

Red and Green

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Minot State University

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MSU SAAC introduces Green Bandana Project for mental health awareness

By Lauren Reeves
COMM 281

Last year in May, Haley Hildenbrand, junior chemistry major and president of the Student Athletic Advisory Committee (SAAC), attended a conference with other SAAC representatives. During the event, Winona State University introduced the Green Bandana Project, a program that helps bring mental health awareness to students — especially student-athletes.

Hildenbrand explained that people will wear green bandanas around campus to show they're willing to listen to and help anyone who's struggling. After months of work, the project will be a part of Minot State University this semester.

According to Hildenbrand, the project will start with student-athletes because two gymnasts at Winona State began the project. She also feels that athletes have the hardest time talking about or seeking out help for mental health issues because they are put in the school's spotlight.

"A lot of people perceive us having everything. We get all the fancy gear, we get to be in extra places on campus, we get the academic center, and we get extra things," said Hildenbrand. "For us to bring up our problems, other people could perceive that as us just being ungrateful for what we have. The spotlight is on us, and I think it's hard for people to break out and say, 'hey I'm actually struggling with this.' I think it's kind of the stigma with all athletes. They just assume that we're fine because we're seen in the public eye."

Hildenbrand wants people to talk about mental health and create an

avenue where athletes and students can reach out and get help. She wants them to feel as though they have someone to talk to about their issues and that it is okay to seek out help.

"Mental illness affects everyone. The struggles that you have with mental illness as a nonathlete could be very similar to the ones that are also happening to an athlete, but just the way the spotlight is on them, it's harder for them to express how that's affecting them," she said.

Hildenbrand hopes the Green Bandana Project helps students talk about their mental health and seek help from others around them. She also gave advice for freshmen students and athletes who are scared to ask for help.

"You can go up to anyone with a green bandana and they'll be an ear for you, and they can help point you in the direction of resources," said Hildenbrand. "I would tell freshmen not to be scared to go up to teammates that are juniors and seniors because they have been in the same place. They know what you are going through. In a way, it's comforting for us to know that we can be there for you as much as you can be there for us."

SAAC plans to have a table display in the lobby of the Minot State University Dome where students will be able to pick up green bandanas, make a pledge to the project, and receive mental health information cards. Hildenbrand said they plan to keep the table out year-round for students to visit.



Submitted Photo

Green bandanas show support for mental health.

News in Brief

Minot State students invited to Citizens Police Academy

The Minot Police Department invites members of the public for a hands-on, behind-the-scenes look at how the Minot Police Department serves the community. The Citizens Police Academy encourages participants to ask questions and facilitates open discussions on the challenges facing law enforcement today. Areas of interest include patrol operations; crime scene response unit; special operations such as SWAT, K9, and the bomb squad; use of force; and weapons familiarization. Participants are also invited to join a patrol officer for a ride-along to see the duties and responsibilities of law enforcement officers.

The four-session event is scheduled for Tuesday evenings from 6-9 p.m., May 5-26.

The minimum age for participation is 18, and applicants must consent to a background check. All interested community members are encouraged to apply — including college students.

Applications are due by April 28. Applications can be picked up in-person at the Minot Police Department or by sending an email request to Master Police Officer Aaron Moss of the Crime Prevention Unit at aaron.moss@minotnd.org.

'Americas 2020: Paperworks' public reception

The public reception for "Americas 2020: Paperworks" is tonight from 6:30-8 p.m. The juror for the exhibition, Christina Z. Anderson, will also present a juror's talk and awards at 7 p.m. The reception is at the Northwest Arts Center, located in the lower level of the Gordon B. Olson library and is free and open to the public.

'Thursday Thaws' at Prairie Sky Breads

To fight isolation, seasonal depression, and loneliness brought on by the winter season, Prairie Sky Breads is hosting "Thursday Thaws." Every Thursday in February, the Minot community is welcome to come together, make new friends, and play some cornhole over free coffee and scones. The events are tonight and Feb. 20 at 5 p.m.

'Palentine's Day: Friend Speed Dating' event

In celebration of the opening of their new storefront, Prairie Sky Breads will host "Palentine's Day: Friend Speed Dating" on Sunday at 2 p.m. Take a moment to make new friends in a fun setting. Free coffee and scones will also be provided. Prairie Sky Breads is located in downtown Minot at 3 1st St. SE.

Minot State University closed for Presidents Day

No classes will be in session on Monday in honor of Presidents Day.

