

Red and Green

RedGreenPaper.com

Minot State University

Vol. 104, Issue 1, Feb. 11, 2021

Valentine's Day
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Instagram for a
special contest!
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Love at Minot State: Passion for music brings couple together in perfect harmony

Alyson Heisler
Editor



Submitted photo

Anthony Schreier and Arnikka Thompson in Norway.

Similar interests bring people together — which is how Arnikka Thompson and Anthony Schreier, two music education majors, found each other.

The two of them happened to be in the same classes during their freshman year and connected over Schreier's need for a textbook.

"I was in 9 a.m. aural skills — here's this lady that's sitting across the room from me. I'm thinking she's pretty cute, so I snuck my way over to talk to her," he said. "I actually didn't have the book for the reading in our first-year experience class that was right after that, so I emailed her and asked if I could borrow the book."

Being in the same classes wasn't the end of their similarities.

"I came to find out that she lived in the room directly below me in Dakota Hall," Schreier added.

They proceeded to talk over email for two months before exchanging phone numbers.

"She still has them saved; she deletes all her other emails except she keeps those ones," Schreier said.

They share a passion and talent for music but differ in their inbox organization.

"A clear inbox keeps the mind clear," Thompson said.

"I have 1,500 unread emails, at least," Schreier said.

It is stated that opposites attract, but these two were lucky enough to find each other to share their college experience together. They started dating in October of their freshman year.

On a Minot State Choir tour to Telemark, Norway in May 2019, Schreier decided it was time to propose.

While on a boat ride through the fjords, complete with live sea shanty singers, he requested their song, "Can't Help Falling in Love" by Elvis Presley. The song began, the couple danced on the boat, and the performers were surprised when they turned to see him on one knee.

See Harmony — Page 6

First Valentine's Day together

"During the week of Valentine's Day, I saw that the Winnipeg Jets and the Colorado Avalanche were playing in Winnipeg on Valentine's Day. My favorite hockey team is the Colorado Avalanche," Anthony Schreier said.

"That's my mom's favorite team also, because she's originally from Colorado," Arnikka Thompson said.

"I see this, and I look on Google Maps to see how long the drive is — it's only a five-and-a-half-hour drive from Minot to Winnipeg. I turned to her and said, 'Hey, Valentine's Day is on Thursday, so we'd have to miss some classes. What do you think about that?'"

The couple missed symphony class, drove up to Winnipeg just in time for the start of the game, and drove back in time for an exam the next morning at 8 a.m.

"I bought tickets — they were nosebleeds, all the way up in the back section. We watched two couples get engaged that night right in front of us, of course — one on the big screen and one, literally, right in front of us," Schreier said. "Then our row ended up winning a contest because a guy was dressed up and was voted as the fan favorite of the game, so we got coupons for free pizza. And the Avalanche won by a lot!"

"We drove back, got back about 4 in the morning, took a nap, and went to our exam and failed miserably," Thompson said.

The couple may have failed their exam, but at least they failed together. On the positive side, not everything was a failure — they shared in the success of their favorite hockey team, the Colorado Avalanche.

Off the wall news

Snow in the Sahara

The Sun reported on Jan. 10 that snow had blanketed parts of Saudi Arabia, which is unusual to say the least. The desert kingdom can experience highs of up to 50 C during the hot season, but this month temperatures fell below zero. The temperature dipped to -3 C, leading sheep and camels to be covered in snow alongside icy dunes. Previously in 2018, the area experienced snow and people celebrated with sleigh riding and snowball fights in the desert climate.

Viral TikTok relic immortalized

The man, known as Doggface on TikTok, who found internet fame after casually singing “Dreams” by Fleetwood Mac and drinking cranberry juice while longboarding has become part of history. A signed Ocean Spray cranberry juice bottle is now on display at the Museum of Idaho, according to the Associated Press. The person behind the persona is Nathan Apodaca, an Idaho native, who now has an official celebratory day named after him and virtually participated in the inauguration of President Biden.

Bigfoot Hunting Season

Lawmakers in Oklahoma have introduced a bill that would create a Bigfoot hunting season. Yes, the mythical creature that is Bigfoot. Representatives say that issuing a state hunting license and tag could help boost tourism in the Ouachita Mountains of Oklahoma. Don't worry, if passed, the bill will only allow trapping and could include a bounty of \$25,000 if Bigfoot is captured.

When squirrels attack

Reports of an aggressive squirrel who has apparently jumped on and bitten residents in the Rego Park neighborhood of New York City have occurred within the last month, according to the Associated Press. One resident, Micheline Frederick, posted on social media about her attack in which the squirrel landed on her arm, bruising it, and sank its teeth into her fingers and hand. The aftermath of the attack resulted in a chewed up finger and a bloody, snow covered pathway.

