

KMSU TV manager finds home in broadcasting department



Photo by Ryan Fila

Devan Shumway directs KMSU's "MSU Inside Out," the station's weekly show.

By Shalom Baer
COMM 281

When Devan Shumway started at Minot State five years ago, his sights weren't on broadcasting.

"I'm on the cross country and track & field team. I've always been athletic so I thought I'll do athletic training," Shumway said. "I did it my first semester and absolutely hated it."

Shumway, who is from Williston, switched his major to business but that didn't stick either. His roommate at the time suggested he give broadcasting a try.

"I always liked video content so I bought a GoPro my freshman year of college, and I would just use it for stupid things like skiing videos and make little

edits. They weren't the best but it was always fun to think, plan out shots — 'oh that would look cool, this would look sweet,'" Shumway said. "That's how I got my start in video editing, and in the broadcasting department, we have

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Mental and physical strength essential to Mile High Climb

By Lauren Reeves
COMM 281

Many people want to test their physical and mental strength to see how strong they are, and many people do this either through athletics or weight lifting.

While both are effective methods of strengthening, there is another way of getting stronger both mentally and physically and that is doing the Mile High Climb at the Minot State University Wellness Center.

The Mile High Climb is a challenge of climbing the rock wall in the Wellness Center 150 times in one month, a distance totaling a mile. Everyone who completes the challenge receives a T-shirt and their name, how many times they completed the challenge, and the year they completed it are recorded.

"You can do 100 of them on the belay, but the other 50 have to be done elsewhere on the rock wall so they're a little bit harder at the end," said Layn Sarsten, a broadcasting and professional communications major.

According to Sarsten, the challenge was started to get people motivated to climb and come try out the rock wall. Sarsten said that there have been close to 100 people who have completed the challenge since it started a few years back.

This year, he thinks there are between 13-15 people who are likely to complete the challenge.

"It's a lot of fun because a lot of people will come do it and that tends

to be their entrance into the rock wall and using the facility," Sarsten said. "Sometimes people will show up and do the Mile High Climb and you never see them again."

For those who have done the Mile High Climb once before and want to do it again, Sarsten said that there have been many people, himself included, who have done it multiple times in order to keep challenging themselves.

The official time frame of the climb ends on Friday, but according to Sarsten, the most that someone has done the Mile High Climb is between five to six times over the year.

"I think it's a good test of your own mental toughness more than anything. That's one of the reasons that we try and give someone something for it because it is really truly an absolute grind," Sarsten said. "You come in everyday if you are doing it in a month, that's five to six climbs every single day. It's really a whole lot of tenacity and you're really proud once you get done with that 150th climb, and it's a really good feeling."

He also said that there is a spring sprint challenge for people who want to try and complete the mile climb in just two weeks.

Even though the challenge technically ends on Friday, the rockwall is still open for those who

See Mile High Climb — Page 2

News in Brief

CORRECTION: A photo of Mykal Drosdal was incorrectly attributed to Joshua Strong on page five of the Oct. 24 issue of the Red & Green. The photo was taken by Aaron Hughes, Minot State student activities coordinator.

MSU alumni umpires his fourth World Series

Starting Oct. 23, Gary Cederstrom added to his list of life accomplishments in professional umpiring. He graduated from Minot State in 1978. Cederstrom and has completed his 26th season as a Major League umpire and his fourth time working the World Series.

Senator Hoeven's fall interns announcement

On Oct. 29, Senator John Hoeven announced his choices for fall interns at his Washington D.C., Fargo, and Minot offices. These following interns were chosen to be part of an internship to learn about government and public service by assisting with research, tracking legislation, administrative, and other tasks. Mallory Thielges will be at the D.C. office, Klarissa Walvatne at the Fargo office, and Elizabeth Romanick will be interning at the Minot office. Romanick is a sophomore at Minot State studying advertising, marketing, and early childhood development.

