

RED & GREEN

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MINOT STATE UNIVERSITY

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Juried Student Art Show

Destiny Stanton
Staff Writer

The Juried Student Art Show had a reception on Thursday, April 7 beginning at 6:30 p.m. During the reception, students, staff, and the public were able to look at the show that an external juror judged. The visiting juror was Andrea Fagerstrom, an assistant professor of art and art gallery coordinator at Bismark College. Fagerstrom explained what she was looking for in pieces to create this show. She looked at how the artist uses the picture plane, the craftsmanship, the content, and overall her initial reaction to the piece.

There were a total of 46 pieces in the show. The juror chose different pieces of work for awards. There were a total of seven awards. There were four merit awards, one best of show, one Ryan and Karina Award — which is a book award — and one Student Choice Award.

The first merit award went to piece number 31, called “Asteroid” by freshman art student Peter Pañales. The medium used in this piece was graphite on paper and is on sale for \$100.

The second merit award went to number 13, called “Sigh...” by senior art student Alex Jimenez. Jimenez used graphite and charcoal for his piece.

The third merit award went to number 20, called “Model on a Stool,” also by Pañales. He used oil on canvas and is for sale for \$750.

The last merit award went to number 36, called “T:11-L:3” by senior art student Rayson Renfrow. Rayson used graphite for this piece and it is for sale for \$210.

The best of show award went to number 37, called “Blades” by Jimenez. He used charcoal for this piece.

The Ryan and Karina book award went to number 40, called “Renewal” by sophomore Kylie Koontz.

She used photography for this piece.

“This was my first time entering the Juried Student Art Show, and when I heard I had won the photography award I was so excited,” Koontz said. “I definitely recommend students who love being creative to enter

the show, there’s nothing better than showing others your art.”

The Student Choice Award went to number 41, called “Routes” by Jyris Jiles with photography used for this piece as well.



Best of Show award winning piece, “Blades” by Alex Jimenez.



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News in Brief

Thursday, April 28

New student registration

New students for Summer and Fall 2022 semesters will work one-on-one with an academic advisor to create their schedule and ask questions about academic requirements, housing, financial aid, student support services, and anything else that comes to mind. Accepted students will receive an email invitation with available registration dates.

The Snack You Didn't Know You Needed

Dot's Pretzels owner Dorothy Henke will present on Thursday, April 28 at 12 p.m. in the Westlie Room.

No Excuse for Abuse Red Run Event

Beginning at 12 p.m., the No Excuse for Abuse Red Run Event will be held in the Quad. Please consider competing and/or cheering on your favorite competitor. Each member will "run" in heels provided at the event and take part in Minute to Win It games against their competition. Each participant will have an opportunity to win prizes. Food will be provided for faculty, staff, and students at the event with presentation of an MSU ID.

Friday, April 29

Heartland Marimba recital

The Minot Symphony Orchestra will host a recital featuring three members of the Heartland Marimba Quartet from 2-3 p.m. in Ann Nicole Nelson Hall. Tickets are not required.

Alumni Association Gala

The annual gala will commence at 5:30 p.m. at the Grand Hotel.

Senior saxophone recital

Katelyn Pigeon will present her recital at Ann Nicole Nelson Hall beginning at 7:30 p.m.

Saturday, April 30

The Titan

The Minot Symphony Orchestra presents "The Titan" at Ann Nicole Nelson Hall at 7:30 p.m.

Monday, May 2

Yoga

Yoga will be held at 12 p.m. in the Wellness Center.

Tuesday, May 3

College of Business awards

A College of Business luncheon and award ceremony will start at 12:30 p.m. in the Conference Center.

Wednesday, May 4

Yoga

Yoga will be held at 12 p.m. in the Wellness Center.

May 9-13

Finals week

Finals week will begin on Monday, May 9 and run throughout the rest of the week.

Monday, May 9

Yoga

Yoga will be held at 12 p.m. in the Wellness Center.

Ukulele Jam

Learn to play the ukulele in Old Main Room 121 at 7 p.m. No experience needed.

Wednesday, May 11

Yoga

Yoga will be held at 12 p.m. in the Wellness Center.

Peer support meeting

A peer support meeting will be held in the Fisher Room at 5 p.m.

Friday, May 13

Graduate hooding

A graduate school hooding ceremony will be held at 8 a.m. in Ann Nicole Nelson Hall.