Worms are food?

The safety agency of the European Union (EU) has recently concluded that worms are safe to eat — dried yellow mealworms in particular. The worms can be eaten whole or powdered, as a protein-filled snack or as an added ingredient in recipes. The Associated Press stated that the EU is not the first organization to support worm consumption. The United Nations promoted edible bugs as a low-fat, high-protein food for people, pets, and livestock that are good for the environment in 2013.

Roadside vaccination

During a snowstorm on Jan. 27, healthcare workers in Grant's Pass, Oregon became stuck on the drive to a coronavirus vaccination event. As time passed, the vaccines came closer to expiring. The workers decided to create an impromptu vaccine clinic for other drivers stuck in the snow, according to the Associated Press. Staff walked car to car offering the vaccines to drivers; they administered all the doses they had and no vaccines went to waste.

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News in Brief

Minot State COVID-19 Hub minotstateu.edu/covid

COVID-19 testing on campus

Upcoming testing dates include Feb. 12, 16, 19, 23, and 26 from 8-10 a.m. on the third floor of the MSU Dome. Participants are encouraged to pre-register to facilitate an efficient collection process and minimize the amount of time spent at the testing site

Hess Corporation donates laptops

Thanks to the Hess Corporation, MSU now has 189 laptops available to check out. Since learning has been disrupted by COVID-19, these laptops will make it easier for students without a laptop to continue going to HyFlex classes as well as continue learning during any mandatory quarantine.

Women's basketball vs. Northern State University

On Friday, Feb. 12, the women's basketball team will play Northern State University at 6 p.m. in the MSU Dome.

Minot Minotauros hockey

On Friday, Feb. 12, the Minot Minotauros will be playing the St. Cloud Norsemen at 7:35 p.m. in the Maysa Arena.

Valentine Luminary Walk

On Saturday, Feb. 13 at 7 p.m. the Woodland Trail is holding a luminary walk for Minot residents and their loved ones. The Woodland Trail will be lined with decorated lanterns. Individuals can purchase a pack of three lanterns for \$5 to decorate and return to the park district. The Minot Park District will then display and light the lanterns for the walk on Saturday. Luminaries are for sale at the parks office.

2021-2022 scholarship deadline

Applications for the Minot State General Scholarship are due by Monday, Feb. 15. Be sure to fill out the application to collect scholarship funds that are available to students.

National Singles Day

If you do not have a valentine this year, don't fret because Feb. 15 is National Singles Day!

President's Day

On Monday, Feb. 15, the university will be closed for President's Day.

Assessment Day

Spring Assessment Day will be held on Tuesday, Feb. 16. Classes will resume at 3 p.m.

Minot Fun Zone

The Minot Auditorium-Old Armory (east side of the building), located at 420 3rd Ave SW, is holding Minot Fun Zone every Tuesday, Wednesday, and Thursday this month from 9 a.m.-12p.m. free of charge. All kids 10 and under are welcome and must be accompanied by an adult.

Basics in Drawing

On Feb. 16 from 6-8 p.m., Margie's Art Studio is holding a Basics in Drawing class series led by Shane Hawley. Go to the Visit Minot Facebook page for more information.

Tuesday Soup

Tuesday Soup has officially started up again! Visit the Student Center Atrium to get some soup on a cold day. Starting at 11 a.m., soup will be served until it is gone.

Class withdrawals

Monday, Feb. 22 is the last day to withdraw from any classes and receive a 75% refund.

Yoga and HIIT with Annika

On Feb. 22, Spectrum Fitness will be hosting a yoga and HIIT class at 6:30 p.m. The one-hour yoga class will consist of traditional yoga at the beginning and end, and in the middle, you'll get a great HIIT experience to burn some calories. End the class with an amazing stretch and cool down. Members are free and non-members are \$10. Sign up on the MINDBODY app!

Northwest Arts Center presents: 'America's 2021: Paperworks'

The Northwest Arts Center opens the spring semester at Minot State with the “Americas 2021: Paperworks” annual juried exhibition. The exhibition will be displayed until Feb. 26 in the Walter Piehl Gallery. The Walter Piehl Gallery is located in the Northwest Arts Center on the lower level of the Gordon B. Olson Library, with its own entrance on the south side of the library. It is open Tuesday, Wednesday, Thursday, and Friday from 10 a.m. to 5 p.m., and Saturday 1-5 p.m.

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Voices on Campus: What do you like and dislike about Valentine's Day?

Emily
Norman

"On Valentine's Day, I like how people show their love, but I don't love all the stuffed animals."

TRUE
LOVE

"The giving aspect of Valentine's Day – I enjoy giving gifts and spreading love. What I do NOT like is that I don't have a Valentine!"

