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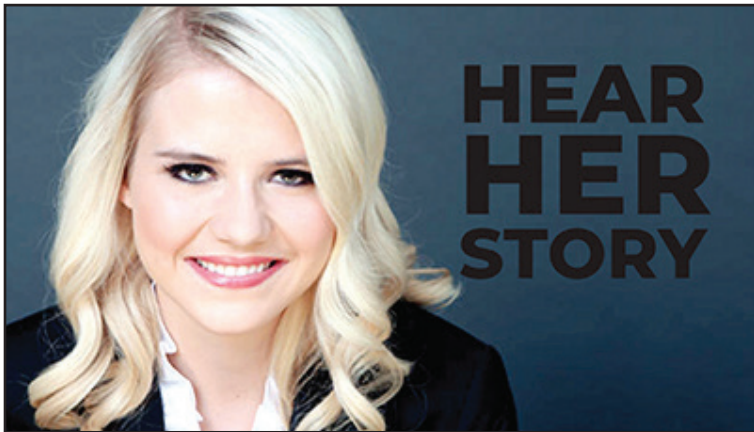
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## Presidential Speaker Series features Elizabeth Smart



Submitted photo

Elizabeth Smart will speak in Ann Nicole Nelson Hall on Wednesday. The event will also be streamed.

By Alyson Heisler  
Comm 281

The first Minot State University Presidential Speaker Series features Elizabeth Smart. Smart, abducted from her home in Salt Lake City, Utah at the age of 14, was held for nine months before being recognized on the street 18 miles from her home and rescued.

"Through this experience, she has become an advocate for change related to child abduction recovery programs and for national legislation. Smart testified before her captor and the world about the nightmare she suffered during her abduction, leading to a conviction," the University's news release about the event stated.

Smart authored two New York Times best-selling books — "My Story" in 2013 and the recently released "Where There's Hope: Healing, Moving Forward, and Never Giving Up," about how to overcome trauma, find the strength to move on, and reclaim one's life.

The release states Smart is the founder of the Elizabeth Smart Foun-

dation and helped promote the National AMBER Alert, the Adam Walsh Child Protection & Safety Act, and other safety legislation to help prevent abductions.

Smart will speak Wednesday at 7 p.m. in Ann Nicole Nelson Hall. The talk is free and open to the public; however, tickets are no longer available. The event will be live streamed in real time through the Minot State University home page, MinotStateU.edu, with the help of staff and students in the broadcasting and professional communication program.

"The event will be streamed live, so anyone can watch it from wherever they may be. They simply need to go to the Minot State webpage, where they will find a link to Elizabeth Smart's talk," Robert Kibler, chair of the division of humanities, said.

The broadcast of Smart's presentation will also be available to view after the event on the website for 30 days.

For further information, contact Robert Kibler at Robert.Kibler@MinotStateU.edu or 701-720-2716.

## No Excuse for Abuse-Red Run brings awareness to domestic violence

Aylin Ergin  
Comm 281

Thursday, Minot State University's Title IX office hosted No Excuse for Abuse - Red Run in the Dome. Title IX Coordinator, Lisa Dooley, collaborated with different departments throughout campus, such as MSU Life, Residence Life & Housing, Student Activities, and the Wellness Center.

No Excuse for Abuse - Red Run was a spin-off of Walk a Mile in Her Shoes, which the Domestic Violence Crisis Center has been hosting on campus for years.

"I was looking at inclusivity and to demonstrate to everyone that sexual violence happens to everyone, so the Title IX office came up the name No Excuse for Abuse - Red Run," explained Dooley. "The Red Run is because the individuals will be running in red heels."

The event was an opportunity to raise campus community awareness about the causes, effects, and remedies to sexual violence and to show support for survivors, recognizing that sexual violence can happen to anyone.

"I think anytime that we can do education and bring awareness to sexual violence or to domestic violence on campus and in the Minot community, it helps reinforce the commitment to strengthen. It also helps strengthen the purpose of Minot State's Title IX office. It is making our campus community a healthier and safer place to live," Dooley elaborated.

Dooley did not only want to educate and raise awareness, but to also sponsor an event that would be fun for the entire campus and Minot community. One way of doing that was collaborating with different departments

See Red Run — Page 2



Photo by Alyson Heisler

Minot State football coach, Mike Aldrich, participates in the Red Run. The event took place in the Dome and raised awareness for domestic violence and prevention on the Minot State campus.



# News in Brief

## Music Art Personal Stories : The Road to Recovery

The HON 391H Community Problem-Solving class will present Music Art Personal Stories: The Road to Recovery on Thursday. There will be two sessions of the event — the first from 11 a.m. to 2 p.m. in the Student Center Atrium and the second from 5 to 8:00 p.m. in the Beaver Dam. Art exhibitions will be on display with live music and refreshments. Members of Minot State and the Minot community will be presenting at 1 and 7 p.m.

## Theatre Department presents 'Honeymoon in Minot'

"Honeymoon in Minot" is the story of a couple flying to Key West for their honeymoon when their plane is grounded, stranding them in Minot. The original play, written by Dan Fagan, Minot State alumnus, will be directed by Aili Smith, associate professor theater and communication arts. Performances will be held Thursday through Saturday at 7:30 p.m. in the Aleshire Theater at Minot State University.

The box office opens at 7 p.m. for each performance. Tickets are \$10 per person and free for Minot State students, faculty, and staff with current MSU ID.

## Upcoming Easter Break

There will be no classes on Friday, April 19 and Monday, April 22 in observance of Good Friday and Easter Monday. The university will be closed on Friday, April 19.