Northwest Arts Center displays 'Handshake'

The Northwest Arts Center presents "Handshake" by artist and painter Mollie Douthit, a graduate of the University of North Dakota. Her work focuses on personal situations containing people and objects that are meaningful to her. This exhibit is inspired by Van Gogh's signature sign off of a handshake — these handshakes allow the artist to better see, understand, and transcribe her life. The exhibit will be displayed in the Walter Piel Gallery in the Northwest Arts Center, on the lower level of the Gordon B. Olson Library. The gallery is open Monday through

Wednesday and Friday from 10 a.m.-5 p.m., Thursday 10 a.m.-8 p.m., and Saturday 1-5 p.m. For more information, contact Greg Vettel at 701-858-3264 or nac@minotstateu.edu.

Celebrate international culture on campus

Join Minot State students, faculty, and staff and celebrate International Education Week. Events of the international cultural celebration include the opportunity to share information about home countries and native cultures with fellow students through displays, music performances, and more on Thursday, Nov. 21 at 11 a.m. on the second floor of the Student Center. For more information, contact Libby Claerbout at libby.claerbout@minotstateu.edu.

Veterans Day events

There will be no classes on Monday in celebration of Veterans Day. The Veterans Center serves as a guide for active duty, transitioning active duty, veterans, dependents, and spouses on the Minot State campus. They will also celebrate Veterans Week with a Veterans Services Community Fair daily through Friday from 11 a.m. to 1 p.m. on the second floor of the Student Center outside the cafeteria. The week will culminate with a Veterans Day program led by Andy Heitkamp, Veterans Center director. The Veterans Center is open from 8 a.m. – 4:30 p.m. Monday through Friday. If you are interested or have any questions, stop in to the office on the lower level of Dakota Hall or call 701-858-4003.

North Dakota Human Rights Film Festival comes to Minot

The evening screening of the North Dakota Human Rights Film Festival will be on Tuesday at 7:30 p.m. at Oak Park Theater. The films being presented this year are "Safe Haven," "Solitary Confinement," and "Honey Bee." The festival will also include a discussion about human trafficking in North Dakota with speakers from various organizations that are

working to decrease human and labor trafficking. The ticket costs are \$35 for an all-access pass, \$10 for an individual screening, and \$3 for students and seniors. Tickets are available on their website at www.human-family.org/2019/10/13/.

The Feud: Thanksgiving Edition

MSU Life will host a real-live version of the classic TV show complete with face-offs between competitors and the buzzer to signal losing answers — with the added fun of a seasonally festive theme. The Feud begins on Thursday, Nov. 14 at 7 p.m. in the Beaver Dam on the second floor of the Student Center. The event is free with a current MSU student ID.

Track & field tryouts

The Minot State track & field program will host open tryouts on Monday, Nov. 18 at 6:30 p.m. in the MSU Dome for sprints, jumps, and throwing events. To tryout, participants must be current MSU students and have had a physical within the last six months. If you are interested, contact head coach Mark Del Monaco at mark.delmonaco@minotstateu.edu.

MSU Life presents comedian Mandal

MSU Life welcomes Mandal, a stand-up comedian, writer, and actor from Atlanta, Georgia, to bring laughs and humor to a busy time of the semester. The performance is on Sunday, Nov. 17 at 7 p.m. in the Beaver Dam. Students require a current student ID for entrance.

SGA meetings open to students

Students are welcome to attend bi-monthly Student Government Association meetings. The next meeting is Monday, Nov. 18 at 7 p.m. in the SGA office located outside of the Beaver Dam on the second floor of the Student Center. To learn more or find out how to become involved with SGA, stop by the office or email misu.sga@minotstateu.edu.

... Mile High Climb continued from page 1

are interested in trying it out. The hours for the fall semester are from 3 to 7 p.m. Monday through Friday and 1 to 4 p.m. on Saturday and Sunday.

The Wellness Center rock wall is

35 feet tall and has over 2000 square feet of climbing surface, as well as 800 hand holds.

Students are encouraged to wear comfortable clothing for climbing and to pull back long hair. Shoes and harnesses are provided.



Photo by Shalom Baer

One of the routes up the rockwall in the Wellness Center.



