, consider spending it with local artists rather than your streaming service of choice.

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# Wellness Center offers free fitness for MSU students

By Chad Olson  
Comm 281

The MSU Wellness Center is serious about student health. Roughly 40 percent of current MSU students use the Wellness Center, and this number continues to increase every year according to Paul Brekke, director of the Wellness Center.

The Wellness Center offers strength training, cardio, rock wall climbing, Group X classes, and intramurals. For students wanting to embrace their spiritual side, there is space and a class for that, too. The good news is that they are all free of charge to students.

"You get a really good workout, and it's worth the hour of your time," Rachel Burdette, a graduate student at MSU said about the group classes.

Total wellness is a lifestyle these days and it is more complex than just the physical side. Everyone is uniquely different and has different goals in what defines wellness for them. According to Brekke, wellness will affect every area of life contributing to a happier, well-lived life.

"Student health is important to everybody whether we realize it or not," Brekke said. "It affects us. If we go back to the wellness wheel and those dimensions, whether we realize it or not, at some point in our lives, all those dimensions will impact us."

The eight dimensions of wellness are physical, social, environmental, intellectual, emotional, spiritual, occupational, and multicultural. They work hand in hand toward a holistic approach to wellness.

MSU students majoring in corporate fitness, physical education, and athletic training teach some of the free classes offered. The teach-

ing experience provides real-world experience and helps them earn their instructor credentials.

Jade Teske, a senior majoring in physical education and corporate fitness, teaches a class to students.

"My favorite class to teach is my Tabata class, which is a HIIT workout, high-intensity interval training," Teske said. "It feels great to help people live a healthier lifestyle."

Teske hopes to someday be a golf coach and teach fitness classes internationally.

Anyone needing help getting started or just wanting to work on a specific goal can connect with the Wellness Center to schedule a personal training session for a nominal fee. Twenty dollars will get you one session, which is half

of the usual fee in other gyms according to Brekke.

Chantel Turner, an MSU sophomore and National Academy of Sports Medicine certified trainer, gets excited when she sees clients reach their goals.

"It's amazing, I always wanted to help people and to see that they're doing better and eating healthy, it's rewarding. It's a very rewarding job," Turner said.

Turner has a passion for powerlifting. She offers intro courses or will customize a workout plan for individuals.

"It depends on what your goals are, that's what I gear your workout plan toward," she said.

The Wellness Center staff actively promotes wellness to students by going into the classrooms, residence halls, and club



Student trainer Brody Myers, a senior corporate fitness major (left), works with freshman Brooke Collins. The training sessions are part of the personal training methods class.

fairs on campus.

Anyone interested in attending a class or seeking a personal trainer should visit the Wellness

Center for more information or consult the center's Facebook page for a list of classes and times.

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# Minot State Veterans Club, creating community for students

*Club plans week-long events to commemorate Veterans Day*

By Chad Olson  
Comm 281

Civilian life is vastly different than military life, and when servicemen and women exit the military, they lose the comradery and community they are familiar with.

"There is not as strong a sense of, 'we're in this together' in the civilian sector as there is in the military sector," retired Air Force Staff Sergeant Rhaspede Logan said. "The military has a strategy of we'll punish everybody so that everybody polices each other and that will teach you to lift each other up and to not leave anyone behind. There is also a big difference in world experience because the military forces you to adapt. They put you in position where you have to take extra responsibility. It forces you to stand on your own or work as a team," Logan said.

The Minot State University Veterans Club exists to build strong friendships and connections among MSU veterans and to ensure their success in college. It accomplishes these goals two different ways. The first is through activities and social gatherings.

"We've had multiple movie nights or open house gatherings, and barbeques. We had a big triathlon last semester against the Native American Club where it brought us together and brought some competition to each other," Dakota Brekhus, Veterans Club president, said. "It's made lifelong connections for me that I probably couldn't have made without being in the Veterans Club."

Brekhus was awarded the Purple Heart after being shot twice while serving as an Army Infantryman in Kandahar, Afghanistan.

"After serving 21 years in the Air Force and seeing some of things we have done, it makes me feel part of the team again," Richard Ditmars, Veterans Club vice president, said.