## Lassiter named winner of MLK writing contest

Earlier this spring, the Minot State Diversity Council held a writing contest in honor and remembrance of Martin Luther King, Jr. Students submitted essays inspired by King's "I Have A Dream" speech showcasing their own dreams. Reginald Lassiter, a senior management major, placed first in the contest, and his poem is printed below. The second and third place winners are available at RedGreenPaper.com.

Only love  
By Reginald Lassiter

"Darkness cannot drive out darkness, only light can do that."

It's been some time now since I've dreamt of it.  
Seems like even more time has passed since  
Last I was able to feel the strength of it.  
This time around I'm just anxious to catch a glimpse of it.  
The tides of change are near and I'm praying we'll be entrenched in it.

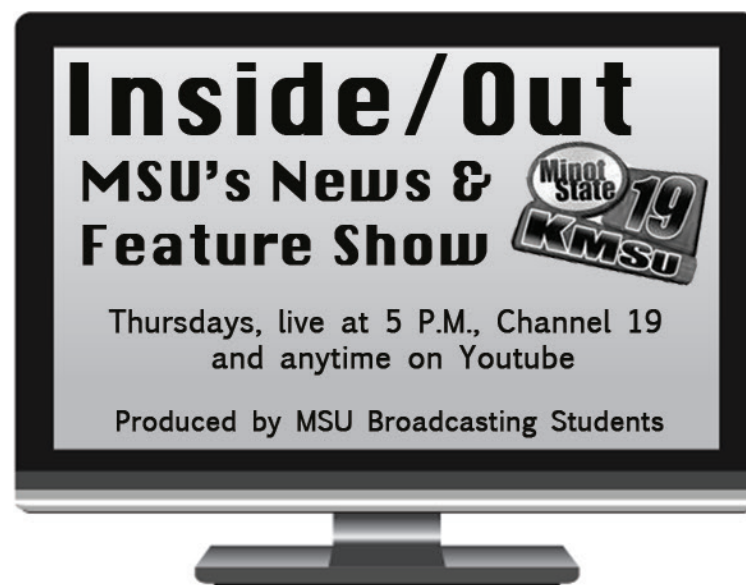
"Hate cannot drive out hate, only love can do that."

Through Declarations and aspirations turned white lies.  
Into legal lynching's of thy neighbor and crossed lines.  
Of the true ideals of Independence, we've tossed vines.  
Instead we're plagued on the dependence of past cries.

"I am the light of the world"

Separate but equal. I've dreamt that I'm in the sequel.  
I've dreamt that the fear was no more when strangers first see you.  
I've dreamt that pain was relieved when love rushed to treat you.  
I've dreamt transgressions were forgiven through a verdict meant to free you.

We live in a world where there is so much room to give.  
I was given this world and we have so much room to live.  
Love is the answer and we just need to make it fit.  
Tear down your walls, give way to peace, and take in all the love you can get.



## ... Red Run continued from page 1

on campus.

Residence Life & Housing offered the event as a program opportunity to resident assistants and residence hall directors. Ana Gonzalez Baumuelller, criminal justice freshman and resident assistant in McCulloch Hall, hosted a table at the event with her team.

"I heard about it through the housing office and loved the opportunity right away. My team and I decided to host a table where we are doing a bean bag toss. Every time someone hits the target, they get a fact about gender violence and sexual assault, anything Title IX related," Gonzalez Baumuelller explained.

For Gonzalez Baumuelller and her team, it was important to come up with a program that would attract the community as well as be educational and fun.

"In our weekly staff meeting, we brainstormed a lot and came up with several ideas. We wanted to create a program that would be attractive for the people visiting. We also wanted it to be something fun and educational at the same time. It is important to raise awareness about gender violence and sexual assault and have as many people as possible attend the program," Gonzalez Baumuelller emphasized.

In addition to tables hosted by campus departments, teams that competed in the red heel relay race consisted of student clubs and organizations, such as the Native American Culture Center, Phi Alpha Honor Society, Student Government Association, and an honorary team. The honorary team consisted of Kevin Harmon, vice president for academic affairs, Dan Conn, assistant professor of teacher education and master of education program director, Beth Odahlen, director for the Center for Engaged Teaching and Learning, and Mike Aldrich, head football coach. The team collected donations to give to the Domestic Violence Crisis Center at the end of the night.

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## Voices on Campus

*'What is the most beneficial lesson you've learned at Minot State?'*



**Montana Schneider**  
Addiction Studies

"Dr. Vicki Michels has taught me that test scores don't determine if you will be a good counselor or not."



**Jenae Orluck**  
Nursing

"My roommate, Carly, taught me how important time management and setting your priorities is."



**Nolan Compere**  
Biology

"Build a schedule and stick to it and study, but also give yourself some down time. I learned this from Clayton Markley."



**Renae Evenson**  
Special Education

"From the special education department teachers, I have learned that everyone deserves to be included and belong."



**Katherine Heidt**  
Elementary Education

"Make sure to keep up with your assignments."



**Taylor Sprowl**  
Communication Disorders

"My advisor, Lisa Roteliuk, taught me that no matter how hard it is now, it will be worth it in the end."



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## R&G Editorial

This editorial may not necessarily reflect the views of MSU.

The semester is quickly coming to a close and we are all rushing to complete assignments, final papers, and study for exams that we've known about all semester; much like how I'm writing this editorial at the last minute even though I've known about it for weeks.

As we prepare for the final weeks before exams, I figured a helpful reminder of ways to relieve stress and maximize studying and productivity would help everyone.

