

Red and Green

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Minot State University

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In this issue:

Off the wall news
Page 2

Minot State United
Way chapter
beginning Fall 2021
semester
Page 3

Biology Club
celebrates Earth Day
Page 4

Senior spotlight:
Jack Schaefer
Page 5

History of vaccines
and how they work
Page 5

Academy Award
nominations for 'Best
Picture'
Page 6

MSU hosts Dickinson
State in joint practice
Page 8

Minot State baseball's
road to national
championship
Page 9

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Red and Green
out on Instagram!

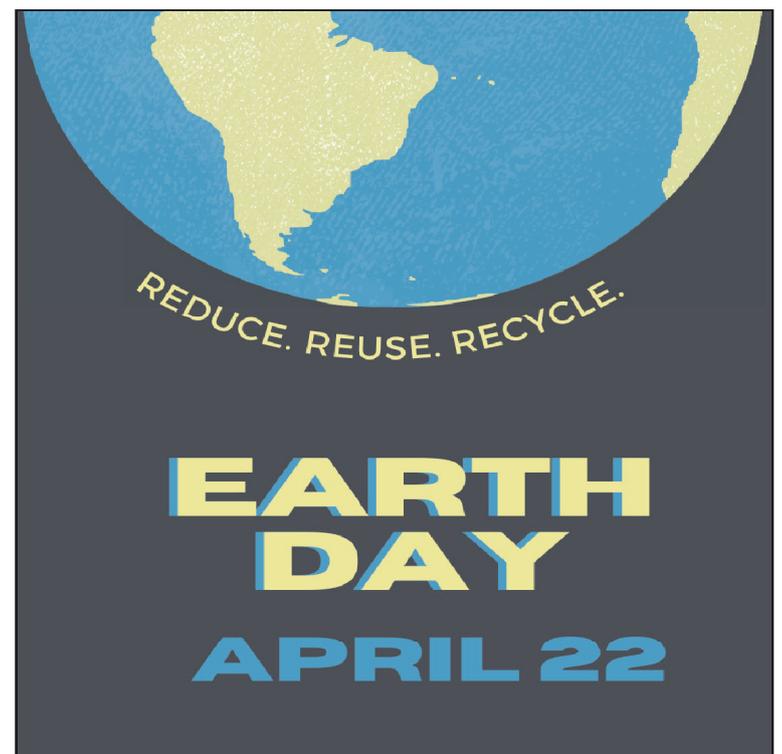
Spring Honor Dance and Powwow Celebration brings tradition back to spring semester

Chad M. Olson
COMM 281



Submitted photo

See celebration - Page 7



Graphic by Alyson Heisler

Earth Day explained

Nina Arias
COMM 281

Did you know that Earth is 4.5 billion years old? It has been around for so long that we often don't take time to acknowledge what that really means. But just like the elderly, our planet needs to be taken care of and respected.

Earth Day was established in 1970 and continues to grow, spreading its message of clean living and aspirations of a healthy, sustainable environment for both humans and wildlife.

The need for a specific day dedicated to environmental awareness became prevalent after the country experienced a large economic boom at the cost of the environment. In the decades

that followed, more and more countries began adopting the holiday to serve as a reminder of how fragile our planet is and how important it is to protect it.

The United States, as well as 193 other countries, dedicate April 22 as Earth Day, a day in which people gather to demonstrate support for environmental protection. Around the world, the organization earthday.org holds events to help educate the public about recycling as well as conserving water and eating sustainably. Multiple volunteer organizations partner with earthday.org to host volunteer

See Earth Day — Page 11

News in Brief

Tax Day

The typical April 15 Tax Day deadline for filing federal income taxes has been extended to May 17.

ACHA Women's National Tournament

The ACHA Women's Division I National Tournament will be held at the Maysa Arena today through Monday, April 19. Minot State plays Adrian at 1 p.m. today, Midland at 1 p.m. on Friday, and McKendree at 1 p.m. on Saturday during pool play. The tournament is offering free entry with an MSU student ID.

Minot Minotauros home game

On Friday, April 16, the Minotauros will play the Austin Bruins at 7:35 p.m. at the Maysa Arena. They will face off against the Bruins again the following night, Saturday, April 17, also at 7:35 p.m.

Softball vs. Wayne State

Watch the Lady Beavers play Wayne State College on April 18 at the South Hill Softball Complex. Games begin at 12 p.m. and 4 p.m.

COVID-19 testing

On April 20, COVID-19 serial testing will take place from 7:30-10:30 a.m. at the Dome

Softball vs. Northern State

On Wednesday, April 21, Minot State softball will take on Northern State University at the South Hill Softball Complex with games at 2 p.m. and 4 p.m.

Earth Day

Thursday, April 22 is Earth Day.

Minot Symphony Orchestra concert

At 7:30 p.m. on April 22 and April 24, the Minot Symphony Orchestra will be performing. Doors open at 7 p.m. for the concert.

Minot Jazz Band

On April 23, the Minot Jazz Band concert begins at 7:30 p.m.

Juried Art Show

The Minot State Juried Student Art Show exhibition continues through Saturday, April 24 at the Northwest Arts Center.

On-campus COVID-19 vaccination

On April 23, a follow-up vaccination event will be held at the Student Center from 8 a.m.-1 p.m. for the initial on-campus vaccination event held March 30.

Powwow celebration

The 31st annual Spring Honor Dance and Powwow Celebration will be held on Friday, April 30 and Saturday, May 1 at the Minot State Dome.

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RG
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Off the wall news

Beaver on board

An entrance to a Toronto subway station was closed temporarily on March 25 when a beaver wandered into the building. According to United Press International (UPI), a commuter arrived at the subway station and spotted the animal, which he originally thought was a groundhog wandering the concourse. Upon see its tail, he realized that it was indeed a beaver and snapped a photo of the animal. The beaver earned the nickname Nickel in honor of its likeness being on the Canadian nickel. Nickel the beaver has been released back into the wild.

