

Red and Green

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Minot State University

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moment news!
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Minot State gets new tech

Chad M. Olson
COMM 281

Minot State students, faculty, and staff now have access to 189 refurbished HP laptops that can be checked out for the duration of the semester for free.

According to Minot State Computer Support Services Director George Withus, the computers were donated by the Hess Corporation in December 2020.

The laptops have been configured for student use and come with a Windows 10 operating system, Office 365, Microsoft Teams, and Zoom. The computers are also equipped with a camera and microphone for use with Blackboard.

Those in need of a computer can visit IT Central, located in Old Main Room 108, to check one out. Students must be up to date with billing and must fill out a brief form

to borrow a laptop.

"We used to have 15 laptops for checkout, and we had a two-week waiting period or a two-week using period. The reason we had this is because other students would come in and need a laptop," Withus said. "This donation, it came at a great time. A lot more people are going online with their classes, and things like this just give them another tool that they can use where they don't have to go out and spend a lot of money to get hooked up to be part of a class again. This was a great donation for us."

For students that require specialty software such as the Adobe Suite, they can use remote-access computers on campus that have those programs. Students can log in with the laptops

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Photo by Chad Olson

Gordon B. Olson Library serves student needs

Macyn Flatmoe
Staff Writer



Photo by Macyn Flatmoe

From printing to studying to receiving consultation on a subject, the Gordon B. Olson Library offers a wide variety of services for students attending Minot State University.

Whatever a student needs, odds are they'll be able to find it, or get help finding it, just by taking a quick trip to the library. Stepping in, students can immediately find the help they need by stopping at the staff information desk by the front door, where staff are stationed 67.5 hours of the 78 hours the library is open during the week. Library staff are available to answer questions in person, by email, or even by phone. If a question is more complex or takes more time to figure out, appointments for a research

consultation can be done individually or in a small group.

Along with offering assistance, the library provides study rooms where students can go for a private setting to study either by themselves or with a group. The study rooms are available on a first-come, first-serve basis. There are 12 study rooms spread between all three levels of the library, with smaller rooms perfect for solo studying. Even a mother's room is available for parents to feed their infants.

"Students really love the study rooms that are on the north and south side of the upper level of the library," Library Director Jane la Plante said. "Those

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News in Brief

Minot Flea Market

On Saturday, Feb 27, the Minot Flea Market kicks off. Many people come to sell their antiques, collectibles, or other valuable items while others sell their homemade crafts, products, and foods. There is something for everyone at the Minot Flea Market. Admission is only \$2, and ages 10 and under are free.

Johnny Holm Band

On Saturday, Feb 27, The Original Bar and Nightclub will host the Johnny Holm Band at 9 p.m.

National PB Lover's Day

Make yourself a peanut butter sandwich, it is National Peanut Butter Lover's Day on March 1.

National Happy Day

March 3 is National I Want You to be Happy Day!

Summer and fall semester graduation applications

Summer and fall graduation applications are due to the Registrar's office by March 6.

Last day to drop classes

The last day to drop second eight-week classes is March 11.

Bismarck Bobcats vs. Minot Minotauros

The Minot Minotauros will play the Bismarck Bobcats at the Maysa Arena on March 11 at 7:05 p.m.

International Women's Day

March 8 is International Women's Day. Time to celebrate strong women all over the world!

KMOT Ag Expo

On March 3-5, KMOT is hosting an ag expo at the North Dakota State Fairgrounds from 9 a.m. to 5 p.m. You can expect to see the latest in agricultural technology and equipment, along with several other exhibits that cover all areas of agriculture in Western North Dakota.

State B girls basketball tournament

On March 4-6, the MSU Dome is hosting the State B Girls basketball tournament.

Region 6 boys basketball tournament

On March 8, 9, and 11, the MSU Dome is hosting the Region 6 boys basketball tournament.

A Start in Art

On March 9, The Taube Museum of Art is hosting a Start in Art from 9:30-10:30 a.m. Preregistration is required for classes. One parent or guardian must attend with the child and the program is open to children ages 9-months to 5-years-old. For more information, visit their Facebook page or sign up at taubeeducation@srt.com.

Minot Fun Zone

On March 11, the Minot Auditorium-Old Armory (east side of the building), located at 420 3rd Ave SW, is hosting the Minot Fun Zone from 9 a.m. to noon. It is provided free of charge to all area residents through the Minot Park District.

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Minot State student Lauren Cowden,

Off the wall news

Frozen pants

When temperatures drop low enough, people do crazy things. A Chicago man reserved his parking space by freezing a pair of his jeans in a straight up, standing position, as stated by United Press International (UPI). Adam Selzer placed the frozen pants in a shoveled parking space. Though this is a strange method, reserving parking spots is a common practice in Chicago — people typically mark their territory with a lawn chair or traffic cone after they've shoveled their space. Selzer plans to add a shirt to the ensemble during the next winter storm.

Tons of turtles

Thousands of sea turtles were saved from hypothermia after the record-breaking winter storm on the second weekend in February. Sea Turtles, Inc. worked to save 2,500 sea turtles from the South Padre Island Area, according to Nexstar Media. When water temperatures drop below 50 degrees Fahrenheit, it becomes difficult for turtles to swim to a warmer area. When turtles become cold-stunned, they are vulnerable to shock, pneumonia, frostbite, and death, according to Turtle Island Restoration Network. The turtles are now housed in the South Padre Island Convention Center.

Floating body parts?

California Highway Patrol officers responded to a report of body parts floating in the water next to Highway 99 in Stockton, according to UPI. A truck driver who spotted the body called 911 with concerns about a dismembered body left in the water. Upon arrival, officers discovered several limbs and torsos of a dismembered mannequin.