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Cultures across campus: Nigeria

By Shalom Baer
COMM 281

The biggest challenge for Praise Okunbor, a freshman from Edo State, Nigeria, is a struggle common across cultures: deciding a major and adjusting to being on her own.

"For a good part of my life, I've been independent, but this is the max, the real deal. Before I came here, I wasn't quite sure what I wanted my major to be," said Okunbor, a biology major. "I started to talk about it, and I went to career advising. A lot of things have been going on, so trying to decide what to do with my life — not just coming to Minot, but what's my long-term plan? That's been the most difficult part, and I think I'm getting somewhere. There's lots of help on campus."

Okunbor said there's an added stressor of the expectation to do well and have a plan since she's studying in America.

"There's this mindset that when you come to America that you can't come back to your country the same. You can't come here and mess it up. They just think that if you come here, you make it," Okunbor said. "That was actually what made me scared because I wasn't sure what I wanted to be, and I thought that if I chose the wrong thing

and messed my life up, how do you tell someone that you went to America and you failed."

Favour Ozordi, who is from Imo State, Nigeria and grew up in Enugu State, said that academics in the U.S. are different than what she's used to in her home country.

"The biggest difference I have noticed is with the education system. The school system back home is focused on exams once or twice a semester, while over here you have lots of homework and constant exams and quizzes," the sophomore studying energy economics and finance said.

Ozordi transferred to Minot State from a university in Boston, Massachusetts. She said that the academics and cultures are different between the universities she's studied at within the United States.

"I know a lot of students on campus compared to my old school, it's kind of like everyone is on their own expect for the cliques, but here it's more like a family unit. You get to know your professors, you get to know other students," Ozordi said. "It's the same credits-wise, but here I would say the classes are more focused on you learning and

applying the material and less focused on you knowing everything. Here it's more you have to know this because this is what they use in real life because most of the professors here have actually worked in real life. At my other school, it was more professors who got out of college and then into professorship."

Both Ozordi and Okunbor said that what they miss most about Nigeria isn't necessarily the warm weather, but rather the food.

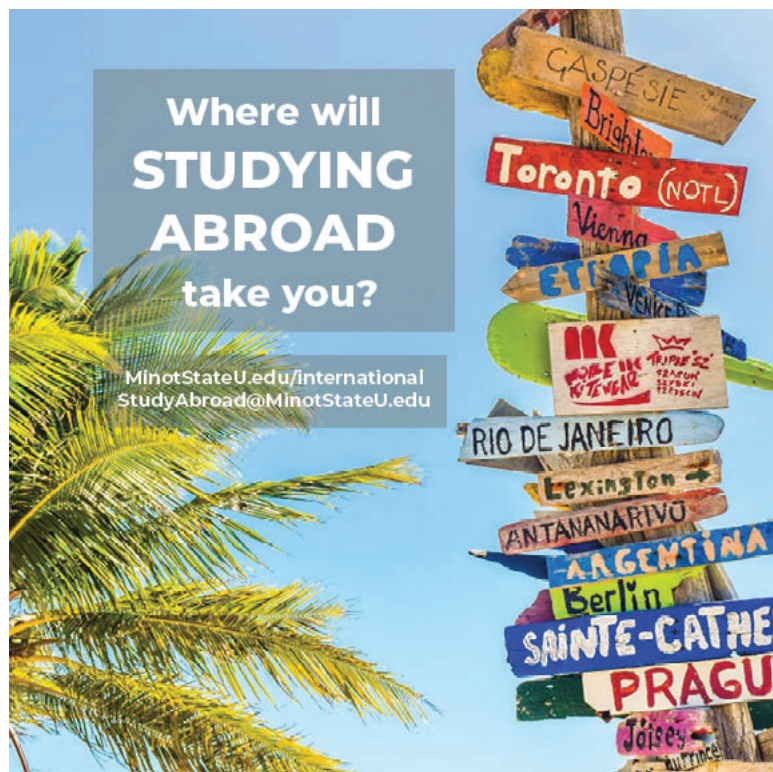
"I miss the food at home," Ozordi said. "I love food. Back home, there's this thing they call suya, so it's kind of like meat with different spices roasted over a fire, it's really good."