Mummy parade

Twenty-two mummified members of ancient Egyptian royalty were featured in a parade recently as the mummies were being relocated from the Egyptian Museum in Tahrir Square to the National Museum of Egyptian Civilization, according to NPR. The parade was named The Pharaoh's Golden Parade and its members included four queens and 18 kings.

The mummies were carted around in specially designed vehicles for the royal remains. Each car was labeled with their corresponding title and filled with nitrogen to protect the preserved pharaohs. The path of the parade had even been freshly repaved to create a smooth journey.

Goat arrest?

Police in North Carolina have arrested a goat after receiving a call about a suspected break-in. According to the Associated Press, the incident occurred in Greenville. The goat was found hanging its head out of the window of a home. After its arrest, the animal was taken to the animal shelter and picked up by the owner, who promised to make sure the goat understood what it did wrong.

A trim and a vaccine, please

A Wisconsin barber shop is now offering a special new service — the COVID-19 vaccine. Gee's Clippers in Milwaukee held its first vaccine clinic recently when it decided to team up

with a local pharmacy, according to United Press International (UPI). Dimmy Sokhal, a pharmacist with Hayat Pharmacy, said the barbershop is an ideal location for a vaccination clinic.

"People are familiar with the area. They have a beautiful room in the back for the wellness checks and everything so we thought it would be great to have a clinic out here," he said.

Sneaking squirrel

A woman recently watched as a squirrel took packages off a front porch and took them onto the roof of the home. According to UPI, a Chicago woman stated that the squirrel approached a package that had recently been delivered to her neighbor across the street and carried it up on the roof. She also suspects that the same squirrel was responsible for stealing a pack of tortillas from her porch previously.

Maintain eye health through virtual classes

Submitted by Jessica Gonzales,
Minot State nursing student

In 2020, the amount of time spent on a digital screen increased due to the global pandemic that has impacted the lives of many. COVID-19 has caused many things to move into the virtual world to keep people safe, whether it be for a job or for school.

College students not only have classes online, but they also do homework online, go to virtual meetings, and use their phones for personal reasons. According to a study by Bahkir and Grandee for the Indian Journal of Ophthalmology, daily device usage increased by five hours after the lockdown occurred, with students making up half of the sample size. Students have been dealing with increased

screen time about a year, and this may cause adverse effects to one's health.

Prolonged exposure of screen time has been found to increase the effects of headaches, blurry vision, dry eyes, sensitivity to light, itching, myopia, excessive blinking, and eye pain. This does not only affect individuals who wear contacts; a study published by Contact Lens & Anterior Eye found that digital eye fatigue can occur in people who wear soft contacts as well as those who do not wear contacts.

These symptoms may not sound very severe to some, but it can feel different to others. It is not only the eyes that are affected through increased screen time, but it may be that

sleep and dietary habits are affected as well, according to a study published in BMC Public Health.

Prolonged screen time cannot be helped when someone is a nursing student, for example, with hours of lengthy lectures and assignments to do. Chewing gum is one way to help prevent eye fatigue. A study published by BioMed Research International found that "chewing gum can help reduce eye strain and helps the eye focus."

Other ways to ensure good eye care include forcefully blinking, using blue light glasses, taking a break from the screen after 20 minutes, focusing on distant objects, and using artificial-free eye drops.



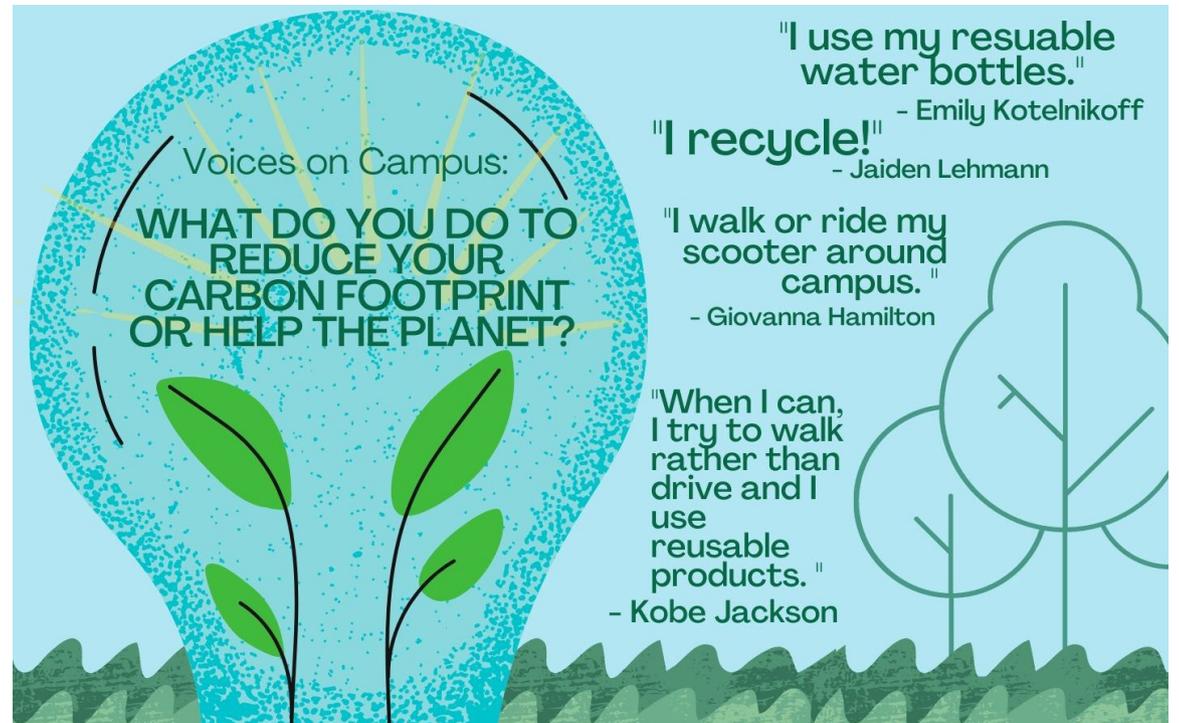
Apartments near MSU starting at **\$395**

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For local recycling resources, check out the guide on BeLocal Minot's Facebook page.



