

Volume 101, Issue 2, Sept. 26, 20 RedGreenPaper.com

MINOT STATE UNIVERSITY

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Late-night dining hours reduced

By Shalom Baer COMM 281

Minot State University contracts with Sodexo for dining services. Last year, the university renegotiated a contract with the company, which included the extension of late-night hours. The Beaver Creek Café stayed open until 1 a.m. for late-night dining for the 2018-19 school year.

That change was rolled back the week before the start of this semester. Full dining is still open until 10 p.m., but late-night dining closes at 11:30 p.m.

Brent Winiger, Minot State vice president for business and finance, said that the arrangement between Minot State and Sodexo is not working out well financially for either entity, and the change was made to combat that financial struggle, as well as to combat future costs to the university and students.

"They figured out they were losing money on this arrangement, and we figured out we were losing a little money on this arrangement," Winiger said.

Kevin Harmon, vice president for student affairs, said that Sodexo requested cutting down the hours based on data showing that students didn't frequent the dining hall often during late hours. Harmon shared those documents with the Red & Green, which show an average of 4.5 students visited the dining hall between the hours of 11:30 p.m. and 1 a.m. during the fall 2018 semester.

"We're doing this because we're losing money and we're trying to find a way to save about \$100,000 going into this year," Harmon said. "This was pitched (by Sodexo) as we can save \$30,000 by just cutting late night out completely. We said no, we don't want to do that."

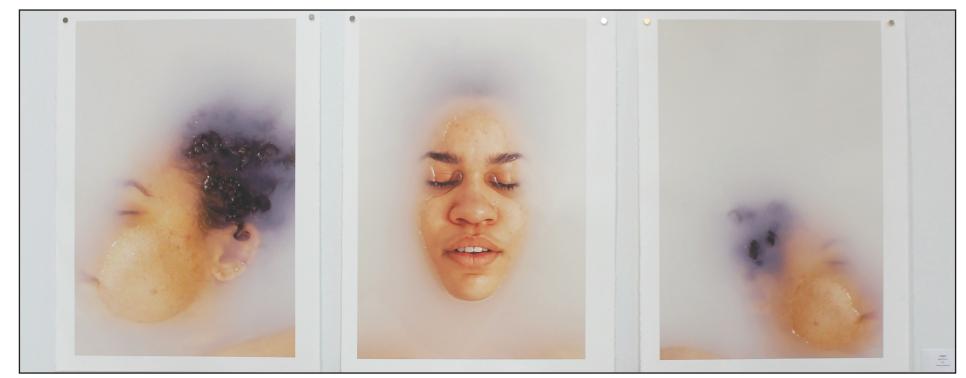
Harmon said that the university decided to compromise on closing late-night dining at 11:30 p.m. to save approximately \$15,000. The agreement was made a week before classes started.

"At that particular point that was the only decision that was made because it was timesensitive because it was just days before students were arriving, and we didn't want to start and have hours until one and then just change the finish line into the school year. We felt comfortable in moving forward with that particular decision," Harmon said.

The university is still working with Sodexo to find other areas to cut down on costs for the

See Hours — Page 11

Student work featured at Taube Museum of Art



Photography by Tienna Johnson Tienna Johnson won Best of Show for her submission "Untitled" to the Bienniel Photography Exhibition at the Taube Musem of Art. Other Minot State students and faculty also submitted work to the exhibition. See Taube on Page 7 for the full story.

News

News in Brief

An evening with Dave Bahr Author, speaker, and comedian Dave Bahr will be sharing his experiences being born totally blind and learning to not only live with but embrace his disability. "In-Sightfulliving: An evening with Dave Bahr" is tonight at 7 p.m. in Memorial Hall Room 114 on the Minot State campus.

Homecoming Block Party

Minot State will host a Homecoming Block Party to begin the celebration of Homecoming with the Minot community. The event will include free food, entertainment, and will finish with the coronation of the 2019 Homecoming King and Queen. Come join us on Wednesday, Oct. 2 from 5 to 7 p.m. on the Old Main lawn.

Homecoming parade registration

The Homecoming parade will be on Saturday, Oct. 5. The deadline for float registration is Tuesday, and the sign up sheet is available at minotstateu.edu/alumni/pages/ homecoming/parade.shtml. For more information, contact Leon Perzinski at 701-858-3364 or leon. perzinski@minotstateu.edu.