Tais Vega

Cheyenne
Christian

"I like Valentine's Day because you have a designated day of the year to go all out with your loved one but if you don't have a special someone you can still dress up with your friends and do a Galentine's Day. I don't like it because I feel like it is kind of expected to make your special person do something and not choose to do it because they want to."

Mason Collins

"Valentine's Day gives people a chance to dress up, go out, and have a nice night with their loved ones. It can be hard for people to do that all the time, and now can be a time when you can splurge and do something nice for someone."

Kylee
Cook

"I like how it's a day dedicated to someone you love, considering I don't have a significant other right now – it's just a reminder that I'm alone."

CHARM
ME

"I like how ridiculous the day can become at times. I don't like how I'm always alone."

Trent Hunsakor

RG Editorial

The dark history of Valentine's Day

Alyson Heisler
Editor

We often think of Valentine's Day as a warm, fuzzy, romantic holiday to celebrate all the love in the world on one special day, but the day now ranks among the group of "Hallmark holidays" that have been commercialized beyond the need of the holiday's purpose.

The exact origin of Valentine's Day is unknown, but it's loosely connected to the Roman feast of Lupercalia, according to NPR. During this festival, men sacrificed animals then whipped women with the hides of the sacrificed animals — certainly an interesting method of celebration.

If you're wondering how couples became associated with Valentine's Day, a tradition of a matchmaking lottery, where young men would draw the name of a woman from a jar, was also a part of Lupercalia. The couple would remain together

during the festival, and hopefully their pairing would continue into the future.

The naming of Valentine's Day is also due to the Romans — after two different men, both named Valentine, who were executed on Feb. 14 by Emperor Claudius II in the third century. Their lives were honored on St. Valentine's Day, which became meshed with Lupercalia around the fifth century to "expel the pagan rituals" associated with the day.

Their efforts seem to have been effective — the pagans have been erased from holiday history once again. Confusing origins aside, Valentine's Day is one of the many holidays with dark history lurking in its origins — the more you know, the more interesting your holiday celebrations can become.

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

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

701-858-3354
redgreen@minotstate.edu

EDITOR
Alyson Heisler

ASSISTANT EDITOR
Kylie Koontz

FEATURES EDITOR
Lauren Reeves

SPORTS EDITOR
Philip Green

SOCIAL MEDIA DIRECTOR
Calli Delsman

ADVISOR
Alison McAfee

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Club feature: Honors Society

Lauren Reeves
Features Editor

Minot State University provides many programs to get students more involved in school activities and increase their opportunities to advance their academic careers. One such program is the Honors Society, which is a student-run organization affiliated with the university's honors program. While this organization is for students at Minot State University, there are several requirements students must meet in order to join.

"To become a member of Honors Society, students must first be admitted into the honors program," Melanie McPhearson, president of the Honors Society at Minot State University, said. "Any first-year student at MSU must have had either an ACT score of 25 or higher, a SAT score of 1,200 or higher, and/or a high school GPA of 3.50 or higher. Current MSU students who have a cumulative GPA of 3.30 or higher are also eligible to join the honors program."

Despite having requirements and limitations for who can join the program, McPhearson highlights the organization's low time commitment for its members.

"The only requirements are that students are willing to engage in the events and activities that are offered and are not shy in voicing their opinions," McPhearson said.

She also adds that, once students are in Honors Society, the student must be in the honors program for the duration of their time in the organization. This means a student must maintain a cumulative GPA of 3.30 or higher throughout their time at Minot State University.

Once a student is part of the honors program, they are able to join Honors Society by reaching out to club advisor and Honors Program



Photo courtesy of the Honors Society

in Engagement and Scholarship Director Jessica Smestad.

"Honors Society, much like the honors program, is centered around the ideas of dedication and passion for academics and community," says McPhearson. "Our organization often focuses on involving members in various volunteer opportunities in the Minot area as well as encouraging students to connect with others outside of their own area of study to create an overall larger sense of community within Honors Society."

Even though the time commitment is considered low to the organization, McPhearson stated that the organization focuses a lot on students voicing their opinions and becoming

involved in their surrounding community.

"Students can gain a better understand of what it takes to rise above the standard and really commit themselves to helping others and being dedicated to becoming a lifelong learner, meaning students are always working towards learning and taking in all the knowledge they can, well after they have graduated," said McPhearson. "The Honors Society is a great way for students to be more involved during their time at MSU while also allowing students to meet others who share the same passion for learning."

Listening In: 'Modern Love'

Alyson Heisler
Editor

Everyone — no matter if you are married, recently broken-hearted, engaged, or hopelessly single — loves to hear a good love story. OK, maybe not everyone, but why not for the sake of Valentine's Day.