Graphic by BeLocal Minot



Graphic by Alyson Heisler



United Way logo courtesy of 1000logos.net

Minot State United Way chapter beginning Fall 2021 semester

Lauren Reeves
Features Editor

As many students and teachers begin their plans for the next school year, clubs and organizations also prepare themselves for another year of events. This includes the Honors Program Community Problem-Solving course which is preparing to launch a new club on campus in the fall called MSU United Way.

The United Way is a nonprofit fundraising organization that helps local organizations and people in need. One program run by the United Way in Minot that students may already be familiar with is Backpack Buddies, where packages of food are distributed to local public school students below the poverty line every week, all year long.

The goal of MSU United Way is to get Minot State students involved in the community. The club will have involvement opportunities at both the

university community level and the Minot level.

"Even if Minot isn't your home, by being a student at MSU, you are a part of the Minot community," said Caitlyn Poole, president of MSU United Way. "Minot has people and organizations in need, and helping to fill those needs should be a goal of any active community member. Minot is well known by those who visit as a place where people are helpful even when there may be no benefit to them, often referred to as North Dakota nice. We want students to be North Dakota nice and help improve our community and our campus one project at a time."

For activities and events that the club will be involved in, Poole stated that students can expect volunteer opportunities like helping to pack for Backpack Buddies at the Souris Valley

See United Way — Page 11

RG Editorial

Make good choices for yourself and the world

Alyson Heisler
Editor

Earth Day is upon us, a time when many tips and tricks to make more green lifestyle choices are brought into conversation. People make their best attempts to adopt these new choices and actions — but often these changes are forgotten quickly.

Change takes time, and the most effective method of successfully adopting changes is to make realistic changes that work for you and to give yourself time to make new habits.

Here's a few simple recommendations to reduce your environmental impact: using reusable products when possible, utilizing what you already own, and making sustainable purchases.

Find reusable alternatives that work in your life. These include water bottles, Tupperware containers, and reclosable bags that can easily be washed and reused. Use these when packing up lunches and snacks, reducing plastic use.

For cleaning, use rags or washcloths to clean instead of paper products like

paper towels or single-use mop pads. Simply wash the cloths, which can be made from old towels or clothing, and reuse indefinitely.

When making a purchase, do your research into different options of brands or materials to make the most sustainable choice within your budget. This applies especially to clothing purchases. Buying second hand whenever possible is a good choice, but also consider the amount of time the item will be able to be worn if purchasing new items.

Making sustainable, green choices can seem daunting, but it doesn't have to be — keep it simple and do what works for you. Everybody cannot adopt every sustainable choice, especially not at one time, and that's okay. Do what you can where you are, and help others to make better choices along the way.

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

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Biology Club celebrates Earth Day

Lauren Reeves
Features Editor

As Earth Day approaches on April 22, many people take time to show their appreciation for the planet they live on. The holiday started in 1970 by John McConnell as a way to honor Earth, and has since become a time when people appreciate where they live.

"We depend upon our environment for every material thing and even some immaterial things, but we have not stewarded our natural world wisely," Spencer Furniss, Biology Club president, said. "We need to wake up, see how we are treating it, and change our ways for the better."

Furniss thinks this is a time for self-examination and taking meaningful action that will improve the world.

"As with other holidays, we should be living out the meaning throughout the year, but we can set aside a day to publicly commemorate and remind ourselves of what we value or should value," Furniss said. "Respect nature, realize our dependence upon it, and do whatever we can to minimize our waste of it, and maximize the benefits

it provides. This could mean reducing one's waste output by using reusable water bottles and shopping bags, using biodegradable products, composting, or rethinking how we manage our yards."

As president of the Biology Club, Furniss has led the organization to host many events over the years and is working on a way to celebrate Earth Day through coronavirus precautions.

"We support the MSU Sustainability Committee with whatever project they have planned. Last year, we planted a tree on campus and I believe we will plant another this year," Furniss said.

Along with Earth Day celebrations, Furniss stated that the club hosts many other community-related events throughout the year.

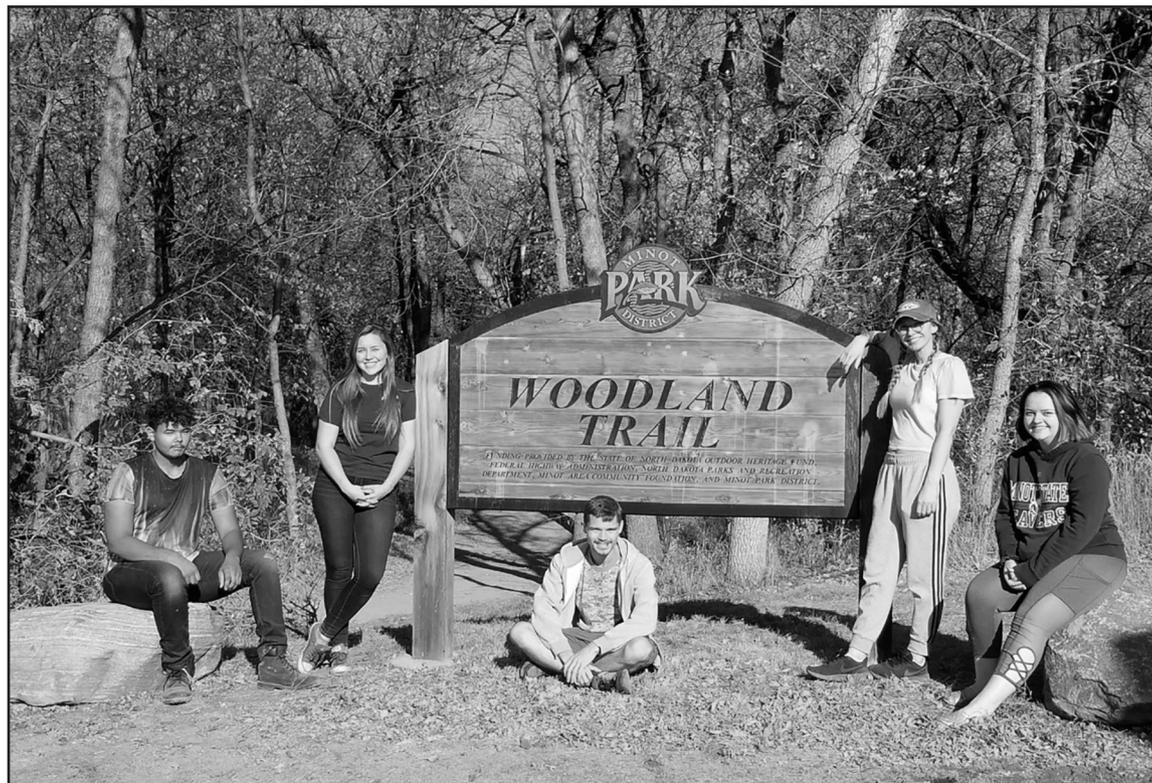
"In the past, we have participated in Halloween at the Dome with an educational booth full of skeletons, fluorescent bacteria, and other spooky and fun displays; and Science Open House, at which we had several rooms full of fun and educational displays and activities for kids," Furniss said.