Assessment Day

No classes will occur before 3 p.m. on Tuesday in accordance with Spring Academic Assessment Day.

'500 Ways to Win' returns

A Minot State favorite returns on Tuesday with MSU Life's "500 Ways to Win." Students are encouraged to attend for the opportunity to win a prize — 500 prizes are available. The event begins at 7 p.m. in the Dome. A valid student ID is required to receive a prize.

'Deaf Ninja' to speak at Minot State

The Department of Special Education will present Kyle Schulze, who was a contestant on seasons 9 and 10 of "American Ninja Warrior," as their speaker for two on-campus events.

Schulze will speak at a private event for children and adults who are deaf or hard of hearing and their families at 10 a.m. at the Minot State Wellness Center rock wall. This is an invitation only event.

He will also give a motivational talk on his motto: "Stay strong and be proud of who YOU are!" at the Wellness Center at 5 p.m. This event is free and open to the public.

Schulze is originally from Chicago and is the owner of a rock climbing gym and enjoys competing in obstacle course races (OCR) across the country.

During both events, Schulze will demonstrate some of his training activities and interact with the audience along with his motivational speech.

For more information, contact Holly

Pederson, special education chair, at holly.pederson@minotstateu.edu.

Free tax services available to students

The Minot State University College of Business will again offer tax preparation services free of charge to individuals earning less than \$55,000 a year, elderly individuals, military members, and taxpayers with small businesses that meet certain guidelines — including students.

All tax preparation work will be completed by fully trained accounting students. This year nine MSU students are participating in the program.

Services are offered every week starting until Tuesday, April 7. Hours of operation are Tuesdays and Thursdays from 4-7:30 p.m. Appointments can be made by calling 701-858-3122 or by going to Minot State's VITA appointment page at <https://form.jotform.com/90245603550147>.

Potential clients are reminded to bring all necessary documentation, including their ID and the ID for their dependents, to their tax appointment.

SGA meeting Monday, Feb. 24

All Minot State students are invited to Student Government Association meetings, located on the second floor of the Student Center. Their next meeting will be held on Monday, Feb. 24 from 7-8 p.m.

Shuttle available from MSU to shopping centers

By Shalom Baer and Praise Okunbor

For students who don't own vehicles, living in North Dakota's climate can be a struggle. The Office of International Programs at Minot State has carried out a plan devised by students to provide transportation.

"Transportation has always been a challenge for Minot State students who do not have cars, especially international students, but also for local and out-of-state students," said Libby Claerbout, director of international programs. "We have struggled for years to try to help international students have a way to run errands, go shopping, and attend doctors appointments and church services. There has never been a convenient, affordable, and dependable option until now."

During the spring semester of 2019, a group of students working on a research project for the Roger Looyenga Leadership Program chose the transportation issue as their topic.

"A student group was tasked with identifying and trying to solve a campus problem. Some of the students in that group were international students who

identified local transportation as a huge need," Claerbout said. "They initiated conversations with Souris Basin Transportation."

Claerbout said that after the semester ended, her office took the reins to complete a plan to provide options for students through Souris Basin Transportation.

"After the semester came to an end, I took over conversations with Darrell Francis, the executive director of Souris Basin," she said. "To help them identify a route and schedule, the Office of International Programs polled international students over the summer to determine what destinations and days would work best for the most people."

A shuttle has been operating every Saturday since August, leaving the bus stop near Lura Manor for SCHEELS and Walmart at noon and 1:45 p.m. Returning shuttles depart Walmart at 1:30 p.m. and 3 p.m. and SCHEELS at 1:35 p.m. and 3:05 p.m.

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Base hitter takes a swing at design

By Joshua Strong
Staff Writer

Isis Cabral, a senior who is soon to complete her Bachelor of Arts with a major in art, a focus in graphic design, and a fitness and wellness specialist minor, is taking aim at the erupting job market of digital design. Her ideal job is to design for an outdoor or sportswear company. She is currently the marketing intern for the Minot State Wellness Center and most of her design work is shown in the many advertisements for different activities in or around the facility.

“As the marketing intern for the Wellness Center, I handle creating and compiling a number of media posts and posters for their events held each semester,” Cabral said. “My position has helped me push the different styles and concepts I would like to use in graphic design.”

As an art major, Cabral has faced some adversity as she pushes herself while faculty challenge her to become a better creator.