The podcast "Modern Love" gives the listener a sneak peek into the love lives and love stories of people from all walks of life across the world. Based on the popular New York Times column of the same name, each episode features two essays from the archives of submitted stories from the last 16 years.

Each essay is performatively read by a voice actor, and each reading is followed by an updated interview with the author of the featured essay. Celebrities have also narrated essays — including comedian Hasan Minhaj, Tan France of "Queer Eye," director Greta Gerwig, and actor Jake Gyllenhaal.

The hosts are Daniel Jones, the editor and original creator of "Modern Love," and Miya Lee, the editor of "Tiny Love Stories" and other "Modern Love" projects. Over 200 episodes have been produced since its beginning in 2016. A re-launch occurred in October of last year, after a four-month hiatus and a return of creative control to the New York Times.

I especially enjoyed the episode titled "A Lifetime of Good Loving," which included the story of a couple that had been married for 56 years and was told by the wife whose husband had passed away just before the pandemic began. As someone whose grandparents passed away in the last few years, the widow's story echoed my grandparents' story. They had been married for 76 years at the time of my grandpa's death, and their lives revolved around each other.

They taught me what love should look like — how people should care about one another.

I loved hearing the stories of how they met and what they did on vacations together. Over the summer, my mom and I were cleaning out their home and found pictures of them when they were

young and letters they wrote to each other, including some written to my grandpa from my grandma when she attended Minot State to get her teacher's certificate.

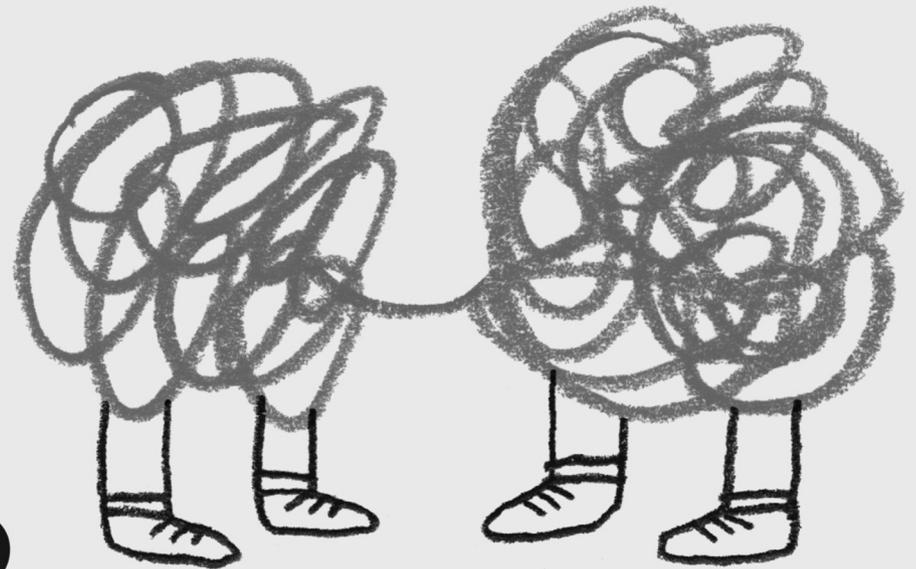
The essays remind me of what it feels like to have a good, deep conversation with another person — be it a stranger, family member, or good friend — which can make you laugh, shake your head, or bring tears to your eyes. That's something we don't often do and haven't had the opportunity to do in a while, especially because I believe that good conversation is meant to be had in-person, but sometimes a phone call will do.

If you find yourself aching for a conversation or are feeling lonely on a Thursday afternoon, take a listen to "Modern Love." You may be inspired to share one of your own love stories — dreamy, complicated, or absolutely embarrassing — with the world. Feel free to send a submission to us at the Red and Green, we could start our very own archive of love connections made at Minot State.

New episodes are posted every Wednesday. "Modern Love" is available to stream and download on Apple Podcasts, Spotify, and wherever podcasts are available.

Fans of the "Modern Love" podcast may also enjoy the storytelling experience on the TV show, available on Amazon Prime Video, or through several books that have been published.

Modern Love



Submitted photo

The cover page for the recent re-launch season of "Modern Love" by the New York Times.

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The Minot State University Writing Center is open in the Academic Support Center, located in the lower-level of the Gordon B. Olson Library. Check minotstateu.edu/writingcenter for open times or to make an appointment.

More to do in Minot than you think

Mason Collins
COMM 281



Photo courtesy of the Downtown Minot website
Downtown Minot offers many restaurants and experiences in one beautiful area.

There is a common consensus among newcomers to Minot that there's nothing to do here. In reality, Minot has a plethora of sights to visit and activities to explore.

