

Curricular practical training undergoes updates, still offers experience for international students at Minot State

By DeAndra Miller
Editor

A recent concern of international students surrounds curricular practical training (CPT) and its status on the Minot State campus. Some international students thought the opportunity was closed to them; however, Libby Claerbout, director of the Office of International Programs, clarified what CPT is and its current status.

“CPT isn’t actually a program. It’s part of the federal F1 student regulations, which are a set of rules that F1 international students have to follow in order to maintain their student status and stay in good standing with the government,” Claerbout stated.

Though a part of student regulations, CPT is not mandatory for international students, nor is it needed to stay in good standing.

“The rules are very broad-reaching, but basically they are all related to an individual’s ultimate goal in the United States as an F1 student — to pursue a degree program and to study,” Claerbout said. “In the federal rules, off-campus work is not allowed because (the) primary reason for being here is to be a student, but there is a section of F1 regulations that talks specifically about curricular practical training, and that would allow students to work off campus as long as it was part of their curriculum.”

Recent scrutiny on the interpretation of these federal regulations led to an update on requirements for CPT authorization at MSU to ensure both the school and international students stayed within regulation. Minot

State is one of many institutions that re-evaluated their authorization process.

“A lot of institutions around the country have had more lax rules because CPT was never really given much scrutiny, but with the way that the political climate is going right now, immigration issues and immigration reform is under scrutiny — and that includes international students,” Claerbout said.

After assessing past authorizations, the MSU Office of International Programs decided to restructure to protect students because mistakes made with CPT can cause far-reaching consequences.

“For departments that want international students to have practical experience as part of their time here, they can put it in the curriculum or even develop unpaid observations or experience in the field.”

-Claerbout

“When this becomes a problem is later on down the road when students want to apply for optional practical training (OPT) or when they find the love of their life and want to become a permanent resident and get married or if they’re applying for an H1B visa, which is kind of a path towards a green card,” Claerbout said about a few areas that can be affected. “The U.S. Citizenship and Immigration Services (USCIS) is looking at students who have done CPT in the past and are now retroactively saying, ‘We

don’t agree with this authorization and now you’re not going to be eligible for a green card, you’re not going to be eligible for an H1B, and we aren’t going to grant you your OPT benefits.”

The changes to CPT authorization were announced July 2018 and put into effect January 2019 for students who were granted CPT authorization during the fall 2018 semester. Opportunities for CPT vary with departments but are still available. Students need only contact the Office of International Programs to begin authorization. The process begins with looking at their curriculum.

“When students approach us and say they have to do an internship, we

pull up the catalogue and we see if it’s required or if it’s going to count towards graduation requirements within (their) degree program,” Claerbout said.

From there, students talk to their advisors and see if it is something that they would get credit for. Some international students may confuse CPT as a means for off-campus employment — which it is not. For work opportunities, international students are

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Current North Dakota Be Legendary logo faces opposition, possible replacement

The previous logo for North Dakota, featuring the word "North Dakota" in a stylized, cursive script font with "LEGENDARY" in a smaller, all-caps sans-serif font below it.The new logo for North Dakota, featuring the word "North Dakota" in a clean, sans-serif font with "Be Legendary." in a smaller font below it.

Submitted Photo

The previous North Dakota Legendary logo (left) and the new North Dakota Be Legendary logo (right). The new logo faces criticism for design choices.

By Shalom Baer
Staff Writer

In October 2018, the state of North Dakota unveiled a new logo, replacing the North Dakota Legendary logo. According to the Bismark Tribune, the new North Dakota Be Legendary logo was designed by Muskoda, a marketing communications consultant in Hawley, Minnesota.

The new logo contrasts the old with a simple font and a modification of the tagline — the previous tagline was “legendary,” the new is “be legendary.” The logo has faced criticism since its unveiling. House District 9 Rep. Marvin E. Nelson introduced House Bill 1457 in mid-January, a bill that would put into motion an open contest for a new state logo. The creator of the winning logo would be awarded \$9,500.

Greg Vettel, director of the Northwest Arts Center and a graphic design instructor at Minot State, said the logo is flawed.