Cat got your Zoom

In a Zoom call gone wrong, a lawyer attending a virtual hearing had to clarify to his fellow attendees that he was, in fact, not a cat. Texas lawyer Rod Ponton had accidentally turned on a filter that turned his face into a photo of a cat and struggled to resolve the technical difficulties. He eventually figured out how to disable the filter. According to UPI, Ponton was complimented for his professionalism and stated that this incident shows the professional's dedication to the justice system, even in a time when trials are conducted online.

Small house, big money

A 6-foot-wide home billed "as is" is being listed for sale online with an asking price of \$1.3 million. This home is considered possibly the skinniest house in London, according to UPI. The specs of the West London home include five stories within a 6-foot width. The home is 1,034 square-feet — similar to the size of living quarters on a luxury yacht. Originally, the space was home to a hat shop, and was later converted into a home by Juergen Teller, a fashion photographer.

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@msuredgreen

Looyenga leadership workshops offered

Calli Delsman

COMM 281

This spring, the Looyenga Leadership Center is offering multiple workshops that cover a variety of topics ranging from stress management, to leading meetings, to team goal setting. These workshops are offered every Tuesday and Wednesday in Old Main until May 5. Any Minot State student can participate for free. There is a limit of 20 students in-person because of social distancing precautions, but others are able to join via Microsoft TEAMS. Students must sign up either in the Leadership Center or by emailing James Sturm, Looyenga Leadership Center director, at james.p.sturm@minotstateu.edu.

Minot State student Lauren Cowden,

one of several students to attend multiple sessions this semester, has had an amazing experience so far.

"The leadership workshops are an opportunity to build leadership skills, make new friends, and increase your productivity," Cowden said. "The best part is they're free. Jim (Strum, who runs the sessions) takes pride in keeping each session under an hour in consideration of our busy schedules."

Along with hosting the workshops, students can earn virtual badges by attending specific sessions, which can be placed on resumes to show potential employers specific leadership strengths. For example, the Personal Leadership

Badge is given to students who attend five specific sessions: The Power of Positivity; Why Attitude Matters; Building Mental Toughness; Don't Panic — Stress Management Basics; What Matters Most — The Anti-Time Management Workshop; and Ethics. Students can also achieve two other badges: the Collaboration Badge and Problem-Solving Badge.

The Collaboration Badge is earned by attending Working with Teams; Ignite the Flame — Motivation Tips for Leaders; Professional Communication; Leading Meetings; and Team Goal Setting. The Problem Solving Badge is

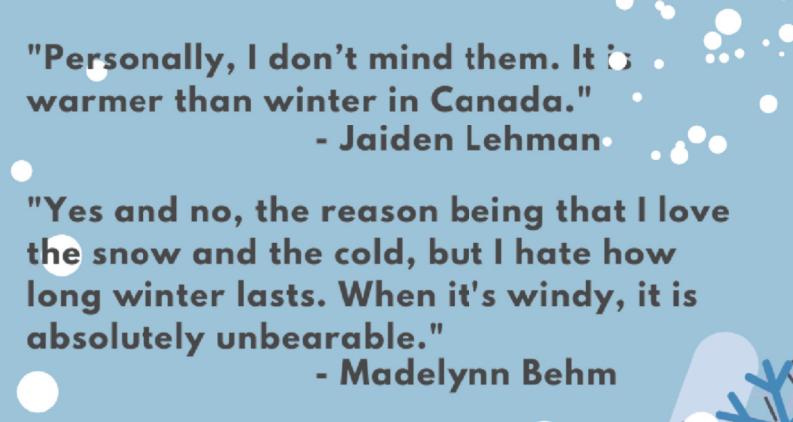
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VOICES ON CAMPUS: DO YOU LIKE NORTH DAKOTA WINTERS?

 "Even though I've lived here my whole life, I hate the cold. I love the snow, but the cold is not for me." - Tea Boeckel

 "Absolutely not."
- Sami Beeler

"I'm from Minnesota so super cold winters are kind of normal for me, but I don't think I'll ever get used to it."
- Calvin Sisk

 "Personally, I don't mind them. It is warmer than winter in Canada." - Jaiden Lehman

 "Yes and no, the reason being that I love the snow and the cold, but I hate how long winter lasts. When it's windy, it is absolutely unbearable." - Madelynn Behm

"Hell no! It's freezing!" - Jay Vitry

 "I truly don't mind the cold weather, but I'm not a huge fan of driving in the snow. My grandpa taught me to have high respect for winter because it does so much good for the agriculture and environment, especially for farmers because he is one! So I don't mind it!"
- Jane Wunderlich

Artist feature : Johanna Grosz

Mason Collins
COMM 281

Minot State senior JoHannah Grosz has spent most of her college career studying photography and graphic design as she works towards her Bachelor of Fine Arts degree with a concentration in printmaking.

While many photographers stick to the digital aspect, Grosz prefers old-school methods such as polyester plate lithography. This method works by covering the polyester plates in something resembling an oil that absorbs ink in some areas and rejects it in others. Artists then use a press to transfer the image onto the paper.

Why does she prefer this method over a digital alternative?

"It gives it more of a tactile feel," said Grosz. "When they are done, they have a nice feel to them. It also gives it a more handmade element."

She compares printmaking to listening to vinyl, in that each person has their own special

experience with it.

"With vinyl you hear the crackling and the noise. Each piece I make has their own little imperfections," she said.

Each piece was made with the intention to make mistakes so that no piece is like another.