"Hopefully we will be able to fully return to these great events next year and make other events regular as well. We also volunteer with the Magic City Discovery Center's events, such as Bug Camp."

Furniss also added that the club tries to be involved and part of the local community as much as possible.

"We help each other and our community," Furniss said. "We support sustainability efforts, biology related education and outreach, share and engage in volunteer and job opportunities, support each other academically and professionally, and have fun together hiking, skiing, and in other ways. We welcome all MSU students and are open to their ideas."

To join the club, email clubbiology@minotstateu.edu or contact the faculty advisor, Heidi Super, at heidi.super@minotstateu.edu. They have a small membership fee and students can join group chats, meetings, and activities without being an official member.



Members of the Biology Club

Submitted photo

Senior spotlight : Jack Schaefer

Calli Delsman
COMM 281

Minot State's nursing department offers a Bachelor of Science in Nursing (BSN) for prelicensure students, a RN to BSN Online Completion Program for registered nurses (RNs), and even a minor in health management science for non-nursing majors.

One student in particular has been a part of the program since he stepped on campus and has always had a passion for helping others. Jack Schaefer is a senior who will graduate this spring and has enjoyed his time in the program.

"I knew that I wanted to be a healthcare worker from the start, but I wasn't aware of how vast the scope of nursing practice really was. Completing my education at Minot allowed me to be placed in a variety of locations where we are exposed to many jobs and roles nurses have in modern society," Schaefer said.

Lots of schools and programs around the nation have been impacted due to COVID-19. One thing that changed for the nursing program at MSU was the limited accessibility students had to real-life experiences — for example, losing time in the hospitals while

COVID-19 was spreading. That also includes the experiences and memories they didn't get to make with their classmates in the classroom.

"The main thing that has changed since COVID-19 is the splitting of class sizes and social distancing. This basically means you don't get to interact with your peers as much, which in my case is a bummer because we all graduate this May and it feels like we haven't seen each other in a year," Schaefer said.

Although COVID-19 changed the standard for school, work, and life in general, it has also opened up many opportunities and changed people's paths because of the hard times they've gone through. COVID-19 has shown that anything can happen at any moment. Schaefer has realized that and is excited for what his future holds.

"Because of the massive shortage of nurses in healthcare, one thing nursing students know is that being able to find a job is a safe bet. In my case, I am interested in pursuing a doctorate degree as a CRNA (certified registered nurse anesthetist), which has been my

goal since the beginning and is part of the reason I chose nursing as my career. In the meantime, I accepted a job in a critical care unit in order to gain experience and eventually pursue that goal," Schaefer said.

Four years ago, Schaefer decided to study nursing to pursue a career in the anesthesia field. In the past five semesters, he learned basic skills and theories and now is knowledgeable in more advanced in-depth content.

"There is definitely a lot to learn but the teachers are always there to help. One of my favorite teachers is Carrie Lewis, nursing instructor, who has always been lively to be around and someone I stop by to see whenever I am on campus," Schaefer said.

Schaefer is excited to start his career while also completing another big step in his degree plan: obtaining his doctorate degree as a CRNA. He will cherish his memories and the people he has met during his time at Minot State.



Jack Schaefer

Courtesy of MSU Athletics

History of vaccines and how they work

Submitted by Jack Schaefer,
Minot State nursing student

Recently, vaccines have been met with skepticism regarding their effectiveness and potential for harm to those who receive them. The advent of the internet means that information can be spread that is not necessarily truthful. It becomes difficult for people to receive trustworthy information from sources that are unbiased and do not have an agenda other than improving the health of the public. When public health is at stake, it is essential that correct information is available.

Vaccines can be a controversial topic, especially with the introduction of the COVID-19 vaccines, so it is even more important to inform communities about the history of vaccines, how they work, and the benefits these medical

miracles have for health of individuals and the greater public.

Early forms of vaccination originated from India and China. Early practices date back to 200 B.C.E., according to historyofvaccines.org, when ground-up scabs from children sick with smallpox would be blown up the nostrils of healthy children. Another method included scratching the skin of the sick individual and then scratching the skin of a non-infected individual.

Fast forward to 1879, when Louis Pasteur created the first laboratory vaccine for chicken cholera. Pasteur created this vaccine using a weakened version of the bacterium on chickens and found that the chickens' ability to fight the disease was greatly increased and, in most cases, the chickens did

not become ill. This is essentially what modern-day vaccines take advantage of.

Classes of modern-day vaccines include live or attenuated vaccines, inactivated vaccines, and toxoid vaccines.