“They have three different typefaces in three different weights. It has a

lack of unique qualities and originality that would tie it to the state,” Vettel said. “At least with the previous North Dakota Legendary logo, it had a little bit of character and flair. It wasn’t a particularly great logo either, but it had a unique character. It’s more of a handwriting script logo, its got this telegraphic feel to it, but it speaks a little bit more to that North Dakota freedom, North Dakota open spaces, or legendary spaces. In this (new logo), it’s all set in geometric sans serif. It just doesn’t speak to me of that open quality that North Dakota has.”

Vettel also said the logo doesn’t follow design principles effectively.

“There’s no tie-in between the North and the Dakota, (they’re) two completely separate elements that don’t relate to each other. I’m talking about design and not necessarily how it doesn’t feel like North Dakota. I can talk about what design decisions I don’t like all day long, but it’s a combi-

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News in Brief

NASA's Pinnick to speak at Minot State University

Alumna Veronica (Cavallo) Pinnick will deliver a talk, "Searching for the Fingerprints of Life in our Solar System using Mass Spectrometry," March 21 at 7 p.m. at the Hoffman Auditorium at the Cyril Moore Science Center. The event is free and open to the public.

Student Government Association positions open

Minot State's Student Government Association has both officer and senator positions open for students.

Applications are due by Friday and are available at MinotStateU.edu/SGA/ or in the student activities office on the second floor of the Student Center. Elections are on March 25 and 26.

Registration for summer and fall courses

Registration for currently enrolled students for upcoming summer and fall classes is March 26-28.

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encouraged to seek on-campus employment; however, budget cuts within the state have affected the number of on-campus work opportunities available. Claerbout notes that this is an issue the school is looking into.

"Kevin Harmon, vice president for student affairs, it's kind of been one of his issues that he wants to raise awareness of, which is hiring international students, giving them work experience, and giving them the option to earn a little spending money," Claerbout said.

For students who are not eligible for CPT, it falls upon the availability

Northwest Arts Center presents "How the Beaver Got its Flat Tail"

"How the Beaver Got its Flat Tail," is an exhibition displaying five years of the Flat Tail Press, Minot State's educational print studio. More information about Flat Tail Press is available at FlatTailPress.com.

Artworks are on display until March 27 in the Northwest Arts Center on the lower level of the Gordon B. Olson Library. The gallery is open Monday-Wednesday 10 a.m.-5 p.m., Thursday 10 a.m.-8 p.m., Friday 10 a.m.-5 p.m., and Saturday 1-5 p.m.

Summer and fall graduation applications due

Students will now submit their graduation application to the Registrar's Office instead of to their advisor. Graduation applications are due on March 22.

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in their curriculum to get extra experience within their field of study.

"For departments that want international students to have practical experience as part of their time here, they can put it in the curriculum or even develop unpaid observations or experience in the field," Claerbout stated.

Even with the recent restructuring, CPT authorizations are thriving at MSU.

"At this point in time, we have more CPT authorizations out there than we have ever had, even with the stricter guidelines," Claerbout said.

Resident managers provide unique service to on-campus adult housing at Minot State

By Aylin Ergin
Comm 281

Minot State's campus offers students a variety of places to live, such as residence halls and adult housing, including Pioneer Hall and Campus Heights.

In the residence halls, resident assistants and residence hall directors ensure safety for students, as well as build a community. In adult housing, resident managers (RMs) have a different environment and community.

Kate Rajabov, graduate student in speech language pathology, is the current RM in Pioneer Hall. She has worked for the housing office for the past five years and enjoys working with the staff.

"I was a desk clerk for three years and a student office worker for the past two years. I love working with the housing office staff and therefore, decided to apply to be an RM," Rajabov said. "I also love planning programs and helping others with issues. This job sounded exciting and fun, and I wanted to continue being a leader on campus and develop management and administrative skills."

RMs assist the housing office with various aspects of university apartment management.

In other words, RMs are a liaison for the housing office. They assist residents with various issues, such as lockouts or complaints, enforce apartment lease agreements, and promote safety.

"Even though residents living in my building are adults, there can be a lot of safety issues. Unlike in the residence halls where candles and hot plate items are not allowed, there can be serious safety issues in the adult housing. Being attentive to safety and security of residents and assisting with facility operations is one of my main tasks," Rajabov explained.