First tip, stop procrastinating. I am the first that needs to practice what I preach, but I will answer all of the excuses we regularly come up with for procrastination. No, we do not work better under pressure. No, we do not do our best in a crunch. No, we are not more motivated when the deadline is in three hours. We are tired and done, but we should just start working on a study plan now and not kill ourselves the first week of May. Trust me.

Second, take a break. That doesn't mean an endless break that leads to procrastination but scheduled breaks. The Atlantic wrote in an article that working for 52 minutes and breaking for 17 boosts productivity. Even if you don't use those exact increments, take a break while studying because you're studying ahead of time and not at the last minute.

Third, make time for friends. It's the end of the semester. I know I said that, but I figured a reminder would be nice. Summer is upon us and you may not see your friends for a while. This is more likely if you're graduating and moving. Try to make the extra time and relieve your stress.

Have a great end of your semester!

## MSU student becomes Miss North Dakota USA



Submitted Photo

Minot State senior Samantha Redding seeks to spread a message of inclusion using her platform as Miss North Dakota USA.

By Kellie Sink  
Comm 281

Samantha Redding, 2019 fall graduate of Minot State University, holds the title for Miss North Dakota USA. While earning her degree in special education, Redding competed for three years to get where she is today. While pageants were never a thought growing up, the idea soon became a goal.

"I got a letter in the mail one day and it said, 'You could be the next Miss USA.' And I said, 'No way — that's not possible, ever.' And then I thought about it, and I thought, 'Who better to represent my state than someone who loves the state of North Dakota like I do.' I am so proud to be from here and to represent a state with such kind and caring people, genuine

people," Redding said.

While preparing for her current title, Redding's journey was a learning experience about discovering herself and who she wanted to represent. She is continuously learning to find confidence in herself and her decisions.

"I'm learning to trust my gut and trust my instincts and not ask for other people's opinions because at the end of the day, this is my journey," Redding said. "It's really taken some growing, but I think I'm getting there. I'm really proud of myself to be able to say that I can make those decisions on my own."

As Miss North Dakota USA, Redding not only represents the state, but she also spreads awareness about the importance of inclusion — focusing on disabilities, while including other

important topics as well.

"My sister was born with Down syndrome 17 years ago; that's crazy to say — 17 years ago and it completely changed my life. It turned from a family situation, to a personal passion, to my career goal. It's really important to me to spread the thought of inclusion and how important it is for young people to include one another," Redding said. "I want to bring about positivity and reasons why including can better yourself and make other people's days too."

Redding encourages women to experience what she's been able to, expressing gratitude for who she's met, her fitness journey, as well as interviews and public speaking experiences.

"You never know where it's going to lead. Even if you don't win, there's so many great things that come out of it, and I think it really helps you find yourself because of all the different things that come with being in a pageant — just the confidence to do things that might've made you uncomfortable is huge," Redding expressed. "You never truly know unless you take the step and just try it, with anything. It doesn't

matter if it's pageants, or sports, or a love life, or whatever — you have to try."

Aside from pageants, Redding aspires to make a difference in the classroom by becoming a teacher and later furthering her education to special education law.

"I want to become a mediator between the schools and the parents to really hone in on what is going to be best for the child. I feel like a lot of times the parents, you know, obviously they know their child and the teachers spend a lot of time with the child; both want the best interest but may not know how to communicate that affectively," Redding explained.

Redding will compete for Miss USA May 2 on FOX.

"I'm going to Miss USA and I'm super excited about that, and I don't really know what comes after that," Redding explained. "I think, for me, it's best to live in the moment and to really see where life takes you. I've learned that you can plan all you want, but it's really what God has in store for you and it can kind of throw you through a loop sometimes."

## Red & Green

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

Red & Green is printed at Minot Daily News, Minot, N.D.



## Miss North Dakota Teen USA advocates for people with disabilities



Submitted Photo

Miss North Dakota Teen USA and Minot State University student Caitlyn Vogel uses platform to increase interest in medicine and disabilities.

By Kellie Sink  
Comm 281

Minot State University is home to Caitlyn Vogel, who was recently crowned Miss North Dakota Teen 2019. Vogel is a freshman at Minot State with goals of graduating in the nursing program with a minor in sign language. From there, she would like to further her education as a nurse practitioner to become an OB/GYN specializing in disabilities after being inspired by her friends with disabilities to live a full and positive life.

“As a doctor, I just want to be able to advocate for the baby in the womb because I wouldn’t be here today if it wasn’t for my friends with Down syndrome,” Vogel explained. “I also want the parents to know that they’re coming to a practitioner who supports their decisions and can explain things and that it’s going to be hard, and it’ll be a little different, but it will all be OK.”

Vogel’s passion for including those

with disabilities began in middle school and has grown since.

“In sixth grade, there was a girl with Down syndrome who was about two years older than me and she was so happy, contagiously happy, so I just went and I introduced myself and it was the power of one single friendship that changed my life, like, forever,” Vogel said. “When I introduced myself, we clicked right away and she’s still one of my best friends to this day.”

Vogel continued building friendships and learning from those with disabilities.

“I’ve learned it’s just the simple things in life. My personality has been shaped and pushed towards the positive, which I’m appreciative for, and I don’t think I would’ve realized that if it wasn’t for them,” Vogel expressed.

Vogel wishes she had the opportunity to have someone talk to her about people with disabilities when she was younger, expressing it shaped her goals in life and as a title holder.

