

RED & GREEN

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MINOT STATE UNIVERSITY

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'KMSU Open Mic'

Miya Smalls
Assistant Editor

Have you ever wondered what it would be like to hop in a radio booth and share your voice?

The Minot State professional communication department is opening up that opportunity through KMSU. The TV and radio station is inviting fifth grade, middle school, high school, and college-level students a chance to talk behind the mic.

"KMSU Open Mic," a radio cast in the form of a video podcast, is hosted by MSU senior Howard Wade to help promote Minot State University, the community, and provide the public with a chance to voice their opinions. Whether its speaking on what is going on at school, informing the public about a team or club, or even being a DJ for an hour, the options are limitless.

"This idea got started last year around November," Wade said. "I wanted to do a podcast for a while now and professional communication associate profes-

sor Neil Roberts and the school approached me with the idea of starting a podcast with a focus that is geared towards giving the school a bit more publicity.

"Recently, a Hometown Pride Scholarship started — that will be in effect this upcoming year — where high schoolers in and around the area of Minot have the opportunity to gain a \$1,000 scholarship, which is amazing. What is even better is if these same students can hear their own voices on the podcast and be able to experience a little of what is offered here at MSU, specifically in the broadcasting department."

With many offerings being brought to MSU, this is one for the books as the public is given the chance to join the department for hands-on experiences in the booth and, of course, just have fun!

The show airs live every Wednesday at 4:30 p.m. in Hartnett Hall. For more information or to join the show, contact Wade at howard.wade@minotstateu.edu.



Photo by Janie Wunderlich
Howard Wade hosting a "KMSU Open Mic" episode for International Women's Day. Pictured left to right: Alex Koontz, Isis Cabral, Hannah Pederson, and Wade.



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News in Brief

Update on Ukraine refugee crisis

Drop-In Counseling

Minot State University is offering Drop-In Counseling for students during the Spring 2022 semester. On Tuesdays and Thursdays, the service will be held from 2-2:30 p.m. in the Souris Room, located on the second floor of the Student Center, and from 3-3:30 p.m. at the Wellness Center in the Group X Room.

'FACULTY X'

The Northwest Arts Center presents "FACULTY X," on view through today, March 31, in the Walter Piehl Gallery. The exhibition features new work by Minot State University Art Department faculty Micah Bloom, Andrea Donovan, Bill Harbort, Linda Olson, Ryan Stander, and Greg Vettel and Artist-in-Residence Cera Pignet.

The Big One

The North Dakota State Fair Center will host the Big One Art & Craft Fair this weekend on Friday, April 1 and Saturday, April 2. The event showcases handmade products from across the U.S. Over 150 exhibitors will fill their booths with arts, crafts, and baked goods.

Baseball Alumni Weekend

Baseball Alumni Weekend will be held on April 2-3 as the team takes on Upper Iowa University. Friday's game will begin at 1:30 p.m. with Saturday's game starting at noon.

MSU baseball

Minot State baseball will face Concordia University, St. Paul at home on Tuesday April 12 at 12 p.m.

'Rising Out of Hatred: The Awakening of a Former White Nationalist'

On Tuesday, April 12, an exclusive livestream discussion will be held with author Eli Saslow from 3-4 p.m. in Aleshire Theater, Hartnett Hall. To request a copy of the book, MSU staff should contact Michael Linnell, while students and faculty members should contact Libby Claerbout. Quantities are limited and there may be a wait time.

Peer Support meeting

There will be a Peer Support meeting on Wednesday, April 13 at 5 p.m. in the Fisher Room or via Microsoft Teams.

'Serendipity'

The Northwest Arts Center presents "Serendipity," an exhibition by North Dakota artist and printmaker Sharon Linnehan, on view in the Walter Piehl Gallery through April 15.

MSU softball

Minot State softball will face the University of Sioux Falls at home on April 15 beginning at 2 p.m.

'Nest'

Flat Tail Press will showcase "Nest," mixed media montages by Emily Verdoom through May 15. Flat Tail Press is an educational printmaking studio at Minot State University. The gallery is located in the landing space on second and third floor of the Minot State Student Center, west entrance. It is open Monday-Friday, 7 a.m.-12 p.m.

Hussein Abu-Lamzi Features Editor

In the March 10 issue of the Red & Green, Divine Daminabo covered the escalations between Russia and Ukraine, where Russia launched an attack on Ukraine and Ukraine's president, Volodymyr Zelensky, declared martial law. Daminabo also highlighted the Biden administration's reaction to the conflict of imposing sanctions on Russian financial institutions in the United States and sending troops to Germany to reassure their NATO allies.

Since then, the situation has escalated.

According to CNN, some countries, such as France and Ireland, have opened their borders up to the influx of Ukrainian refugees. France expects to welcome 100,000 Ukrainian refugees, where its president, Emmanuel Macron, has contacted Vladimir Putin eight times and Zelensky 17 times since the beginning of Russia's attack on Ukraine.

Also, WHO estimates that half a million Ukrainian refugees will need mental health care. Moreover, with the verified attacks of Russian forces on healthcare centers in Ukraine, many refugees and Ukrainians within the country suffer physical ailments, such as fevers, hypothermia, and

respiratory tract infections.

Food shortages have increased in Ukrainian towns, as well. According to CNN, this humanitarian crisis caused the country's supply chain and food systems to crash, with some cities not having more than a few days' worth of food. Other towns depend entirely on aid.

Like any aggravated, unjust attack, the Ukrainian crisis begets many refugees whose lives twist around by the hour. They live in uncertainty, and it slowly takes a collective toll on the current generations and those preceding them.

Hopefully, the talks between the presidents of either country lead to a good faith ceasefire and, eventually, an end to the conflict.



Photo via AP News
Refugees fleeing Ukraine.



Photo via AP News
Refugees fleeing Ukraine.

What are midterms?

Hussein Abu-Lamzi
Features Editor

The college student's life oscillates between a period of rest, takeout food, scrolling Instagram, and a period of crunching words, pulling all-nighters, and asking other students in their class whether they have done the assignment yet. That is when midterms kick back into motion.