Even before COVID-19 hit, many struggled with what to do around town. However, there are many things to do if you just look around. For example, we have the Roosevelt Park Zoo which remains open even in the winter. The zoo is adjacent to Roosevelt Park — a great place to take a walk anytime of the year. Roosevelt Park is also home to a skate park, so it's a great place to check out during the summer.

Speaking of taking a walk, the Scandinavian Heritage Park adds a touch of history to an outing. The Scandinavian Heritage Park showcases the Scandinavian history and heritage of people in the Minot area — the park is also believed to be the only park in the world to represent all five Nordic

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Lucky for Schreier, Thompson said yes.

"I was not expecting to find a fiancé within the first three months of college. We started dating in October and got engaged in May," Thompson said. "It was very quick, and a lot of people have said we've gone too quick, but when you know, you know. I was expecting to find someone that's musical and all that stuff, but it happened a lot quicker and a lot better than I was expecting."

Now a year and a half into their engagement, they've begun researching and planning for their wedding. They hope to get married in the summer of 2022 — after they've both walked at graduation together and Thompson finishes student teaching.

"By the time we're married, we'll have been engaged for three years. I'd say that can take the place of some of the dating time," Thompson said. "If you told my past self that I would be engaged in the first year of college, I would not have believed you."

With both of them being musically talented and pursuing music education as a career, it's safe to assume that their special day will be centered around

music.

"Music will be a large priority," Thompson said.

Schreier is a member of the orchestra and has performed in string quartets for weddings of all types.

"I can see from my side as the musician, what the people want to hear, but now I'll be on the other side of it, knowing the capabilities of the musicians, what type of music can be played, and what sounds nice," he said.

Thompson has a plan, unsurprisingly with her organized personality, for where and when certain types of music will fit within their own wedding day.

"It'd be nice to have an organ playing in the church or during the ceremony. One of the music professors plays organ, as well as violin, and that could be playing when we're walking down the aisle, and we could have a string quartet playing when we're eating," Thompson said. "It's all based on how we're going to incorporate the music."

This year for Valentine's Day, the couple will take advantage of the four-day weekend to visit family and check out possible wedding venues in Schreier's hometown of Grand Forks.

Following the cancellation of many weddings due to the pandemic, the end of 2021 and into 2022 is expected to be

a very busy wedding season.

"If we don't get married in Grand Forks, we're looking at possibly having the ceremony at MSU in Ann Nicole Nelson Hall," Schreier said. "We could get the stage all dressed up nice. We haven't solidified anything yet, but the ideas are floating around."

Aptly so, the couple happened to pose for their first photo as a couple on the steps of Old Main. If their wedding ceremony does take place in Ann Nicole Nelson Hall, they'll have gone full circle together.

"During quarantine, I made a midnight buy online and I got that first photo printed on a canvas, then he ordered a print by number of the photo when that was a whole craze, which he gave me for my birthday," Thompson said. "Now I've got those two pictures on the wall and a spot waiting for a third one."

No matter the location of their ceremony, a re-creation of that first photo will complete a trio of photos in their home someday. The memories they've made during their time together — including meeting at Minot State, music performances in Ann Nicole Nelson Hall, and the choir trip to Norway — will remain important for a long time.



Submitted photo

... **Minot**
continued from page 6

countries. The event that surpasses the park for its showcase of heritage is the Norsk Hostfest, America's largest Scandinavian festival, held annually each fall in Minot.

If you are looking for a fun way to stretch your legs this season, the Maysa Arena might be just what you need. It operates a public indoor skating rink during the winter at select times throughout the week. On top of that, they also host Minot's local professional hockey team, the Minotauros. If skating isn't your thing, Minot also has a bowling alley and a mini golf course. If you want to take your golf game up a notch, you can visit the Souris Valley Golf Course. The course hosts a driving range and a full 18 holes available for walk-ons or reservations. During the summer, be sure to check out the Souris Valley Sabre Dogs, an All Expedition League team that calls Minot home.

Minot also has a range of coffee shops and bars to check out. For instance,

Atypical Brewery is a popular place to grab some drinks with friends. If you want to hear some great music, you should also check out Ebenezer's Eatery & Irish Pub and The Original. These bars both host a variety of local bands that play on select nights throughout the year.

If you are looking for something beyond the nightlife, then the Black Iguana on Main Street could be just right for you. What makes it so unique is that this coffee shop is located in Margie's Art Glass Studio, an art store featuring many glass pieces that also hosts classes and events. For great coffee and food, check out Broadway Bean and Bagel Co., where you can not only grab a drink, but also one of their fresh-baked bagels. For even more fresh-baked goodness, check out Prairie Sky Breads, a more recent addition to Downtown Minot, for their handmade breads, scones, and lunch menu. They also offer online ordering on their website for curbside pickup or delivery. And if you are looking for a place to hang out with some friends, With Room Coffee, also located in Downtown Minot, provides a

special ambiance. Covered from floor to ceiling in plants, it is a great place to relax, hang out with friends, or work on some homework.