“The biggest challenge I’ve faced with being an art major is finding out what my preferred styles are when it comes to creating work,” she said. “I’ve learned that when it comes to designing, it’s always best to run straight towards projects that may be complex and not over-analyze them.”

Cabral stated that her biggest advice for aspiring artists is to remember there is never a “right” way to do a project. She also explained that no one gets better by doing the same thing as everyone else. Cabral gains inspiration from Tinker Hatfield, best known for his legendary Nike athletic shoe designs.

“Hatfield is one of the main

individuals that inspired me to pursue graphic design. Through him, I’ve learned that graphic design isn’t the ultimate self-expression but more for providing solutions for others,” Cabral said.

Cabral is also a student-athlete for Minot State softball. Returning from a season hiatus, she looks to balance her artistic projects with her athletic performance.

“Through him, I’ve learned that graphic design isn’t the ultimate self-expression but more for providing solutions for others.”

“Being a student-athlete is not a simple task and pairing that with being an artist is demanding. However, when you do what you love, you will always find a way to make it work. Giving equal amounts of attention to each category through time management is paramount in my daily schedule. Every day may be different, but as long as I’m on top of the tasks that need to get done, life is solid,” she said.

Cabral kicked the softball season off with the rest of her team in Las Vegas, Nevada. They will host a number of preseason invitationals in the indoor bubble before conference play. Following the softball season, Cabral will host her senior exhibition in the Northwest Arts Center, with dates to be announced.



Cabral splits her time between graphic design and softball.

RG Editorial

Let's talk about love

by Shalom Baer
Editor

Valentine's Day is approaching. With it will come the sappy social media posts, roses, chocolates, and date-night photos. Of course, the opposite attitude will also make an appearance. Those who hate the day will cite the pressure it puts on relationships; some resent it because it's a reminder to single people that they don't have a valentine.

I'm not in the second group of people, nor am I in the first. I like Valentine's Day; I always have, partially because I'm a fan of romantic gestures, as a lot of people are. For me, though, the romantic gestures aren't a crucial part of Valentine's Day.

Personally, I prefer to think of Valentine's Day as a reminder to reflect on what love is, and what it isn't. When we think of love, we often think of romance — but love isn't romance. Often romance will accompany love, but it isn't the true substance of it. Love is a choice and a series of substantial actions.

Loving someone, romantically or otherwise, means having their best interests at heart, pushing them to be a better person, being honest with them, communicating, and putting in the effort to understand and consider who they are and what they need, even when you don't feel like it. We hear love equated with feelings often in our society, be it through books and movies or phrases like "they give me butterflies." While the butterflies are lovely, they're fickle and sometimes fleeting. Love is the opposite.

Whether you have a date for Valentine's Day or not, don't spend Feb. 14 fixated on whether you get chocolates or how much you hate the day. Instead, focus on the people in your life that you love, and consider the day an opportunity to express it and be reminded to work on loving better throughout the rest of the year.

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

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The single person's killer

Chelsey Bowley
Minot State nursing student

Warning: This article is intended for the single audience only. My apologies for the unintentional discrimination and selective tone. Since we are in the month of February and Valentine's Day is right around the corner, I have decided to promote awareness about one's health as it relates to singleness around this holiday. To everyone not celebrating Valentine's Day, I hope this article helps you realize you are not alone while informing you of a lesser-known condition that could plague lonely hearts who suffer unnecessarily on this overrated day.

According to The Harvard Heart Publication, this condition is commonly known as the broken heart syndrome (BHS) or stress cardiomyopathy. This condition is indeed a real — but rare — condition that can be caused by a variety of problems, one of them being extreme

emotion possibly related to the loss of a loved one or even rejection from a potential dating partner, as stated by the Mayo Clinic. BHS generally presents itself similar to the "silent killer," a heart attack. The person experiencing this may develop intense chest pain and a sudden need for more air. There is speculation that a surge of adrenaline is one cause and the pain associated with this condition comes from a temporary narrowing of the vessels leading to the heart, causing decreased circulating oxygen to the heart.

If one experiences symptoms of broken heart syndrome or a panic attack, the pain subsides reasonably quickly. If one experiences a heart attack, the pain will last longer. Even if you think it is not a heart attack, it is always recommended to take the pain seriously and bring yourself or

your friend to the emergency room immediately. If you are diagnosed with broken heart syndrome, don't panic, it is reversible. A person who suffers from this condition will usually recover on their own within a month, but depending on the situation, may require a few days to recuperate in the hospital with heart medications such as beta blockers or ACE inhibitors.