Unlike resident assistants and residence hall directors, RMs also have to work five hours per week in the housing office. Besides Rajabov, there is one other RM, Joao Paulo, who is the RM in Campus Heights.

"We work together quite closely. We often plan programs together and shop for the supplies. In addition to that, alternate with a duty phone every two weeks; one of us is always on duty. Residents are able to reach us immediately that way and we can be informed about issues faster," Rajabov said.

To build community and promote a positive living atmosphere within the apartment complex, RMs are required to host a minimum of two pro-

grams a semester. Rajabov set a goal to host a program once a month. Programs she has already hosted include speed-friending, guessing the number of chocolates, and planting and painting.

"Hosting fun events for the residents gives them the chance to get to know each other and the people they are living with," Rajabov elaborated. "It doesn't just build a community within the apartment complex; hosting events for a specific floor gets the residents to get to know their neighbors. Participating in a program and working together to achieve a goal strengthens the community."

Rajabov has made it her goal to create a safe and positive atmosphere for the residents. She wants residents to always be able to email her or knock on her door whenever there is an issue or concern. She shows genuine interest and honesty with her residents and loves getting to know them.

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nation of things. North Dakota seems like it's oftentimes more off the cuff and tongue-in-cheek. The people in North Dakota can be really reserved and stoic, but (the logo) isn't as adventuresome as what I think it would need to be for North Dakota."

Vettel said he sees potential for students to participate in the possible contest.

"I could definitely see students partaking in that. We actually had an experience one time at Minot State where a Minot State student did the final design for the North Dakota lottery logo, but then the state took that

student's design and changed a bunch of things about it anyway. It wasn't a great experience — but still, that used to be a logo that was done by a Minot State student," Vettel said.

At press time, the bill has passed the North Dakota House of Representatives with 78 yes votes and 14 no votes. The bill was referred to the Senate Government and Veterans Affairs Committee on Monday. It must pass that committee, the Senate, and then be signed by the Governor before the contest could take place.

Red & Green

Look for the latest issue on campus



Voices on Campus

'If you could go on your dream Spring Break vacation, where would you go and who would you take with you?'



Hannah Mitchell
Corporate Fitness

"I would go to Hawaii because it's warm and sunny. I'd take my mom and dad with me because I miss them."



Long Nguyen
Computer Science

"Somewhere in Europe, maybe Paris, with my girlfriend."



Saebom Lee
Marketing

"I would take my twin brothers to Australia to go surfing and hiking. I know that the weather is warm there, so it would be perfect for us to feel a little bit of summer."



Viet Anh Nguyen
International Business

"I'd want to go to Paris with my girlfriend."



Aurora Polonio
Polanco
Finance &
International Business

"My ideal vacation would be going somewhere in Europe with my boyfriend and friends."



Marcio Fallah
Corporate Fitness

"I would definitely go to Australia with my best friends because it's always been a dream of mine to see the beautiful scenery there."



Emily Barker
Communication
Disorders

"I would go to the Bahamas with Jordan."

Jordan Gudmundson
Elementary
Education

"My ideal Spring Break vacation would be going to the Bahamas with Emily Barker."



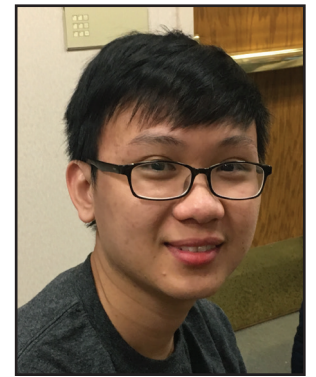
Blane Gayola
Management

"Anywhere in Europe with Saebom Lee."



Joao Paulo Tufaile
Rubeis
Marketing &
International Business

"I would go to Europe with my girlfriend."



Phong Ha
Management

"I would travel anywhere outside of the United States."

R&G Editorial

This editorial may not necessarily reflect the views of MSU.

Spring Break is next week! While some are thankful to finally be getting away from the cold and snow, others will be staying in Minot to enjoy a bit of extra rest.

No matter what the plans are for Spring Break, safety should be the priority in every aspect.

Whether you plan to party on a beach in Miami or next to Lake Havasu or you'll be here having a few drinks with friends, even if you're just visiting home, try to be safe.