The first thing I noticed about Grosz was the love and effort she put into her work. From the moment I walked in, she never stopped working. She kept her focus on her work while talking and hardly looked up to think. This hard-working attitude is further exemplified in her work as the director of the university's art and literature magazine, The Coup. She designs the layouts and works with people to get all kinds of works in the magazine. When she first got involved, The Coup had not been published in quite a while, so Grosz worked with others in the art department to revive the magazine

and bring it back to students.

The community at Minot State has been her favorite part of going to school here. She credits working with so many people and getting to know both the members that worked with her on The Coup as well as others in the art department for her great experience on campus.

As Grosz gets closer to her final semester, she is simultaneously working on her capstone project and many other pieces in her personal time. She is planning an art show of her work for her final project. Grosz also runs the Hartnett Hall Gallery and is currently planning a show featuring some of her work that will start in the middle of February. On top of this, Grosz also has two pieces in the "Americas 2021: Paperworks" show in the Northwest Art Center. This is a juried show on a national level so there is no better time to check out some of her work.



Submitted photo
JoHannah Grosz working on a new piece.

RG Editorial

Positives of chilly winter weather

Alyson Heisler
Editor

Recently, the weather has been quite cold and windy, but what's new — it's wintertime in North Dakota. The wind chill warning feels like it's lasted for at least two weeks, and we haven't seen a positive temperature for a while either.

The last few winters have been good to the people of North Dakota, aside from a few days of freakishly cold winds and snow — but remember it could always be worse. The coldest temperature ever recorded in North Dakota was 60 degrees below zero on Feb. 15, 1936. Seriously, it was 60 degrees below zero without windchill. A similar temperature of 59.6 degrees below zero was recorded at Lake Metigoshe State Park on Feb. 13.

The best way to deal with the cold is to be prepared and

suffer through, as we know warmer weather will come. A positive of the cold weather is the great feeling of sitting under a warm blanket drinking a warm beverage.

As a bonus, if you're okay with being outside for a little bit, look out for a sundog. Sundogs are most common when the temperature is below zero and appear on each side of the sun — creating a trio of suns in the sky. They happen when sunlight is refracted through ice crystals in the air and are most visible when the sun is near the horizon.

Though at times it may be hard to believe, the snow will melt and temperatures in the 70s will return in a few months. In the meantime, don't forget the positives of every season.

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

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Club feature: MSU Equality

Lauren Reeves
Features Editor

As February marks Black History Month, MSU Equality President Joshua Strong shares why this is an important month to acknowledge.

"It's an annual celebration of achievements of African American and Black Americans and recognition for their role in US history," said Strong. "It's origin comes from Negro History Week, becoming an official renamed month in 1976."

Some individuals argue that celebrating Black History Month is racist in its own nature. They are entitled to their opinions, so I do not deem it a misunderstanding, but it is a current debate. All I can do as a biracial man is hope people educate themselves and at the very least show me and all Black people respect."

After the death of George Floyd and the nationwide-protests against racial injustices in 2020, Strong and Giovanna Hamilton decided it was time to create a club that represented voices

of underrepresented groups on campus.

"Our mission is to promote an acknowledgment and understanding of social, political, and economic inequalities; to provide a safe space for Minot State students to voice their experiences, ideas, questions, and uncertainties; and to enact equality, inclusivity, and justice within our community," Strong said.

Strong also clarified some misunderstandings of the club by saying that it is not just of club for Black students, but that it is open to everyone.

"We don't have a joining process. This is an open-door club, students can attend our meetings and get involved at their own will and availability," said Strong. "We don't have any requirements or fees; we are a community, although we have an elected executive board of student leaders who are held to a standard and accountability.

"We are here to stand up against

injustices and discrimination towards any student regardless of race, ethnicity, gender, non-binary, sexual orientation, religion, or anyone far and between."

Despite COVID-19 restricting what the club can do to celebrate Black History Month, Strong explained that the club is still planning on sharing resources with its members on learning more about racial injustices.