Every three to four weeks, binging shows in bed and hanging out with friends at the dining hall becomes a luxury. Instead of binging shows, they now binge numbers on the calculator, trying to understand where they stand in a class in the middle of those uncertain times. A quick ramen meal for efficiency substitutes meandering in front of the desserts bar, where they and their friends take their time to point at the food they like.

But on the other side of the midterm vortex, professors throw out essays, tests, and projects. Do they go through the same oscillatory pattern themselves? Do professors know what ramen is? Do professors pull all-nighters during midterm seasons?

I sent the question, "What are midterms?" to the MSU division chairs, asking for a one-sentence response. Here is what some of them had to say.

Robert Kibler, Division of World Languages and Cultural Studies chair, said, "To me, they are a rite of passage. What you must get from a college experience is to have several academic challenges posed so that you can overcome them. Doing so makes you self-confident. It encourages you for the next set of challenges. And it is in this way that a university education readies people to meet all the many

See Midterms, page 11

Back when: Katy Allers

Hussein Abu-Lamzi
Features Editor

Katy (Port) Allers left her life in Alaska to come to MSU in the fall of 1984. She chose Minot State because she had attended basketball camps in North Dakota and South Dakota.

She met her husband while she was a student at MSU, yet she did not continue playing sports or graduate on time. After completing the last three classes of her degree between 2016 and 2017, she is now a journalism teacher at MSU, adviser to the Red & Green, and a research associate at the North Dakota Center for People with Disabilities, a job she thoroughly enjoys.

She grew up on the move in Alaska because her dad was an Alaska State Trooper. Growing up in Glennallen, Allers moved to Wasilla where she graduated from Wasilla High School.

Playing basketball, volleyball, softball, and other sports in high school, Allers came to Minot State University hoping to continue to play sports.

After blowing her knee out playing softball the summer after graduating high school, she registered late for MSU. So, as a freshman, she ended up with higher-level classes and a peculiar housing situation.

"I lived in the lounge area in Cook Hall because they did not have room for me and two other girls," she said. "It was still a lounge area back then but it had a door on it. It was huge. When we registered late, the three of us girls got to live in there. It was like an apartment."

Starting her freshman year at MSU, Allers worked at the Red & Green. She started as an English education major but later switched to history education. She finally left MSU as a criminal justice major after seven years of on-and-off attendance.

"I worked at the Frontiersman as an editor's intern in Wasilla in the summer of 1984," Allers said. "I had my own byline so I was interested in journalism. But MSU had journalism as a

See Back When, page 11



Submitted photo

Katy Allers on her wedding day.

Change for the better

Miya Smalls
Assistant Editor

"You can't always wait for the perfect time. Sometimes, you have to dare to do it because life is too short to wonder what could have been."

-Anonymous

For some, change might be the hardest thing to overcome. But that's not the case for MSU's world languages, cultural studies, art, and professional communication's administrative assistant.

Traveling all the way from Las Vegas, 31-year-old Savannah Wateland says she decided to just "go for it" and take on a new beginning without any debate.

"I think everyone eventually gets to a point in their life when you almost feel stuck, and you just struggle. I mean, working multiple jobs while going to school and everything else on top of it can get to be really overwhelming. I decided I was so tired of that feeling so I left," she said. "And just within the first two weeks of living here I was hired at the university, got health insurance for the first time in like 10 years, and had decent grades for the semester. My life was changed within days all because of one risk I decided to take."

The scholar has been hard at work as she continues with her studies daily, along with learning new skills in her position, making sure everyone is organized, helping others when needed, and keeping Hartnett Hall full of positive energy.

"I love Hartnett Hall, there's a lot of interesting and diverse mix of people that come in through these doors, and they all seem to have a pretty good outlook of everything even if they are having a bad day. It's such a positive work environment," said Wateland. "My field of study is environmental science, and what they are looking for are people with manageable skills, organizational skills, computer skills, etc. So by having this job, I'm not only gaining all of these wonderful assets, but it has provided me with the stepping stones for where I would like to end up in the future."

As Wateland takes on her first year at MSU, she is excited for what is ahead of her and is grateful for the risks that she took. She hopes to encourage others to take risks of their own and see what the world has to offer.

"If it's something out of your comfort zone, you should go for it," she said. "Do your best even if it's only 10%, just take a risk because you never know what can happen if you don't try."

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R&G Editorial

National Women's History month

Kylie Koontz Editor

In honor of National Women's History Month, here is a short list of some of the most influential women in the women's rights movement:

- Marsha P. Johnson was one of the center-most people in the women's rights movement as well as an advocate for gay rights. As a Black trans woman, Johnson stood for the rights of many people including women, women of color, and the LGBTQ community. She was in the center of the Stonewall riots, and in turn was the forefront of protest culture.

- Emma Watson is known for her role in the "Harry Potter" franchise and has used her platform to become one of the most influential young women in the women's right movement. An ambassador for UN Women and the HeForShe movement, Watson has made many

strides for equality in the workplace as well as working towards ending rape culture.

- As a young Pakistani woman, Malala Yousafzai started using her voice to vouch for women's education at a very young age. At only 15 years old, she was shot on her way home from school. After years of rehab, Yousafzai was determined to continue fighting for the education of girls and young women all over the world. In 2014, she became the youngest Nobel-Prize winner and continues to fight for the education of girls all over the world.

These are only three of many women who have made great strides for women's rights. I encourage you to look at their stories and the stories of the many others who have changed the lives of women and continue to fight for change.

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

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History of St. Patrick's Day

Yuden Zongtenpa
Staff Writer

Saint Patrick's Day is a celebration meant to commemorate the life of Saint Patrick, the patron saint of Ireland, and the introduction of the Christian religion to the country by him. It is celebrated every year on March 17 and is a public holiday in Northern Ireland as well as the Republic of Ireland. The festival is usually celebrated by wearing green, taking part in parades, listening to music, and eating traditional Irish food.