“When I won, my goal was to teach the value of inclusion to young kids so that’s what I do when I go to schools. Before I won, I sat down and thought, ‘What am I going to do if I win?’ I promised myself two things and the first one was to go and visit as many kids as possible. Kids are very close to my heart and I feel like they’re at a great age where knowledge is powerful to them and you can shape their mind before it gets shaped by something negative,” Vogel said.

Another goal was to teach the value of inclusion. While visiting classrooms, she asks students what they know about disabilities and what they think inclusion means. The response she receives is normally silence. After Vogel does activities with the students, shows a video, and tells her personal testimony, she asks the same questions again.

“By the end of the visit I ask, ‘Are you guys going to friend someone who might be different than you?’ and hearing them all just shout, ‘Yes,’ it just warms my heart because I know that I never had that opportunity where someone came and talked to me about that, and I love that I can impact that way,” Vogel expressed.

Aside from visiting classrooms as Miss North Dakota Teen, Vogel also has other responsibilities that come with the crown.

“There are two main responsibilities I feel — being a role model and always holding yourself to the highest standard,” Vogel said. “Another responsibility you have is preparing for nationals. It is a lot more preparation that I even ever realized that goes into getting ready for nationals.”

The crown comes with significant financial obligations as well. Vogel describes herself as frugal and tries to save as much as she can. While the title holders do fundraising and receive sponsors, they fund their own travels for appearances.

“That’s probably the most stressful thing so far because I don’t want to be relying on my parents — I want to be able to do this as an individual, as independent,” Vogel said.

Aside from competing in a pageant when she was nine, where she was the only contestant, Vogel had never competed before Miss North Dakota Teen

See Miss Teen — Page 11

## ‘Honeymoon in Minot’ opens Thursday



Submitted Photo

‘Honeymoon in Minot,’ an original play written by Dan Fagan, premieres Thursday in Aleshire Theater and will run through Saturday at 7:30 p.m.

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# Minot State to host Shakespeare-fest

By Alyson Heisler  
Comm 281

The Minot State division of humanities will host Shakespeare-fest to keep the works of William Shakespeare alive and contribute to a Minot State tradition.

Shakespeare-fest dates back to Au-

gust 4, 1916 when a Shakespearean pageant was performed and an area on the Minot State campus was transformed into the times of Shakespeare — a la a renaissance festival. Participants dressed in period costuming and built wooden boats to bring the cast of the plays to their performances.

“They put on plays on campus and they built a boat because there used to be a lake apparently over in the area that is in front of Old Main,” Robert Kibler, co-chair of the division of humanities, said. “They had the royal court with the tutor, king and queen, and all their entourage that came in on

boats and landed to join in the festivities.”

The celebration is done on a much smaller scale now, but the purpose of the event remains the same — to keep the spirit of Shakespeare alive and get people involved in talking about and participating with his works. There will be two showings of films of Shakespeare’s plays and discussions before and following each viewing.

“We’re going to help frame what the audience is seeing and give them a sense of what they should be looking for. Then after the movie is over, we’re going to sit around and discuss what we saw and why it is important,” Kibler said.

The plays selected for this year’s festivities focus on two varieties of magic — the fantastical elements of “The Tempest” and the dark magic of “Macbeth.”

“I’ve chosen ‘The Tempest,’ one of Shakespeare’s final plays. It’s a magical play — it’s physically got magic in it — and it’s great for springtime with its magic, sprites, fairies, potions, and incantations,” Kibler said. “The play is focused on a meeting of brothers, who have abandoned each other years ago,

and it ends well.”

Eric Furuseth, coordinator of English at Minot State, will show the Roman Polanski film “Macbeth” and facilitate a conversation about the details of the play after.

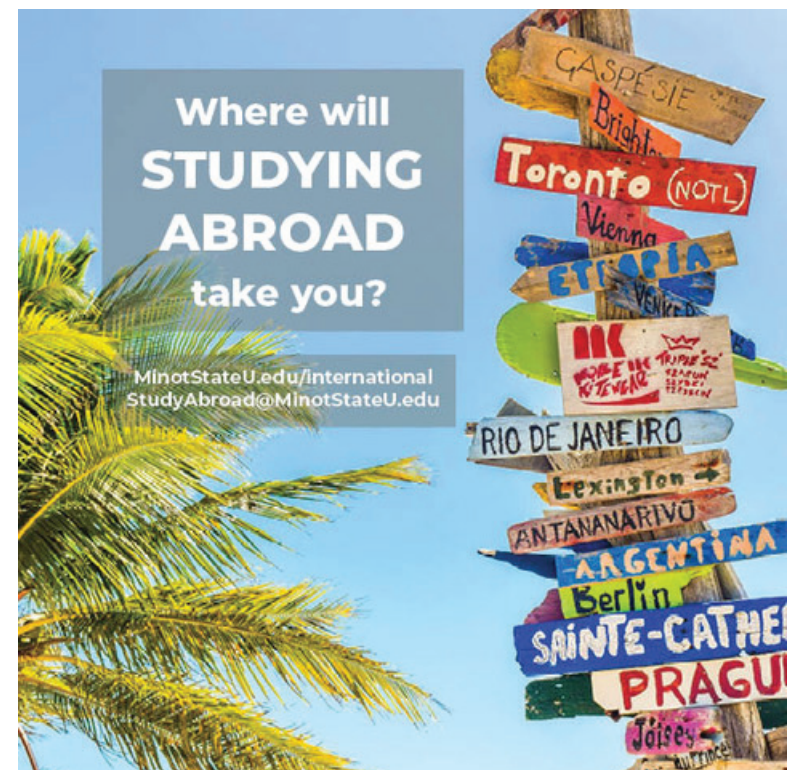
“‘Macbeth’ is looking at a husband and wife, who want to climb the ladder of power but destroy themselves as they’re doing so, as well as a whole bunch of other people. There’s going to be good witches that are scary in that movie. There’ll be a cauldron and magic is forming in the whole place, so springtime magic or evil magic — choose your poison,” Kibler said.