Speaking of Downtown Minot, it's a great place to stroll and check out some of the local stores the city has to offer. From Main Street Books, to Cookies for You, to Charlie's Diner, there is a wide array of places to visit on Main Street. One highlight of downtown is the Taube Museum of Art. The Taube hosts a collection of artwork made by local artists and is free to the public year-round. Near Main Street, there are also a few options if you are looking to kill some time. There's The Spot, a bar and pool hall, as well as Chaos Games, a card and hobby shop.

With Valentine's Day around the corner, consider incorporating one of Minot's local destinations into your plans. Here are some upcoming events in Minot to enjoy with a sweetheart, friends, or family throughout the month of February:

Feb. 11-14: "First Night," a romantic comedy put on by the Mouse River

Players. A bright, warm comedy about dreams, life, and love that had critics and audiences cheering at its premiere. Danny Fleming had convinced himself that life's dreams can't be anything more than dreams. Then back into his life walks his eighth-grade flame, Meredith O'Connor — only now it's Sister Meredith Louise — and it becomes a New Year's Eve to remember. Tickets are available at mouseriverplayers.com for \$10 each.

Feb. 12: Minot Minotauros vs. Saint Cloud Norseman.

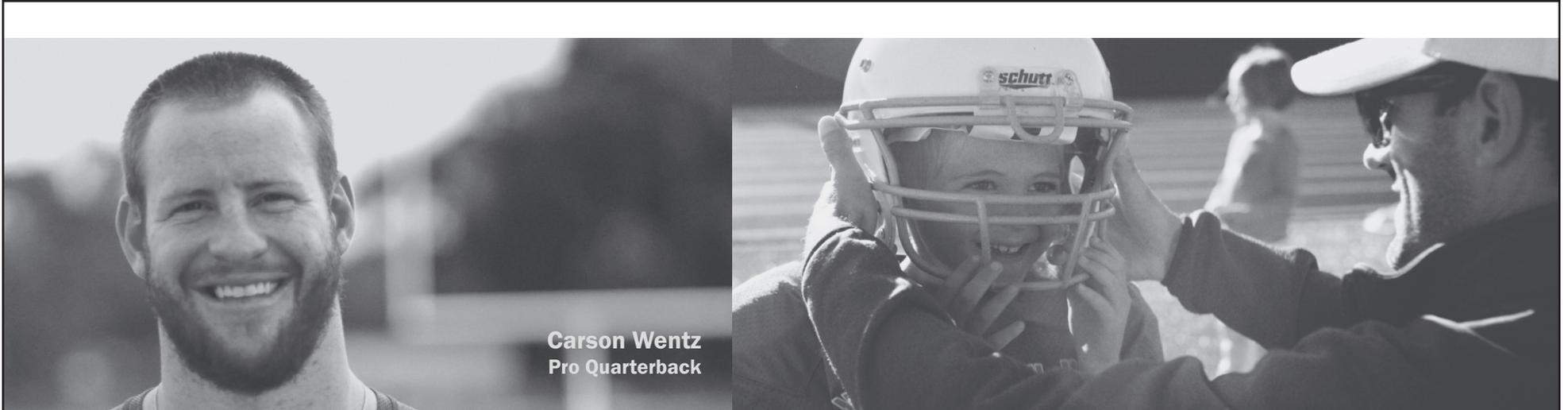
Feb. 13: Valentine Luminary Walk at Woodland Trail from 7-9 p.m. Bring your sweetheart or your whole family of love bugs for a luminary lighted walk through Woodland Trail lined with decorated lanterns for all your sweethearts.

Feb. 14: Valentine's Day at the Putt District, couple's golf is two for \$15.

Feb. 18: Make art glass mushrooms at Margie's Art Studio. Learn how to make mushroom caps using a hammer to break the glass, resulting in an interesting and unique pattern. They will be placed in the kiln after you reassemble the glass and add

a little artistic flare to the mix. Class size is limited, no experience needed. Tickets are available at margiesartglass.com for \$45 each.

The next time you think to yourself, "Man, there's nothing to do in Minot," try checking out our local parks and museums. There are so many things to do from parks to festivals, games, and sporting events — all you have to do is look around you.



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ROB Editorial

Philip Green

Live coverage of Minot State athletics has been completely revamped this year. BEK Sports has signed a contract with MSU to stream games for 2021. They will stream all home basketball games for the men's and women's teams and all wrestling matches this winter. The stream will go live on msubeavers.com, nsicnetwork.com/msubeavers, and on Midco cable TV in the Minot area.