Many historians believe that Saint Patrick was actually born in Britain in the late fourth century. However, when he was only 16, he was taken captive by Irish raiders and taken to Gaelic Ireland as a slave where he was forced to work as a shepherd for six years. His autobiography, "The Confessions of Saint Patrick," describes how during this time he received visions from God telling him to walk to the Irish coast and escape back to Britain. As time passed, he would go on to receive a second vision in the form of an angel telling him to spread the word of God as a missionary in Ireland.

As a result of this vision, he went back to Ireland in order to spread Christian teachings in the country,

reportedly converting thousands of pagans in the process.

There are a variety of traditions that have been observed on this day ever since the 17th century. One of the most well-known customs is wearing green clothing or a shamrock — a three leaved plant considered sacred to Irish culture.

According to legend, Saint Patrick used the shamrock to explain the Holy Trinity to the pagans and convert them to Christianity.

Another long-held custom is called drowning the shamrock, where a shamrock is placed into the bottom of a cup filled with alcohol and then drunk as a toast to Saint Patrick. Moreover, Ireland has also been strongly associated with the color green since the 1640s, with people sometimes referring to it as the Emerald Isle.

Many celebrations have been primarily influenced by Irish-American immigrants. For example, the first major parade was held in St. Augustine, Florida in the year 1601. In more recent news, the Boston Saint Patrick's Day Parade made a comeback on March 17, 2022 after a two year hiatus due to the pandemic, with celebrations coming out in full force.

Bottineau Winter Park

Saif Khan
Staff Writer

Wouldn't you like to spend a day skiing?

The MSU Wellness Center had the great idea to take a trip north to the beautiful skiing resort at Bottineau Winter Park.

Bottineau Winter Park is located in the Turtle Mountains and is one of the most beautiful areas in North Dakota. The region has many recreational activities such as swimming, hiking, fishing, hunting, boating, snowmobiling, and skiing.

For only \$15 per person and only 11 spots available, students hopped in to try to get a spot. A lucky few got to enjoy the whole day in the Bottineau Winter Park.

"The trip was fantastic, I'd do it again," said one of the attendees.

The MSU community loves to see students enjoying themselves and having fun as college students. Thanks to the MSU Wellness Center, the ski trip was a great success!

Students should look out for travel opportunities like the Bottineau trip. Follow the MSU Wellness Center on social media to stay in the know of any great ways to spend holidays doing fun activities.



Photo via Bottineau Winter Park Instagram
Bottineau Winter Park is located in the Turtle Mountains of North Dakota.

Small business: Margie's Art Glass Studio

Hussein Abu-Lamzi
Features Editor

Small businesses curate the sense of a community around small towns like Minot. Especially for Minot State University students, finding places to spend their time during weekends can become a frustrating process without realizing the sense of the unique small business community that Minot hosts. Therefore, to encourage students to go off-campus and explore the town, supporting small businesses as they do so, this small business series will cover places around Minot that could be a fun time for the MSU community. And it starts with Margie's Art Glass Studio.

Located on 109 Main Street South, the shop is one of the largest retailers of art glass equipment. They also serve tea and coffee, and they offer customers the chance to pick a ceramic piece, paint it, leave, and then come back and pick it up glazed after a week. Moreover, they offer over 40 textures of glass that students can buy to customize their living spaces.

The atmosphere of the ceramic studio is family-friendly, with long tables and booths spread out in the basement alongside the shelf of paints and ceramic pieces that a customer can walk up to, grab, and start working on. The sizes of the pieces vary — as do the prices, accordingly.

Some fancier pieces currently available include a large Chinese dragon, an old-model car, and a giant mushroom. Students can book a long afternoon with friends and enjoy a pleasant Saturday off, or squeeze in a few hours as an enjoyable break at the end of the weekend.

Raised in Minot, Mya Temanson has been to Margie's multiple times over the years,

and she recently went back for Valentine's Day.

"Margie's always seems to have an excited buzz. It doesn't matter whether you're an artist," she said. "It's a place to have fun, enjoy the creative process, share a couple hours of thoughtful quiet or conversation with those around you."

She also advised other MSU students to visit in hopes they may enjoy the town while contributing to the small business community within it.

"As someone who can't focus on discussion and painting simultaneously, I still think it's a great place to bring friends," Temanson said. "When else does one get to set aside time to make something with one's hands in a space like Margie's anyhow?"

Likewise, Caitlin Cornell, a second-year English major, has gone to Margie's multiple times during her time at MSU. And while she hasn't had the chance to work on a ceramic piece at the studio, she has enjoyed the coffee there.

"The tea and coffee are always good, and the place has a warm and cozy atmosphere that makes it one of my favorite hangout spots, especially in the cold," Cornell said. "The place is full of art — ceramic pieces on the shelves, handmade jewelry on the counter, and glass art materials are everywhere. The seating completes the eclectic composition that makes up Margie's."

"There is so much college students can do to support small local businesses like Margie's. Getting out of the house and off-campus can be hard, especially during the colder months. Places like Margie's make it easier, with fun activities like ceramic art and fresh food and coffee."

See Margie's, page 11

MSU Life

Janie Wunderlich
Social Media Director

Student activities are a core piece of the college experience for every student, and Minot State does a phenomenal job demonstrating this.

For years, Minot State has done a great job getting students involved and giving them things to do on and from campus. While education is a priority, it's good for students to do other things and sometimes get their minds off their studies. MSU Life, which is the segment of Minot State that initiates and brings to life student activities, is loved by all students.

Each year, two MSU Life coordinators organize these different events and become the faces of student activities. Under the authority of Aaron Hughes, student activity coordinator for Minot State, the two students come alongside and help brainstorm and implement these different activities. Some are repetitive and have become an annual thing, and others are entirely new and will only be relevant for the school year.

Jada Clarke and Carson Fetting are thrilled to have been hired as the 2022-2023 MSU Life Coordinators.

"There is more of a presence of MSU Life on our campus than there is of any other club, and I just wanted to be a very large part of that association," said Clarke. "They're always very bubbly, energetic, and friendly, and it's a privilege to be one of those faces."

"I wanted to be part of such a greatly successful segment of student life on campus," added Fetting. "Seeing how MSU Life positively impacts the student community makes me motivated to continue that legacy."