The film presentation of “The Tempest” will be Tuesday, April 23 at 6:30 p.m. and “Macbeth” on Thursday, April 25 at 6:30 p.m. in Aleshire Theater at the front of Hartnett Hall. The event is open to faculty, staff, and students. For more information, contact Robert Kibler at Robert.Kibler@MinotStateU.edu or call 701-720-2716.

<b>SHAKESPEARE WILL LIVE IN MINOT TONIGHT</b>	
EVERYTHING IN READINESS FOR THE MAGNIFICENT SPECTACLE IN LINCOLN PARK.	nessed this evening. B. Melvin Johnson, who takes the part of Shakespeare, has just spent several years in studying the character and eccentricities and personality of the bard, and he brings to the production this evening the sum total of all this research and study, giving those who have studied Shakespeare at long range new ideas and new views of the character. Every detail of the entire pageant has been worked out to fit into the atmosphere created by the poet and every one of the one hundred and thirty-five persons who will be in the production have studied every feature of the word builder from his or her particular point of view and with reference to the character he or she portrays. It will be the only chance of a lifetime to get a glimpse of things as they were when the master hand penned the greatest elements of the English language. This is the year of Shakespeare in all
MOSQUITOES ELIMINATED LAKE HAS BEEN OILED AND INSECTS HAVE QUIT ITS VICINITY.	
IS WORTHY OF PATRONAGE	languages. the 300th anniversary of his death, and it will be a long time before another year is devoted so largely to the development of the truth of his life and character as has been done in this. For this reason it is important that those who desire to study the subject at first hand take advantage of the long study, untiring efforts and strenuous labor of those who are presenting the elements that made his memory revered through the centuries. The lake where the pageant will be presented has been oiled, so that there will be no bother from mosquitoes. Last night at the rehearsal not one of these pests was in evidence, and the spectators will be able to enjoy the production in comfort this evening.
LONG EFFORTS AND HARD STUDY TO GIVE PUBLIC SOMETHING WORTHY OF NAME.	
<p>The last finishing touches have been put on the production of the Shakespearean pageant to be presented this evening at 8:30 o'clock on the banks of the lake south of the normal school building by the faculty and students of the normal school and a number of local Shakespearean students. The final dress rehearsal last night showed a finished production that will be worthy the attendance of any person who really desires to see Shakespeare as he actually was in his own lifetime. Those who have planned the magnificent pageant and who are taking part in its production have searched the misty past for the elements with which his plays and the times in which he lived will be depicted. The research work means that the England of Shakespeare and Queen Elizabeth will be reproduced in the pageant to be wit-</p>	
(Continued on Page Five)	

Submitted Photo

An article from the Minot Standard about the August 4, 1916 celebration of Shakespeare-fest at Minot State detailed the festivities of the event, including the royal court entering on a hand-built boat across the lake in front of Old Main.





# Student government president to pass the baton

**Joshua Strong**  
**COMM 281**

The recent Student Government Association (SGA) elections resulted in a change at the head of the table.

Aaron Richard, a senior majoring in management, marketing, and entrepreneurship, will end his term as SGA president and will pass the baton to Janel Bortoluzzi, a post-bac student who is pursuing a master's degree in communications disorders.

"I completed my undergraduate degree in Canada and I came here for the graduate school, but a year of undergraduate studies is required to be eligible, which is called a post-bac year," Bortoluzzi explained.

Both student leaders have been very involved in their time so far at Minot State, committing time as members of student government and student ambassadors alike. They also stay busy with other activities, jobs, clubs, and events.

"I've been involved in SGA since my freshman year, and I've held several different roles within the organization and it's been fun. For me to watch the people around me and myself grow and gain more leadership knowledge and experience has been the highlight overall," Richard said.

"I joined SGA last November, I was a senator of the college of education and health sciences. I'm a member of the National Student Speech Language Hearing Association and I volunteer for the Special Olympics as a coach. I'm also a student ambassador," Bortoluzzi said.

Bortoluzzi brings a passion for politics and previous student government experience from her previous university to the table. Her involvement across the university has brought issues among the student body to her attention, which sparked inspiration for a presidential campaign. One particular goal of hers is to increase campus sustainability.

"Coming from my university in Canada, the campus was very sustainable, they banned the use of plastic water bottles to encourage the students to bring their own reusable water bottles," Bortoluzzi said. "They implemented a lot of water refill stations for that, as well as a lot of recycling

and compost bins. I think that's something I want to bring to Minot State."

Under departing President Richard, a more sustainable and energy efficient campus was already a major part of the agenda, as shown with his involvement in reactivating the Campus Sustainability Committee.

"Getting that committee reactivated has started a lot of projects, such as replacing all the LED lights that you see in all the buildings. We had an energy audit that went through last spring which indicated windows that needed to be replaced, and this summer Old Main will get new energy efficient windows," Richard said.

Richard highlights his experience as president with the opportunities and connections he's seen and made both on and off-campus for the many student organizations. This includes the new breastfeeding station and an upcoming marketing piece — selfie stations. Richard's departure is met with other officer and senator changes and he offers words of advice to the newcomers and those receiving pro-

motions alike.