Okunbor agreed, adding that the way chicken is prepared on campus is different than what she's used to.

"I miss the food. It's really different. I miss stew, rice and stew, chicken. It's the same, but it's so different," she said. "You guys dice chicken and make them into small cubes, we just cut the chicken apart, cook him, fry him. Those little moments of forcing meat from bone, it's beautiful. There's some days that they chicken like that here, and then it's chicken all day."



Photo submitted by Favour Ozordi
Favour Ozordi from Imo State, Nigeria.



Praise Okunbor from Edo State, Nigeria.

Photo by Shalom Baer

R&G Editorial

This editorial may not reflect the views of MSU.

The precarious nature of privilege

By Shalom Baer

Lately, the topic of privilege has been coming up in our national, personal, and academic discourse. This is why I think that privilege is not a valuable theory to be discussing.

One: The definition of privilege and success is subjective. Is it money, physical and mental health, relationships, or simply how the outside world treats you? What each person values and desires is different, and to make a blanket statement that someone is privileged because of their sex or ethnicity ignores the inherent nuances to the very definition of privilege.

Two: Focusing on supposed privilege damages the way we see each other. It turns individual human beings into arbitrary categories. People are not defined by what group they belong to — at least they shouldn't be. Individuals are what they do, how they treat others, their personal standards and morals, and the way they approach the world, not

the way that the world approaches them. The more we talk about what stratifies us into different theoretical societal levels, the more we'll be divided.

Three: I don't want to be defined by my alleged privilege or lack thereof. I'm a white woman. According to intersectionality, I have the advantage of being white and the disadvantage of being a woman, but my successes in life haven't been because I'm white and my downfalls haven't been because I'm a woman. While some of those successes and downfalls have been out of my control, the grand majority of them have been because of personal choices that I've made, regardless of what theoretical advantages and disadvantages I might have had along the way.

It's not empowering to talk about who has the most power in society. It's empowering to talk about who has the most power in our individual lives, and ultimately, that is ourselves.

A spirited conversation about ghosts or a pointless discussion of the paranormal?

By Alyson Heisler
COMM 281

On the eve of Halloween, a group gathered in the Northwest Arts Center to both listen and participate in a conversation about ghosts and the paranormal. This specific Campus Community Dialogue was described with the question “are ghosts real or fantasy?” These events are a form of a public debate or town-hall style discussion in which two guests introduce their points then the conversation is opened up to the crowd to ask questions.

The main reason I was intrigued by this particular topic was the fact that Wendy Kimble, lead investigator of Paranormal Investigators of North Dakota and one of the night's speakers, had previously spent time investigating the spirits on campus, suggesting that evidence would most likely be present in the conversation.

This was not necessarily the reality — stories of the investigators' experience during their investigation over the summer were told but little descriptive evidence was cited.

For a bit of background, the word intrigue is how I would describe both my current feelings and beliefs towards the paranormal — I enjoy watching the show “Buzzfeed Unsolved,” in which Ryan Bergara, a believer, and Shane Madej, a skeptic, investigate paranormal sites.

I'm an evidence and research-based person when it comes to decision-making, so it's no surprise that I'm generally a non-believer in most things and need quite a bit of convincing to change my mind.

The dialogue did not involve

the discussion of “real or fantasy” as advertised in the title of the event, but rather included detailed explanations of why people want ghosts to be real versus how ghosts may present themselves to people who want to believe they exist. These are very similar ideas, from different perspectives, I will admit, but use of evidence from each perspective is the only way to effectively have a dialogue between the two.

On first view, I thought this event was more similar to a discourse, or a written or spoken debate, with two separate sides discussing a topic. This is the reason that Bergara and Madej of “Buzzfeed” work well together — their dichotomy in beliefs is what makes the show interesting with the added element of their attempts to gather evidence, which often does not work in their favor.

The evidence that was presented by Kimble and her team members, in relation to Hartnett Hall especially, were the sounds of footsteps, seeing

shadows, and a rise in temperature according to their temperature gauge. These were the most convincing points of the conversation, and I would have appreciated more of them.