They each have their views on what they're looking for-

See MSU Life, page 11

Senior spotlight: Alex Jimenez

Hussein Abu-Lamzi
Features Editor

"Let's put it this way: I had more free time in the military than I did as an art student," Alex Jimenez said.

Jimenez worked in the Air Force for eight years, until 2018, before enrolling at Minot State University as a drawing-focused art major. In his last term, he has been working on his photography-focused art seminar, editing portraits into science-fiction-like abstract pieces, a style for which he coined the term "abstracture."

After high school, he did not think college was for him so he joined the Air Force. However, after his service, he still enjoyed drawing as much as he did throughout high school. Having been stationed at Minot Air Force Base, he enrolled in the Fall 2018 term at MSU as an art student.

"I realized the Air Force was not the career I wanted. It was good for the time I was in it, but I realized

it was not the lifestyle for me," he said. "MSU had an art program so I thought I'll do one semester and see how I feel. Then, I ended up staying."

He describes his time here as one of intense labor. Most of Jimenez's time in college ticked away in the art studios at Hartnett Hall, where he worked on projects that cycled every two weeks anew. However, he does not have any art studio classes for his last term, mostly seminars. Therefore, Jimenez puts his creative work toward culminating his artistic process in ART 493.

"The people who take it seriously end up having some serious work. I'm glad I can say I have put in hard hours. I've had many all-nighters, as I've spent most of my weekends at the school, working on projects," he said. "As a result, I have a lot of really good-looking work. So there is the give and take."

See Jimenez, page 11



Submitted photo

Portrait of Alex Jimenez, Minot State art student.

Arrest made in 2007 murder of MSU student Anita Knutson

Parker Striha
Staff Writer

Fifteen years after the tragic murder of Anita Knutson, an arrest has finally been made. On Wednesday, March 16, 2022, the Minot Police announced that Nichole Rice, a Velva native, was arrested. Rice, who was Knutson's roommate at the time of her death, was arrested at her place of work.

Knutson was born in Orange County, California on Sept 22, 1988. At 5 months old, she was adopted by Sharon and Gordon Knutson. She and her family lived in Anaheim, California until Knutson was a freshman in high school. In June 2002, the family moved to the small town of Butte, which is about a 50-minute drive from Minot.

With Butte's school permanently closed, she attended Velva High School. She was active in Family, Career and Community Leaders of America (FCCLA) during high school. In this organization, Knutson received recognition for drug awareness at both the state and national levels.

She participated in soccer

and Girls State while also playing the violin and piano. Knutson graduated with honors from Velva High School in 2006.

After graduation, she began attending Minot State University with a declared major in elementary education. Along with college, Knutson also worked as a housekeeper at the Fairfield Inn and in retail sales for Vanity.

In June 2007, just three months before her 18th birthday, Knutson was found dead in the apartment that she shared with Rice — Nichole Thomas at the time of the murder. Knutson's father grew worried after not hearing from her all week and made the trip to Minot on June 4. Her car was outside the apartment but the apartment was locked when he arrived. A landlady and a maintenance worker let him into the apartment before he ultimately found a parent's worst nightmare — one of his children dead.

She was found face down in her bed, covered with a robe. There were multiple stab wounds found on her body that caused her to bleed to death. The murder

weapon, a pocketknife, was found in the sink with dried blood. Police also said that the screen on Knutson's bedroom window had been cut and was located on the bedroom floor.

However, it never got easier for the Knutson family as just six years later, her younger brother, Daniel, died by suicide. Anita and Daniel's sister, Anna, told Dateline in 2015, "What haunts me most about the death of my sister is that whoever killed her also took the life of my brother that very day. After she was killed, he was never the same."

Rice was never ruled out as a suspect and was always a person of interest in the case although there was never enough evidence to arrest her. When initially questioned by the police about the incident, Rice insisted that she had been at her family farm south of Velva all weekend. However, statements from her and her family members were inconsistent.

One unnamed witness told police that Rice had been at a bar in Ruso, about 20 miles south of Velva, that weekend and at one point had left to

get some clothing from her apartment.

Rice's ex-boyfriend, William May, told police information earlier this month that many think should seal the deal. He told police that in the years following the murder, after getting "belligerently drunk," Rice confessed to him about killing Knutson.

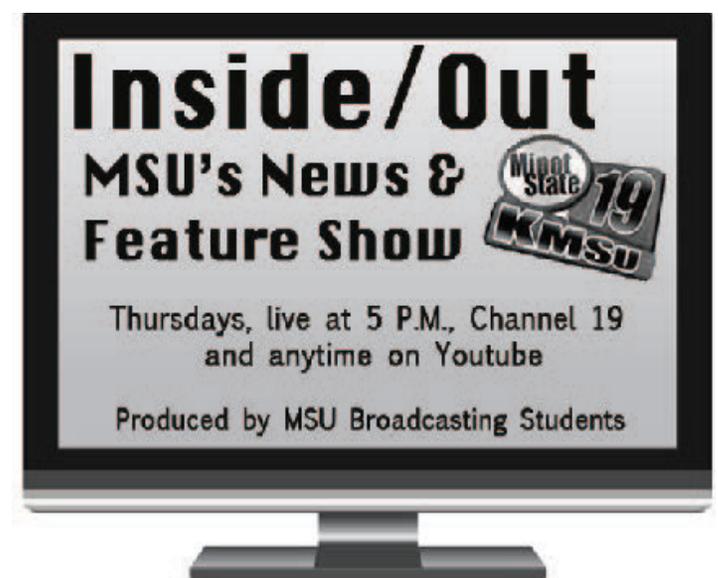
It has been said that Knutson and Rice had disagreements and tension amongst themselves, which does make it easy to point the finger at Rice immediately. Arguments, however, are not a good enough reason to charge someone with murder.

Just months before her arrest, Rice got married. She

also has a daughter.

Rice made her initial appearance in court by video on Thursday, March 17. Judge Richard Hagar set Rice's bond with a \$250,000 surety bond or \$120,000 in cash. Hagar set her bail so low due to her not leaving the Minot area in the 15 years since the murder and her family tying her to the Minot area. According to court documents, Rice's father wrote a \$120,000 check to bail her out of jail and she was released on March 17.