"For next year's student senate, I just want to tell them, you will get out of it as much as you want to put into it. The sky is the limit, you can do anything. Dream big. There are a lot of exciting projects happening on campus right now that you'll be a part of," Richard said.

Under new SGA President Bortoluzzi, the student body can expect that its concerns will be cared for and addressed.

"I'm really passionate about student well-being. I want to help advocate for them and do whatever I can to make their university experience more enjoyable," Bortoluzzi said.

The next Student Government Association meeting is on Monday at 7 p.m. The current senate will convene for a final meeting before passing the torch to the 2019-2020 senate.



Student  
Government  
Association

## 2019-2020 Election Results

**President**  
Janel Bortoluzzi

**College of Business Senators**  
Linh Le  
Jaeleon Roberts

**VP of Finance**  
Cole Brose

**College of Arts & Sciences Senators**  
Bryana Guzman  
Kellie Sink  
Lordina Yeboah

**VP of Internal Affairs**  
Madison Tiedman

**College of Education & Health  
Sciences Senators**  
Aubrey Barker  
Cassie Daniel  
Dylan Hennessy  
Shelby Tornato

**VP of State Affairs**  
Felicia Arias

**Off-Campus Senator**  
Joshua Strong  
Cambree Smith

**Congratulations to All of The Candidates Who Ran in This Year's Election.**

Photo courtesy of SGA's Facebook page  
Results of the 2019-2020 SGA election. The next SGA meeting will be on Monday at 7 p.m. in the Westlie Room.

# BIT 120

## Introduction to Cybersecurity

### Fall 2019

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## Two trips to the national championship for Beavers' hockey

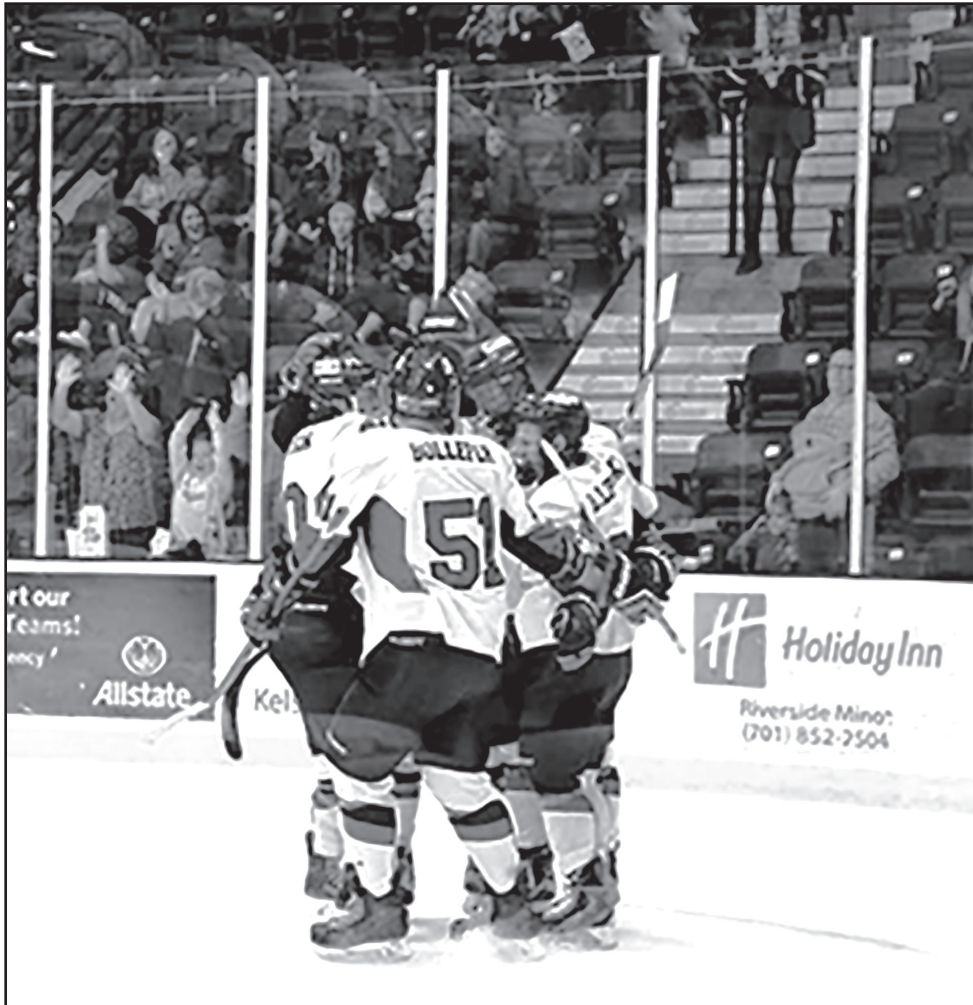


Photo by Troy Kowal

The Beavers celebrate their second ACHA DI National Championship, beating the number one seed and getting redemption over the team that bounced them in last year's playoffs.



The Beavers had a lot of goals to celebrate during their National Tournament run; Minot State outscored their opponents 11-3 over the three games.

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By Troy Kowal  
COMM 281

Both the women's and men's hockey teams made the trip to Frisco, Texas for the American Collegiate Hockey Association (ACHA) National Championship Tournament. Unfortunately, the results weren't as the Minot hopeful wanted. While both teams made a run to the championship game, only the men were able to pull off the win as the women dropped a close one.

The Minot State men's hockey team won the 2019 ACHA Division I National Championship, the Beavers' second national title. The other championship season was in 2013.