The friendly reminder to not drink and drive is always useful. I would add to also not drink and text, lest you say a few things to a few people you may regret. Honestly, drinking and doing many sober activities don't mix, so just drink safely and stay away from phones, vehicles, fire, electricity, and anything else that could potentially cause you to wake up with injuries — physical or mental.

Have safe sex. Some may find it taboo to say, but being sexually open is not a bad thing. Just protect yourself so that you don't bring any uninvited guests back to Minot with you. Remember, some situations — herpes, genital warts, and babies, just to name a few — are lifelong. Unless you're ready for that, protection is a good idea. If you do suspect you brought anything back, a trip to the Student Health Clinic is never a bad idea.

Above all, have a great time. Just remember that a great time in the moment does not have to be a regret after the fact. Drink a little and soak up a few rays for me if you're leaving Minot. I'll just be here, trying to pretend I'm on a beach in the upcoming 20 degree sunshine.

Minot State student finds a love for teaching during senior project



Photo by Aylin Ergin

Hannah Davis, senior broadcasting major, delivering a weather forecast for student-run KMSU. Her love of meteorology led to her senior project, prompting a new desire to teach.

By Aylin Ergin
Comm 281

Hannah Davis, a senior majoring in broadcasting and professional communication, chose to orient her senior project around weather. Davis mixed

her broadcasting skills with meteorology to create the series "Weather Words" to be presented to elementary school children in Minot.

"When I went into this project, I wanted to be a TV meteorologist,"

Davis said. "I wanted to explain the weather on TV in the nightly news and tell people the forecast. I knew I had the broadcasting side covered, I have a good grasp on editing and making packages. I also wanted to teach others about weather occurrences and wanted to learn myself."

Davis went to a local elementary school and taught second graders about weather occurrences. The name for the series was originally going to be "Weather Occurrences," but Davis didn't find that fun or catchy.

"I really like alliterations. I like things that start with the same letter, things that just flow together. I wanted another W word. I wanted a weather word and then a word that starts with the same letter to go with it, so I came up with 'Weather Words,'" Davis elaborated.

The original idea for the series was to do a project with kids. When Davis was in middle school, she experienced a project where each day the weather was logged in a book and discussed. At the end of the year, kids had an entire log of each weather occurrence.

"I wanted to do something like this with kids and help them understand what happens with weather, how atomic-level stuff makes the weather happen. Half of my idea was that I wanted to learn, too, because I wanted to go into doing meteorology, so this was supposed to blend the two worlds. I had the broadcasting side, so I just needed to marry it to the weather side," Davis explained.

Along with the students, Davis also

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Red & Green

148 Hartnett Hall
Minot State University
500 University Ave. W
Minot, ND 58707

Phone: 858-3354

E-mail: redgreen@MinotStateU.edu

ONLINE: RedGreenPaper.com

Adviser: Nicole Thom-Arens

EDITOR
DeAndra Miller
ASSISTANT EDITOR
Alyson Heisler
FEATURES EDITOR
Yun Ji Nam
SPORTS EDITOR
Philip Green
CIRCULATION
Kayce Francis-Dodgen

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had to learn how each weather occurrence happened because she only knew the basics of some. Through this project she was able to learn and delve into the field of meteorology and Earth science. This changed her view of what she wants to do in the future and shifted her from the broadcasting field to science education.

“Working with the kids was one of

“I wanted to do something like this with kids and help them understand what happens with weather, how atomic-level stuff makes the weather happen. Half of my idea was that I wanted to learn, too, because I wanted to go into doing meteorology, so this was supposed to blend the two worlds.

the main reasons why I decided that I want to be a teacher now instead. I am going to finish off my broadcasting degree and then do basically just the core studies to do Earth science. I like Earth science, the stuff around us, and the stuff that you can see and apply. Weather happens every day, like now I know why it snowed,” Davis emphasized.

While working on her senior project, Davis learned a lot about teaching and the struggles it can bring. Plan-

ning out a lecture theoretically is one thing, but how it applies in action is another.

For her first project, she had second graders build an anemometer that measures windspeed by how many times it spins.