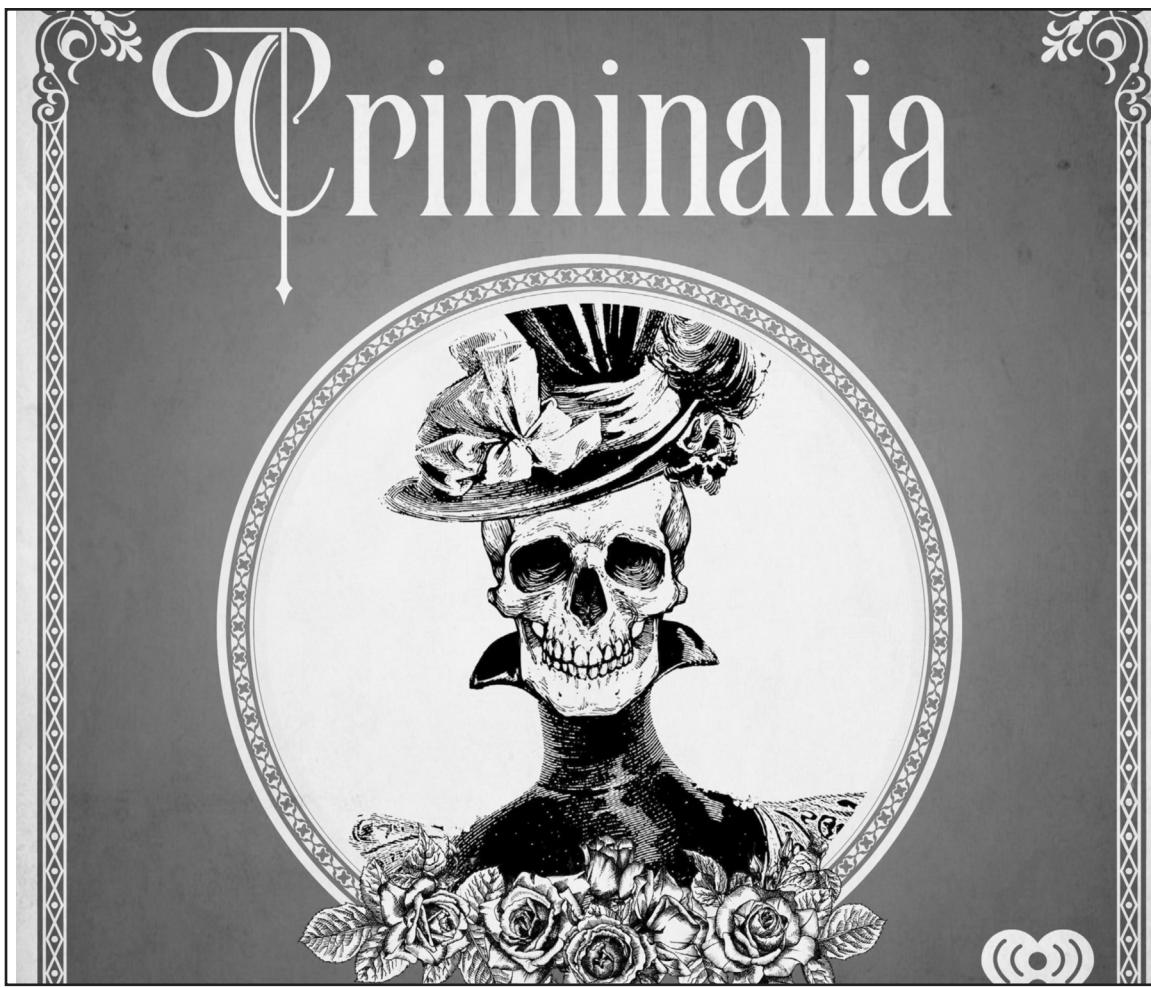
"I believe celebrating Black History Month can look different to any individual," said Strong. "I don't think it is my, nor anyone's, responsibility to tell people what to do. All we can do as a club is provide resources. We are collecting more resources to share on our social media. Any educational site with an .edu or .gov is a good place to start."

The MSU Equality meets on the first and third Monday at 6:30 p.m. on Microsoft Teams. For more information, contact Strong at joshua.w.strong@minotstateu.edu.



MSU Equality logo.

Submitted photo



Courtesy of 'Criminalia'

'Criminalia' logo.

Listening In: 'Criminalia'

Alyson Heisler
Editor

The world of true crime is so often focused on murderous men — what about the women that have also committed criminal acts?

Statistically, there are less women convicted of homicide than men. According to a study by the U.S. Department of Justice, males were convicted of the vast majority of homicides in the United States between 1980 and 2008.

This does not mean that women do not commit murder.

"Criminalia," a true-crime podcast created by I-Heart Radio, focuses on famous femme fatales. The show's first

season is dedicated to lady poisoners.

It is often thought that poison is the preferred murder method for women. The list of historically dangerous women includes Marie LaFarge, Giulia Tofana, and Lydia Sherman. Many of these women were not the poisoners, but rather the creators and distributors of the poisons. Fun, or not so fun, fact: the purpose behind the poisons was often to assist women in killing their abusive husbands for their own protection.

The show's hosts, Holly Frey and Maria Trimarchi, take a humor-filled perspective

on these typically dark and mysterious cases. In some ways, the women respect the murderers by telling their stories without proclaiming their guilt from the beginning.

I especially appreciate the bubbly, positive tone that the hosts use, which is very different in comparison to the spooky, scripted sound of other true-crime podcasts.

Not to say that "Criminalia" doesn't focus on the facts. Each episode is packed with facts and historical knowledge that helps listeners understand more about the time periods the crimes take place in.

YOU
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OPINION
so why not
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redgreen@minotstateu.edu



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I would recommend "Criminalia" as an introduction to true-crime podcasts. It's a good quality listen that doesn't take itself, or its subjects, too seriously.

Another bonus is the themed ending segment called "What's Your Poison?" where Frey presents and reviews a fun cocktail recipe.

New episodes are posted weekly. "Criminalia" is available to stream and download on Apple Podcasts, Spotify, and wherever podcasts are available.

Coronavirus vaccines: Brands and benefits

Heather Hoffman
Staff Writer

When it comes to vaccinations, the word variety is not frequently used. Fighting for dominance, the leading companies with the most fame and most investors tend to be the most publicized.

Three of these leading companies have broken ground with their version of the COVID-19 vaccination. The main contributors to the coronavirus vaccine production at the current moment are Pfizer and Moderna. Johnson & Johnson is not far behind with a one-dose vaccination rather than the evenly spaced two-dose vaccinations Pfizer and Moderna have created.

With the release date of Johnson & Johnson's vaccine still unknown, there is not as much easily accessible information as there is for the other two contributors. In theory, the Johnson & Johnson vaccine will relieve a lot of the financial stress related to receiving two vaccinations rather than one, but effectiveness is still to be determined.

Preferences, like with any other vaccine, are shown by the patients interested in receiving the vaccination — though a large portion of the population seem to be more concerned with contracting COVID-19 and the dangerous symptoms that go along with it, rather than concerning themselves with variations in brand.

With the limited supply of doses, most locations providing vaccines to North Dakota residents are not able to offer more than one brand of dose at one time regardless of patient preference.