The road to the title was a hard-fought battle; one loss and the dream

would have ended. The Beavers started the tournament with a 5-3 win over the University of Illinois. On March 24, the Beavers pulled off a 3-2 win to defeat Adrian College. Then, the number one team in the nation stood between the Beavers and the championship game; they managed to hold off Lindenwood University in a tight 1-0 game. On Tuesday, March 26, the final game of the 2018-2019 season was set versus Iowa State. The Beavers pulled off the win with a score of 3-1, making them the National Champions of ACHA Division I.

The women also made it to the championship, but fell short to Assiniboine Community College.

The women started with a strong

win over Boston College 5-0, punching their ticket to the second round. The winning continued as the Beavers defeated Bishops University 6-2, which sent the team to the championship game. The final game showcased Minot State versus Assiniboine Community College on Sunday, March 31. The final score ended up 1-0, but not in favor of Minot State.

Both the men's and women's teams had amazing success on the ice during the season; the men will end the year ranked number one in the ACHA poll as the women look to prove what they are made of as they move into the ACHA Women Division I level of play next year.



## Sports

### Editorial

**This editorial may not necessarily reflect the views of MSU.**

As the spring semester wraps up, so does spring practice for the Minot State football team. The NCAA allows Division II football programs 14 padded practices followed up by one spring game during the second semester of the school year. Minot State chose to spread those 14 practices over a four-week span from March 19 to April 13.

For the last four weeks, Minot State football players have been waking up bright and early every other day for spring ball practices. Due to the Minot State bubble being utilized by the university's softball and baseball teams in the afternoon, the football team elected to begin practices at 5:25 a.m.

Spring ball is a great opportunity for coaches to evaluate returning talent within their team as well as gives the players, especially freshman, a chance to get a lot of reps. During spring practices, the emphasis is for the player to grow physically, mentally, and emotionally on the field and in the playbook.

Since there isn't an opponent to scheme against, it allows the coaching staff and players to dive into the bread and butter of Minot State's offensive and defensive identity. See Destond Hall's piece in this issue about the progress made during these practices.

With spring ball ending, Minot State football players will put on their game jerseys one last time before the fall season and face off in the annual red versus white spring game.

On Friday at 7 p.m. in the bubble, several future Beaver football players and recruits will be in attendance as they watch the Minot State offense compete against the Minot State defense for spring supremacy.

## Football team looks to fall after spring ball

**Destond Hall  
COMM 281**

The Minot State football team kicked off the start of its spring ball season March 19 and will run until Saturday, with their annual spring game being played on Friday. Right now, the Beavers are nearly finished with their 14 spring practices. According to head coach Mike Aldrich, the Beavers are making progress but are still far from where they want to be.

"We don't get to play anybody other than ourselves, so once you get through these 14 practices, you kind of get beat down as you're just practicing against each other," Aldrich said. "The testosterone starts to rise and you start getting to the point when you're really excited to play somebody else."

Spring ball is really a time where coaches and players want to see the team progress and learn as they grow with each other.

"It's really good to get a ton of expe-

rience for guys that didn't really have that experience to play in the fall; for example, guys start getting reps with the first team that didn't get reps with the first team in the fall," Aldrich said.

Players Ben Bolinske and Lane Torgerson also weighed in on how the Beavers are progressing this spring.

"I think the team has took a big leap forward this spring. Holding player-held team meetings and holding everyone accountable made everyone grow a lot closer," Bolinske, junior quarterback, said. "It's showing on the football field without having that fear of conflict. Instead, we're showing a foundation of trust."

"We've really progressed and this has been, by far, the best the team has looked in spring ball since I've been here," Lane Torgerson, senior wide-receiver, said. "We're so much farther along and have a lot of guys working hard, wanting the whole team to get better. It feels very team orientated this

spring."

It took some time for the Beavers to get used to changes made in the winter with new strength and conditioning coach Caleb Heilman. Heilman immediately got the football team ready to attack the spring.

"We're more of a faster and stronger team, I feel like, with Coach Heilman. You could see how the workouts benefited guys on the team — some are jumping higher and some are running faster," Bolinske said. "It's more positioned-based lifts that helps us a lot. We're more comfortable with certain moves and more flexible."

"The workouts are different from what we did in the past, but they have built us into being better athletes — more explosive and more position specific stuff that will help us better on the field," Torgerson said. "At the end of spring ball, we should be at a level where we come into fall camp and already know what we need to do.

We want to make it easier going into the season with a positive attitude and ready to go."

The Beavers look to finish spring ball better than they started, giving them momentum into the summer and fall.

"The biggest thing for me to the team, coming out of the spring, is having confidence. Can we have confidence and create some momentum going into the offseason to where we feel good about what we're doing?" Aldrich said. "As we go into the offseason, I want guys to feel good about the work they put in the spring and get excited for the fall and, of course, I want to them come out as injury free as possible."

"I just want to feel like we got better. I feel like we're moving in the right direction as a team. We still have a long way to go, there's no doubt about that," Bolinske said. "At the end of the day, it's about putting things together in the fall. Spring is a stepping stone for that."



Photo by Destond Hall  
Tamrick Ross, Pat Boland and Pat Hardy run off to the sideline during Beavers morning spring practice.