The second way the club helps ensure student success is by lending support and giving reliable information to future students or current students who have questions on veterans' benefits.

"What we do here on campus is we provide as much support as we can to the different veterans trying to help guide them

through different parts of school," Ditmars said.

The Veterans Club also has various fundraisers open to the public throughout the year to support the club and to promote awareness of veterans' issues to other students and the community.

The club will commemorate Veterans Day next week with a community fair outside the second-floor cafeteria Monday through Thursday from 11 a.m. to 1 p.m., a Veterans Day event in the Student Center Atrium on Nov. 9 at 11:30 a.m., and a pancake breakfast at the Moose Lodge Nov. 11 from 7:30 a.m. to 10:30 a.m. That evening, the Minot Symphony Orchestra will honor veterans in its "Love and War: The Human Condition" performance at 7:30 p.m. in Ann Nicole Nelson Hall, Old Main.

The Veterans Club is open to all current and former military members and their dependents. Club information can be found on its Facebook page. For more information, contact Ditmars at Richard.Ditmars@MinotStateU.edu.

## Red & Green to host panel discussion on race

In conjunction with its Oct. 26 issue on beginning the conversation about race, the Red & Green will host a discussion panel on Tuesday, Nov. 7, at 7 p.m. in the Conference Center, third floor of the Student Center.

The panel will include Assistant Professor Sarah Aleshire (English), Associate Professor Harry Hoffman (soci-

ology), Diversity Council Co-chair Annette Mennem, and community member Cory Washington.

A member of the Red & Green will moderate.

Participants can submit written questions at the event or send questions in advance to redgreen@MinotStateU.edu.

All are encouraged to attend.

### ... Dining continued from page 4

about it and we'll try and figure out how it happened and take care of it," Friley said. "We have a rigorous food safety procedure, and we retrain our staff twice a year on things like safety and proper handling of food, plus our new staff goes through training as well."

Food selection has also been a topic of discussion for students who live on campus and eat there on a regular basis. For students who are vegetarians or who like to be gluten free, there

are options available.

"We used to have a vegetarian station but we threw away more food than we served so now we rotate it in and out with other offerings, and we have an entire freezer of gluten free, if you go to our Bite app you can see our menu and receive news," Friley said.

The committee has had several meetings this semester. Issues discussed include expansion of the salad bar and availability of boxed meals for students by request.



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## Sports Editorial

This editorial may not necessarily reflect the views of MSU.

### Support women's teams

The MSU soccer team has had an exemplary season. With an 8-game winning streak — broken by a draw, the women have surpassed even the highest expectations due to having such a young team this year — the team currently has 11 freshmen and two redshirt freshmen.

A somewhat rocky start to their season began with a win followed by a pair of losses and a draw. The women gained two more wins and losses respectively before falling into a flow that worked and earned them their long winning streak. This streak culminated with a win over the No. 13 ranked team, University of Minnesota Mankato, where the women succeeded, 2-1.

MSU soccer has been a dominating factor in the past few years. The women sported 16 wins in the 2015 and 2016 seasons.

With a sports team this good on campus, supporting students, faculty, and others from the community should be lining the stands in droves. Instead, the women's many wins are met with empty seats. Considering the level of encouragement seen for men's teams on campus like basketball, football, and even club hockey, there should be an equal level of turnout for the women's teams, especially a team that is bringing so much positive attention to the school with their wins. Just the fact that they recently defeated a ranked team is a big deal, and yet the Oct. 29 game had noticeably vacant stands.

The team is competing in the NSIC tournament and one can only hope that people begin to show them the support they deserve.



Photo by Tu Tong

**Men's Soccer Club members pose for a picture following a scrimmage. The club meets every Friday evening at the Wellenss Center.**

## Men's Soccer Club officially created

By Tu Tong  
Comm 281

Soccer is the most popular sport throughout the world but not in the U.S. or in Minot. The increasing number of international students attending Minot State University raised the need for a soccer community.