Live or attenuated vaccines are used to fight viruses and bacteria. This type of vaccine works in similar ways to Pasteur's first design. By using a live or weakened form of the bacteria/virus, the body is able to quickly and effectively fight the disease and create the necessary immune cells to fight it again if exposed. Think of it as sampling a food before you decide whether or not you want to order the

See history of vaccines —
Page 11

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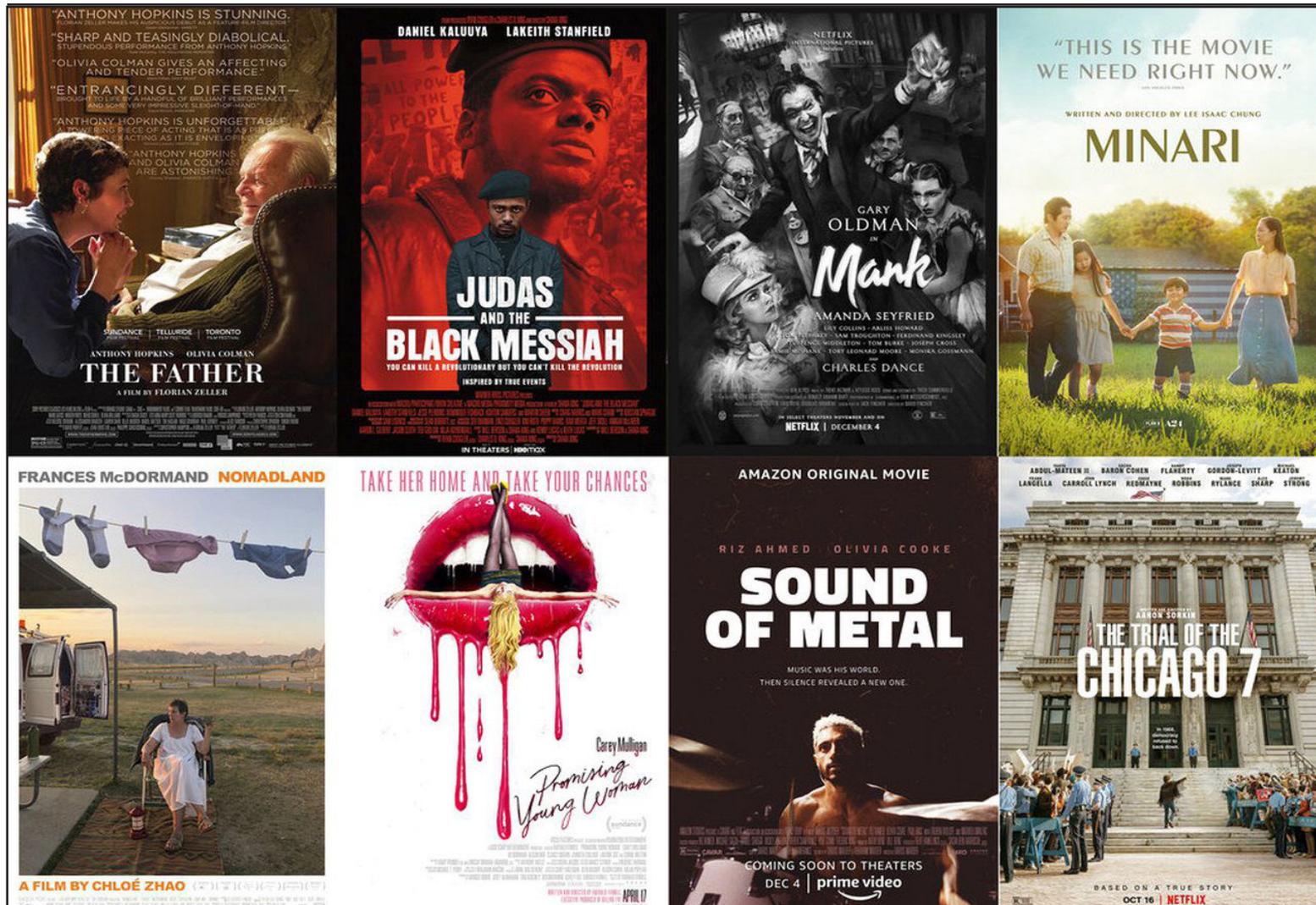


Photo courtesy of Cleaveland.com

Posters for each film nominee in the Best Picture category for this year's Oscars. The winner will be announced on the 93rd Academy Awards on April 25 at 7 p.m.

Academy Award nominations for Best Picture

Kylie Koontz
COMM 281

The first Oscar honored the best films of 1927 and 1928 and took place on May 16, 1929 at a private dinner held at the Hollywood Roosevelt Hotel in Los Angeles, California. The Oscar is now one of the most prestigious awards one can receive in the film industry. Out of all 24 awards, one of the most anticipated is Best Picture.

On Sunday, April 25, eight of the best films released between Jan. 1, 2020, and Feb. 28, 2021 will go head-to-head to compete for one of the coveted awards.

The 2021 nominees for Best Picture are: "The Father," "Judas and the Black Messiah," "Mank," "Minari," "Nomadland," "Promising Young Woman," "Sound of Metal," and "The Trial of the Chicago 7."

"Mank" received the most nominations, with 10, including Directing, Actor in a Leading Role, and Cinematography. "The Father," "Nomadland," "Judas and the Black Messiah," "Sound of Metal," and "The Trial of the Chicago 7" each had six nominations and "Promising Young Woman" earned five nominations.

"The Father"

Eighty-year-old Anthony is living alone despite his daughter Anne's attempts to get home healthcare aides. Anthony begins to doubt his family, surroundings, and even his grip on reality.

"Judas and the Black Messiah"

Fred Hampton, a young, charismatic activist, becomes chairman of the Illinois chapter of the Black Panther Party — putting him directly in the crosshairs of the government, the FBI, and the Chicago police. But to destroy

the revolution, the authorities are going to need a man on the inside.

"Mank"

The 1930's Hollywood is reevaluated through the eyes of scathing social critic and alcoholic screenwriter Herman J. Mankiewicz as he races to finish the screenplay of "Citizen Kane."