Rice is charged with a Class AA felony murder. If she is convicted, she will face life in prison without parole.



MSU Esports attends GGLEagues tournament

Husein Abu-Lamzi
Features Editor

The Minot State Esports Club has started their GGLEagues League of Legends Tournament series, which they stream every Wednesday at 7 p.m. on Twitch, with the streaming link available in their Instagram bio @ms_esportsclub.

The club signed up with five leading players and one substitute player for the team. The five main players are Branden Pelzer, Emily Couse, Hannah Edington, Clay Mantz, and Brendon Watson. The substitute player is Ethan Valentine, the club's adviser.

With fulfilling the minimum number of players' requirements, they also had to pay the \$100 fee toward the prize pool. The GGLEagues algorithm then sets up the club against another university's club every Wednesday at 7 p.m. Tournaments play by the "best of three" rule. Each League of Legend game, or each round, lasts around 30 minutes. The tournament stream lasts around a total of two hours.

The club matched against University of Jamestown and lost on Feb. 16. They also lacked a streamer, or online commentator, to set up the stream for any interested MSU audience. Therefore, they had to direct MSU students to the opponent's stream.

The team played against South Virginia University for their second tournament match-up, and the club left with a decisive victory. Also, after anchoring their expectations by observing how Jamestown streamed their games, the MSU Esports Club

started their Twitch stream for that game. The club's media marketing director, Brandon Anderson, oversaw commentary and streaming operations for the game.

"As media marketing director, my duties include posting on the club's Instagram page, helping advertise club events, and playing a big role in setting up events — like streaming the GGLEagues games," Anderson said.

The GGLEagues algorithm matches opponents based on their previous week's performance. So for their third week, it set the club against the strong Western Illinois University Esports team. The club lost to Western Illinois on March 2. With losses comes a learning experience.

"There is a specific way GGLEagues works," Anderson said. "It sends us information about the enemy team's players, so it sends their games' kill/death ratios and the heroes [characters] the main [specialize in playing]."

The leading lineup players practice with this information in mind every Monday. They also pass notes to one another on each other's performances.

"To set up for these events, I have to perform audio tests, launch the streaming software, and launch League of Legends early," Anderson said. "So I start setting up two hours before the tournament."

As the tournament keeps ongoing, the club invites the MSU community to follow their Instagram page and to join future tournament streams in a show of support.

Science Olympiad

Divine Daminabo
Content Coordinator

On the first day of Spring Break, March 14, the annual Science Olympiad hosted by the Minot State University science department brought together many middle and high schoolers from around the region to compete in the Science Olympiad.

There were two divisions: Division B for middle school and Division C for high school students. Schools in attendance for Division B were Bishop Ryan, Des Lacs-Burlington, Erik Ramstad, Hazen Middle School, Jim Hill, Nedrose, South Prairie, and Velva High School. Division C consisted of Bishop Ryan, Des Lacs-Burlington, Hazen Middle School, Killdeer, Magic City, Central Campus, Nedrose, South Prairie, and Velva.

The students were extremely excited based on the atmosphere on campus and the eagerness to step into each class and complete their assigned tasks.

Many volunteers from the schools and the Minot State University Division of Science stepped up to help the day be a success.

"Initially, I just wanted extra credit, but doing this was not just fun for them," said MSU science student and volunteer Megan Connell. "When it came to the experiments, it was fun for me and I totally forgot I was on Spring Break."

There were 20 events for Division B including Food Science, Mission Possible, Write It, Do It, Anatomy and Physiology, Road Scholar, and Solar System. There were also 20 events for Division C, such as Detector Building, Ping Pong, Cell Biology, and Experimental Design. Teams were awarded 11 points for first

place, 10 points for second, and 9 points for third, with total points being calculated for the day.

In Division C, the top three schools were Bishop Ryan, Central Campus, and Velva, respectively, followed by Magic City, Nedrose, Des Lacs-Burlington, Hazen, Killdeer, and then South Prairie. For Division B, the top

three were Jim Hill, Erik Ramstad, and Bishop Ryan followed by Nedrose, Des Lacs-Burlington, Velva, Hazen, and South Prairie.

Overall, it was a very successful event, and the science department was very efficient in organizing and making sure the event was a success. We look forward to the next one in a year.



Photos by Venissa Adeti
Regional middle and high schoolers competed at the Science Olympiad held on Minot State's campus on March 14.



R&G Sports Editorial

Arms race in the AFC West

Philip Green
Sports Editor

The offseason in the NFL has been anything but an offseason for the AFC, especially the AFC West.

Between blockbuster trades and huge free agent signings, the balance has teetered heavily towards the AFC, with a ton of star power now playing in the AFC West. Most NFL divisions have one to two solid teams. The AFC West now has four playoff-caliber teams. With only two wildcard spots and a division champion, at least one of these Goliath-level teams will be left out of the post season. It's hard to say who that will be.

The arms race in the AFC West started with the blockbuster trade of former Super Bowl Champion quarterback Russell Wilson to the Denver Broncos. That was just the first domino to fall as that same day the Los Angeles Chargers traded for star pass rusher Khalil Mack.

The Las Vegas Raiders, Denver Broncos, and Los Angeles Chargers were off to the races to get the best players available to help them dethrone the Kansas City Chiefs who have won the division the past several years and been in the last four AFC Championship games.

Out of all four teams in the division, the Chiefs arguably got worse while the other three vastly improved. The Chiefs let star safety Tyrann Mathieu walk in free agency and traded away their leading wide receiver Tyreek Hill to the Dolphins.

Now everyone in the NFL is looking to see if these losses will be too great to maintain their recent success. The Chiefs did sign Pro Bowl wide receiver Juju Smith-Schuster,

but he has big shoes to fill in replacing Hill.

The Raiders finished second in the division last year and earned a playoff spot. In efforts to overcome the Chiefs, they signed elite pass rusher Chandler Jones and traded for arguably the best wide receiver in football in Davante Adams.