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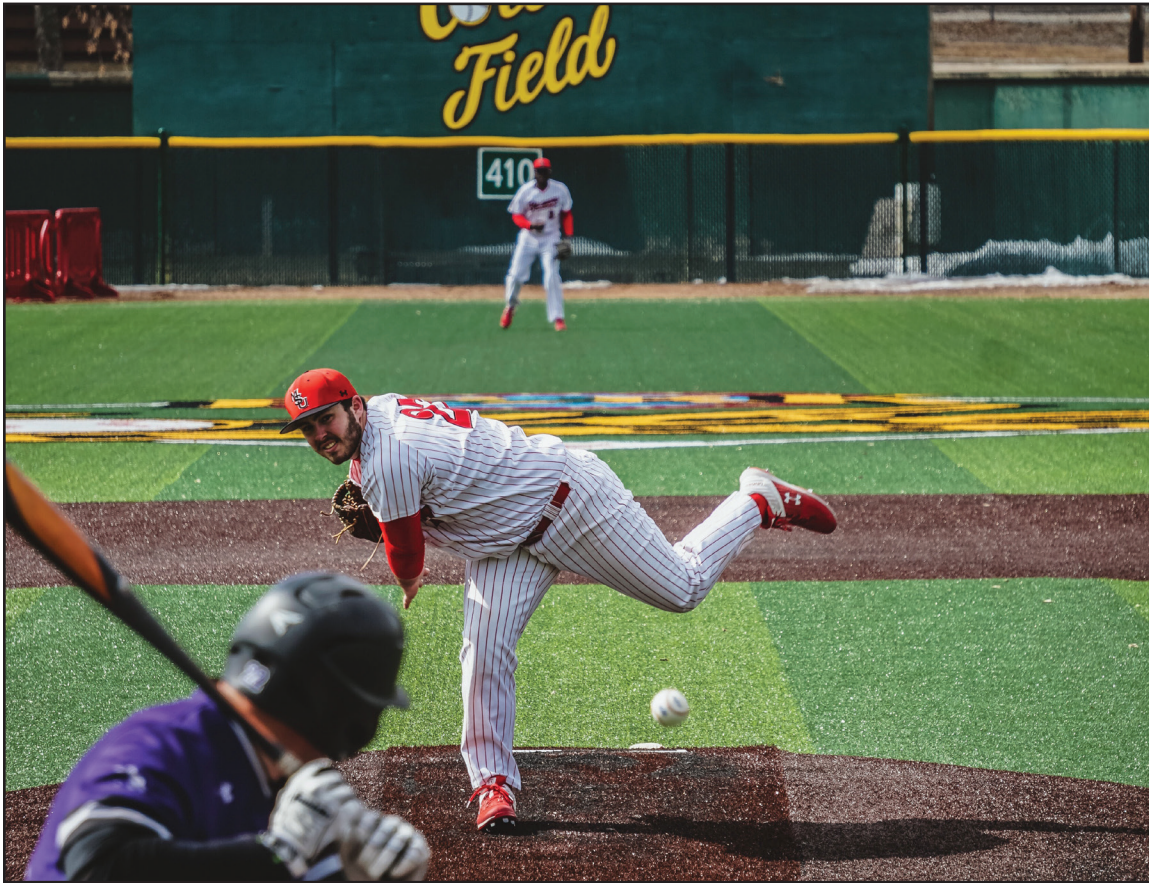


Photo by Joshua Strong

Zach Newman pitches against Sioux Falls on March 31. The Beavers finished off the weekend sweep winning 14-4 against the Cougars.



Photo by Joshua Strong

Wyatt Schlosser celebrates with his team after scoring in the weekend sweep against the Sioux Fall Cougars.

## Beavers softball plays first outdoor home games at South Hills Complex



Photo by Joshua Strong

Rianna Aasen steps up to the plate against Minnesota State University Mankato. The Beavers dropped both double header games to the Mavericks 10-7 and 12-7 on March 31.



Photo by Joshua Strong

Jordyn Staples pitches against Minnesota State University Mankato in one of the Beavers two losses on Sunday, March 31.



**... Miss Teen  
continued from page 5**

and had no expectations going in.

"For the state-level, I didn't prepare a whole lot. I didn't have a coach or anything. I just did a little research and I just went into it just comfortable in who I am, and that's what they were looking for," Vogel explained. "For nationals, it's a lot more. You have to be able to answer questions on your toes, you have to be at your best the whole week, and you just have to really be able to communicate who you are within that three-minute interview as best as you can."

For the teen portion of Miss USA 2019, contestants are required to do their own hair and makeup for national TV. Outside of competitions, however, Vogel maintains the same appearance as before the crowning, always remembering her core values.

"I keep it pretty low-key, I still wear my sweats and my hat and no make-up, so a lot of people in my classes, I don't think even know I'm Miss North Dakota Teen," Vogel said.

Attending appearances in the crown is a different experience than her classes at Minot State. Vogel is noticed and approached more often but appreciates the hugs and contact with others.

"When I represent Miss North Dakota Teen USA, I am representing it as Caitlyn, but I also feel like I'm representing it as my inclusion family. I do have a page on Facebook because I know so many people with disabilities and going into it that was my goal — to represent them, not necessarily myself," Vogel said. "It's almost as a thank you just to share their message and share how capable each of them is."

Vogel will compete at Miss Teen USA on April 28. While being a full-time student, Miss North Dakota Teen, and working in respite care, Vogel also organized a fashion show for girls with disabilities that was held at the end of March.

"Each of those things mean so much to me and I'm so lucky to have each of them — that, in the end, it's worth it. It's worth the stress. It's worth the troubles because the end result is amazing," Vogel expressed.

Vogel has an open mind to competing in the future after her reign as Miss North Dakota Teen and is eager to continue to share her message and confidence with schools.

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