"Minari"

In search of their own American dream, a Korean family moves to an Arkansas farm and realize the resilience of their family is what makes a home.

"Nomadland"

After losing everything in the recession, a woman embarks on a journey living in her van as a modern-day nomad.

"Promising Young Woman"

A young woman, traumatized by her past, seeks vengeance on anyone who crossed her path.

"Sound of Metal"

The life of a punk metal drummer turns upside down when he begins to lose his hearing and with it, his sense of identity.

"The Trial of the Chicago 7"

The story of seven people on trial stemming from various charges surrounding the uprising at the 1968 Democratic National Convention in Chicago, Illinois.

Although each film has a very good chance of taking Best Picture, "Mank" is believed to be the one most likely to win, given its number of other nominations. We will just have to wait and see which one will take the cake. The 93rd Academy Awards will begin at 7 p.m. on Sunday, April 25 on ABC.

YOU
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so why not
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Minot State students,
submit your letter to the
editor at
redgreen@minotstateu.
edu

**... celebration
continued from page 1**

A powwow only comes around once a year to Minot State University, but last year's event was canceled due to an abundance of caution regarding the pandemic. This is why excitement is reaching a whole new level this year for Native American Center Director Anette Mennem.

The highly anticipated 31st annual celebration is set to kick off on Friday, April 30 at 7 p.m. and will run through Saturday, May 1 at the MSU Dome.

The powwow will honor the university's 2020 and 2021 graduates. The event is being put on by the Native American Cultural Center, the Native American Cultural Awareness Club, and local vendors.

"I feel overwhelmed, I feel excited, I feel happy, I feel fear because it's a year of fear. I just don't want it to be a super spreader," Mennem said.

COVID-19 has left a nasty wake of destruction. Its effects are being felt throughout the world, and last year's powwow was no exception. Mennem said the cancellation of the 2020 event left her and other Native Americans a little lost because powwows are such a central part of Indigenous culture.

Last year's graduates were unable to be honored in the traditional fashion. The pandemic also left a feeling of uncertainty of when or if they would see their powwow friends again.

"I go to powwows all summer. Last year, I had to cancel seven powwow trips," Mennem said.

This is why there is a mixture of emotions for the event this year. Fortunately, the annual powwow is back, but the event will be a slightly scaled back version of previous celebrations, according to Mennem. The number of vendors will be limited, social distancing guidelines will be enforced, and masks will be required. This will ensure that this celebration and future ones can be held without fear and so that everyone can focus on what a powwow really is — a party and a celebration.

In addition to the Grand Entry, or Opening Ceremony, there will be an Indigenous garden blessing and a tepee raising in conjunction with the powwow. Details on the other two events will be announced on the MSU website. There will also be

a tentative buffalo roast feed on the Saturday of the powwow. A food booth ran by the Native American Cultural Awareness Club will be on-site Friday and Saturday. Featured items on the menu include frybread tacos, hot dogs, nachos, and super nachos. There will also be popcorn, fruit, candy, soda, and water.

Students who wish to be recognized at the powwow should go to the head table in the MSU Dome to register starting at 3 p.m. on Friday or 10 a.m. on Saturday. Required information includes name, degree, and hometown. All students are welcome at the honoring ceremony.

The Honor Dance for graduating MSU seniors begins on Saturday at 8 p.m.

Featured dance contests of the powwow for the men's division will be the traditional, grass, and fancy dances. The women's dances will include the traditional, fancy, and jingle dances. First, second, and third place winners will receive a cash award.

The Minot State powwow celebration has experienced a lot of growth since its inception and people come from all over the United States to participate.

The first powwow was initially proposed by the Minot State Student Government Association. Originally, it started with only four drums and four vendors. In 2019, the ceremony had 16 drums and 17 vendors.

"I've had people from all over the state reach out already," Mennem said.

Although the powwow is back on track, attendance may not be as high this year because of the U.S./Canada border closure. The good news is that the time-honored tradition is still alive and well. The whole community is welcome to come, participate, and learn something new.

"I want people to know that we're still here and still doing our things and the culture is still alive. It's an opportunity. If you've never been to a powwow, why not take the chance. It's free and open to the public," Mennem said.

31st Annual SPRING HONOR DANCE & POWWOW CELEBRATION

MINOT STATE UNIVERSITY

APRIL 30 & MAY 1

MINOT STATE UNIVERSITY DOME

Hosted by the Native American Cultural Center and Native American Cultural Awareness Club



SCHEDULE OF EVENTS

FRIDAY, APRIL 30

3:00 p.m. Dancers & Drum Group Registration Opens
7:00 p.m. Grand Entry (Parade of Dancers)
8:00 p.m. Special

SATURDAY, MAY 1

10:00 a.m. Dancers & Drum Group Registration Opens
12:30 p.m. Dancers & Drum Group Registration Closes
1:00 p.m. Grand Entry (Parade of Dancers)
4:00 p.m. Special
7:00 p.m. Grand Entry (Parade of Dancers)
8:00 p.m. Honor Parade for MSU Graduating Classes of 2020/2021

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Mens (Traditional, Grass, Fancy)
Womens (Traditional, Fancy, Jingle)

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2nd Place - \$400.00
3rd Place - \$300.00

Adults 1st Place - \$550.00
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3rd Place - \$300.00

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RB Editorial

The return of March Madness

Philip Green
Sports Editor

The NCAA March Madness tournament has come to a close, and it was a great one. After the cancellation of the 2020 tournament due to the pandemic, this year's event lived up to the anticipation with wild upsets, busted brackets, and buzzer beaters.

The 2021 tournament wrapped up with a defensive domination by Baylor as they ruined Gonzaga's pursuit for a perfect season. Prior to reaching the championship, Gonzaga had to knock off the upset-minded UCLA Bruins. UCLA forced the game into overtime, and it took a buzzer beating three-pointer from Jalen Suggs to win the game.

Immediately following the shot from the freshman phenom, the sports world instantly began debating the greatness of the show and the game itself.