Never play around with your health or let your emotions run rampant, because one day that intense loneliness may catch up with you. Take care of yourself. Buy yourself chocolates, serenade yourself with some Panic at the Disco! to get high hopes (not Ed Sheeran or Shawn Mendes, too depressing), and go out bowling with your cool, single friends. Don't stay home alone this Valentine's Day. Love yourself. There is only one precious you in this world.

Note-takers for athletes

By Praise Okunbor
Staff Writer

It's stressful to be a college student. It's even more stressful to be an athlete and a college student trying to keep grades up with missed classes. For example, track & field athletes just returned from a meet on Sunday. They left on Friday and missed a day of lectures. Some athletes go on weekly meets and may not attend Thursday or Friday lectures until the season ends. If you know an athlete or you are one, you know that your grades are important. If grades drop below what the coach expects, athletes can be assigned study hall hours, and a low GPA can keep a player on the sidelines for a semester.

Study hours are planned to help athletes study consciously and get their grades up. I believe this plan is inadequate. These athletes are trying to catch up with lectures, labs, and sometimes tests they've missed. Having study times doesn't fix that problem. The intended advantage is to make sure athletes take time

out to study. But how can they know what to study? How can they know what the professor brushed through or spoke extensively on?

As of now, athletes probably borrow notes from fellow students in order to catch up, but this is not the best option. How many students take good notes, with good handwriting too? Most make highlights in the textbook, and some just pay attention by noting keywords. It would be difficult for an athlete to use notes in such a circumstance. There might be some students who take good notes, but it will take a lot for an athlete to find those in each class. That would be time consuming, tiring, and probably impossible.

Access Services' note-taking program may be the solution. This program provides notes to students with disabilities to aid them in studying. Some of my professors asked for students interested in note taking this semester. I did some exploring, and I found that

interested students were trained to take notes and were paid at the end of each semester.

Minot State's Access Services currently employs and manages note-takers. A partnership with athletics would be a good way to start helping student-athletes. This way, administration won't have to build up a structure for note taking in the blink of an eye. This is cost-effective and will create time to monitor and observe how much it helps and supports the athletes. This way, we can get a sip before we drink.

Since note-takers are trained and paid for their services, we can be sure that this would make standard notes available for our athletes. They will know what to read and exactly what their professor wants. They will know what to study, and that will help their performance in tests. With a steady grade, athletes may not need study hours anymore. All they will need is good notes from a note-taker.

Listening in: 'History This Week'

By Alyson Heisler
Features Editor

On another adventure through the vast land of podcasts, I stumbled upon the category of history podcasts. The topics of these podcasts go beyond the general discussions of history class and dive deeper into the details of history's people and events.

The History Channel recently launched their first original podcast titled "History This Week." Each episode discusses a historical event that occurred on that day or week in history.

The podcast began in January of this year and is the sound-only equivalent to watching a documentary, with backtracking and sound effects added to enhance the feeling of the podcast. The casual but information-filled narration offers useful knowledge without the boring, researched tone that can often come from documentaries. Unlike a documentary, the narration is occasionally combined with an interview or statement made by an expert on the event or subject, who is often an author.

"History This Week" is hosted by radio producer Sally Helm. Helm previously produced NPR's "Planet Money" podcast and currently produces another podcast titled "Family Ghosts." She has a comforting yet intriguing tone of voice that keeps the listener's attention.

The episodes begin like a story is being read to you and discusses the succession of smaller events that led up to the major event. After the story has ended, the overarching impact of the event on the world is highlighted by the differences made in the event's aftermath.

The second episode, titled "The Great Boston Molasses Flood," caught my attention immediately because I had never heard of a molasses flood, and who wouldn't be interested by a title like that?

Here's what happened: On Jan. 15, 1919, an elevated metal drum containing 2.3 million gallons of molasses exploded and unleashed a wave that moved at 35 mph down Commercial Street in Boston, Massachusetts. How did this happen? Why was that much molasses in an elevated drum? And most importantly, how on earth do you clean up millions of gallons of molasses?

To find out those answers, take a listen to the episode.

Usually, I'm more of a conversation-based podcast listener and, upon first listen, I wasn't sure that I was going to enjoy this almost animated, more edited podcast style. But one thing that this podcast does do is fulfill my interest in knowing about strange historical facts and events.