In particular, if the paranormal investigators could have shown evidence of what they witnessed, like photos and videos, this would have balanced the level research and other cultural examples that were presented by the sociological perspective by Jynette Larshus, a professor of sociology at Minot State.

Evidence would have exponentially added to the conversation and also offered the audience a better base to think upon besides some passionately told stories from the team.

Though the two speakers made good connections with their audience, it also seems that they made connections between each other's explanations and discussion points, defeating the purpose of the title — “Ghosts and the Paranormal: Real or Fantasy?”



Photo provided by Chesnea Griffin
Jynette Larshus (left) listens as Wendy Kimble (right) speaks.

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BECKY THE BEAVER



Dear Becky,

I'm having a bit of a problem. My mom said if I get under a 4.0 GPA she will disown me. The thing is that I failed a test recently, and I'm pretty sure that I won't be able to get all As this semester. What should I tell her?

-STUDENT UNDER PRESSURE

Dear STUDENT UNDER PRESSURE,

It's always better to be honest with people (mostly because some people are really bad at lying). Once you've started a lie, you may struggle to keep up the story of said lie and there is where you might falter. Honesty is the best option in this situation, but the amount of honesty you offer is up to you — if you're comfortable with crafting a well-storied, coordinated lie then you do you. In the end, the person you would be lying to is your mother and that could mean a lot to you or nothing at all. I don't know what your relationship with your mother is like, but whatever you do, make your choice and stick with it. Hope all goes well.

B.B.

To ask Becky for advice, send her a message on Instagram @msuredgreen or drop your message into Becky's mailbox at the Red & Green office at Hartnett Hall 148

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Photo by Joshua Strong
Devan Shumway is on the cross country and track & field teams.

... Shumway
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a lot of opportunities for that, so that was why my roommate said I should talk to Neil Roberts (a professor in the department)."

He decided to major in broadcasting with a production option and a media services concentration, as well as minor in business.

"As soon as I signed up for classes, coming back from that winter break, I could not wait to start classes. I was so excited," he said.

The senior has made himself at home in the broadcasting department and is now the TV manager of the campus TV station, KMSU Channel 19, and director of KMSU's weekly show, "MSU Inside Out."

"My favorite part is the amount of opportunities that we have. We have access to lighting equipment, good cameras, good tripods," Shumway said. "We can go shoot if we want to and obviously we have the editing software here in the 'Batcave' to use, which is very nice as well."

Shumway also works as a commercial production assistant outside of the university at local television station KMOT.

"I started two years ago. I was a production assistant; I was in the backroom in the control room while we were live doing our broadcast. I would be in charge of graphics or I was a camera man," Shumway said. "Now I'm a commercial production assistant, so I do more editing stuff there now with commercials and things like that. Don't get me wrong, I liked being a production assistant; it was a lot of fun, but I think the job I have now suits me more for what I want to do as a career later in life."

Once Shumway graduates in the spring, he hopes to find a position similar to the one he has now, only this time a few state's away.

"Ideally after graduation, I would like to go to Boise, Idaho. This summer I visited and stayed with my friend there, and I absolutely loved the area. It's very outdoorsy," Shumway said. "It kind of sucks though because I like my job at KMOT a lot right now. I wish I could just pick up KMOT and bring it with me to Boise, but if I could find a job similar to the job I have right now that would be awesome."

Minot Symphony Orchestra season opens



Photo provided by Nathan Markos Degu

The Minot Symphony Orchestra played at Ann Nicole Nelson Hall on Oct. 12.

By Praise Okunbor
COMM 281

For the past 94 years, the Minot Symphony Orchestra has organized concerts. In partnership with Minot State University, this season kicked off on Oct. 12 with “Homegrown.”

“Homegrown” was held at Ann Nicole Nelson Hall in Old Main and had about 70 performing musicians, 20 of which were Minot State students along with six high school students.

“The symphony is a unique blend of student, community, and professional musicians,” said Ellen Fenner, executive director of the Minot Symphony Orchestra.

“I think it’s an amazing opportunity,” said Rachel Dockter, a sophomore studying music education at Minot State. “I remember coming to the symphony when I was younger, and now I’m playing in it.”