“I started off way too big. The projects that I had for the kids, I thought I had planned them out to a T. I tried everything I could to make it as fool-proof as possible but there were just too many moving parts, and because

the more they loved it because they got it. My challenge was finding that balance between simple and relating it to the weather word,” Davis elaborated. “Teaching the class was also hard because there was only me and 30 kids. The teacher tried to help, but there is only so much two people can do.”

Looking back, Davis realizes she has learned a lot about Earth science and at the end of her senior projects, her second graders seemed to have taken a lot with them. Davis remembered that one time a student came up to her and wanted to talk more about atoms.

“It was just really rewarding for me to have the kids show me that they understood what I was telling them and then be excited. On one of the last days that I was doing a presentation, the kids were like, ‘So, where are you going next?’ And I was like, ‘Oh, this is just a one-time project, I don’t know where I am going next,’” Davis chuckled.

One thing that Davis took away from her senior project experience is that the quickest way to learn something is to teach somebody else. What started out as a senior project turned into a change in career paths.

Davis will present her project March 20 at 3 p.m. in Aleshire Theater.

-Davis

they are kids, they don’t have the precise movements that we (adults) have. It was a little too precise of movements for them,” Davis said looking back.

Davis explained that her biggest challenge was starting too big and holding high expectations. She soon learned to adjust her teaching method to get the point across.

“I learned that they like doing things that they can see and touch. Like the tornado one — I found the simplest I could physically make it,



By Kayce Francis-Dodgen
Online Editor

As children, at some time or another, we wonder what lurks under our beds. As adults, the much more terrifying question is what do we know about the people around us? “The Couple Next Door” asks those questions as it dives headfirst into the case of a missing baby girl.

Anne and Marco Conti only stepped out for a quick dinner party — it was right next door and they had the baby monitor the whole time. They checked on their daughter, Cora,

On Books

“The Couple Next Door”

every 30 minutes, but as they walked up to their front door the floor drops out from their feet as they realize the door is ajar. As they run upstairs and realize their only child is missing, the couple is thrust into a world of lying and winding paths leading to nothing but dead ends.

Anne comes from a family of high position and wealth while Marco comes from a working-class clan of close-knit Italians who scraped by, and Anne’s stepfather never lets him forget it. As the couple desperately seeks answers surrounding their daughter’s

disappearance, they soon find out they only have more questions. The walls start to close in as they start looking at their family, as well as their neighbors, and eventually each other as suspects.

Shari Lapena is able to create three-dimensional characters while continually keeping readers on their toes. Who was involved or who was just an innocent bystander? “The Couple Next Door” is a page-turning, suspenseful, thrilling read I highly recommend.

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NSSLHA active in community

By Destond Hall
Comm 281

The National Student Speech Language Association (NSSLHA) is a club for students studying speech language pathology. Students in NSSLHA learn how to treat people with communication disorders, hearing disorders, and anything that pertains to the field of study.

"We are one of the larger clubs on campus. We have both graduate and undergraduate students as members," Mary Huston, faculty adviser and communication disorder assistant professor, said. "Our members do a lot of

volunteering."

"NSSLHA is a local chapter of a national organization, and it provides lots of opportunities for us to fundraise, promote our field of study, and get involved in the community," Jenna Wiltzen, a senior communication disorders major, said.

NSSLHA holds a conference every year in the spring and students and faculty from North Dakota and surrounding states attend to learn about the latest advancements in the field.

"This semester coming up, we have our annual NSSLHA conference March 29. This year, our speakers at

the conference are speaking on the topics of applying technology to support social and executive functioning," Brooke Suko, a senior communication disorders major, said.

"We have anywhere from 200 to 300 people attend the conference. We coordinate the conference with the North Dakota Speech Language Hearing Association," Huston said.

NSSLHA helps a lot in the community by participating in events and fundraisers, such as Meals on Wheels and Miles for Smiles.

"On April 13, we have our Miles for Smiles event which consists of a walk,

silent auction, and raffle," Brenna Dyke, a junior communication disorders major, stated. "All the proceeds go to underdeveloped countries that don't have medical attention or funding to pay for cleft lip and/or palate surgeries. It's put on by NSSLHA members and NSSLHA forms a small comity of volunteer students who want to organize this whole event."

"I believe this is our eighth year doing the Miles for Smiles fundraiser walk-a-thon," Huston said. "We get a fair number of donations to put everything toward Operation Smile to help people who are in need of cleft

lip and palate surgeries in third world countries."