The goal of all health establishments is to vaccinate as many citizens as quickly as possible to reduce the effects of the pandemic on public health.

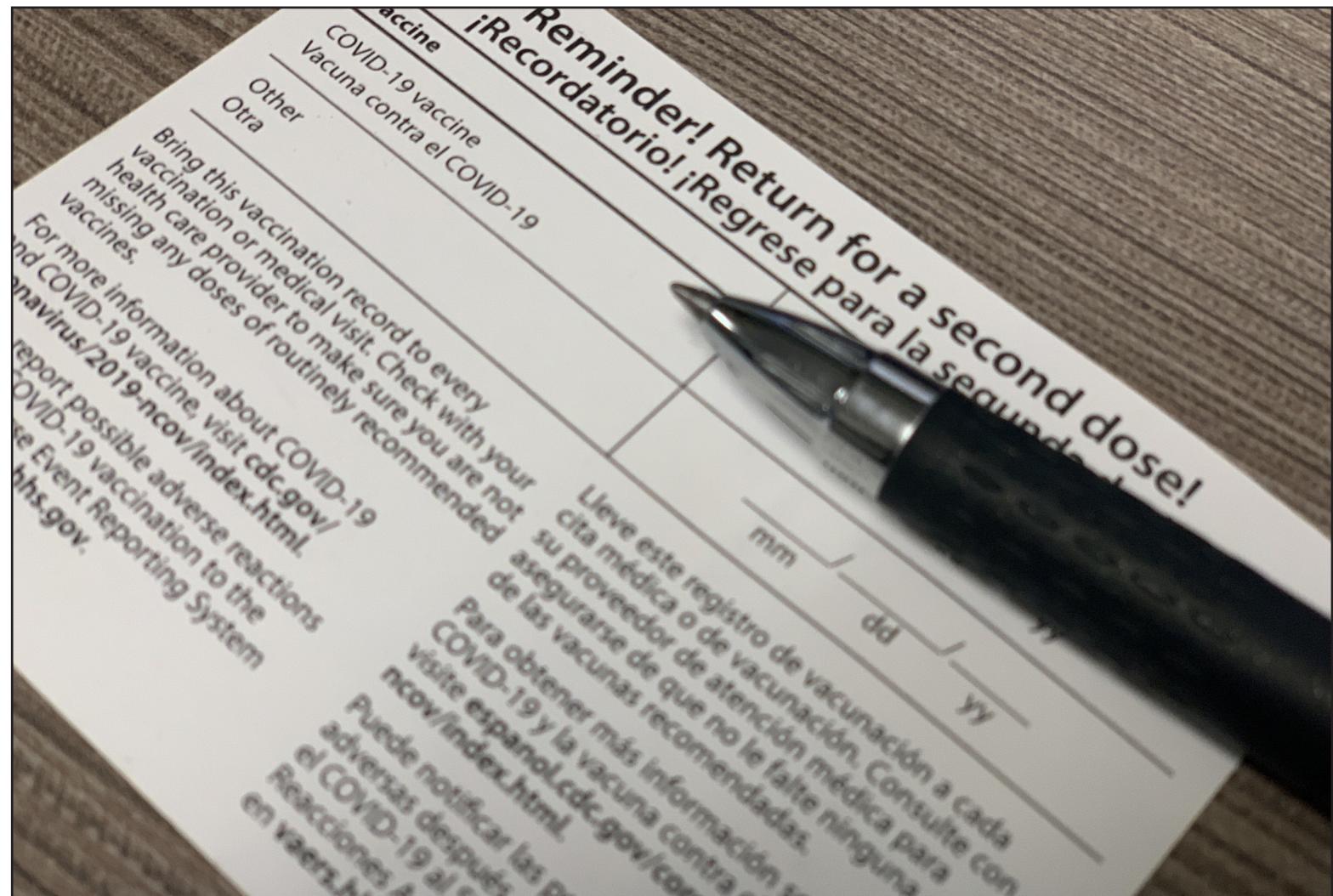


Photo by Heather Hoffman

All doses are distributed among preapproved establishments from the North Dakota Department of Health, leaving locations unable to offer more brands than what has been provided by the federal government at that time. Currently, there is not a Food and Drug Administration (FDA) approved vaccine, just the stamp of approval from the Centers for Disease Control and Prevention (CDC) that have been approved under an Emergency Use Authorization in individuals 18 or older. The Pfizer-BioNTech COVID-19 vaccine is a two-dose vaccine with a three-week span between the first and second

doses. The Moderna COVID-19 vaccine is also a two-dose vaccine but has a slightly larger span of 30 days between the first and second doses.

The CDC recommends that no other vaccination be given within 14 days of either brand of currently approved COVID-19 vaccine. The same can likely be expected for the Johnson & Johnson vaccine when it is released as well, though that time frame is yet unknown, as the company is in the midst of a battle to get their one-dose vaccine approved.

Speaking with a provider is always recommended before receiving a vaccination of any

kind. In fact, both Moderna and Pfizer specifically recommend getting cleared by your provider if you have any medical conditions regarding allergies, fevers, bleeding disorders, or use of blood thinners; if you are immunocompromised either by disorder or medication; if you are pregnant or planning to be; breastfeeding mothers; or if you have already received another COVID-19 vaccine.

Both vaccines are given via syringe intramuscularly—a needle pressed deeply into the muscle in the upper arm—which can lead to sore muscles. As with every medication, there are potential side effect to keep in mind.