The Chargers were seconds away from the playoffs last year and their last second overtime loss to the Raiders in week 18 prevented them from a playoff run. This offseason they have focused on retooling their defense with the additions of the league leader in interceptions since he came to the league, JC Jackson, to go along with Mack.

The Broncos have been towards the bottom of the division ever since Peyton Manning retired. The move to get Wilson, along with their young offensive fire power and stellar defense, shows they look to change that. They also stole free agent pass rusher Randy Gregory from the Dallas Cowboys. In years past, Gregory has struggled with suspensions, but when he's on the field he's one of the best at getting pressure on the quarterback.

All of these offseason moves have been monumental for each team in the division. It's going to be must watch TV when these teams play each other. If the Chiefs win the division this upcoming year, that would give each team 15 division titles in total. It is as close as it can get and with how good the AFC is overall, there are going to be some very good football teams that do not make the playoffs. I, for one, cannot wait.

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

MSU softball unstoppable in Florida

Jordan Rodriguez
COMM 281

Minot State softball took a trip down to Winter Haven, Florida for their Spring Break.

Over the course of six days, MSU softball played nine games, going 7-2 in Florida and improving to 19-5 on the season.

While in the sunshine state, the Beavers upset two nationally ranked teams in the top 10. One of these upsets was an extra-innings thriller against number eight nationally-ranked West Chester University of Pennsylvania. Trin-

ity Valentine would be in the circle for MSU and would pitch all eight innings, only allowing three runs on five hits. After this game, Valentine would improve to 7-3 on the season.

Offensively, Minot State sophomore Brooklyn Morrison would be the game's hero, going 3-4 with a home run and 3 RBIs. She also delivered the game-winning single to walk it off 5-4 in the bottom of the eighth.

Twenty-four hours later, MSU would prepare to take the field against seventh nationally-ranked Saint Anselm College. Valentine

would be in the circle for the Beavers and once again pitched a complete game shutout, only giving up two hits while striking out eight. Minot State would push across three runs on eight hits, and Alina Gonzalez and Jazmine Karunungan would both go 2-3 in the ball game, with Gonzalez cashing in an RBI. After all 42 outs were recorded, Minot State would come through with their upset of the tournament, with the final score being 3-0.



THE SPRING GAMES

	SAINT THOMAS AQUINAS MONDAY 11:15 AM
	POST MONDAY 3:45 PM
	SAINT MICHAELS TUESDAY 9:00 AM
	WAYNE STATE TUESDAY 11:15 AM
	WEST CHESTER THURSDAY 8:00 AM
	NEW HAVEN THURSDAY 12:30 PM
	PURDUE NORTHWEST FRIDAY 8:00 AM
	SAINT ANSELM FRIDAY 10:15 AM

Photo from Minot State softball Twitter

Minot State softball went 7-2 during their week of games in Florida over Spring Break. While in Florida, the Beavs upset two top 10 ranked teams in the country.

Minot State indoor track & field season

Juan Gutierrez
COMM 281

The Minot State track & field team just wrapped up their indoor season of 2022.

Within this season alone, 13 school records were broke by the hard-working athletes here at MSU. There were nine school records broken on the men's side while the women broke four of their own.

While the athletes are breaking

records, a majority are also hitting new personal bests in their events, which motivates them to train harder for the outdoor season. The team also had a few medalists coming out of the NSIC Indoor Track & Field Championship in Duluth, Minnesota.

The men's team placed 10th overall with seven medalists that scored a combined total of 20 points for their team. The women's team placed 13th overall with

five medalists that scored a combined total of seven points for their team. Even though the team didn't get the rankings they wanted, they still had a very respectable season with their performance throughout the various meets.

Up next for the Beavers is the outdoor season, and with the way they have been training, it looks like they aren't letting up anytime soon. The MSU Beavers had their first outdoor meet on March 26.

NSIC honorees for MSU men's and women's basketball

Alex Koontz Staff Writer

Minot State basketball has come to an end.

The women's team had a rough go, ending with 8-18 for the season. Even though the Beavers did not complete the season the way they wanted, congratulations go out to forward Amber Stevahn as she rounded up an impressive list of accomplishments this season. In Stevahn's first year with the Beavers, she led the team in scoring, shooting percentage, and

rebounds and was named Second Team All-Conference. This year, Stevahn impressed again, leading the team in points, shooting percentage, and rebounds and upping her Second Team All-Conference to a First Team All-Conference title.

"It is such a good feeling to know that all of your work, time, and effort that you've put into your sport is recognized," she said. "But I know that it wasn't just because of me. I thank God every day for the ability and talent to play the game of basketball and my

accomplishments are because of my teammates and coaches as well. They are the ones to push me, give me the ball, and give me opportunities that I have during basketball. I am grateful to have been named to the NSIC First Team and I am thankful for my team." Stevahn will play next year for her final season at Minot State as the Beavers continue to climb their way up the NSIC standings.

As for the men's team, MSU had a decent season, ending 15-10 overall. Season highs came from senior point