Movie in the Dome

MSU Life and the Minot State Alumni Association will present "Toy Story 4" in the Dome on Saturday. The movie will start at 7 p.m. and is open to all Minot State students, alumni, faculty and staff, and members of the public. Bring your own snacks and drinks, but water will be the only beverage allowed on the Dome floor.

Minot State graduate crowned Miss Hostfest

Sidni Kast was crowned Miss Norsk Hostfest on Sept. 7. Kast graduated from Minot State in 2019. She has attended and been involved in the Hostfest for many years, participating in the Western Plains Children's Choir and volunteering several times. Kast will serve as a representative for the Hostfest throughout the year to create

for students

Minot State students are invited

to attend a weekly one-hour stress



contact Rebecca Daigneault at rebecca. daigneault@minotstateu.edu or call

701-858-3510.

Opinion



Left: Mariah Payne from Tasmania. Right: Bethany Theodore from Melbourne.



Kobe Jackson from Tasmania.

Cultures across campus: Australia

Features Editor

Despite small class sizes, Minot State University is diverse in culture. Across campus, students have the opportunity to meet fellow students from different parts of the globe. One group of students in particular have trekked across an ocean and half the country to get here, hailing from another continent entirely, Australia.

Kobe Jackson, a freshman majoring in entrepreneurship, is from Tasmania, a smaller island just off the coast of Australia. As a basketball player, Jackson had a few offers from colleges in the states; however, he stated Minot State was the most passionate about acquiring his talents. He explained that after arriving he noticed some culture differences here in America.

"The way you (Americans) dress, it's different, we are way more casual and go for sporting wear. Here, everyone dresses almost to impress, but nice," Jackson said, "I went out for my friend's birthday and I had some chinos on, and he just had on a rain and track suit."

Michael Ryan, a freshman majoring in art with a concentration in graphic design, is from just north of Sydney. Ryan Fila, a Minot State alum, played a part in recruiting Ryan to play football for the Beavers. Ryan explained that moving to the states has come with some adjustments.

"Back home you know where everything is, where to go, and how everything operates. Out here (in the U.S.), it's completely different, you have to realign and get used to it," Ryan said.

Mariah Payne, a senior physical education major from Tasmania, isn't new to American culture. She's made an impact over the past three years as a basketball player as well as in many other roles on campus. She explained that coming to the states comes with a commitment in order to combat the feeling of homesickness.

"Honestly, I wanted to come here. So, I tell myself there is no point in being homesick because I knew what I signed up for. There is no point coming here and being sad or miserable. Not many kids get to experience this, and this is a great opportunity. Home is always going to be there," Payne said.

Payne is not the first Australian to make the move, before her were the Boag twins — Christina and Carly who attended and played basketball at Minot State a few years ago.

"A lot of people know who they are and then over the years I've definitely seen more and more Australians come. There was a point where I was the only one here and now there's like six of us walking around," Payne said.

Payne also explained that even though both countries speak English there is a slight language barrier.

"One of the things I've struggled with the most was the way that we say things. I felt like I had to repeat myself and I was speaking a foreign language even though I was speaking English. So that was an adjustment, to learn the way you guys spell things and the way you say things. The context was definitely an adjustment," Payne said.

Bethany Theodore, a junior art major from Melbourne, originally started college in Texas and transferred to Minot this year. She highlighted one of the biggest differences in culture is food. In Australia, home cooked meals are more prominent over fast food.

"I'm used to home cooked meals

every night. I don't go out to get takeout lunch or anything like that. So even going to Walmart to get the same things that I would use to make meals back home is completely different," Theodore said.

The Aussies collectively explained that settling into campus is made easier because of the friendships they make and the support system that is founded through those relationships.



Opinion

Editorial

This editorial may not reflect the views of MSU.

The KMSU Auction: Brought to you by free labor

By Shalom Baer *Baer is enrolled in COMM 354

Broadcasting and professional communications majors are required to take COMM 354: Special Events Planning twice. The course, provided every fall, is centered around the KMSU Auction, an event that the department has put on for 20 years.

The auction airs on KMSU Channel 19, the department's television station. Donated items are arranged into packages, student hosts promote the packages on air, and viewers call in to bid. Ten percent of the money raised is donated to a local charity; 90% goes to the broadcasting department.

Students are tasked with gathering donations for the auction. If they do not pursue donations, it will affect their grade. If they do not take the class twice, they cannot graduate.

Students do not decide how the money is spent, although we are told that it funds equipment and student travel.