NSSLHA offers communication disorders majors opportunities to go out in the community and volunteer.

"It's a good opportunity to go out and get to collaborate with people at different universities and professionals," Kennedy Manning, a junior communication disorders major, said. "One of the biggest things for me is that I wanted the opportunity to go out in the community and learn more about diverse populations."

Minot coffee shop opens sister-store

By Kellie Sink
Comm 281

Minot's With Room Coffee expands in a different direction with a new venture called Toast and Cereal. Toast and Cereal offers unique breakfast options to the community through pop-up locations.

"They're sister stores, it's kind of like Victoria's Secret and Bath and Body Works. They still market their own different products, but they have a similar style, a similar flare. We do the exact same thing, it's just a continuation of coffee," Shae Alvarez, co-owner of Toast and Cereal, said. "With Room is coffee and plants, that's what they specialize in; Toast and Cereal is caffeinated cereal and decked out toast."

The idea arose from the owners wondering what would happen if they used cold brew in their cereal instead of milk, with the end result being cereal-flavored cold brew. The products come with milk used in cereal that has been infused with around 500 mg of caffeine. The plan is for the company to expand with nitro-infused cereal and nitro-infused drinks that taste like cereal with the same experience and quality With Room Coffee provides.

"I've been eating cereal and pouring the milk at the end of it in my coffee and it's absolutely delicious, so we are going to be working with milk that's infused with cereal. If you don't want the cereal, you still can get that great flavor that we are offering at the end already with the coffee and cereal, all

by accident," Alvarez explained.

To compliment the cereal, Shae and Rebecca Alvarez have also created specialty toast.

"We've been doing stuff with Minot Daily Bread. Right now, sourdough is our main focus because we are vegan friendly. We just want everybody and anybody to be able to enjoy it. We can do anything from the classic cinnamon and sugar toast that we all know from being a kid, to something a little more decked out like avocado and an over-easy egg with sriracha on top," Alvarez explained.

The Alvarezes see potential in the Minot community and want to be a part of the growth. They hope to expand Toast and Cereal from pop-ups, like With Room Coffee did, by con-

tinuing to create.

Being an MSU student herself, Alvarez says their focus is college students because they are always on the go. Toast and Cereal wants to offer students something fun, different, and diverse with hopes of finding a permanent location on campus, which is

where they consider the most diverse place in Minot to be.

Toast and Cereal is currently located in the speakeasy in downtown Minot. In addition to their products found there, at pop-ups, and at With Room Coffee, they do delivery as well.

**For more news, features,
and photos from Minot
State and the community
go to RedGreenPaper.com**



Lutheran Campus Ministry provides free soup to MSU students every Tuesday

By Kellie Sink
Comm 281

For more than 10 years, Lutheran Campus Ministry has provided free soup to students on Tuesdays. The previous campus minister, Pastor Kari Williamson, along with other members of the Lutheran Campus Ministry board, came up with the idea to feed students on campus by bringing crockpots of soup to feed whoever showed up. Starting at a small church near campus, turnout was not great; however, after the 2011 flood the ministry relocated to campus, making it more convenient for students to enjoy the soup.

“It really began with just the campus minister and a few people looking around and saying, ‘Hey, we could serve soup to students. Why not feed them?’ It’s just massively grown over that decade,” Anna Dykeman, the current campus minister, explained.

There are nine local entities, including Bible camps, that rotate bringing soup based on a schedule and calendar put together by Carmen Fricke and Sue Robb. Each congregation is also asked to bring two to five volunteers to help Tuesday Soup run smoothly.

“We’re serving at least 250, our highest has been 284 or so. My guess is 300 by the end of the year, so we have to keep upping our request for soup, and we do that delicately. The congregations love to give that soup,” Dykeman said.

Lutheran Campus Ministry’s partnership with Minot State includes serving the campus with a minister, an extra listening ear, and supporting students.