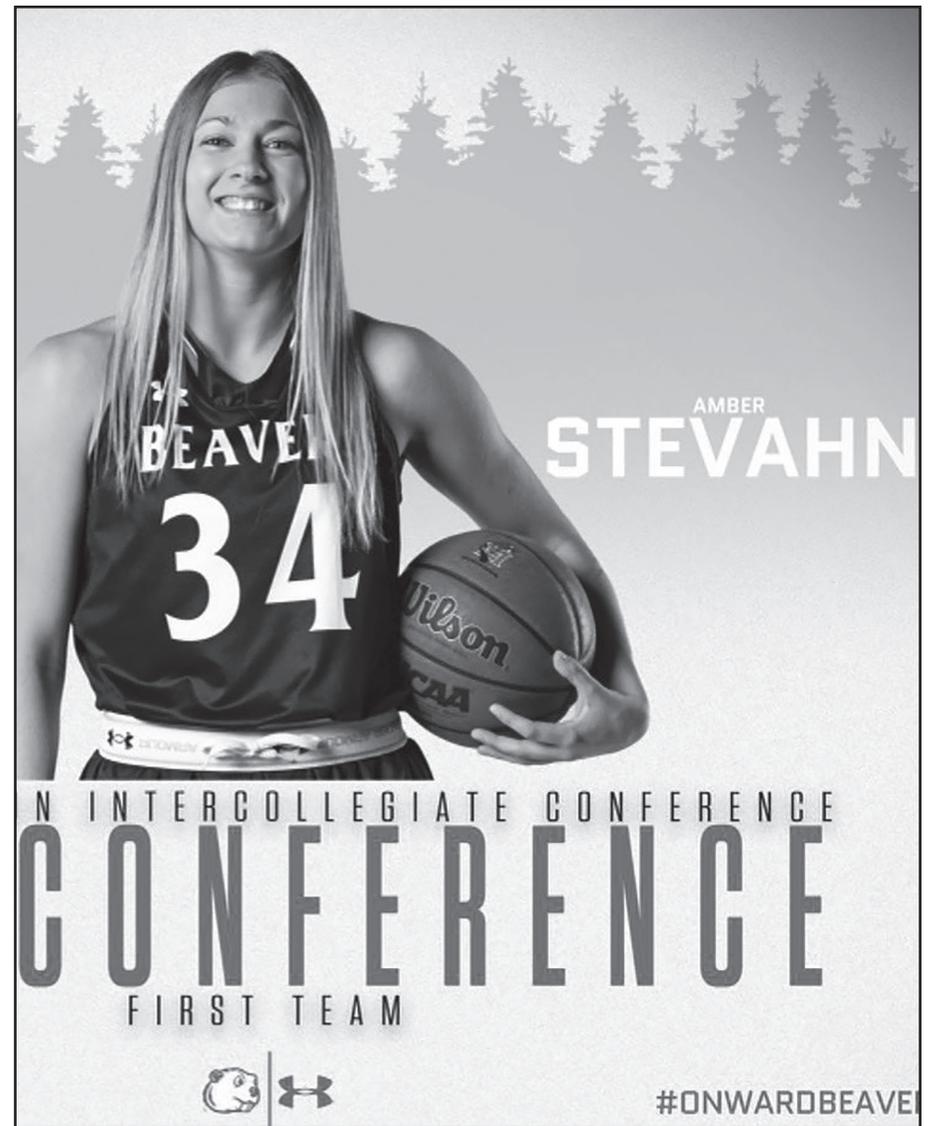
guard Max Cody and senior forward Melvin Newbern, named NSIC All-Conference.

Cody, from Melbourne, Australia, ended his basketball season this year with a First Team All-Conference title and other accomplishments throughout his six years at Minot State. Cody led the team in assists, steals, and points and has been a critical piece to the Beaver offense and will be a challenging position to fill.

Newbern, from Robbinsdale, Minnesota, is also a sixth-year senior

at Minot State, ending his career with a Second Team All-Conference title. Newbern led the team in points, rebounds, and field goal percentage for the Beavers this season. Newbern has been a key player in the paint for the Beavers over his career and will be another position that will be hard to fill for the Beavers.

Overall, Beaver basketball had exciting seasons with many athletes recognized for their hard work and dedication. We look forward to more Beaver basketball action next season.



Above left: Max Cody was named first team All-NSIC.
Below left: Melvin Newbern was named second team All-NSIC.
Right: Amber Stevahn was named first team All-NSIC.
Newbern and Cody ended their careers at Minot State with All-NSIC honors. Stevahn has the opportunity to return next winter and repeat as an All-NSIC honoree.

Photos from Minot State's men's and women's basketball Twitters

The return of MSU Athletics Lip-Sync Dance Battle

Philip Green
Sports Editor

The wait was over when MSU Athletics returned with the annual Lip-Sync Dance Battle. Put on hiatus due to the pandemic, it triumphantly returned to the center stage.

For all newcomers, the Lip-Sync Battle is a competition put on by the Student-Athlete Advisory Committee (S.A.A.C.), where each team creates a five minute or less dance and lip-sync return performed in front of guest judges.

This year, Beaver Cup points were awarded to the top three performances with 500 points to first place, 350 to second place, and 100 to third place. Performances were judged on four categories: costumes, choreography, energy, and wow factor. All categories were rated on a scale of 1-10, with a max score of 40 for a performance. A few guest judges included Minot State University President Steven Shirley and Student Activities Coordinator Aaron Hughes.

Creating a performance-winning routine is no easy task. Each team was looking to dethrone Minot State wrestling. It had been a few years since the last battle had happened, but the wrestlers were the reigning champs prior to the event with Minot State football in second place looking to make that leap to the top of the podium.

MSU football player and S.A.A.C. representative Jordan Sanford, alongside his teammates, were hard at work producing a routine worthy of impressing the judges.

“The process started with us finding songs that we thought would be well known by everyone and a very familiar sound to the ears. The dancing then is sort of improv based on the songs we choose and the story we want to try and tell,” Sanford explained. “Football’s strategy this year was preparation and practice. In years past, we have been fairly disorganized so this year we really dialed in our routine to

ultimately come away with a title this year.”

Every athlete on campus loves to compete and wants to win. This is no different; even though the Lip-Sync Dance Battle isn’t the typical playing field MSU athletes perform on, the competitive juices were flowing.

“My favorite part is the passion that teams put into this that really shows the competitiveness of our athletes and that no matter what the event is, we are all playing to win,” Sanford said.

The last time the battle was held, Minot State softball could not participate because they were on the road. This year they were looking to prove themselves on the big stage. Senior Zoya Robbins led choreography for the softball team’s routine.

“The biggest challenge while creating the routine was getting everyone to remember it. We wanted it to be fun and outgoing, but we also wanted the dance to be simple enough to catch onto,” Robbins said. “All of the girls on the current team had never competed in the Lip-Sync Dance Battle. So we just wanted to be as cohesive and as inclusive as possible to make sure everyone knew they were important in the routine. Our strategy was to have fun and be ourselves and to just not care about how silly we might look.”

Robbins and her team made the most of their first battle.