Commencement

Commencement will be held in the Dome starting at 10 a.m. in the Minot State Dome.

Reconstructing the Beaver Dam

Hussein Abu-Lamzi Features Editor

The Beaver Dam will undergo reconstruction in 2023.

Students passing by that area can see general architectural ideas for the space hanging on the hallway walls. For many, the dam is the social hub on campus, where they can schedule to meet with study groups, play video games, or enjoy Starbucks.

Nonetheless, the current space has its limitations. Music mixes with the noise from the screens, which altogether combine with the activity at the video games and pool stations. With such different activities jumbled over one another, the place can feel a little overwhelming for any single purpose at times. Therefore, the reconstruction aims to solve some of the issues.

"For many of the student events that take place on campus, there aren't enough places available to hold large events. Reimagining the space will allow for greater

flexibility for student events," said Leon Perzinski, director of the Student Center.

However, with such a major reconstruction project, a lot of time is needed for things to kick into motion. The expectation for the Beaver Dam reconstruction is that it will take a few years before the new dam opens to students.

"Construction will begin as soon as the ND State Legislature and ND Board of Higher Education approves the project in early 2023," said Perzinski. "Once approved, an architect will be chosen, and a contractor selected, with a possible start date of late spring or early summer 2023. The estimated completion date could be as early as late summer 2024."

The university has decided on where to move offices in the area to accommodate for the major shift in space.

"SGA, Residence Life, Student Activities, and Photo ID offices will move downstairs to the first floor," said Perzinski. "Walls will

be removed to allow for larger a study and common area where the current offices exist."

Nonetheless, in the middle of this financially and administratively heavy transition, the university spent the time and effort to consider the opinions of students.

"The students have been involved with the reconstruction project when the discussion began during the 2018-2019 school year. There have been open forums and town hall meetings. Students were invited to give feedback on the various renderings from the architectural firm," Perzinski said.

Hopefully, the new Beaver Dam will be available to students at the earliest possible time. This reconstruction will also serve to strengthen the MSU campus spirit, as opening the space to bigger student events will bring more of the community together — at one time, in one place.



Photo via Minot State University Instagram
A view of the current entrance to the Student Center from the Quad. The remodel project will include a facelift here, as well as an extensive reconstruction in the Beaver Dam.

MSU over the last five years

Janie Wunderlich
Social Media Director

A bachelor's degree takes about four years to complete and for student-athletes, this is the same amount of eligibility they get to compete at the collegiate level.

However, with a year of COVID-19 being added to each athlete's eligibility, a large majority of seniors have returned for their additional year. Student-athletes are simply adding a concentration or minor of study to extend their classes to last throughout their eligibility. Since these students have been at Minot State for five years now, they have seen many changes occur over time, whether that be in their athletic or campus experience.

Athletics is constantly changing with new rules, apparel, teammates, coaches, etc. But when it comes to the Minot State athletics family, they have something special.

"I think from an athlete standpoint, the teams on campus have gotten closer," said senior Philip Green. "It feels like a big athletic family compared to a bunch of individual teams."

He believes COVID-19 may have played a role in this, considering all athletes were deprived of a year of competition and they are simply happy to be back with people.

Typically, you see athletes only taking part in their

teams' activities, but this past year has shown that more teams are intermingling and getting connected with other players.

Large universities with tens of thousands of students having solid student sections and connect with one another, and Minot State is on the right track to do this here with their smaller campus. It is all a part of building a solid student community.

Many things have been added to the Minot State campus, too, over the last five years. The Dean Frantsvog Academic Success Center was put into the Dome, which gives athletes a quiet place to study while near their practice area. They scan their ID to get in, and it automatically clocks them in and out for their study hours. Another feature in the Dome is the new student section banner that hangs along the south side of the bleachers in hopes to bring all the students together for competitions that take place in the Dome. There will be some locker room renovations coming along this summer as well.

Seniors are excited to see what the future holds for Minot State. There is a large renovation coming across the small campus starting with Hartnett Hall. Hartnett Hall plans to start the renovating process this summer and will bring so many more benefits to students in professional

communication and art programs.

"I believe both MSU as an entirety and the professional communications department is really starting to realize how much of a hidden gem this university is," said Jordan Rodriguez, senior broadcasting student. "I wholeheartedly believe that MSU and the pro comms department will grow exponentially in the coming years."

While the tv studio is quite nice in the building, students believe this renovation will draw increased students to join the program when they see the technology and how they will have to get hands-on experiences.