Jesse Johnson, a fifth-year senior in the Minot State music department, agrees the opportunity is unique.

“It’s amazing that the college does something like this. Usually, you may need several degrees to be considered for performance — especially in the wind section,” he said.

“I remember coming to the symphony when I was younger, and now I’m playing in it.”

-Rachel Dockter

Five songs were played in the symphony: Bernstein’s “Candide Overture,” Thompson’s suite from the “Plow That Broke the Plains,” “Appalachian Spring Suite” by Copland, Jones’s Symphony No. 3 “Palo Duro Canyon,” and “Suite

of Latin Dances” by Efrain Amaya, symphony music director and Minot State music assistant professor. Some of the pieces had movements.

“My favorite piece from the performance was the ‘Suite of Latin Dances,’” Dockter said.

Dockter plays the violin and it is a requirement for students taking classes for string instruments to register for the symphony.

For music majors like Michael HarriSon who plan to perform in the future, playing is a great opportunity. HarriSon is a senior majoring in music education. He has played the trombone for 11 years and was the only student principal player in the concert.

“I auditioned with three other trombone players and I won the principal spot. Playing in these concerts gives us great performance opportunities and lots of preparation

towards grad school. For example, in Copland’s “Appalachian Spring,” there was a trombone solo and I took it,” HarriSon said.

Venezuela-born Amaya was the maestro for the concert. He is a music composer and is also the instructor for the symphony class.

“Amaya has been with us for five years. His pieces are very difficult for our musicians because there were a lot of time changes but his piece today was special. He brought that Latin America dance to Minot and that isn’t something a lot of people would have expected,” Fenner said.

Each season has six concerts. The second concert for the season is “From Russia with Love” and all songs will be from Russian composers. It is scheduled for Nov. 16. “Holiday Magic” is planned for Dec. 14. On Feb. 8, 2020, “The Remarkable Farkle McBride” is scheduled for 3 p.m. It is

the family concert for this season and the winner from the Young Concerto Competition will be featured. “Fun and Games” is expected to be held on March 7, 2020 and the winner of the university’s Honor Senior Concerto Competition will be the soloist of the evening. The season will end with “The Titan” on April 25, 2020 where Gustav Mahler’s “First Symphony” will be played. The winner of the Young Composer Competition will also be showcased in the concert.

“The symphony is a really amazing experience, and I would love to have more students involved. This is a top-notch symphony and it’s great to have young people come and experience it,” Fenner said.

Students can purchase tickets at the venue on the day of each concert at a discounted rate.

Art department hosts annual NOTSTOCK

Photos by Joshua Strong



Artists Paul Krezienbeck (left) and Calvin Laituri (right) make live screen prints in the Beaver Dam.



Amos Kennedy Jr. using an ink press in the Northwest Arts Center.



Poet Melissa Lozada-Oliva performing at Slam in the Dam.



Local power-pop band Vanity Plate performs at the closing reception at 62 Doors Art Gallery.

Sports

Editorial

This editorial may not reflect the views of MSU.

By Philip Green

Minot State cross country, especially the women's team, is having a historic season. Week after week, MSU athletic news has been filled with record-breaking performances for specific individuals on the team, as well as the team overall.

Consistently throughout each week of the season, MSU has earned a ranking in the top 10 of the Central Region standings. Up to this year, Minot State women's cross country had never been ranked in the Central Region, but this year their success isn't going unnoticed. The entire Central Region has begun to recognize all that the MSU women's cross country has done this season.

Recently, the team competed in the Northern Sun Intercollegiate Conference (NSIC) Championship and, much like the rest of the year, the team continued to break records and maintain success. The women's team placed fourth overall in the conference championship — the highest place the team has ever finished since Minot State joined the Division II ranks.

Freshman Whitney Hanson's efforts in the conference championship, as well as throughout the entire season, helped earn her NSIC Second Team All-Conference honors. Hanson finished 15th in the conference and continues her record-breaking season. Four other individuals — Abby McGee, Nina Arias, Ashley Franco, and Lauren Reeves — all joined Hanson in finishing in the top 35 of the conference championships.