According to Katie Fitzsimmons, director of student affairs for the North Dakota University System, the legal department of NDUS said that there is nothing indicating that it is illegal for a university to require students to raise money in a course.

It should be.

Students are paying to learn, not to raise money for the university they are paying tuition to attend.

If the KMSU Auction were a project that students could voluntarily participate in, it would be reasonable, but for it to be required coursework is an exploitation of student labor.





Photo Submitted by Aili Smith. Minot State associate professor Aili Smith is the director of theatre at the university.

Smith inspired by discovery

COMM 281

As the new school year begins, many people are looking forward to big events and activities happening on campus. One activity that is coming this fall is the theatre production of "The Charm of Preparedness," directed by Aili Smith, Minot State associate professor and director of theatre.

Smith said she chose this play as a different way of helping theatre students learn and practice their skills.

"For the fall main stage, we typically look at the educational aspects of theater and plays for the students and how to enhance their skills and their level of abilities. I selected this because I think it is great as an awareness play for the students as well as a comedy, and I think it's time for some comedies during the main stage," Smith said. "We did 'Honeymoon in Minot' last year, which was really funny, but prior to that we did some heavy Shakespeare and some more dramatic plays. I think bringing back the comedy for these young impressionable students is wonderful, and this play in particular is not a well-known play."

Smith said the play is relatable not only to the theatre students but to

other students on campus. She hopes that many students will attend the play and learn something while also having fun watching it.

"It is a very contemporary play. All of the characters are college-age students: a business major, a nursing major, a sorority girl, a theatre major, and a premed major. It's encompassing a wide variety of students and is reflective of our student population here at MSU," Smith said. "The language is not Shakespeare-like, so it's very easy to understand. I encourage MSU students to come and attend the play and support their fellow peers in the theatre department, and I think that each character is somehow relatable to students across this campus."

Now that Smith chose a play, she said that the next step is to have production and design meetings with other colleagues and artists in the community for how the show will appear to the audience. As sound designer, she will create a soundscape feel for the play, which is the music or sounds that are heard between scene

See Theatre— Page 11

Red & Green

148 Hartnett Hall Minot State University 500 University Ave. W Minot, ND 58707 **Phone:** 858-3354 **E-mail:** redgreen@MinotStateU.edu **ONLINE:** RedGreenPaper.com EDITOR Shalom Baer ASSISTANT EDITOR Alyson Heisler FEATURES EDITOR Joshua Strong SPORTS EDITOR Philip Green SOCIAL MEDIA DIRECTOR Calli Delsman Letter Policy: Letters to the editor must bear the writer's name, email address, and telephone number. Students must include year in school and major. Only letters from students, faculty, or staff will be published. We will not print unsigned letters, and we reserve the right to edit all letters for factors such as clarity, punctuation, spelling, and length. We reserve the right to refuse to print letters we consider libelous, superfluous, or ridiculous. Please submit all letters before noon on the Thursday prior to publication. Students are limited to four letters for publication per semester. Letters may be emailed to redgreen@MinotStateU.edu.

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.

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Red & Green



Dear Becky,

I recently started my first year of college and am finding it difficult to motivate myself to get my work done. I don't want to get behind from the beginning. How can I be more motivated and avoid procrastination?

-TRAIN STUCK AT PROCRASTINATION STATION

DEAR PROCRASTINATION STATION,

Oh, you've discovered one of life's major struggles that we've been unable to entirely conquer. Procrastination is unfortunately unavoidable, even when you're an old beaver like me.

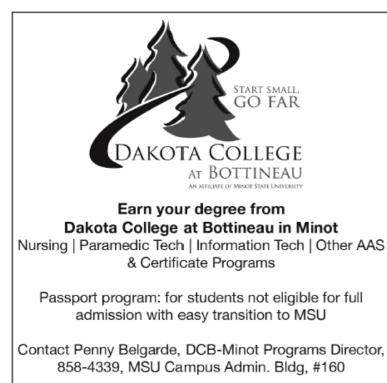
Heck, I'm constantly avoiding doing things in proper time. This is not for lack of time or busyness. I'm a retired beaver with all the time in the world but with a surplus of time, it seems to pass more quickly.

As we speak, I'm responding to your letter with very little time before my deadline but here are a few tips that I've gathered in my years: One of my more crafty ideas for defeating procrastination is starting your tasks earlier to allow for an amount of time to pass before your lack of motivation becomes problematic. Something else that I've used on many occasions is the tactic of convincing others to help you accomplish a task, thereby making less work for yourself while allowing you to continue taking credit for what has been done.