What I will say is that "History This Week" is not a podcast that I would be able to listen to while doing another task that takes up much of my mental energy. This is something I will listen to while doing menial tasks, like cleaning or folding laundry.



New episodes of 'History This Week' are published every Monday on Apple Podcasts, Spotify, or wherever podcasts are available.



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The spin room at Minot State received an upgrade with newly painted walls and lighting.

Wellness Center offers group classes

By Lauren Reeves
Staff Writer

As the new year begins, many students are looking to get their body into better shape but struggle to find the right place or the right way to start their transformation. The Minot State University Wellness Center can help these students start their new lifestyle with weekly classes. They offer a variety of classes such as Yoga, Dance Core, Body Pump, Spinning, Core and More, and Boot Camp.

"Dance Core is a little more fun because it doesn't feel as though you are working out when you're done," said Courtney Brekhus, Minot State University wellness specialist. "Yoga is just really relaxing, but you also don't realize how much strength you are building."

Dance Cardio is taught by Juliana Alarcón Díaz, who is from Colombia. She mixes her culture with dance routines to create a Latin American

and hip-hop dance combination with cardio. Body Pump is choreographed weightlifting to pop music. Core and More classes will be using the TRX circuit (total body resistance exercises) this semester to give students a higher and more intense cardio workout. Boot Camp is the most intense of the classes; it is a high-intensity interval training class that combines cardio exercises with strength training. All classes and membership to the gym are free for students — they just need a student ID. There are also personal trainers for students to work with; however, students do have to pay for a session with a personal trainer.

The Wellness Center also has some new equipment this semester including a new step mill, and they will be demoing a new treadmill soon. The spin room also received a makeover for the new year; the walls have been painted

black and new lights have been installed.

For many people, staying motivated to work out can be hard especially when they are working out alone. Berkhus says that the best way to stay motivated is to bring a friend along to do the workout or to join a class with a friend.

"You never know how much you are going to like it, and a lot of people have made friendships in the classes," said Berkhus. "It becomes a support group, and if it's hard, they all struggle through it together. It offers more accountability."

She added that many people start off the year strong but after spring break they lose that motivation. Berkhus said that it is better to have friends doing the classes so that the struggle throughout the workout and classes is shared by everyone.

See Classes — Page 11

Broadcasting club's membership declines

By Cameron Adam *Adam is the president of Media Ink
COMM 281

Media Ink is a video and audio club that works on projects outside of class time. However, in recent years, the club's membership has declined to five students. With 79% of Minot State students working according to a university survey, Media Ink members attribute the decline in membership to students not having extra time in their schedules for clubs.

"It feels like people are busier these days. Like they don't have as much time to devote to a club. A lot more people are working now or they are in athletics and all that," said Kyle Ludwig, vice president of the club.

Since the club's membership has declined, it is involved in fewer events. In the past, there was a fierce rivalry between the Art Club and Media Ink. They had bowling tournaments and an annual trophy for the victor.

"The broadcasting department as a whole should have a bigger voice on campus. I think we've got a couple of students that are helping us get to that point, which is really cool," said Layn Sarsten, a previous president of Media

Ink. His explanation for the lack of members in recent years is due to a lack of visibility of the broadcasting and professional communication department and Media Ink, particularly at campus events where there are incoming freshmen still undecided on a major.

Although numbers are down, Sarsten remains optimistic.

"It's looking good for the future," Sarsten said. "We're spending more money, we're getting cooler things, and we're teaching new skills. Next year is going to be big old turnover and I think it'll be great."

The turnover mentioned is in relation to many of the student managers of the broadcasting and professional communication department graduating, which will lead to a new group of fresh faces as representatives.

Media Ink holds meetings every Wednesday at 3 p.m. in Hartnett Hall, Room 128. To contact the club, send inquiries to cameron.adam@minotstateu.edu.



Broadcasting student Kyle Ludwig operates a camera in the department's TV studio.

Beaver softball two and three in Vegas

Monica Rivera
Staff Writer

Minot State Beaver softball started their preseason off in Las Vegas, Nevada. The Beavers faced five competitive teams. With the game against Sonoma State University going into extra innings, the Beavers won in the ninth inning 10-8. In the midst of five games, freshman Lauryn DeGuzman, from Northern California, hit two bombs, the first one being her first collegiate home run.

"I was honestly really happy when I hit my first collegiate home run on our first day in Las Vegas. I had been working extremely hard on my swing all fall so I knew I had it in me. It was awesome to finally have all my hard

work pay off. I loved being able to join my sisters Isis and Haley on the bomb squad this past weekend and help our team score some runs," DeGuzman said.