Moderna and Pfizer have reported possible side effects of swollen lymph nodes, fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever. Both list the same side effects to be aware of in case of allergic reaction: breathing difficulty, swelling of face and throat, fast heartbeat, extreme full body rash, dizziness, and weakness. The similarity of the vaccines is visible through the vaccine fact sheets that are available on the Trinity Health website, trinity-health.org/covid-19-vaccine. The two vaccines vary slightly in ingredients, such

**... library
continued from page 1**

are really very popular, especially with COVID."

Inside these study rooms, or anywhere around the library, students can enjoy the amenities the library has to offer. These include printing in black and white or color, scanning and copying, and microfilm/microfiche readers that allow students to view and print materials in microform.

Students can access these devices either through their personal computers or through the computers at the library. Typically, there are 31 PCs and four Macs available for public use. However, due to COVID-19, in order to keep distancing protocol, they currently offer 23 PCs and two Macs.

The textbook reserve is another service that is very beneficial for students. Currently, there are 98 books in this program, plus service materials placed by faculty for the use of students in their classes. With this program, students can check out a textbook for a single day and return them once they

are done.

Along with the textbook reserve program, the library has access to 75 different print journals and 2,791 online journals, as well as items available for check out, including graphing calculators, drafting compass sets, headphones, and even colored pencils.

Students don't only come to the library to use the printers and find a quiet place to study. According to la Plante, one of the most popular items they have is their collections.

The library has collections of CDs, children's books, and even specific documents about or written by North Dakotans. If students have questions, need to print a specific document, need information about any subject, or are looking for a great place to study, Minot State's Gordon B. Olson Library can help in just about any way. Even if students are looking for a job, they're always looking for good student workers to hire. For more information, contact la Plante at jane.laplante@minotstateu.edu.



Photo by Macyn Flatmoe

Ojibwe language course now offered at Minot State

**Calli Delsman
COMM 281**

Minot State is offering a new language course, LANG 299: Ojibwe, this spring. Ojibwe is an indigenous language of North America, used today by mostly Chippewa elders over the age of 70, and is becoming severely endangered.

Alex DeCoteau, a 2019 MSU grad, took the initiative to add this course to the university catalog and he's also the instructor of the course. DeCoteau noticed a decline in schools of young students not being taught their indigenous language and culture due to the lack of certified teachers. By creating this course, he hopes to increase the awareness of the Ojibwe culture.

Daniel Conn, Minot State associate professor of teacher education and Master of Education program director, is taking the course this semester. After working with DeCoteau on research projects about the Ojibwe language, he was interested in learning more and

helping keep the culture alive.

"I am working with Alex on a project we call Miskwaange Curriculum. Based on Ojibwe teachings — such as Gaa-Onji-Dakwaanowed Makwa (How Bear Got a Short Tail), and Gaa-Onji-Odashwaanid Mikinaak (How Turtle Got a Shell) — Miskwaange Curriculum integrates art, reading, science, social studies, and writing to form an ecological curriculum for elementary students," Conn said.

By working with DeCoteau, there's hope that more people will be interested in learning about Ojibwe to help keep the culture flourishing. DeCoteau believes that MSU is a perfect platform to integrate this course and successfully achieve their goal.

Not only is this course for people interested in teaching Ojibwe, but also for anyone interested in seeing the world through a different scope.

"I believe this course is helpful

See Ojibwe — Page 11

STUDENTS

It's time to have your voice heard.

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Be seen. Be heard.

RG Editorial

Dome facelift

Philip Green
Sports Editor

Some people may argue that the crown jewel of Minot State's athletics facilities is the MSU Dome. It is the biggest arena in Division II athletics across the entire country. It also houses the largest video board in Division II.

Most recently, the addition of new red seats has only added to its beauty. The red seats have been a pride of MSU Athletics, shown off for months after they were revealed, and rightfully so.

Now it's time to take the MSU Dome to the next level. As beautiful as the Dome is, it houses little to-no images of athletics from the Division II era. Almost all photographs and designs on the wall of the Dome are from the National Association of Intercollegiate Athletics (NAIA) years. Minot State had a lot of success in the NAIA, but there has also been success at Minot State since joining the Northern

Sun Intercollegiate Conference (NSIC).

Only a few seasons ago, the Minot State baseball team won a regular season conference championship, but there's nothing to commemorate them for it. Almost weekly, a track athlete is breaking a new school record but are not being shown off for doing so.

Giving the Dome a new look with visuals of the more recent successes of MSU's athletic teams will give the entire athletic program a huge sense of pride.

For me and many other athletes on campus, walking into the Dome and seeing pictures of all the successful teams on campus would bring so much inspiration for training and spending time in the Dome.

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

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The Hidden Opponent: 'More Than an Athlete'

Kylie Koontz
COMM 281

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tho_minotstateu

...

**THE HIDDEN
OPPONENT**

Minot State University
beavers



Photo provided by Minot State's chapter of The Hidden Opponent

For information about Minot State's The Hidden Opponent, follow their Instagram handle, tho_mi-notstateu.

... opponent
continued from page 8

Recently, a social media campaign on Instagram called "More Than an Athlete" was launched at Minot State University by The Hidden Opponent (THO), an advocacy group founded by Victoria Garrick. After giving a TED Talk in 2017, the former Division I volleyball player from University of Southern California became a passionate mental health awareness advocate. She then founded THO, an online community of student-athletes and others who face mental health issues and want to help raise mental health awareness.

Bethany Theodore and Calli Delsman of the MSU women's basketball team joined the local THO chapter on campus and are currently serving as co-presidents and campus captains.