Try it out! Let me know how it goes!

BR

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 in Hartnett Hall 148.





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New counselor encourages mental health awareness

By Lauren Reeves COMM 281

In light of the new school year taking off, Minot State University has increased their counseling services by hiring a second counselor on campus. Troy Roness was an instructor in the teacher education and kinesiology department for six years and received his master's in counseling in 2018. He took the position to help students become more aware of mental health issues and to help them identify these issues as well as treat them.

"I think that mental health is a very big issue, not only on MSU's campus but nationwide and worldwide," said Roness. "I think counselors can really help students to identify specific issues when they're much smaller so they don't become so big that they interfere with students' daily lives."

Roness said there is a stigma of people being uncomfortable with sharing their emotional issues with someone, and he wants to break that stigma in order to help more students open up about their emotions in order to get help.

"You go to the doctor for a cold or

the flu and it seems okay because it's the physical part [of the body], but people are so uncomfortable going if they have an emotional issue," Roness said. "I think that there are more mental health issues going on today, at least that's what we see going on across college campuses, around schools, and in different settings, and I think the reason behind that is people aren't really in tune with their emotions and what is going on in their lives. We're so busy all the time and then we're often exposed to a lot of traumatic experiences that we tend to push away and don't deal with when they need to be."

Roness said that intervention is one of the biggest factors to advocate for and that it's important to speak up and be assertive — to let a person who is struggling know that you are there for them. He also said it may be hard for some people to talk with a counselor and that is why they avoid it.

"If someone is a little apprehensive to reach out, we have online forms that you can utilize either anonymously or by putting your name on there if you want to state your concern," Roness said. "You can email us, you can call us, you can stop by to make an appointment. Confidentiality is our number one priority here so whatever you talk about with us it does stay with us, unless you are a harm to yourself or a harm to somebody else. Whatever you talk to us about really is a conversation, and we keep it between the client and ourselves."

Roness said the biggest thing students can do as individuals for mental health is to check themselves mentally by taking time away from their daily lives and social media, taking time to relax, and utilizing healthy coping skills. Along with taking time to relax, Roness said that expressing to others how things are going is very healthy for students instead of trying to keep it to themselves.

"Talking about it with somebody else and processing things with somebody else is always helpful because it always gives you an objective look at what's



Counseling services is located in the student health center on the south side of Lura Manor.

going on in your head," Roness said.

For other ways to help their mental health, Roness said that students should find some things they enjoy and take time doing those things in order to help them relax more. from a really busy day — or if you're in a stressful job — finding things that you like to do, whether that's listening to music, exercising, going out for a walk in nature, or playing with your pet, I would encourage that," Roness said.

"In terms of pulling yourself away

Student Government sets goals for academic year

By Kellie Sink COMM 281

The 2019-2020 academic year has begun and the Minot State Student Government Association (SGA) recently held their first meeting.

SGA's president this year is Janel Bortoluzzi, who has been a part of SGA since November 2018 when she started as a senator. Bortoluzzi is a first-year grad student in the speech-language pathology program, a member of multiple clubs, and has big goals for SGA this year.

"We formed a committee for mental health initiatives and alcohol abuse on campus, so we'll be working closely with the Student Health Clinic and their counselors to hopefully brainstorm some ideas of how we can better meet the needs of students to raise more awareness about metal health, alcohol, and drug abuse," Bortoluzzi said.

In addition to the goals being set early on this semester, the group is also helping to organize student opinions for a future Student Center remodel after the area was damaged due to a water break from the previous academic year.

"There were some ideas that students really favored and others that were very disliked. We met with the architects and discussed some possible ideas from there about what they can bring back to the table in the next few weeks," Bortoluzzi explained. "We're taking into consideration what students liked and what they didn't like."

Bortoluzzi stated that students liked the idea of a mezzanine in the construction, including having study spaces above on a balcony and then below having an open space. The concept is similar to the current setup of the Student Center.

"There could be events and concerts and stuff like that," Bortoluzzi said. "Obviously we want this to be a happening place where events can take place, but I think it's also important to have some study areas for students."

She also wants to focus on sustainability on campus, including double sided printing to prevent paper waste as well as increasing campus participation in recycling. Another area Bortoluzzi and SGA wants to focus on this academic year is free menstrual products in women's restrooms on campus.