Junior Haley Hernandez, from Arizona, joined DeGuzman with three home runs.

"With the three home runs, I was just so blessed to be out there on the field with my girls and was pumped to just have fun and play the game I fell in love with," Hernandez said.

In Vegas, sophomore Zoya Robbins started all five in the circle.

"Starting all five games in Vegas was awesome. I came here to pitch for Minot State so being able to pitch so

much is amazing. As a younger player, it gives me this boost of confidence in my leadership. If coach Nat believes I can throw all five games, and my team believes I can throw all five games, then there's no reason for me to be scared," Robbins said. "Starting all five games, I believed I was exactly where I was supposed to be. I was told I was going to throw a lot this year; now it's all about trusting the process. Just like I trusted coach Nat in Vegas, I'll trust him the next 50-plus games. Whether I'm pitching or not, I'm ready to embrace any role given to me."

The Beavers feature a young team with 15 underclassmen and only seven

upperclassmen.

"The best advice I would give the freshmen would be to know your why: why you have committed to playing this game and why you fell in love with this sport. In everything you do, just know to believe in yourself and have fun with the journey of the season," Hernandez said.

Robbins agrees with Hernandez when it comes to being competitive and committed.

"My favorite part about our team is that you can't tell who has been here longer, in my opinion. No one is scared to compete with each other this year which is great, because we have a

lot of talent on the team. Everyone is committed and in-the-zone," Robbins said. "The best part is, in our roster you can play our starters versus bench or mix it all together, and no one would be able to tell the difference. Now that's how I know we have a solid team."

The Beavers played two games on Feb. 8, winning 12-6 against Bemidji State and took a narrow defeat to Black Hills State at 5-4.

The Beavers have 17 preseason games before they get to their first conference match up with the University of Mary. Catch the Beavers on Feb. 22 in the bubble at 10 a.m. versus the University of Minnesota Crookston.



After kicking off their season in Vegas, the Beaver softball team was back in the Air-Supported Dome on Feb. 9 for two games.

Photo by Joshua Strong

RCB Editorial

Williams robbed of MVP

Philip Green
Sports Editor

Super Bowl 54 wrapped up in a tremendous comeback fashion. Patrick Mahomes led the Kansas City Chiefs past a 10-point deficit to beat the San Francisco 49ers, and quarterback Mahomes went on to win Super Bowl MVP. Mahomes became the 29th Super Bowl MVP coming from under center. With the new age of football being pass-heavy, he is the seventh quarterback to win Super Bowl MVP in the last 10 times the big game has been played.

By all means, several of those quarterbacks have deserved the MVP award for their performance on the sport's biggest stage. Mahomes, however, was not one of them. He did help lead a fourth-quarter comeback against a very dominant 49ers defense, but for much of the game he did not play like an MVP. He threw two interceptions and was outplayed by the 49ers quarterback Jimmy Garoppolo for three quarters of

football.

Chiefs running back Damien Williams rushed for over 100 yards with a game-clinching rushing touchdown and 29 yards receiving, including a touchdown. Despite being the best player for the Chiefs, Williams is getting little-to-no recognition for his performance. He was the best player on the field but because he didn't play quarterback, he wasn't recognized as the MVP.

The NFL needs to reevaluate the MVP standards because, in recent memory, the Super Bowl MVP has gone to the quarterback of the winning team despite not being the best player during the game. If this continues, the award might as well be known as the trophy for the winning quarterback instead of the MVP.

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

Kobe Bryant's impact on the MSU basketball community

Calli Delsman
COMM 281

On Sunday, Jan. 26, NBA basketball star Kobe Bryant and his daughter, Gianna Bryant, were killed in a tragic helicopter crash. The pilot, two of Gianna's teammates, three parents, and a coach of the girls' basketball team — that Bryant also coached — were also reported dead from the accident. All those traveling were on their way to the Mamba Cup, a basketball tournament named after Bryant for his support of youth basketball.

Kody Dwyer, a redshirt junior for the Minot State men's basketball team, was shocked when he found out the news.

"I didn't believe it right away. My teammates and I were floored for like five minutes, we just sat in silence for a bit," Dwyer said.