The Student Center is also anticipating a remodel. While the inside of the Beaver Dam is going to look nice with its new, fun, and sophisticated look, they are also planning to create an outdoor area where students can sit, hangout, do homework, and host different events throughout the semester.

Upgrading parts of the Minot State campus will only draw more students in and showcase the beautiful campus. There is no better time to be a Beaver during this evolving phase of Minot State University.

MSU hosts powwow

Destiny Stanton
Staff Writer

Each year, Minot State University holds an annual powwow. This year was the 32nd powwow. It was held April 22-23.

Annette Mennem is the Native American Cultural Center director, as well as the Native American Club advisor.

"1989 was the first powwow. It was held in the ballroom, now the Beaver Dam," she said. "It was a one day powwow. Later on it was in the gym of Swain Hall. Then in 1992, it was moved to the Dome and became a two-day event."

"A powwow is a celebration, gathering, and honoring. There are two types of powwows, a traditional powwow and a contest powwow. Ours is a contest powwow. People follow the powwow circuit across the U.S. and Canada

competing in different categories for prize money."

"The U.S. has 574 tribal nations and not all will be there, but a good number of tribal nations will be represented, including the First Nation's people of Canada. For sure all of North Dakota tribes will be there and First Nations. We expect 10 to 20 drums and 200 to 400 dancers."

If you haven't been to a powwow and you want to have a great experience, Mennem recommends, "seeing different types of dance styles and regalia (outfits), and check out vendors from all over the U.S., craft and Native artists. Most importantly, if you haven't experienced a powwow now is the time."

If you missed this year's powwow be sure to stay tuned for next year!



Photo via Minot State University Instagram
Minot State hosted its 32nd powwow April 22-23 in the Dome.

R&G Editorial

Study Tips

Kylie Koontz
Editor

With finals only a couple weeks away, it is important to brush up on your study skills. Some tips can be found below.

Study in intervals

Set a timer for 20 to 45 minutes and study consistently during that time. Once your 20 to 45 minutes are up, take 10 to 20 minutes to take a break, then start over as many times as you want.

Sleep

DO NOT study all night. Sleep is proven to be the most helpful when it comes to retaining information. Make sure to get at least eight hours of sleep the night before a test.

Start studying early

Start studying your content the week before your test, that way you can slowly start retaining more information the closer you get to test day.

Eat well

Nutrition is always important, not only for physical health but for mental health as well. The better you eat, the better you will feel. You'll feel more awake and alert the healthier you eat,

which will help when its time to sit down for your test.

Take time for yourself

Try not to stress by over studying. Obsessing over your upcoming test is not going to help you. If you need a break from studying, take it. Spend time with your friends, relax and watch a movie, or read a book.

Studying is an important part of finals week, especially in university. But learning how to properly study is more important. Grades are important but not everything. Make sure that your study habits are healthy for you and you'll be in a better place for finals week.

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

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Ramadan

Hussein Abu-Lamzi
Features Editor

The ninth and holiest month of the Islamic Hijri calendar, Ramadan is the month where practicing Muslims fast from sunrise to sunset, which includes abstaining from drinking water, cursing, behaving in an ill-tempered manner, and shunning lustful desires. The month also signifies a time for Muslims to come together as a community and stand with those less fortunate.

For the evening prayer during the month, which takes place a couple hours after sunset prayer, Muslims gather in mosques to pray Taraweeh, which is Arabic for resting and relaxing, and it is a combination of anywhere between eight to 20 prayer sessions.

This year, Ramadan started April 2 and it will end May 2. After the holy month, Muslims celebrate Eid Al-Fitir, or the

holiday of breaking fast.

Wardah Husain, Indian student and sophomore nursing major, who comes from Abha, Saudi Arabia, fasts during Ramadan.

"I thought it would be worse, honestly — being away from family and everything," Husain said. "But it hasn't been so bad because my friends are here. Some of them said they would join me in fasting. So far, I haven't heard back."

Nonetheless, Husain still misses some of the aspects of celebrating the month at home, where it is present at a grand scale level across most Middle Eastern countries.

"I loved how the city would just spring into life after Maghrib (sunset prayer), and just going out and eating and talking, I miss that," she said. "My mom and I always went to the mosque for Taraweeh. Oftentimes, we would usually

See Ramadan, page 11



Ramadan in Mecca, Saudi Arabia.