"There's a lot of logistic issues behind it right now because they do have dispensers in some of the washrooms, and students do have to pay for them. Currently, it's 25-50 cents for the product so we're trying to see if there's a way to make them free," Bortoluzzi said. "I've been in contact with facilities management so we're just discussing ideas of how we can make this happen. Hopefully, we won't be taking away any revenue from their department because they do charge right now for the products."

Bortoluzzi added that the free menstrual products may be solely funded by SGA. She also encourages students to be involved in student government in whatever way they can.

"I think I want to focus on student engagement on campus, I think it'd be really good to get more students involved and aware of student government. It'd be great if we could hold open forums or town halls, even just to get more student representation at our meetings I think would be really good," Bortoluzzi said.

Student work featured at Taube Museum of Art

By Alyson Heisler **COMM 281**

Several Minot State students are being featured in the Biennial Open Photo Exhibition at the Taube Museum of Art in downtown Minot.

This is the third Biennial Exhibition to be on display at the Taube and is a juried show. People submitted photos to be judged by juror Ryan Stander, an associate professor in the Minot State Art Department.

The students involved are Alex Jimenez, Tienna Johnson, Rayson Renfrow, JoHannah Grosz, Isis Cabral, Joshua Strong, and Jay Gaare.

"It's exciting to see students with these professional opportunities already, and they're out there showing, then the fact that it's good work, too," Stander said.

One major theme Stander notes are strong examples of portraiture.

"There are quite a few portraits that come out of this set of work. Portraiture is always the art of photography, and we see several different styles," Stander stated.

This is the first time that Tienna Johnson, a senior art and elementary education major, has had her work showcased at the Taube.

"I have seen a lot of exhibitions at the Taube, so I'm really excited to see my own work there," Johnson said.

The inspiration for Johnson's work began with her thinking about water.

"While I was shooting, I was just enjoying the dreaminess of the water and the way it interacted with my model's skin tone and dark, curly hair so I worked to capture that interaction," Johnson said.

Johnson's work was chosen as Best of Show at the reception on Sept. 19. JoHannah Grosz, a junior fine arts major, submitted photos she took while studying abroad in Florence, Italy in the fall of 2018.

Joshua Strong is a multimedia studies major whose submission was chosen as one of the honorable mentions in the exhibition. This is the first time Strong's work is featured

in a public exhibition.

Strong's submission of a series of three portraits was a collaboration with Isis Cabral, a fellow art student, that embraces negative space.

"I was inspired by negative space, which is the space in art that is unoccupied by subject matter - I really love the concept of having a lot of negative space in artwork and photographs," Strong said.

Alex Jimenez's submission titled "Lace" is a diptych, two portraits in one image, and was created after discovering his passion for photography, according to Stander.

"As the semester went on, he found himself carrying the camera more and more and began seeing photographically, then not only did his perception of what photography is but also his attraction to photo changed," Stander said.

Stander is excited to have other people see the work being created by students on the Minot State campus.

"Anytime you get to show your work it's a good thing as a student because you get new feedback from the experience," Stander said. "I often tell my students, build your resume anytime you have the opportunity ---if you can do something to get it on your resume, that's a good thing."

Stander highlights the value of these types of galleries in the local art community, especially in the Minot area, where they create vibrancy and accessibility for artists that isn't present in other cities.

"It's good for the regional photographic community to be able to see what other people are working on," Stander said. "You get to meet other photographers and carry on a different level of conversation. In North Dakota, we can be kind of dispersed throughout the region anything that brings that particular medium together is a good thing."

The display at the Taube Museum of Art runs Sept. 5 to Oct. 11.



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Sports Editorial

This editorial may not reflect the views of Minot State.

Policing the wrong part of the game

Philip Green **Sports Editor**

The NCAA outlines several rules and regulations that athletes must follow while participating in their sport. For college football, most of these rules and regulations revolve around ensuring the safety of the athletes. Rules include penalties for late hits out of bounds and hits on a defenseless player.

With all the potential for injury in a high contact sport, the efforts to keep players safe is understandable.

There are several rules and regulations, however, that have nothing to do with the safety of players nor the game of football itself. In football, the NCAA is very strict on what a player's uniform looks like. Players cannot have their undershirt or stomach exposed during games, players cannot have their backplate exposed, and players cannot have any part of their knee exposed. All must be covered up when a player is on the field or a referee is required to remove the player from the game.