“I have an actual agreement with the school, and Kevin Harmon, the vice president for student affairs, is a real advocate of Tuesday Soup because he sees how it benefits the students. It creates community; it’s a safe space, it’s nutritional, it provides food,” Dykeman said. “It’s been told to me, they (university administration) really care that this happens. When Sodexo was redoing their food contract with the school, I remember Kevin saying, ‘OK, but we’re going to keep Tuesday Soup, that’s going to remain.’ We work real-

ly well with Sodexo, too. Sodexo is the main food provider on campus and we have a good relationship with them and have in the past, and for that I’m incredibly grateful,” Dykeman said.

Dykeman expressed happiness in seeing students come get soup as a whole class, even bringing it back to professors who release them for the free meal.

“Food scarcity is a real, real problem in the nation. Around 30 percent of all off-campus college students don’t know where they’re going to get food from because they can’t afford the food plan, so if you live off campus, it can be really unaffordable to eat and pay rent,” Dykeman expressed. “So, international students, off-campus students, all really benefit from Tuesday Soup because they don’t have to pay for it.”

While Tuesday Soup is open to anyone on campus, students are the main priority. Dykeman values being a part of providing students with “at least one healthy meal a week” for free.

“My hope is that any student that really benefits from Tuesday Soup would tell another student that they see that lives off campus,” Dykeman said. “You know the same people are always there to check in on you. It’s community.”

Dykeman focuses on how the church and the world can connect to build faith lives and meet people’s basic needs.

“If your needs aren’t met, how can you also care about faith? I really care about basic needs being met in order to make a whole person and engage in spiritual faith and questions and practices,” Dykeman expressed.

Tuesday Soup has become a part of Minot State serving favorites such as chicken and wild rice and kneophla — while also catering to students with many dietary needs including gluten free, dairy free, and vegetarian — per request of congregations. It is advertised to students around campus by posters, cards, social media, and word of mouth.

While getting 20 crockpots of soup from the churches to the campus has made soup makers nervous, they are always up for the challenge.

“They all are like, ‘Let’s just do it.’ It’s just a gift we get to give to people. Lutherans know how to feed people, I can tell you that,” Dykeman said.

Currently, due to flooding in the Student Center last month, Tuesday Soup is being served from 11 a.m. to 1 p.m. on the main level of the Student Center outside of the book store.



Photo by Kellie Sink

Eduardo Gomez del Casal Rodriguez enjoys free soup provided every Tuesday. Free soup has temporarily been moved to the atrium due to water damage in the Beaver Dam.



Photo by Kellie Sink

Students enjoy free food provided by Lutheran Campus Ministries.

Sports Editorial

This editorial may not necessarily reflect the views of MSU.

For most college athletes, part of the school year is spent training for the upcoming season; however, when it comes to many collegiate-level mid-distance and distance runners, that is not the case. Here at Minot State, most, if not all, of the mid-distance and distance runners are competing all school year long. Starting with cross-country in the fall, runners move straight to indoor track season in the winter and finish up with an outdoor season in the spring.

For track and cross-country athletes at Minot State, the stress of being in season all school year long can be higher than collegiate runners at other universities. Minot State doesn't have a cross-country course on campus or an outdoor track. This forces the athletes to train differently than those at other universities. While the Beavers do have an indoor track to train on inside the MSU Dome, it is not regulation for indoor track meets.

The lack of a cross-country course, an outdoor course, and a regulation indoor course forces runners at Minot State to travel for every meet they compete in. This often leads to missing several classes each week that they travel. Missing classes for competition is part of being a student-athlete, but track and cross-country athletes at MSU do it more than any other athlete on campus because they can't host any home meets. In addition, for the mid-distance and distance runners at Minot State who compete all year, they are constantly missing classes rather than just a portion of it like most athletes.

Minot State competed in the NSIC indoor championship Feb. 22 and 23 and had two podium finishes from Dante Gadbois in the 800 meter and Abby McGee in the mile. Gadbois also broke the Division II era school record for the 800 meter, along with the team of McGee, Erin Winterton, Brinlie Nielsen, and Lauren Reeves who broke the school record for the distance medley relay.

Beavers' hockey team has eyes set on national championship



After finishing the regular season off with an impressive 23-1 record, the Beavers aren't done celebrating. Minot State looks to end their trip to Dallas in March with a National Championship.

By Troy Kowal
COMM 281

The Minot State women's hockey team is currently sitting first in the ACHA (American Collegiate Hockey Association) Division II Women's League. In addition to the Beavers' impressive 23-1 record, they have outscored their opposition by 102 goals this season and have nothing but high expectations for nationals.