Bryant was an accomplished NBA star who played for the Los Angeles Lakers for 20 seasons. Bryant won five NBA Championships, was an 18-time All Star, 15-time member of the All-NBA Team, 12-time member of the All-Defensive Team, named MVP in 2008, and was a two-time NBA Finals MVP. This caused a lot of hate for Bryant on the court from opposing teams' fans.

"Throughout his whole career, I was kind of a Kobe Bryant hater. On the court, the amount of times he tore your heart out was countless. Being so frustrated at how great he was, that was my hatred," Dwyer admits. "I never hated him as a person, though. Seeing him in his last game score 60 points, and after his retirement and being a dad and supporting his family, he seemed happier being a dad than being a basketball player. That is really cool to me."

Off the court though, there was nothing but respect for Bryant as a person. He was known for his "Mamba Mentality," which exhibited his work ethic and passion for the sport and people he loved in his life.

"His dedication to the craft is something that every basketball player



Photo courtesy of twitter.com/AlyssaValdez2
Lakers star Kobe Bryant and his daughter Gianna passed away in a helicopter crash last month.

can admire, especially at the level that we play at, everybody is super serious about their craft. Just seeing how serious he took it and the level that he

got to skill-wise in every facet of the game was inspiring," Dwyer said.

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Beaver baseball looks to add to recent success

Tyler Luban
COMM 281

The Minot State baseball team is coming off a stellar 2019 season, where they collected a school record of 36 wins and a run in the conference tournament where they fell one win short of making it to the Regional NCAA Championship tournament. Even though the team lost 16 seniors, hopes are that a big off-season in signings will keep the team at the top of the Northern Sun Conference and give them a shot at a regional tournament bid.

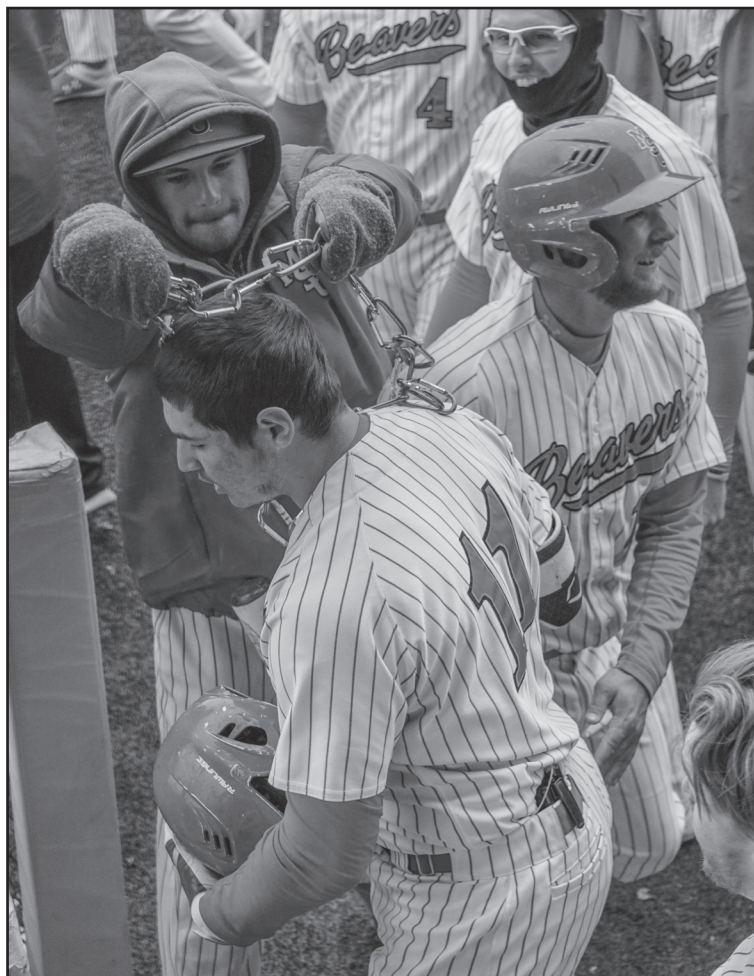
Scott Eul, head coach of the Beaver baseball team, has his sights set on this season and looks to continue his winning ways with another impressive spring campaign. Hired in 2016, Eul has personally overseen a dramatic transformation of the baseball team and is coming off two straight seasons where the team has set the school record for wins. In 2020, he expects more of the same and hopes to continue his success.

"I think our expectations the last couple of years have been pretty high and nothing really changes this year," Eul explained. "I think we've got a team that's pretty talented so our expectations are to go compete and win a conference and get into a regional to see if we can make some noise from there."