"I wanted to be involved because I have struggled with mental health issues throughout my whole college career, and especially being an athlete, I know how hard it can be to not want to bring up your issues to anyone because 'athletes are supposed to be tough,'" Delsman said.

Trying to help fight the stigma, Delsman and Theodore wanted to do something to advocate for student-athletes at MSU and make them feel heard.

"I felt that there was a lack of awareness and support for student-athletes here at Minot State and I really wanted to change that," Theodore said.

With THO now at MSU, they began to use the global #MoreThanAnAthlete hashtag to advance the cause on campus.

The "More Than an Athlete" campaign first launched in February of 2018 and quickly turned into a viral movement. For the last two years, this phrase has been used by professional athletes to high school athletes, showing that they are more than what society expects them to be. Using this hashtag, student-athletes at MSU began posting to their Instagram stories about who they were besides an athlete.

"I am a daughter, a friend, a big sister, a gym addict, a kitty momma, and an Herbalife lover," posted sophomore basketball player Kennedy



Photo provided by The Hidden Opponent

Calli Delsman is a campus captain for THO and a member of the women's basketball team. Together with teammate Bethany Theodore, The Hidden Opponent has been arrived at MSU.

Harris. "Being an athlete is a big part of who I am, but it does not define me."

"I know from experience that I've been in a situation where I felt that basketball was all I had and if I wasn't performing to my best it ruined my whole day," says Delsman.

College athletes are expected to dedicate a huge portion of their life to their sport. It takes hours of work, and people forget that they have lives outside of being an athlete.

"I think we all get so caught up in being an athlete that we forget we are so much more than that," says Theodore.

When a campaign like this is brought to a college campus, the outreach is tremendous. Just by posting on her Instagram story, all 2,347 of Harris' followers saw what she said. Not only do other athletes notice, but non-athletes, parents, faculty, and staff also see the posts. By launching this campaign, THO's message reached thousands of people in just a day; the campaign is already making progress and helping to create a better culture at MSU for the student-athletes.

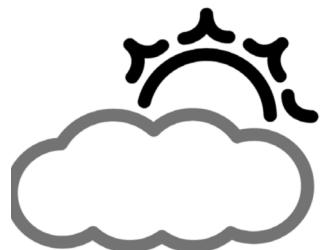
The mental health of athletes has long been neglected. Out of all college students in the U.S., 33% experience significant symptoms of depression, anxiety, or other mental health conditions and 30% of that group seek help, according to the World Health

Organization.

On the other hand, of those college athletes with mental health conditions, only 10% seek help.

Among professional athletes, data shows that up to 35% of elite athletes suffer from a mental health crisis which may manifest as stress, eating disorders, burnout, depression, and/or anxiety. Athletes—especially young ones—are pressured their whole lives to be strong and never show weakness. Seeking help or admitting they need help goes against all they have been taught from a young age. THO is working to change that and create a culture of openness and understanding.

The "More Than an Athlete" campaign is just the beginning for THO and all the things they can do for Minot State student-athletes. With Delsman and Theodore leading the way, MSU is on their way to creating that culture of openness and understanding.



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Track and field athletes rank nationally

Nina Arias
COMM 281

Six Minot State University track & field athletes have been nationally ranked in their respective events.

After being shut down and training for months with no competition, Minot State's track & field team has entered the new season with great marks. While most sports have been canceled, track & field has been allowed to compete within certain limitations.

Coaches received news of the team's nationally ranked athletes on Feb. 2.

On the women's side, Ashley Miller is ranked number one in the 300m, Abigail McGee is ninth in the 1000m, and Whitney Hanson is number nine in the 800m. On the men's side, Lewis Cotterill is first in the 600m, Vincente Guereca is fifth in the 600m, and Jacob Jensen is 10th in the mile. These accomplishments are huge for the program and speak well of the athletes' perseverance.

Hanson, a sophomore, expressed her excitement for the season after not being able to compete since last year.

"COVID really put into perspective how much us athletes should value our opportunity to compete," she said. "It really has impacted my mindset going into each race because I remind myself that this is what all of the training we have been doing is for. I don't want to waste a single race."

This feeling is shared by many athletes on the track & field team.

"COVID has made a very interesting impact on training overall. We were going from getting ready to compete that week to going to the off-season. Now that we have a season, I am very excited to compete," Jensen, a sophomore distance runner, said.

With all the good marks so early in the season, many runners are eager to make up for last year's missed season.

Freshman mid-distance runner Guereca explained that he's ready for

TOP 10 NATIONAL MARKS OF THE WEEK

Feb 2-8



Submitted photos

Minot State track & field has six members of their team ranked nationally in their respective event. Three of the nationally ranked members come from the men's team and three from the women's team.

TOP 10 NATIONAL MARKS OF THE WEEK

Feb 2-8



Red & Green

... new tech continued from page 1

using MSU remote access. Withus explained that once a student is using remote access, they are using the speed of the computer on campus instead of their laptop.

The IT department also has software available that can be installed specifically for nursing and math students. The laptops come standard with either eight or 16 gigabytes of RAM and have updated hard drives and memory. Although the laptops are between five to seven years old, they are still usable equipment, Withus said.

Hess Corporation has been a long-time community supporter of Minot and the surrounding areas, including a \$1 million donation to Minot flood victims in 2011 and a \$100,000 donation to the Great Plains Food Bank in December 2020.

... vaccines continued from page 6

as tromethamine in Moderna versus dibasic sodium phosphate dihydrate in Pfizer.

Despite much confusion, there is no live virus in the vaccine and therefore, no chance of contracting the coronavirus from the vaccine itself. The duration of protection is currently unknown and will be re-evaluated when a majority of the population has been vaccinated and the effects and spread of the pandemic has hopefully been reduced.