Photo via Morocco World

Passover

Hussein Abu-Lamzi
Features Editor

Before Passover, or Pesach, practicing Jewish people around the world clear their houses of all food that rises.

This year, Passover started after sunset on Friday, April 15 and ended Saturday, April 23. It is a Jewish practice to empathize with and celebrate the Jewish of the exodus, who fled from the pharaoh's enslavement under the guidance of their prophet, Moses.

According to the Torah, when the pharaoh refused to free the Jewish people and allow them to go out of Egypt, God struck down with 10 plagues on him and his people, which preceded the Jewish Exodus. The 10th and last plague was killing the Egyptians' firstborns, including the firstborns of their cattle.

Following the plagues, the Jewish population were ordered to stay in their houses and eat a meal with their families before packing their belongings and heading out of Egypt. By the time they wanted to leave, their bread hasn't risen so they left with unleavened bread, or matzo.

What was once the food symbolic of their enslaved status and impoverished condition became a symbol of Jewish emancipation.

Ronald Fischer, English professor and a practicing Jewish person, observes Passover each year. And he takes important moral lessons from the story of Passover.

"So, what that actually turns out to be is that it's going back to a more primitive form of

See Passover, page 11

Stress during finals

Hussein Abu-Lamzi
Features Editor

During finals, there will be a lot of stressed-out students roaming the halls of campus. Many will pull all-nighters, procrastinate, or skip healthy food. It is a time where comprehensive exams covering 16 weeks of material becomes the norm for a week.

“Give yourself a specific task or set of tasks that you plan to finish, rather than a broad study for math or similar,” Ethan Valentine, psychology professor, said. “I would also limit how much time you spend on a single class at any given time — once you’ve spent more than one or two hours on a single course, your brain needs

a break from it!”

Vicki Michels, psychology professor, agrees.

“For comprehensive exams, schedule at least a half an hour for studying every day for two to three weeks prior to finals for each course,” she said. “A half hour a day per exam will seem less insurmountable than scheduling hours of studying the day before the exam. Procrastinating is an avoidance response that often increases stress.”

There are also helpful techniques to keep that knowledge fresh until exam time.

“Make connections between and among topics, rather than just memorizing — we actually

tend to remember concepts more fully if they’re tied to something, whether that’s a word problem you create to try out a formula or an idea for a research study to apply ideas from a methods course,” Valentine said.

“Prioritize the courses that are most difficult for you,” Michels said. “Identify what information is likely to be on the final then assess your knowledge of that information.”

Moreover, both professors discourage students from falling into unhealthy habits.

“Do not skip sleeping at night to study. Sleep helps you consolidate learning,” Michels said. “Eat healthy foods. When

See Finals, page 11

Senior spotlight: Daniel Young

Hussein Abu-Lamzi
Features Editor

“The English department held a social event in the fall of my freshman year. So I was playing with Dr. Kibler (English professor) and all these other people, and I thought, dude! I feel like if I went to a big university, I would have never gotten this opportunity, and that’s the great thing about MSU,” said Daniel Young. “They’re much smaller so you really get to know your faculty members.”

Young grew up in New Salem. His brother, John Young ’18, graduated from Minot State, and after he convinced his

brother to consider attending MSU, Young visited the campus. He loved the atmosphere of the close university and personal interactions, as well as the new student orientation.

“They put a bunch of us students in the Swain gym, and there were tables set up to talk with different faculty about what your major was going to be. And I walked over to the history table. It had Dr. Singer (associate professor of history) there,” he said. “We started chatting and then he said he could be my advisor, and I said, hell yeah! You can be my advis-

See Young, page 11



Photo via College Fashion

The energy of academic stress.

Red and Green
148 Hartnett Hall
Minot State University
500 University Ave. W
Minot, ND 58707
701-858-3354
redgreen@minotstateu.edu

EDITOR
Kylie Koontz

ASSISTANT EDITOR
Miya Smalls

FEATURES EDITOR
Hussein Abu-Lamzi

SPORTS EDITOR
Philip Green

SOCIAL MEDIA DIRECTOR
Jane Wunderlich

SOCIAL MEDIA CONTENT
Nengi Daminabo
Liela Koguchi

STAFF WRITERS
Venissa Adeti
Divine Daminabo
Saif Khan
Alex Koontz
Jasmine Rogers
Sabah Sarwar
Travis Smith
Destiny Stanton
Yuden Zongtenpa

PHOTOGRAPHERS

Venissa Adeti
Cassidy Holmes
Liela Koguchi
Nixie Luedke
Chinaza Obi
Parker Striha

ADVISORS

Katy Allers
Amanda Duchsherer
Jazmine Schultz

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Minot hit by massive snowstorm

Yuden Zongtenpa
Staff Writer

On Tuesday, April 12, the city of Minot was hit by a brutal, record-breaking snowstorm that brought heavy snowfall and winds that reached up to 63 miles per hour down on its residents.