MSU's soccer lovers have a tradition of playing indoor Friday nights from 8 to 10 p.m. on the Wellness Center's second floor. The soccer pitch is separated from the basketball court by a glass wall and net. No one playing last week knew exactly when the tradition started, but Jeremy Mochoma, a junior management information system major from Kenya, said that he has been playing here since 2014.

"If you're new and do not know anyone, don't worry. Just come here and there is always a team ready to adopt you," Mochoma said.

Each team includes four players plus a goalie. The two-hour play involves 10-minute scrimmage games. A game ends when a team scores two goals or plays the 10 minutes, whichever comes first. The

winning team stays on the pitch, and teams are rotated on and off throughout the night.

Last week, there were about 25 people who came to play. Most of them were international students from various countries such as Nigeria, Malawi, Zimbabwe, Zambia, Egypt, Brazil, Canada, Armenia, Qatar, Tajikistan, Mongolia, Malaysia, and Vietnam. Players ranged from beginner to intermediate from ages 18-45 years old.

The competition was intense because no team wanted to wait outside the pitch for the next rotation — a possible 30-minute wait with so many teams present. Arguing happened occasionally because there was no referee, but the players settled it down quickly by themselves, and losing wasn't too terrible because waiting led to good conversation off the pitch. "It's not only about making new friends, you can also learn about a new culture or a new country," Dalerjon Rustamov, a computer science major from Tajikistan, said.

**See Soccer Club — Page 9**

## Sports in Brief

### Wrestling to host University of Mary

The Minot State wrestling team will dual the University of Mary Nov. 8 at 7 p.m. in the MSU Dome.

### Football earns second win, defeats Crookston

(MSU Sports Information) — Senior Larry Overstreet rushed for 111 yards and scored on a 7-yard run with 18 seconds to play in the fourth quarter leading MSU to a 42-35 Northern Sun Intercollegiate Conference victory over Minnesota Crookston on Saturday in Crookston.

MSU improved to 2-7 overall and 2-3 in the NSIC North, while

Crookston dropped to 0-9 overall.

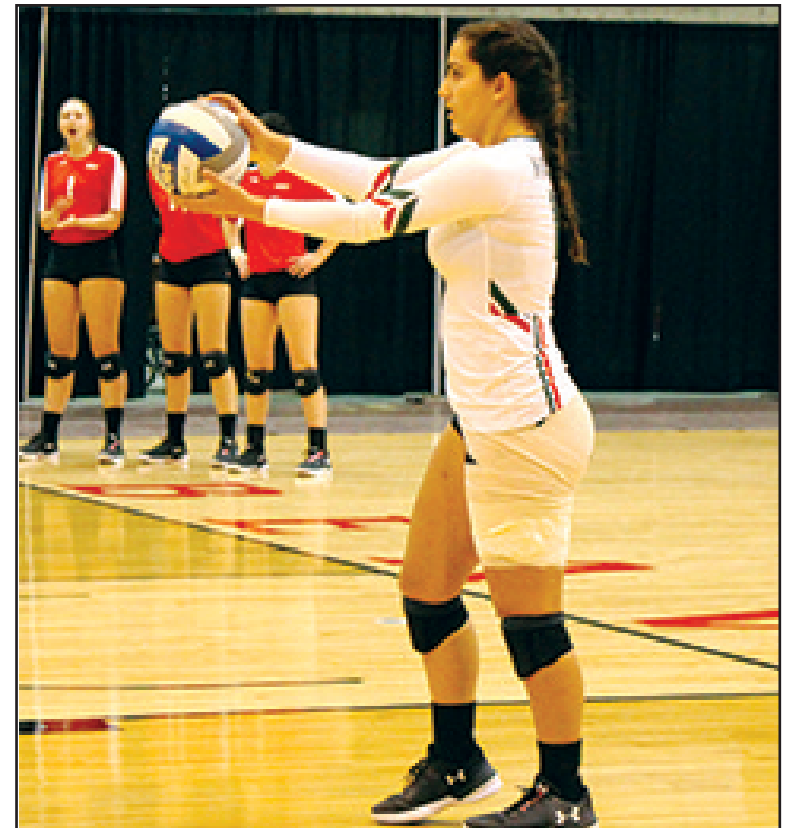
MSU quarterback Zac Cunha was 19-of-26 for 157 yards and three touchdowns. He also added a touchdown run in the second quarter.