“This is my first and last lip sync so I was looking forward to leaving it all on the floor and making our mark as a softball team,” Robbins said. “My favorite part of lip sync is the built-in team bonding that goes with it for our individual team and with every other team on campus.”

Robbins also served as one of the cohosts for the show. Each team showed up with one goal in mind: unseat the wrestling team and be named the champion.

In the end, football was the 2022 lip-sync champions. Lets see if they can keep their title next year.



Photos from Minot State Athletics Twitter
After a hiatus due to the COVID-19 pandemic, the Lip-Sync Battle returned to Minot State’s campus on March 25.



**...Back When
continued from page 3**

minor so I declared my major in English.”

Still a freshman, Allers became the Cadence editor, which was the arts and entertainment insert in the Red & Green issues.

She blew her knee again playing powderpuff football and had another surgery. In the spring of her freshman year, she then hurt her knee playing intramural co-ed basketball.

“Those might have been signs to stop, but I did not listen. I continued to hurt my knee - even hurting it in a softball game two days before my wedding. I was on crutches at my wedding,” Allers said.

She met her husband, Jim Allers, while still a student at MSU. At the time, he worked at a grocery store. They got married in 1991, and they are still together today, having raised two kids into successful adults.

“We tell the kids we met at church, but it was a bar,” she said. “I was a bar waitress. He was in there on his 22nd birthday. And after he found out my name, his pickup line was, hey, if we got married, you’d have the same name as my mom. Her name was Katie as well.”

Allers bought a house in January with her husband-to-be, walked for graduation in May, and got married in June, all in the same year of 1991. School took a backseat to life for a few years and she worked career jobs in Minot until 2016.

“The stars aligned,” Allers said. “There was an opening at Minot State. My kids were grown. And I thought that would be a great place to work. I also decided to finish my major — three classes were all I needed — and I got my degree in 2017.”

She then went on for a master’s in education with a concentration in English.

“The advice I would give to students is just do it. Get

your college degree but don’t stop there. Keep going. There is so much more out there to learn,” she said. “I call myself a lifelong learner. I learned to figure skate as an adult and even competed, I was a private investigator, performed at MSU Summer Theatre, and have been involved in Make A Scene Kids Theatre. Right now, I am learning to play the drums, directing a show in the fall for Mouse River Players Community Theatre, and taking art classes with the Lifelong Learning Institute at Minot State University. I stay busy and try to keep my mind and body active.”

**...Midterms
continued from page 3**

challenges of the future really, using the same tools: work, organization, planning, and confident execution.”

Erik Anderson, Division of Performing Arts chair, said, “Midterms are a reminder that spring semester is poorly named.”

Explaining his response, he said, “I like humor, and we could always use more opportunity to laugh!”

His response, albeit much shorter, took a humorous twist, and indeed, students could use more opportunities to laugh during midterm seasons.

Bill Harbort, Division of Art and Professional Communication chair, said, “Like checking a 10 pound turkey in the oven, how’s it look?”

He took the whimsical approach to explain midterms even further. As they relate to art students, however, the slow process of working on a project and checking on its progress at different points adheres to the meaning of midterms for them.

What even are midterms? Well, they are all of these things.

**...Margie’s
continued from page 5**

Cornell also explained how students could influence the small business community.

“Students can help support businesses like these by shopping intentionally and shopping local. Sharing your experiences with Minot entertainment and businesses like Margie’s, also helps spread the word and lets others know fun places like this exist right here in Minot,” she said. “Getting out of the house — and away from Starbucks or 7-11 — can do a world of good for students, as well as the businesses they explore.”

Therefore, both Temanson’s and Cornell’s descriptions and experiences at Margie’s should encourage students to leave a positive mark on the small business scene in town. It also nudges students to go out and enjoy a weekend of painting, ceramics, and being surrounded by art.

**...MSU Life
continued from page 5**

ward to bringing to life next year.

“I want to bring fun and excitement to campus for all the students. I want to continue the great legacy of MSU Life,” Fettig said.

This is true to the very roots of Minot State.

“Students can definitely look forward to seeing more unique games that are unlike anything they’ve heard of seen before. We want to actively make sure that we are doing everything that is in our ability to ensure that the students at MSU are participating in fun, safe, and enjoyable recreational fun.” Clarke added.

Events that have taken place this year include Beep Bingo, 500 Ways to Win, Casino Night, Comedian Night, Skiing Day, and tons more. On special weeks, like Homecoming and the week before Winter Break, MSU Life does something dai-

ly to give students an activity. Whether it’s a free lunch or a stuffed animal to make, it’s always engaging. Adding new activities is vital when it comes to student engagement and keeping them on their toes.

“We’ll be looking for more students’ opinions throughout the next year so that we can create based on what they say,” Clarke said.

When handing the baton on from coordinator to coordinator, the new hires learn a lot from the previous position holders. They meet with Hughes and the current coordinators to talk through if they think they’ll be a good fit. They begin to train with the current coordinators and learn the ropes. The week of March 21 was the first week Clarke and Fettig took on the roles as MSU Life coordinators, and it’s an important position and has big shoes to fill daily.

“There are just so many different things I think we could bring into this upcoming school year that people are just not going to be expecting but are going to be very happy for,” Clarke said.

**...Jimenez
continued from page 5**

Jimenez shifted his interests from drawing into photography after taking a required photography course in his second year at MSU. Notably, he became interested in dramatic portraits that use minimal lighting. Those portraits further developed into what he calls abstracture.

“There is something about photographing a person’s face, a full body under certain lighting that I could control, that was very intriguing to me,” he said. “For later semesters, I manipulated those portraits in Photoshop. They formed these science-fiction-like compositions. They were not people or portraits anymore. You can almost think of it as a Frankenstein experiment.”

He’ll present his art seminar pieces at the Northwest Arts Center on May 13 alongside his capstone classmates.

And after having lived within the day-to-day structure of military life, and as a Christian who believes that God led him to this point, Jimenez does not have set plans after college. He describes himself as a relaxed and adaptable person, taking things as they come. Still, he would like to open a photo studio in the future.



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