The team's collective efforts this season has put Minot State on the map as a team to be reckoned with in the NSIC. MSU women's cross country is having their most successful season to date, and this team shows no signs of slowing down in the coming years.

Volleyball season is coming to an end

By Monica Rivera
COMM 281

The Minot State Volleyball team is 4-19 on the season with five games left in conference play.

The Beavers had a coaching change in 2017 and head coach Dana Cordova led the Beavers in their most successful season in 2018.

This season was more challenging for the team.

"I think if you look at this year's record after last year, you would

think we took a step back. When you really evaluate this team, we've actually made a huge step in the right direction. We started this season with a harder schedule than we did in the past," Cordova said. "In the past, we just wanted to get some wins and confidence. This year, with our senior class, we wanted to challenge ourselves a little earlier so we could learn something about ourselves. Now we

are taking games from teams that we weren't even in the gym with last year and didn't even compete with."

Coach Cordova believes the team has done nothing but bounce back from adversity.

"I think if I had to use a word for this team it would be resilience. They haven't taken a step back even with injuries and the way we started. They just keep coming back to practice and

keep working," Cordova said. "As a coach, you just know you're laying the foundation when you're trying to build a team that hasn't had much success but you know you're getting the right players."

With adversity comes small wins in the process of moving forward.

"I think we've had small victories

See Volleyball — Page 11



Photo by Joshua Strong

The Beavers celebrate a big victory over Minnesota State Moorhead, winning 3-1.

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More than a locker room

By Philip Green
Sports Editor

After eight months of renovation, Minot State women's soccer unveiled The Robert & Ilze Sando Team Room on Oct. 20. The newest edition to the soccer program's facilities is named after the donor who helped fund it, Bob Sando, professor emeritus at Minot State University.

Head women's soccer coach Chris Clements led the way on the design process and elements — along with input from the soccer program, athletic department, Vice President for Advancement Rick Hedberg, and the donor. There were several people involved in the upgrade of the team room with the main players being Clements, Hedberg, and Minot State Director of Athletics Andy Carter.

The changes to the locker room include new paint, wall coverings, carpet with a center logo, lockers, and furniture. Carter wanted the upgrades to turn the space into more than just a locker room.

"(We wanted) to provide an updated space to serve not only as a locker room, but a team room. A team room allows for the women's soccer student-athletes to congregate together and build relationships. It also serves as a major piece to recruiting," Carter said.

As the athletic world evolves, Carter understands the facilities involved in athletics must evolve as well.

"The space is used so differently today than it was even 10 years ago. These are spaces where members of the team hang out and spend time together, where they watch video clips of their games and practices to get better, and where they build community. The recruiting market is highly competitive, and students are visually in tune with what is going on in the marketplace. If we are to compete, we must overhaul our spaces and this is a first step in that process," Carter explained.

The new locker room was first shown to the women's soccer team prior to unveiling it to the public; however, the new design was all over several player's social media platforms. It's safe to say the players were thrilled to show off their upgraded space.

Senior forward Chloe Van Bart was

one of the many players who felt the goal to have the renovations make it feel like more than a locker room were a success.

"My favorite part of the new locker room is how personalized and homey it feels. It no longer feels like we're just throwing our cleats in a janitor closet after practice — it feels like a home," Van Bart said. "It feels like we have a place of belonging and it truly brings our team together."

Van Bart and the rest of her team have early morning practices during the season; when they entered the locker room one morning in late October, they were in for a surprise.

"When I first saw the locker room, I was truly in awe. We were not aware of the specific day that the locker room would be done so it came as a shock to all of us. I remember walking in before morning practice and being amazed about the walls. They're so pretty," Van Bart explained.

The new locker room has helped bring the MSU soccer team closer together.

"The new locker room definitely brought us together as a team. Even if none of us are talking, just being in each other's presence is a great thing. We have a no phone policy in this locker room so it made us live in the moment and truly get to know our teammates deeper than what we know from being on the field together," Van Bart said.