Many of these rules draw the attention of officials away from the game because they are focused on what the player's uniform looks like rather than focusing on making the correct calls during the game play.

These uniform rules do not impact the game in anyway other than suppressing the studentathlete's ability to express themselves on the field. Student-athletes go out every day to represent their university and the NCAA. The least the NCAA could do is allow them to convey their personality on the field through their looks.

Carignan's viral 100-yard kickoff return

Monica Rivera **COMM 281**

Cory Carignan's 100-yard kickoff return immediately became viral the second the play was over.

"At halftime I went in and I saw notifications on my phone when I was trying to listen to my music, but I tried not to look at them. I just put my phone down," Carignan said.

Carignan received Northern Sun Intercollegiate Conference Special Team's Player of the Week mainly due to the return against the University of Minnesota Duluth on Sept. 5.

"I expected to score. That's just how I am. I wanted to make an impact early, but I definitely did not expect it to be as wild as it was and go as viral as it did," Carignan said.

Rick Heit, social media director at Minot State University, said he believes social media gives the university the chance to create a brand.

"It's much easier for a story like

Cory's to blow up via social sharing than it was just a decade before. The same play may have not been picked up via the newswire and it would have been much harder for people to share it with their friends," Heit said.

Going viral can happen in a matter of seconds and can last longer than that depending on the video.

"I don't know if we have a true idea of the scope of the return since so many sports channels ran it. The video was seen nearly a million times via USA Today alone," Heit said. "When you factor in the millions of views total across Sports Illustrated, CBS Sports, and others, this video was seen more times than all of the video ads we ran last year."

This kickoff return made it not only on Sports Illustrated and the top play on ESPN's Sports Center, but it is also a play of the year nomination.

"After everything died down I called my dad and just talked to him because he wasn't able to make that game. He sent me the Sport Center video clip of it being the number one play," Carnignan said. "He told me to remember the 24-hour rule still applies for everything. You take 24 hours to soak it in and have fun with it and after that it's on to the next week "

Minot State made sure that it had an input in all the hype.

"We rode the hype train and contributed to it with our own social media. I'm sure the football coaches will use it for recruiting for at least next year's incoming class," Heit said. "I think we'll see an increase in activity with our ads, especially the ones that run outside of North Dakota. More people will have heard of us and will be more likely to want to find out more."



Photo by Joshua Strong

Cory Carignan lines up as wide receiver against Northern State on Sept. 14. Minot State will be back at Herb Parker Stadium for Homecoming against Southwest Minnesota State on Oct. 5.





Sports Red & Green

Soccer building towards future

Joshua Strong Features Editor

Minot State Soccer kicked off their season with an 8-0 loss to NCAA Division I University of North Dakota, followed by 2-0 losses to Ferris State and Montana State Billings.

Head coach Chris Clements faces adversity in his inaugural season after taking over this year following previous head coach Jason Spain.

"Getting 32 of us on the same page is really the challenge. Then we need to be consistently on the same page. I think that when you come in as a new coach, who does things different, it's a challenge," Clements said.

Clements stated that, though results have been tough to get on the pitch, things looked positive in practice.

"We've had some really good training sessions. We've had some moments where things have clicked, and they've looked like we're right there. We just need to see it all come together in a game," Clements said.

Sarah Upton has come onto the team as a true freshman and a starter in holding midfield. Upton said that a highlight for this season has been a new era for the squad and the chance to build something from a new

foundation.

"(We're) getting the opportunity to build a program up from year one, that means we have the chance to build what we want alongside Coach." Upton said.

Danny Fonseca, a senior forward on the team, explained Clements' style of play as a very involved system where every player has a certain position and movement, emphasizing working as a team.

"We really have to communicate and work together as a team so we can be successful. If we don't move together as a unit, that breaks up the system," Fonseca explained.

Hannah Mitchell, a junior midfielder, stated that the team's goal is to build towards the positives.

"We want this year to be successful, but we also want to set ourselves up and build a foundation that we're able to continue to go up and up," Mitchell said.

Collectively, the team looks to turn the season around. As of Sept. 19, they are scheduled to play seven home games and eight away games of regular season.



Photo by Joshua Strong Sarah Upton high fives her teammates as she runs on the field to face MSU Billings.

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Sports

Red & Green

Cross country: Breaking records like broken records



Photo by Joshua Strong Lauren Reeves and Whitney Hanson training for their upcoming cross country race.