There have been tons of all-time great shots in NCAA basketball history, including Christian Laettner's shot for Duke to beat Kentucky in the Elite Eight or Villanova's Kris Jenkins buzzer beater in the national championship against North Carolina. Not to mention Jenkins' shot came following the double clutch, three-point circus shot Marcus Paige hit to tie the game.

Arguments will go on forever about which shot and game was the best, but regardless of who takes that crown, one thing is for certain: it's great to have March Madness back.

There's nothing like filling out brackets, watching buzzer beaters, and cheering for the Cinderella team — there's nothing like March Madness. We missed it and we're so glad it's back.

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

MSU hosts Dickinson State in a joint practice



Photos by Sean Arbaut

Above: Wide-receiver Peyton Lamoureux runs a route in joint practice with Dickinson State.
Below: Defensive Linemen Lafayette Bade rushes against Dickinson State.



See MSU hosts Dickinson State — Page 10

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Minot State baseball's road to a national championship

Philip Green
Sports Editor

The coronavirus pandemic paused the Minot State baseball team at the beginning of what should have been a very successful season in 2020.

The Beavers were returning to North Dakota following a big four-game series with No. 2 nationally-ranked Colorado Mesa University. The Mavericks hadn't lost a home series in about a decade. That didn't scare the Beavers as they came out swinging, winning the first two games. MSU would end up losing the last two games, but they gave Mesa a run for their money and showed the entire country they were a national contender.

Then, COVID-19 hit and canceled their season.

This season, the Beavers are back for redemption and off to a hot start. Success isn't new to the Minot State baseball team. They won the regular season Northern Sun Intercollegiate Conference (NSIC) championship three years ago and lost the following year. The Beavers are built for a run and they've already shown it this year.

Tyler Luban, the winning pitcher for one of the two wins against Colorado Mesa, weighed in on the team's pursuit of a national championship.

"We've started really well with our pre- and conference play. We've been hitting and pitching at the level we need to be at to win games," Luban said.

The Beavers have had big performances on the mound and in the batter box. Against Bemidji State, junior left-handed pitcher RJ Martinez had a career high 10 strikeouts. Game two of that series featured a three homerun game from junior outfielder Jordan Williams. Luban envisions this as just the start for success in both aspects of the game.

"I see continuing with all the work we put in on both sides, I feel like the success can continue," Luban said.

MSU baseball has made lofty goals that they expect to accomplish



Tyler Luban comes out of the bullpen to pitch in relief for the Beavers at Corbett Field.

Submitted photo

this year.

"Our goal as a team is to make a regional and compete for a national championship," Luban explained.

In order to do so, the Beavers have a tough road ahead of them. They are going to have to grind through a lot of adversity this year, but the team is more than prepared to do so.

"Our identity is to just be competitive each day, whether it's a game or not — we compete at a high level," Luban said.

One of the challenges Minot State will face is being on the road often. The way the schedule is laid out often finds the Beavers on the road for extended periods of time and frequently leaving in the middle of the school week. It's not an easy task missing so much school, but MSU baseball is set up to do so.

"Being gone for travel is never easy but staying in touch with your professors and study tables in the hotels keep us on track," Luban said.

As a relief pitcher, Luban faces a tough task of not playing for several games at a time and sometimes only coming in to get an out or two. Luban prides himself on supporting his teammates when he's not out there.

"I want to be the best teammate I can be while being the best I can be out of the bullpen," Luban explained.

They'll play at home at Corbett Field for the remainder of April, including games against Winona State University and Northern State University. Beaver fans have a lot to look forward to when they go cheer on MSU at Corbett Field.

"Fans can expect an exciting game and an electric atmosphere," Luban said.

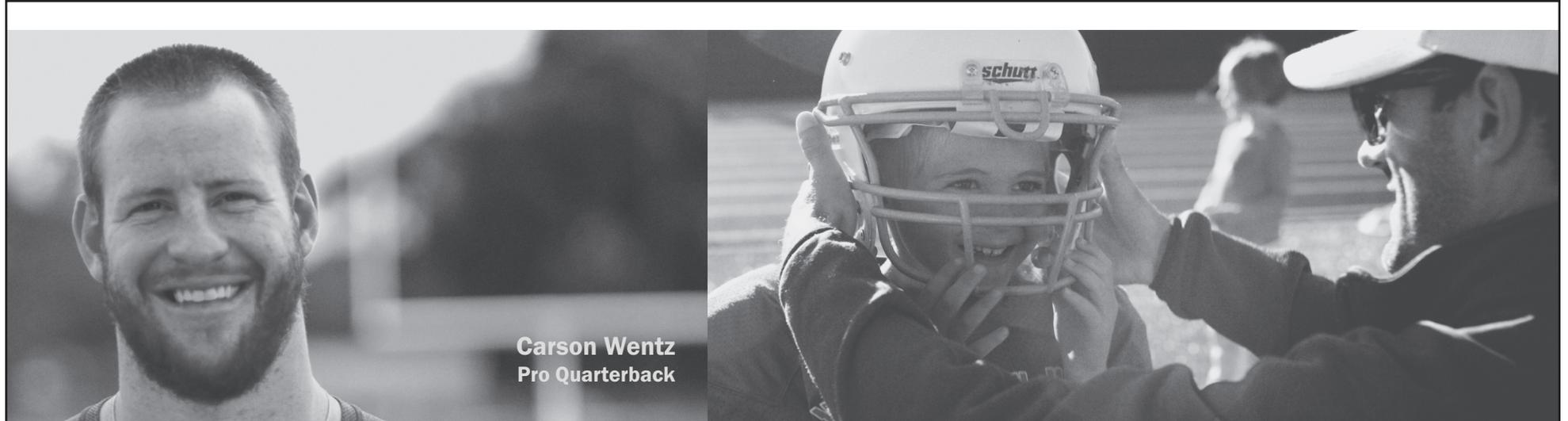
Minot State is currently 12-7 as they prepare to hit the home stretch of conference play leading into the NSIC conference tournament.