This new stream is a fresh facelift for athletics and will bring tons of benefits for the Beavers. In years' past, the stream quality has been less than ideal. This new deal with BEK Sports is huge for the family members of Beaver athletes. It's not always easy for parents to make trips to Minot to watch their sons or daughters play so streaming the games is essential. Viewing a low-quality stream can also discourage recruits. Now for student-athletes whose families live far from

Minot, they can be confident they'll be able to watch a high-quality stream.

The new stream also provides opportunities to re-watch games after they have been played. This can also be used as a recruiting tool. The saved streams can be edited into recap videos for how games went as well as hype videos throughout the season. A game feed that provides multiple camera angles, high-end sports reporting, and quality footage of student-athletes will be a huge benefit for many programs on campus. The first games to be streamed will be tonight's wrestling match against South Minnesota State and tomorrow's women's basketball game against Northern State.

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

Minot State introduces nutrition cart

Nina Arias

See Nutrition — Page 9



Submitted photo
Human performance assistant Brody Myers models the new nutrition cart for Beaver athletics. The cart is located in the new Beaver weight room on the third floor of the MSU Dome.

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... nutrition
continued from page 8

Thanks to the efforts of the Minot State University athletic department, student-athletes have a new nutrition cart for after their training sessions. Milk has been shown to be one of the best drinks to consume after working out because of its bone strengthening properties. The athletic department has decided

to bring the protein treat back to the weight room; however, this time it's in two flavors, chocolate and vanilla, and has 20 grams of protein.

Brody Myers, Minot State Athletics human performance assistant, explained that the athletic department brought back the nutrition cart to encourage athletes to get the protein they need after their workouts. The

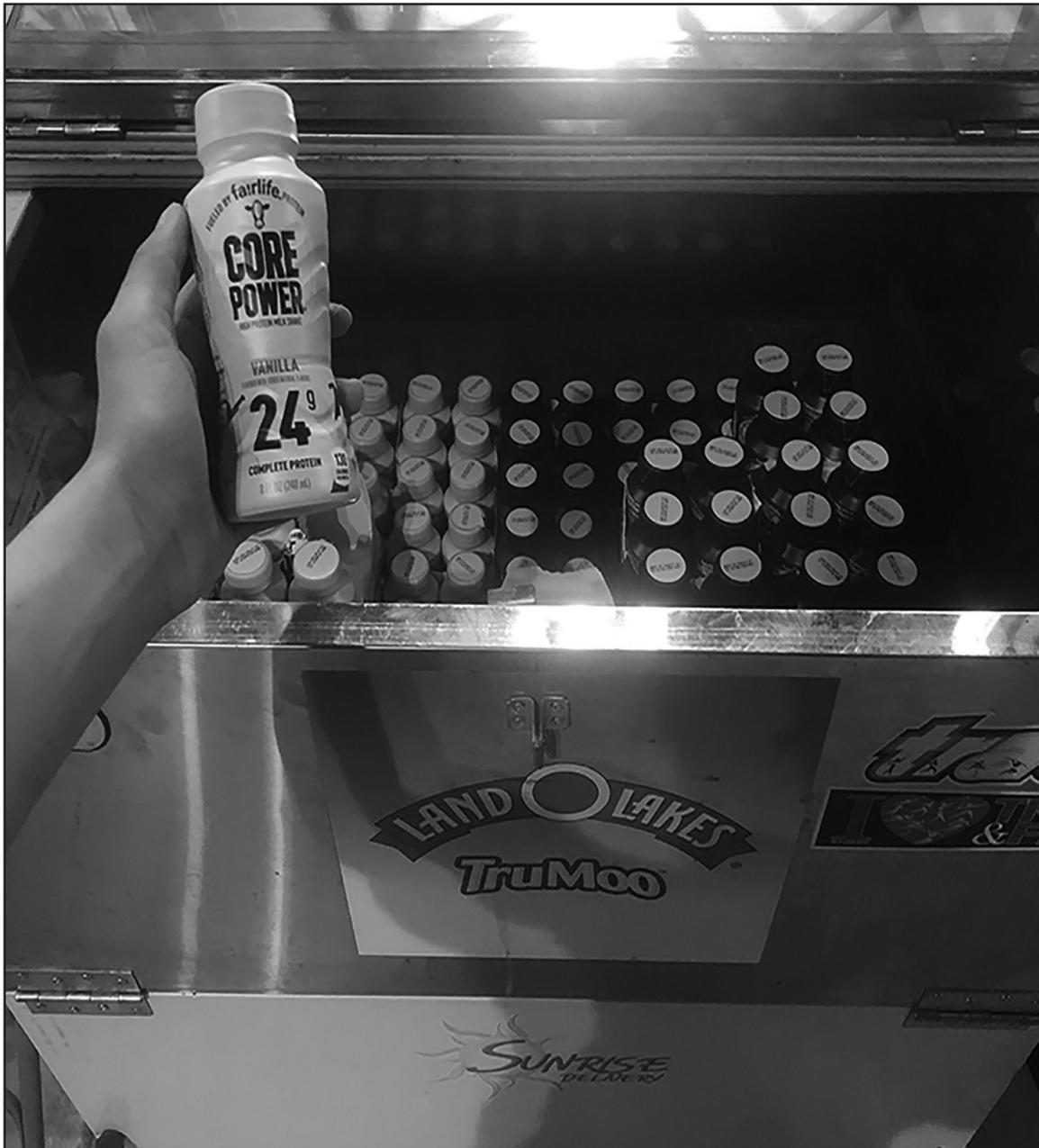
drinks provided in the cart are Core Power by FairLife, which is high in protein and low in sugar — ideal for athletes.