Consequently, the city issued a no travel advisory, encouraging people to stay off the roads while crews worked to clear the streets of snow. These harsh weather conditions not only threw many of the locals' travel plans into disarray but also forced schools and most businesses to shut down until the storm subsided.

Minot State University was one of the schools that made the decision to shut down nearly the entire week, giving traveling students more time to prepare for the Easter weekend. The Beaver Creek Café followed emergency hours from Tuesday to Thursday, closing on Friday and re-opening again on Sunday.

However, the campus itself did not go unscathed. The bubble was damaged due to the heavy snowstorm and began to sag as a result.

The snowstorm raged for

two days straight, burying vehicles in up to three feet of snow, and in some cases, trapping residents in their homes. However, as the weather was on the verge of quieting down, Minot was hit by another wave of snow on Easter Sunday, April 17, with the North Dakota Department of Transportation issuing more travel alerts that warned residents of poor visibility as well as icy roads. The effects of the second wave were still felt on Monday, with many travelers facing dense fog and reduced visibility on the roads again.

Comparisons have been drawn between the blizzard of 2022 and the blizzard in 1997. That blizzard hit Minot with snow that fell at an average rate of one and a half to two inches per hour and winds ranging from 50 to 60 miles per hour. Coincidentally, the blizzard of 2022 struck the city a week after the 25th anniversary of its counterpart, with the National Weather Service referring to the storm as historic.



Photo via Minot State University Facebook
An April blizzard closed down the university for several days.

Meet Katy Allers

Hussein Abu-Lamzi Features Editor

MSU alumna Katy Allers, North Dakota Center for Persons with Disabilities (NDCPD) research associate and Red & Green adviser, was featured this semester as a Back When piece. She spoke about being a lifelong learner and shared humorous anecdotes about her college life.

This time round, Allers shared more personal anecdotes, hoping to connect with the Red & Green readers and campus community at large. Three wild stories from different points in her life reinforce her character as a fun-loving and lifelong learner.

In 1984, former governor of Alaska Sarah Palin won the Miss Wasilla beauty pageant. While an 18-year-old tomboy, Allers was making fun of the event in front of her dad. He bet her \$500 that she would not dare to register for one — so she did!

“I met with the lady that oversaw the pageant and I signed up,” she said. “When the time came to start rehearsing, I chickened out and wanted to pull out. I didn’t realize I had signed a contract and was obligated to go through with it.”

The night before the pageant, Allers went out to the local

department store in her small town to buy a dress and settled on singing a song as her talent. She had a softball tournament the day of the pageant. She played a couple of games, changed clothes, completed the interview portion, put her softball uniform back on, and went to finish the tournament. Later that night, she competed. Despite the haphazardness, all went well in the end.

“I did not win — I won the \$500 that my dad bet so maybe I should say I did win — I learned a lot, and it made me realize that these were not just girls walking around, looking pretty,” she said. “These were highly intelligent women.”

At 38-years old, Allers competed as a figure skater. She was named captain of the adult team and was honored to skate through the opening ceremony of the Midwestern Sectionals in Grand Forks, all while holding the Magic City Figure Skating Club banner. Her 9-year old daughter was on the Magic City Edges team, and when the club decided to start an adult-members team, Allers joined. They won second place at sectionals.

“When I was little, I would play hockey with the boys in a pair of figure skates, so I knew how to skate,” Allers said. “I had no problem skating, and I could skate fast, backwards. So,

I did well on this team — I am so glad I had that experience.”

At 12 years of age, Allers became Alaska’s first girl winning-pitcher on an all-boys Little League All-Star Baseball Tournament. This was back in 1978, in Anchorage, Alaska. Following that, Allers went on to play American Legion Baseball until she was 18 years old as the only girl in the state. At times, she was quite intimidated by being the only girl, but her coach told her to intimidate them back and make impossible plays and show them you can play.