Sami Jo Henry, team captain, expressed excitement about the rest of the season.

"We are so excited and are ready for nationals. This year, our goal — and the only thing we will accept — is a national title," Henry said.

As shown by their record, team play has been cohesive. Due to their ongoing success, this will be their fi-

nal season as a Division II team. Next year, the team moves up to Division I. They played, and beat, a few Division I teams this season.

"Right from the get-go we faced some Division I teams and we came up with wins. It just shows how well we can work together," Henry said.

Being the number one team in the nation means that opponents are pushing themselves harder than ever to try and beat the Beavers. The women have seen pressure from teams trying to hang with them.

"Being ranked first is an amazing feeling," Henry said. "Being first makes every team want to beat you even more. Our mindset for those teams is to trust ourselves."

The team will make the trip to Dallas, Texas March 27-31 in pursuit of a national title.

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Unfamiliar territory in rankings for Minot State men's hockey club



Photo by Troy Kowal

The Beavers enter the national tournament in unfamiliar territory. Despite the new challenges presented to them, they look to finish the season off strong against Jamestown and show the country they are ready to compete on the national stage.

By Troy Kowal
COMM 281

The Minot State Beavers men's hockey team has six games left in the regular season before the national tournament. The Beavers are currently ranked seventh in the American Collegiate Hockey Association (ACHA) Division I, finding themselves in a new spot as the team has been ranked first most years.

"The pressure is a little less this year, but we're still going to have a tough road," Kent Walchuk, forward, said.

The Beavers need to win more games before the season ends to try and climb the ACHA rankings and set themselves up for a better run at the title.

"We would have to play the number two team and 10 team," Walchuk said about what's to come in the single elimination tournament.

Their last home game is Thursday at 7 p.m. against Jamestown, and their final two games of the regular season will be in Jamestown Friday and Saturday.

These are important games for the team to make a move in the rankings of the ACHA.

The team heads to Dallas, Texas March 21-26, where games will be played at the Dr. Pepper Arena.

"It's going to be nice to get away from the cold and play some hockey down south," Walchuk said, as he has never been to Dallas.

The Beavers continue their mission to chase the team's first title since 2013 — their only championship.

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MSU softball strikes for two run-rule victories on Saturday



Photo by Destond Hall

Kiera Shwaluk stands at the plate against Minnesota Crookston on Saturday. The Beavers routed the Golden Eagles 11-3.



Photo by Destond Hall

Randi Wright awaits the pitch against Minnesota Crookston. The Beavers run-ruled the Golden Eagles and will be back in action on March 17 against Northern State.



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...*News in brief*
continued from page 2

First meeting of Entrepreneurship

Book Club

The MSU Severson Entrepreneurship Academy invites faculty, staff, and students to the Entrepreneurship Book Club. The first book that has been selected is "Insurance Wars," by Minot State alumnus Chuck Tompkins. Tompkins will be present at the clubs' first meeting on March 28 from 12:15-2 p.m. in Old Main Room 402. For more information, contact Tracey Mays at Artresa.Mays@MinotStateU.edu.

First Performance of new alma

mater song

Minot State's new alma mater song was first performed by the orchestra and the MSU Concert Choir at Saturday's concert. The song was composed by Emerson Eads and orchestrated by Minot Symphony Orchestra director Efrain Amaya, both MSU music faculty.

The song's lyrics are by Huldah Lucile Winsted, who worked at Minot State from 1913 to 1937, serving as a geography teacher, librarian, registrar, and dean of women.

A video of the alma mater is available on the Minot State University YouTube channel.

Minot State to send satisfaction surveys

Minot State University is seeking student feedback via upcoming student satisfaction surveys. Campus and online students will be asked to complete the survey between March 18 and April 1. Prizes will be awarded. Details will be sent to students' emails.

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NOTICES

Drop-in tutoring available at the tutoring center, Old Main 103. Check MinotStateU.edu/CETL/peer_tutoring.shtml for times and subjects.


The Minot State University Writing Center is now open in the lower-level of the Gordon B. Olson Library. Check MinotStateU.edu/WritingCenter for open times or to make an appointment.



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