According to FairLife's homepage, their CorePower protein shake is "chock full of all of the vital nutrients athletes need after breaking down muscle to build it back up." The drink contains complete proteins, amino acids, electrolytes, and

calcium. FairLife states that CorePower comes from ultra-filtered milk, which gives the high-quality, complete protein needed to maximize recovery and encourage muscle growth post exercise.

So far, it looks like the protein beverage cart is here to stay; with the help of the trainers and student-athletes, the nutrition cart's benefits will be seen, and

it should be easier to receive funds from Beaver Boosters for more projects like this. While the beverage cart is limited to one drink per athlete per session, the trainers don't see enthusiasm fading anytime soon. For non-athletes, the CorePower protein drink is also available at the on-campus convenience store.



Submitted photo

The new Beaver nutrition cart has two flavors for athletes, chocolate and vanilla. Athletes are provided with one shake after each workout.

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Max Cody reaches career milestone

Philip Green
Sport Editor

In a year that has been filled with so much uncertainty, Minot State basketball guard Max Cody has already produced career accomplishments within weeks of the season kickoff. In a loss to St. Cloud State on Jan. 17, Cody became the 17th player in MSU basketball history to eclipse the 1,000th career point threshold. He is the first Beaver to crack 1,000 points since MSU's all-time leading scorer, Tyler Rudolph, did so between 2014–2018. Entering the game, the 6'1" guard from Australia needed just nine points to reach 1,000 and did so on a three pointer in the second half.

Matt Murken, head coach of the men's basketball team, has seen Cody grow over his time at Minot State.

"Max has really developed as a player in his four years at Minot State. Coming from Australia, he had a lot of challenges to overcome," Murken said. "Obviously, he is a long way from home and apart from his family. The game of basketball is played a little differently internationally and that is an adjustment as well."

Making the adjustment to the new style of play isn't something Cody could easily pick up on — it took a lot of work from him to do so.

"Max does a great job of studying the game and how we want to play it here at Minot State. That ability to learn the game combined with his work ethic has really paid dividends for him in terms of success," Murken explained.

Cody didn't acclimate right away. He faced a few bumps in the road, but that didn't stop him.

"We knew it would take some time for him to adjust to the differences in play, the rule changes, and the level of play. His first year was up and down, but he was committed to success and the process of growing as a player," Murken explained.

Cody is the second player to reach his 1,000th point under Murken. Having players reach such a goal is a major accomplishment for the coach as well.

"Career milestones are always a testimony to commitment and work ethic, so I'm happy that he reached a mark that he will look back at someday and be proud of all the effort he put into the game of basketball," Murken said.

Murken highlighted that Cody is proud of his accomplishment but also knows that he has more to focus on than individual milestones.

"Max is a tremendous competitor.

He doesn't care much about anything other than helping us win basketball games. Our goal, as a program, is to be committed to being the best possible team we can be," Murken said. This season will be filled with more conference competitions compared to years past due to the ongoing coronavirus pandemic. The Beavers have started the year 6-4 and earned wins against conference foes much earlier than they did last year.

Even in a shortened, unorthodox season, Cody will have several more opportunities to climb even higher on the all-time scorer list.



Photo by Joshua Strong

Max Cody shoots free throws in the first home game since scoring his 1000th career point. The Beavers swept Bemidji State on Jan. 29th and Jan. 30 by a score of 91-82 and 74-56.



Photo by Joshua Strong

Max Cody high fives his teammates after a big weekend of games against Bemidji State. MSU won both games giving them a four game win streak. The Beavers are 6-4 on the year. This was the Beaver last home stand of the year as their two home games against Minnesota State Moorhead were canceled. due to COVID-19.

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