Following the reveal of the new soccer team room, MSU went on to earn some key victories. Van Bart and her team credit it that to the new facility.

"The locker room gave us pride, which led to higher levels of confidence. I believe that the two correlate and confidence is key to be a successful team. There are many factors that go into a really successful team, and the locker room probably helped us get our first few wins," Van Bart explained.

From the players reactions alone, it is undeniable the update to the women's soccer locker room has had an impact.

Minot State University hosts Late Night with Beaver Basketball

By Lauren Reeves
COMM 281

On Oct. 22, both the men's and women's basketball teams hosted Late Night with Beaver Basketball as a way to celebrate the start of their seasons.

The event was a way of introducing the teams to the fans and students of Minot State University by having a number of mini-competitions for the audience to participate in — such as a dance contest and free throw contest for a slice of pizza from Spicy Pie. There was also an obstacle course contest for kids to participate in and show off how fast they could get through the course and make a basket. At the end of the event, the women's team scrimmaged against each other, followed by the men's scrimmage.

Both the men's and women's teams are excited to start off the new season, and this event made them even more motivated.

"This event so motivates me because I want to be the best I can during the season in front of the fans so that we can get some Ws," said Haley Hildenbrand, a junior chemistry major and forward for the women's basketball team. "I am excited to see all the fans for the first time and for them to get to know the players for the first time."

"Just seeing the fans come out motivates me, I know they are going to be supportive," said Nibra White, a senior business management major and guard on the men's basketball team.

Hildenbrand and White had a lot of fun that night and they both feel that seeing the fans and getting to know them is a good way to start their season.

"I think this event is important because it gives a chance for the fans to get to know us as people, as well as basketball players, so that they can feel more connected to

during the games," Hildenbrand said.

White shared similar thoughts along with highlighting that it is his senior year and final year of playing collegiate basketball.

"I think it is important for us and our fans to come out and get a glance at the team," White said. "It excites me because I am just ready to play basketball since it's my last year. I'm just really excited for this year."

The players are excited for the season and hope their teams will do well at conference this year.

"I am looking forward to

conference play," Hildenbrand said. "I think we'll have a pretty good shot at doing pretty well in our conference this year, so we're excited for that."

"I'm excited for conference, we're ready to show everybody we're ready," White said.

Both teams had their first exhibition game against Valley State University on Oct. 24.

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Women’s hockey dominates first game of the season



Photos by Joshua Strong
Beavers celebrate one of their many goals during their dominate win (above). Lexi Beuker (below) deflects the puck to stop a goal and help the Beavers win 10-0 against Interlake Lightning.



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**... Volleyball
continued from page 8**

in this season and one of them was beating U-Mary because everything finally came together. I think it's just their fight. They've taken games off Winona, Northern State, and Concordia St. Paul. It's the first time they have been able to take a game off of Concordia," Cordova said.

Shelby Spuller, a senior outside hitter, agrees with coach when it comes to taking a step forward.

"Being able to play teams who are ranked within the top 25 and being able to take sets off of them has proven that we're stronger together," Spuller said.

The Beavers have seven seniors on this year's roster, and their last collegiate game is coming around the corner.

"When Shelby came here, she was thrown into a different position. We made her become an all-around player for us. Shelby leads, and she's really stepped up as being a leader, and that's something I've really harped on. She's going to be tough to replace, as are all of my seniors," Cordova said. "I don't know if I've cried in 19 years saying goodbye — I think I have once or twice, but this year, with these seniors, they didn't come to Minot to play for me, but they stayed at Minot to play for me."

Being a senior comes with being able to look back at past events and successes.

"My biggest accomplishment in my career here at Minot State is being a part of winning the first conference game after two years. I also think a big individual accomplishment of my own is setting the all-time single game kills record of 31 kills in a match," Spuller said.

The Beavers next match will be Friday against Wayne State College in the Dome.

"This program will succeed. We knew when I took it we were going to have some struggles and tough roads in this conference. This team can go to other conferences and be pretty good, but like I said, in our conference we have a lot of great teams and we are a good team. We aren't great yet but we are definitely heading in the right direction," Cordova said.

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