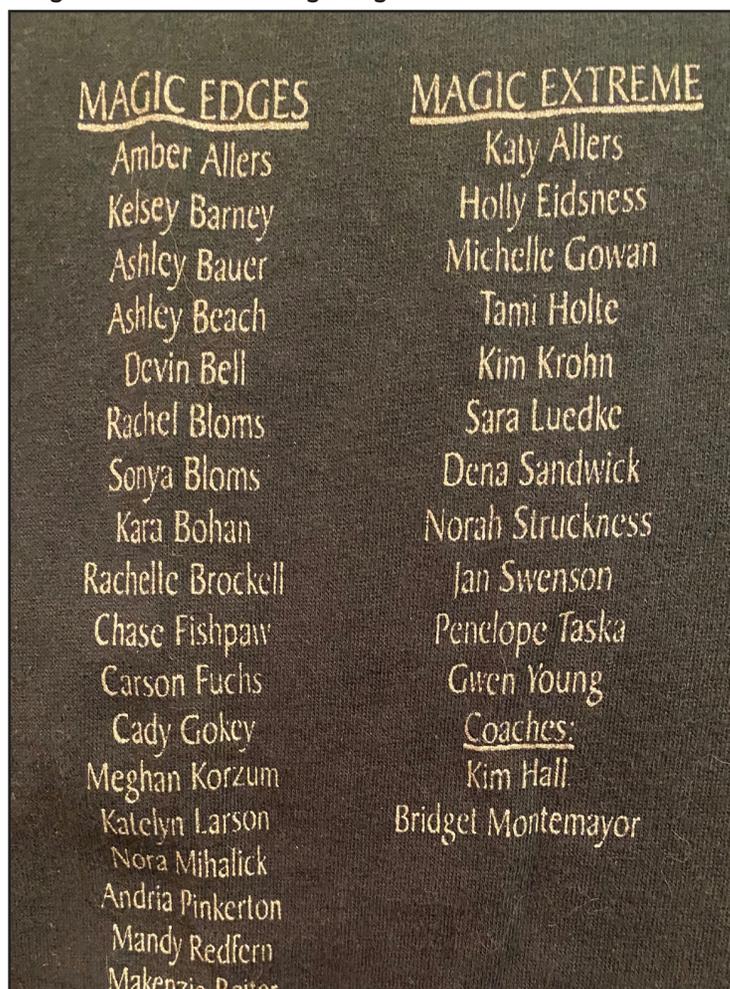
An article in the Frontiersman Newspaper in Wasilla Alaska in May of 1984 states, “I didn’t give her any breaks” said Coach Clay Powell. “I played her just like I did the boys. I expected the same things out of her...the balls that got through her at second base were the ones that should have gotten through, Error wise, she was no different than any of the boys”

With these qualities, Allers always stood out in her environment. She knew how to make the best of her environment and have fun while still experiencing personal growth. And now, she makes a great adviser for the Red & Green!



Above: Katy Allers, front row, far left, competed as a figure skater at age 38.

Below: While Allers competed with the Magic Extreme team, her daughter skated for the Magic Edges.



Texas woman arrested for murder

Divine Daminabo
Content Coordinator

Twenty-six-year-old Texas resident Lizelle Herrera was arrested by the local sheriff's office in Starr County, near the U.S. and Mexico border, on April 7 because of a self-induced abortion, according to the Associated Press. Police involved in her arrest said that she "intentionally and knowingly caused the death of an individual by a self-induced abortion" and kept her in custody at the Starr County Jail on a \$500,000 bail.

In 2021, the state of Texas implemented new rules on abortion, which mean pregnant women are not allowed to terminate their pregnancy once a fetal heartbeat is detected, which is usually six weeks after conception. The Texas Heartbeat Act bans abortions after a fetal heartbeat is detected, with no exceptions for rape or incest.

According to Daily Mail UK, it is unclear how far along Herrera was with her pregnancy so it has not yet been fully determined if she broke the state laws. Regardless, this action offended a lot of women and abortion rights organizations, which led to multiple protests outside Starr County Jail to instigate her release.

This bill does not resonate well with all Texans, especially women. The Texas Heartbeat Act took effect on Sept. 1, 2021, and presently, it is the most restrictive abortion ban in the country. It prohibits abortion procedures before the woman involved even

knows she is pregnant. It also gives the right to private citizens to sue anyone who performs or aids and abets an abortion, regardless of the relationship of that person to the woman involved.