Lavante Bushnell caught seven passes and a touchdown, while Ray Watkins and Ryan Fila also hauled in touchdown receptions.

Cunha connected with Fila for a 35-yard touchdown pass on the Beavers first play from scrimmage in the opening quarter.

MSU returns to Herb Parker Stadium on Saturday for its final home game of the season against Minnesota State Moorhead. Kickoff for Senior Day is at 1 p.m. The game will be broadcast on the Midco Sports Network

## NSIC losing streak ends



**MSU freshman libero Karli Koza readies the serve against the Bemidji State Beavers on Saturday where they broke a 54-match conference losing streak, 3-0. The Beavers will host Minnesota State University Mankato Nov. 10 at 6 p.m. at the Dome.**



# Beavers return with hopes of winning season

By Katie Ingerson  
Comm 281

Minot State University's men's basketball began practices last month. After ending with a 14-15 record last season, the team has high hopes for this season. Head coach Matt Murken wants to see continued growth from the players, not only on the court, but academically, socially, and spiritually as well.

"We already have over 150 hours of community service in this year, which is pretty good for this early in the year," Murken said. "Another goal of ours every year is to be above a 3.0 GPA as a team, so we will continue that. We always emphasize our five core values in our program to be a successful member of society and just continue to grow as a young man."

Russ Davis, a senior guard, hopes to see the team staying competitive and pushing themselves in both practice and in games. He is also working on embracing his role as a leader on the team and trying to enjoy his last year of playing as a college athlete.

"I'm trying to be a better leader," Davis said. "This is the first year I've been in that position of being an older guy and people are looking at me to help them out. I want to do what I can to contribute to us getting as many wins as possible, whether it be by shooting or playing good defense."

There are more returning players to the team this year than

See Basketball — Page 11



Photo by Jerusalem Tukura

MSU junior Nibra White dribbles down court during a five-minute scrimmage in Late Night with Beaver Basketball last month. The Beavers will host Mayville State University Nov. 14 at 7 p.m. at the Dome for their first non-conference home game of the season.

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## ... Soccer Club continued from page 8

People brought many different soccer styles mirroring the style of play from their country. For example, the South American players showed good technique and skills, while African players were strong and fast, and Asian players were flexible during last week's play.

"The Friday soccer night is something they are waiting for at the end of the week. After a whole week studying and working, playing soccer is a good way to help us relax," Rustamov said.

Although it's known as Men's Soccer Club, it is open for everyone.

Tori Schemenauer, a Canadian student majoring in communication disorders, isn't the only girl to play on Friday nights. Even though this is her first semester at MSU, she could compete with these guys from the beginning.

"I have been playing here a couple times," Schemenauer said. "I can

learn some cool skills. These guys play nice, and they treat me like a player, not like a woman player."

Emmanuel Offia, a freshman computer science major from Nigeria, wants to bring the Friday night soccer to a new level. He is eager to create an MSU Men's Soccer Club, recruit students, and contact an adviser and a head coach for the club.

There were 17 students signed up for the club at the time of writing. After Offia submitted all the paperwork to the Student Activities office last week, the club was officially created.

Confidence Idim, a junior computer science major from Nigeria who has been playing Friday night soccer for a year, was voted team captain.

"Our vision is to build a team that can compete with other teams in a division for college students," Idim said.

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## Women's basketball sports new additions

By Katie Ingerson  
Comm 281

Minot State University's women's basketball season is fast approaching and there are a number of exciting new additions to the team. The team has a new head coach, Mark Graupe, who has 30 years of head coaching experience. He came to MSU after four years as the head women's coach at Dickinson State University. In addition to Graupe, assistant coach Karen Senette is also joining the team.

"She was at a very successful Division II school in Chicago before. We're Division II, and she knows what it takes to play. She knows the type of athlete to look for to be in a good Division II," Graupe said of Senette.