Replacing the talent lost this off-season has been a question for the Beavers, but with 18 new signings and leadership from senior captains Trevaun Smith and Nolan Monthei, the team is clicking and seems to be in a good position to make a run.

"Our new guys and returners have been great; this is probably the best team we've had getting-along-wise," Eul said. "We've got some new guys doing some really good things and the old guys showing them the ropes. It's going to be a pretty fun blend to go see our style of baseball evolve into what it's going to be this year."

One new signing is infielder/pitcher Blake Gallagher from New Brunswick, Canada. Over the off-season, Gallagher was voted to the 2019 Canadian Baseball Network All-Canadian College first team as shortstop and



Photos by Joshua Strong

The Beavers look forward to having many dugout celebrations during the 2020 season.

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... **impact**
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The Lakers organization has been paying their respects with KB patches on the jerseys and paid tribute to Bryant before the first Lakers home game after the accident. Outside the Lakers, many other teams have also shown their respect, like the Brooklyn Nets who saved courtside seats where Kobe and his daughter used to sit.

“A lot of teams have done tributes to Kobe by taking an eight-second backcourt violation and a 24-second shot clock violation. In his career, Kobe wore both the numbers 24 and 8,” Dwyer stated.

As the basketball community mourns Bryant’s death — along with his up-and-coming daughter who may have been the next Kobe Bryant in female form — many have been inspired by what he did as a father and as a coach

and mentor for women’s basketball.

“I’ve seen a lot of people on social media using the hashtag #girldad and how proud they are to be that. It’s made everybody happier and realize how blessed they are to have the family that they have,” Dwyer said.

The reality of the accident has brought the basketball community together to remember Kobe and Gianna Bryant and to emphasize the importance of what truly matters in our lives.

“Everybody has always talked about who is the greatest player of all time, but now people are saying it doesn’t matter. It really doesn’t matter; we’re all here trying to do the same thing so you might as well battle on the court, but off the court be friends because you never know when something like that is going to happen,” Dwyer said.



Photo by NBA Title Chase
Bryant coached his daughter’s basketball team.

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... shuttle
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"This is the first time a shuttle of this sort has been available from our campus. Before August, students would have the option of calling a taxi or using rideshare options such as Lyft or Uber," Claerbout said.

Jenisa Chuayjarernsook, a biology sophomore from California, thinks it's a convenient means of transportation.

"It's an excellent mode of transport for students without a car, and it takes you to well-known shopping centers," Chuayjarernsook said. "I used Lyft before knowing about the shuttle. I would spend at least \$10 to go out on weekends." The international office provides ride tokens to international students. The tickets are purchased with international student fees.

"At this point, we have not set a limit on the number of tokens that students can receive, but we only give out four at a time. That process might change in the future," Claerbout said. "The shuttle route is also open to the public, and anyone can ride it for \$2.50 one way."

Souris Basin Transportation offers individual rides aside from the shuttle. For rates and times, visit www.sourisbasintransportation.com.

... classes
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There are Wellness Center events that are happening within the next month, such as intramural league basketball and volleyball tournaments. There will be a spike ball tournament on Feb. 23 at 7 p.m. in the air-supported bubble. The Wellness Center will also host a triathlon on Feb. 24 where teams of three will work to run, bike, and climb as fast as they can. To create teams, students can go to imleagues.com and follow Minot State University Wellness Center on Facebook for updated events. Another thing that students, faculty, and staff can still join is the Biggest Loser Challenge, which started in January and goes until March. They meet weekly on Wednesdays at 7 p.m. and in optional smaller groups throughout the week. To join, email Courtenay Berkhus at courtenay.berkhus@minotstateu.edu.

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looks to bring a dynamic style of play to the Beavers.

"I'm excited to get started and see how all this hard work will pay off," Gallagher said. "Everyone's excited to get going, and I feel like the moment we hit the field all the work we put in will show."

With all that goes into an off-season, the team is ready to go and share a similar goal: winning the conference and reaching a regional tournament.

"Everyone wants to win a conference

championship; I think that is goal number one, but it's only a stepping stone to going to the next level," Gallagher noted. "I think we have a great core of old and new guys that are ready to show what we're all about here at Minot State."

The Beavers begin the 2020 campaign Saturday as they travel to Missouri to face Missouri University of Science and Technology. The season launches with road games all the way until April, when they play their first home game against Concordia University.



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