"This arrest is inhumane. We are demanding the immediate release of Lizelle Herrera," Rockie Gonzalez, founder and board chair of Frontera Fund, told KSTX. "What is alleged is that she was in the hospital and had a miscarriage and divulged some information to hospital staff, who then reported her to the police, so her arrest was because of a leak of information she trusted to a hospital staff. We want people to know that this type of legislation impacts low-income people of color communities the most when state legislators put restrictions on our reproductive rights."

Fortunately, Herrera was released on April 9 and was allowed to go home with all her charges dropped. So far, Herrera has reserved individual comments on this situation from the press for personal reasons. This is a recent and developing story so all the information surrounding the events has not come into the light yet.

From what has been put out, we can see the distress Herrera has been through and the uneasiness between this legislation and the people of Texas.

Although this issue seems to have been resolved, we are still watching to see the future of women's rights and its survival in the state of Texas.



Photos via Washington Post
Protesters stand outside the jail Lizelle Herrera was held after being charged with a self-induced abortion. Texas has the most restrictive abortion laws in the country.



R&G Sports Editorial

Down goes the bubble

Philip Green
Sports Editor

Last year for our April 1 issue, the Red & Green wrote a bunch of satirical articles as an April Fool's joke. One of those articles was about the MSU Air-Supported Dome, best known as the bubble, that sits over the football field in the winter and spring, blowing away. Little did we know that was foreshadowing what would happen during the blizzard Minot endured over Easter weekend.

With snow falling north of 48 inches and with over 50 mph winds, the bubble was ripped from its foundation and blown over. The bubble sustained major damage and will not be going back up anytime soon. Phone calls with the insurance company and significant repairs are needed before Minot State sees the bubble over Herb Parker Stadium again.

This begs the question, is the bubble the right investment for MSU athletics? In the short term, it is cheaper than building a full-time indoor facility for student-athletes to practice

in during the winter months. There is, however, a reoccurring fee to build the bubble every year and the insurance payment following this disaster cannot be cheap. The bubble is great for winter weather, but Minot does not have your regular winter weather. It teeters more on the extreme. Weather in Minot is unpredictable and who knows when the next crazy blizzard is going to hit and damage the bubble again.

As perfect of a location as it would be, Minot State cannot build an indoor facility over Allen Field behind the Herb, due to the geothermal generators that sit underneath it. The next best option is the giant parking lot behind the Dome. That parking lot goes on forever and is only filled once a year during the State B high school basketball tournament. In the long term, it might be necessary to sacrifice parking to build a full-time indoor facility for student-athletes to train in. It will not be cheap, that is for sure, but it is an investment worth looking into.

See Bubble, page 11

Outdoor track season starts

Alex Koontz
Staff Writer

Minot State University's track & field team has started their outdoor season off strong.

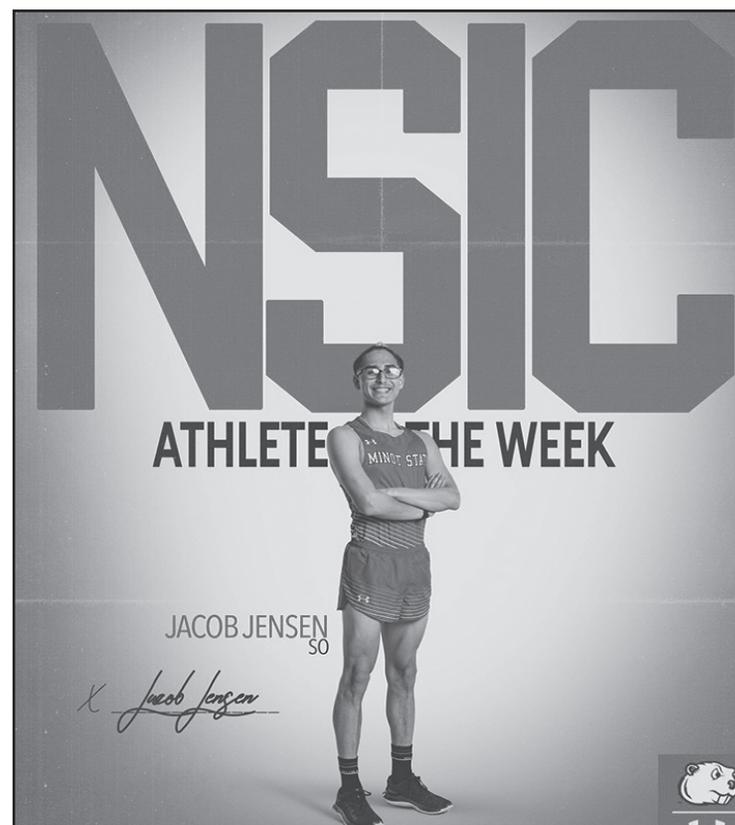
The season began at Black Hills State for the Yellow Jacket Spring Open, where the team returned to MSU with an All NSIC Athlete of the Week title for Jacob Jensen. Jensen finished second in the 1500m and third in the 800m and is currently ranked first in the NCIS in the 1500m. Leif Nelson also came home with a new record for MSU by breaking the discus record at the Spring Open and hitting the NCAA Provo mark in the javelin as well.