The team has also added some new players this season including senior forward Holly Johnson. She has an impressive resume including playing at two Division I schools, and being named North Dakota's Miss Basketball in 2012 as a high school senior.

"She played at North Dakota State University and the University of North Dakota. She was the leading scorer at NDSU for two years. With her addition alone, it makes us instantly better," Graupe said.

Madison Wald, a junior guard, hopes that the team can be more committed on and off the court and always give it their all in the upcoming season. She is also hoping to be a successful team leader and to be able to pull the team together.

"I'm just excited to see what we can do and how well we can do this year," Wald said. "I think we're definitely going to do better than last year, so that's exciting. I can tell there's a different energy in practice, so I am excited to see what that will bring."

Coach Graupe enjoys working with the team and hopes the players



Photo by Jerusalem Tukura  
New women's basketball head coach Mark Graupe addresses the crowd at Late Night with Beaver Basketball last month. The Beavers host Rocky Mountain College in non-conference play Nov. 10 at 1 p.m. at the Dome.

enjoy their time on the team.

"They're just good people, and I want to make sure that good things happen to good people. I'm going to do everything in my power to make sure that they have a great experience, not only with just wins, but just having fun," Graupe said.

This season, the team wants to see a larger crowd at the games. The women's team has generally drawn less of a crowd because they play during the early time slot before the men's game.

"We don't always get the most people because we're first, but having a good atmosphere helps you play better and makes you want to play better. Support is good," Wald said.

"What I would hope from MSU students is that they come out loud and make this a tough place to play — make this a place that teams don't want to come to," Graupe said. "Students can play a huge factor in making this a home-court advantage."

## Soccer wins in overtime



MSU freshman forward Jordyn Cook drives the play up the pitch. The Beavers hosted the Minnesota State University Moorhead Dragons on Sunday and was able to pull out a win in overtime, 1-0. The team recently broke a winning streak with a draw in its game on Friday against Northern State University. The Beavers played in the first round of the NSIC tournament yesterday. Results were not known at press time.

Photo by DeAndra Miller

## Women's hockey keeps the streak



MSU junior defender Tylar Holland handles the puck in game against Assiniboine College Saturday night. The Beavers defeated the Cougars, 3-0. The Beavers currently have a 5-0 winning streak. The Beavers host the University of Minnesota Duluth Saturday at 7:30 p.m. at the Maysa Arena.



### ... Basketball continued from page 9

coach Murken has seen since he's been at Minot State. This is something that he is especially looking forward to.

"We have a lot of guys that have played on our team for two, three, or even four years. That's always exciting because it gives us a chance to have some internal player leadership and be successful as a basketball team," Murken said.

After seeing the large, loud crowd at their playoff game last year, the basketball team looks forward to having fellow MSU students and community members come out to support the team.

"I hope that we have good fans and crowds this year," Davis said. "We're definitely excited to play at home because we know the possibilities. We're hoping that it (large crowds) happen more often this year."

### ... Art continued from page 3

Pignet plans to use her senior exhibition to highlight the benefits of having art classes in schools.

"I am making a series of 20 to 25 posters that are promoting art and education. There's hardly any statistics that say art is super important, and that bums me out. If I hadn't taken art, my life would be completely different," Pignet

said. "Each poster is an illustration of someone working on some kind of art being music, theater, physical art, and then there's going to be some quote, fact, or statistic on the poster that talks about why art is important."

Pignet is passionate about her project and excited to get her posters out for everyone to see.

"I'm digitally printing them all and I'm handing them out. I want to give them away to teachers and

to people in the community. I want people to hang them in their rooms," Pignet said. "I want people to know that art is way more important than people think. Maybe that one quote or that one saying or statistic on that poster is

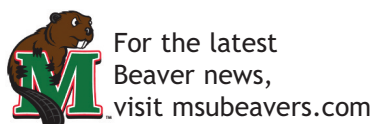
going to get another student to participate in art."

Pignet's exhibit runs Dec. 9 through the middle of January at 62 Doors Gallery and Studios in downtown Minot at 11 S. Main Street.

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<b>January 2018</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>February 2018</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
<b>March 2018</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>April 2018</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

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