. . . MSU hosts Dickinson State *continued from page 8*



Starting quarterback Ben Bolinske throws a pass in Minot State's joint practice with the Blue Hawks of Dickinson State. DSU traveled to Minot in preparation for their playoff run this spring.

Photo by Sean Arbaut



Carson Wentz
Pro Quarterback

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...Earth Day continued from page 1

cleanup in parks and beaches.

With COVID-19 making gathering in large groups difficult, here are some ways to celebrate Earth Day at home:

- Plant a tree. This helps provide more oxygen for humans and wildlife, not to mention that hundreds of thousands of trees are cut down yearly to make everyday essentials. In a way, by planting a tree on Earth Day you are giving back to the environment.

- Gather your close family or friends and take a trip to a local park or beach to pick up trash and dispose of it properly.

- Make recycling a common practice in your home. Glass jars and bottles can make unique planters or durable Tupperware. Even strong plastics can be reused instead of tossed away after one use.

For more ways to celebrate Earth Day this year, go to earthday.org.

...history of vaccines continued from page 5

whole thing.

Inactivated vaccines work against viruses and bacteria but do so in a different fashion. Inactive means that the virus or bacterium is not alive or able to cause disease by replicating. This allows the cell to break down and essentially study the disease-causing agent so that it can fight it if exposed again, according to the Centers for Disease Control (CDC).

Toxoid vaccines work by introducing an agent that is toxic to that specific type of bacteria. This may sound like being injected with toxic chemicals but, in fact, the toxoid is at such a low level — because bacterium is so small, they do not require much — that it will not cause harm. The DTaP (diphtheria, tetanus, pertussis) vaccine is an example of a toxoid vaccination.

People have become concerned with long term effects of vaccines and rightly so. We want to know what goes into our bodies and when it comes to medical procedures, it becomes essential that people know

...United Way continued from page 3

United Way in town, cleanup projects, mural projects, or soup kitchen volunteering.

“There may also be fundraising opportunities to help local organizations or campus projects in need,” said Pool. “Many of the activities performed by the club will be decided based on the passions of the members. If there’s something the members want to do and there is an opportunity to act on it, the club will most likely engage.”

Something that Poole hopes students will learn from the club is to make the community they are a part of better.

“I hope students will learn one vital thing from this club. Leave everywhere and everyone you encounter just a little bit better than before,” said Poole. “We all have the opportunity to do our part, small or large. We are able to touch the lives of so many by committing even the smallest acts. Maybe you aren’t able to volunteer much of your time — consider picking up a piece of trash as you walk by, or giving a kind comment to someone who needs it. We never

know how significant our impact can be, but not even trying is the greatest fault we can make.”

Students who want to know more about the club can reach out to Kristi Berg, College of Business professor, at kristi.berg@minotstateu.edu.

The club will be hosting a scavenger hunt event this semester from April 21 to May 5 that features businesses that give back to the community. Keep an eye on MSU Life social media and hallway bulletin boards for more information coming soon. There will be prize drawings for participants, featuring a \$100 Visa gift card.

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Red and Green online.



all the risks and benefits.

The body’s immune system is extremely effective at fighting disease and preventing it in the future. Vaccines take advantage of the body’s immune system by training it to defeat diseases before they are exposed fully.

Since vaccines are either inactivated or weakened, the body easily learns to fight off and produce the memory cells needed to fight it in the future. This also means that vaccines are only circulating in the body for a short amount of time and after that the body’s own cells are doing the work, making long-term side effects extremely rare because the vaccine is not in your body long-term.

Like any medication, vaccines may cause side effects, but the effects of the diseases that vaccines prevent are often much more serious and even deadly.

By understanding the history and function of vaccines, people become empowered and educated to make decisions about their health in the future. Being an informed citizen can only serve to benefit individuals and the community-at-large.

NOTICES

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

The RED & GREEN is hiring writers and photographers for the 2012-22 academic year. Contact Alison McAfee at alison.mcafee@minotstateu.edu for more information and to apply.

VOLUNTEER OPPORTUNITY

Want to earn a free ticket into iMagicon? Sign up for a four-hour shift and receive a ticket to the event. iMagicon is looking for help to make this year’s event a success. Check out the shifts available at imagiconnd.com/volunteer.

SCHOLARSHIP

The North Dakota Petroleum Foundation (NDPF) is now accepting applications for its AI Golden Scholarship program for the 2021-2022 school year. The NDPF will award up to nine \$2,000 scholarships to students pursuing degrees or training in an energy-related field.

AI Golden Scholars are selected based on academic achievement, work or internship experience in the oil and natural gas industry, or a demonstrated commitment to a qualified area of study.

To be eligible, applicants must be full-time students who have a 3.0 GPA or higher and are pursuing a post-secondary education in geology,

engineering, science, processing plant technology, and other technical skills or trades related to energy development or processing. In addition, applicants must also have completed ONE of the following: at least six months of work and/or internship experience in the oil and gas industry, and/or, At least 12 hours in geology, Earth science, geological/petroleum engineering, chemistry, math, or safety.

Applications must be submitted or postmarked by June 1, 2021. To apply, visit www.ndpetroleumfoundation.org/programs/ai-golden-scholarship/.

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For any other Radiologic Technologist inquiries please contact:
Jim Coffin, Director of Radiology, 701-857-5416
jim.coffin@trinityhealth.org

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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.

DAYCARE PROVIDER: Ensure safety and health regulations are being met while providing adequate care for children 6 weeks to 12 years of age in a Day Care center. Full Time positions available. **HIRING BONUS AVAILABLE** to qualifying applicants.

PHLEBOTOMIST: Responsible for entering or activating lab orders into the computer system, coordinating with office assistants to obtain orders and verifying ABN checks. Will collect, label, receive samples and facilitate delivery of the specimens to the Hospital lab, and prepare for courier transport. Full Time, Part-Time and Casual positions available.

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.

To see more listings or to apply, visit [trinityhealth.org](https://www.trinityhealth.org)



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