By Monica Rivera COMM 281

Minot State's men's and women's cross country teams broke three records in total at the Dragon Twilight meet at Minnesota State University Moorhead on Sept 6.

Senior Leo Skellenger broke the school's NCAA Division II record for the 6,000 meters. He is now the record-holder with a time of 19 minutes, 17 seconds.

"The more running records you have, the better. When I broke the 6K record this time was actually an improvement over the last time, so I'm definitely proud," Skellenger said.

He now holds five records at Minot State.

"As of right now, for cross country, I have the 6K and 10K records. For indoor track, I'm a part of the distance medley team that broke the record, and then I have the 5K and mile run so far," Skellenger said. "Everyone still feels special after several broken records."

Sophomore Lauren Reeves tied the previous record for the 4,000 meters with a time of 14:24.

"My favorite part is pushing myself and having others push me and also seeing how far we can get in training and in racing," Reeves said. With upcoming meets come upcoming goals.

"I want to beat the 5,000 or 6,000 meters. My current time is 15:16 for the 5K and 23:07 for the 6K," Reeves said

True freshman Whitney Hanson broke the 4,000 meters record with a time of 14:23. This particular race was Hanson's first race for Minot State.

"Honestly, breaking a record was kind of surprising. It wasn't what I was expecting," Hanson said. "Mostly I was going for a good time plus our team had goals we wanted to hit as a whole."

Hanson said she realized that breaking the record was possible during the race.

"As I got to my last stretch I heard 'Whitney, you're gonna break a record' and I was like what. It was very surprising," Hanson said.

Coming up for the men's and women's cross country teams is the Roy Griak Invitational in Minneapolis on Saturday.

Beavers top UMary in Battle of the Big Lake



Above: The team celebrates a 34-29 win against the University of Mary Sept. 21 in Bismarck, their fifth consecutive victory against UMary in the Battle of the Big Lake.

Left: Wide reciever Cory Carignan (13) and running back Ali Mohamed (21) celebrate after Mohamed scores a touchdown.

Bottom Left: Joemah Norman (6) and Tamrick Ross (1)

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Photos by Joshua Strong

Red & Green

... Theatre continued from page 4

changes, transitions, pre-show, postshow, and as the audience is entering and exiting the theatre. Another thing she does as a director is advertise auditions and create audition signs. Smith said trust is a major factor in the theatrical process.

"The most difficult part for any director is just trusting in themselves, trusting the actors, trusting the entire ensemble, but really it's trusting yourself and going with your instincts and following through with those, and patience," she said. "Sometimes as directors we tend to see this vision in our heads, and we want it ideally to happen in the first week of rehearsal, and it will never happen like that because the wonderful thing about theatre is that it's a process."

This trusting and patience aspect is something that has to be carried out throughout the whole process of the production for the play, and Smith said that she is still learning how to master these skills for every production.

"Throughout the six weeks of rehearsal period there is so much growth, not only within the actors, but in the designers and the director as well, so lots of discoveries and learning about the play itself and about each character," said Smith.

For Smith, the thing that keeps her motivated and in love with theater is discoveries and learning that she finds every year.

"I think it's that discovery aspect, because you can always learn from others. I learn so much from the actors and designers and the whole crew that I work with, and I believe that they also learn from me as well. Instead of labeling myself as a director, I'm more of a guide, or a coach, as I guide them along this process," she said.

Smith said the play is about what is acceptable behavior for 18 to 22-year-olds and what is acceptable for anyone at any age. The play will be performed from Oct. 17 to Oct. 19 beginning at 7:30 p.m. and on Oct. 20 at 2 p.m. It is a 90-minute play without intermission and is free for Minot State students, faculty, and staff with current MSU ID.

... Hours continued from page 1

company and Minot State, including reducing hours during holiday breaks.

"The other proposals we've been sharing with the student government, Staff Senate, and RHA because they impact the experience at Minot State for employees and students," Harmon said.

According to Harmon, lack of revenue from meal plans is also tied to a decline in enrollment numbers and the number of students living on campus. "One of the ramifications of our decline in enrollment is that there are fewer users. Just several years ago we had several hundred students on a meal plan," Harmon said. "So, the other side of this is how do we try to grow the number of students using the meal plan and living in our residence halls?"

Minot State's resident halls are at 66% capacity this fall. Last fall, capacity was at 70%. Other years in the past decade have reached over 90% capacity. Enrollment overall at the university is down 2.7% this fall.







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