The CDC stated on Feb. 11, that there is an estimated 34.7 million people that have received at least one dose of their coronavirus vaccination. Trinity Health alone has reported 4,919 doses administered as of Feb. 9, with consistently climbing rates.

Both vaccines have a proven effectiveness against the COVID-19 virus and, per the FDA, has potential benefits that outweigh the known and unknown risks of the vaccinations themselves.

... leadership continued from page 2

achieved through attending Conflict Management and Confrontation; Decision Making; Preventing Burnout; Working with Difficult People; and Bouncing Back: How to Recover When You Have Messed Up.

During their time at Minot State, students can opt to earn a certificate or concentration in Leadership Studies through the Looyenga Leadership Center. Both the leadership certificate and the concentration are made up from three leadership courses: LEAD 101: Introduction to Leadership, LEAD 102: Collaborative Leadership, and LEAD 103: Experiences in Leadership. To earn a concentration, students choose one additional course from a list of six classes.

These programs focus on personal leadership development as well as leadership processes within group, organizational, and community contexts. This ultimately will help students like Cowden in their future endeavors.

"I am so thankful for the insight, experience, and support Jim has offered us thus far and encourage everyone to take advantage of this free and incredible opportunity," Cowden said.

In a 2004 study, two researchers, Jay Conger and Douglas Ready, found that nearly 75% of businesses and professional organizations focus on competencies when recruiting new hires and evaluating current employees, according to the Minot State leadership website.

Made possible through the generosity of Roger and Ann Looyenga, the Looyenga Leadership Center offers a comprehensive array of programs and services to help build students' leadership competencies.

"We all have the ability to be leaders; however, leadership skills need to be developed and honed," Roger Looyenga said.

Upcoming sessions include Professional Communication Skills on Feb. 16 at 6:30 p.m., Preventing Burnout on Feb. 17 at 3:30 p.m., Leading Meetings on Feb. 23 at 6:30 p.m., and Ethics, Feb. 24 at 3:30 p.m. More information about future sessions is available at minotstateu.edu/leadership/programs.

... Ojibwe continued from page 7

because it provides a new lens to see the world through, and, ecologically speaking, I think the Ojibwe language can help us to live more sustainably and honor the Earth," Conn said. "This course has opened my eyes to new ways of making sense of Mother Earth and our older brothers and sisters — animals, birds, and fish."

This course isn't just for people tied to the Ojibwe culture; it can benefit anyone. It's also important that different cultures are kept alive so that younger generations can remember their roots and how their culture was different to others. All cultures are important to keep diversity around the world.

"I have come to know the Ojibwe language through Alex and Annette Mennem of the MSU Native American Cultural Center. In collaboration with Alex, Annette, and other friends, we established the Red and Green School, which is a community garden located across from MSU and is based on Native gardening traditions," Conn said. "Through these experiences, I have gained a great deal of respect for traditions — including language — and hope these new understandings will help me to do a better job of honoring Mother Earth as well as our older brothers and sisters. Furthermore, I believe the Ojibwe language is a profound pedagogy that can help us humans to live."

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... national ranking continued from page 10

the challenge and to get better.

"In the future, I hope to see my number four rank turn into number three, number two, or number one. I will continue to do what the coaches ask of me when I am at practice and I will continue with my best foot forward," he said.

Positive thoughts are all around, especially with confirmed meets ahead, meaning there will be more opportunities to compete. Member of the track & field team will take all the opportunities they can get.

"I will continue to work hard and appreciate the opportunities given to me by God. He is the source of my strength and talent," said McGee, a senior mid-distance runner.

While the indoor track & field season will come to a close within the next month, the National Collegiate Athletic Association (NCAA) has already announced its intentions for a full outdoor season.

"I am so relieved the NCAA confirmed the outdoor season because outdoor is the best season. Indoor is great and all, but outdoor is where it's at," freshman sprinter Miller said.

Despite the many setbacks for the program experienced last year, things are looking up for the Minot State track & field teams. Members of both the men's and women's track & field teams will participate in the NSIC Championships on Feb. 26 and 27 in Mankato, Minnesota.

HELP WANTED

MSI Concessions is hiring concession stand workers for upcoming events at the North Dakota State Fairgrounds in March. Great opportunity for a part-time job or to fundraise for an organization! Paid by the hour. Morning and afternoon shifts available starting as soon as March 3. Contact Lexi for details at lexi@spicynd.com or 701-822-2842.

NOTICES

The RED & GREEN is hiring writers and photographers for the 2020-21 academic year. Contact Alison McAfee at alison.mcafee@minotstateu.edu for more information.

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

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Minot State offers students a variety of resources on campus to help you achieve your educational goals, even in these unusual times. Please feel free to reach out about the resources available to you as an MSU Student, including:

- Counseling Services
- Student Health
- Academic Support Center
- POWER Center
- Access Services
- and more!



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CNA: Provide direct quality nursing care to patients under the supervision of the RN-LPN on duty and direction of the Nurse Manager. Must have current North Dakota CNA certificate. Full Time, Part-Time, and Limited Part-Time positions available at Trinity Hospital, Trinity Clinics and Trinity Nursing Home. **HIRING BONUS AVAILABLE** to qualifying applicants.

LPN: Responsible and accountable for assessment, evaluation, plan of care, monitoring and reporting changes to the physician and family. Will delegate selected nursing activities to other health care workers as well as supervise staff with the continuous evaluation of care. Positions available at Trinity Nursing Home and Trinity Clinics. Must have current North Dakota LPN license to qualify.

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