This past week, the women's discus team, as well as the women's shotput team, have been officially placed in the top 20 rank in Division II at numbers 14 and 15.

Now, as the second month of the season kicks off, the track & field team continues to bring home awards for MSU.

First, Kori Nagel broke a DII-era record for both the discus and the shotput during the Al Bortke Open in Bismark. Jensen and Lewis Cotterill both brought back a pair of school records for MSU; Jensen in the mile and the 5K and Cotterill for the 800m and the 600m. Paulette Dominguez, another distance runner, came home with a DII-era school record for the 5k from the Bryan Clay Invitational. Finally, Nelson broke yet another school record for his javelin performance at the California Beach Invitational and is now ranked

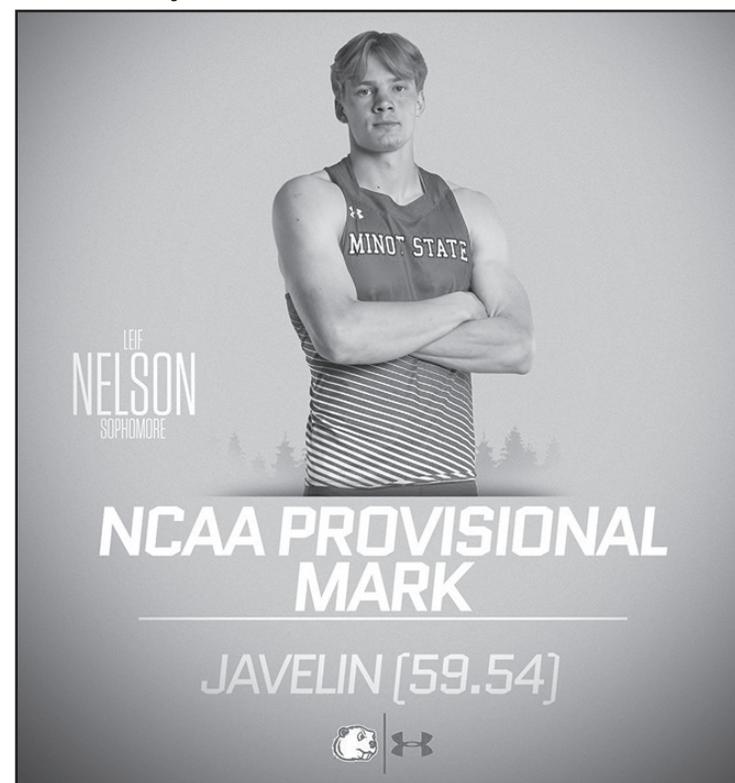
See Track, page 11



Photos from MSU Track & Field's Twitter

Above: Jacob Jensen was named NSIC Athlete of the Week for his performance at the Yellow Jacket Spring Open.

Below: At the Yellow Jacket Spring Open, Leif Nelson hit the NCAA Provo mark in javelin.



MSU SAAC and Diversity and Inclusion Council put on mental health panel



Dr. Mattern

Coach Murken

Nancy Mickelson

Maci Severson

Designed by Philip Green

SAAC and the Diversity and Inclusion Council put on a mental health panel for student-athletes on Tuesday, April 26 in Aleshire Theater.

Above: Four panelists participated in the event: Dr. Mattern, team doctor for athletics; coach Murken, basketball; Nancy Mickelson, counselor; and Maci Severson, athletic trainer.

Below: Kody Dwyer and Zoya Robbins, two student-athletes who told their stories about mental health to their peers.



...Passover
continued from page 4

eating,” he said. “You end up mostly eating roots.”

On the first two evenings of Passover, observing families and friends set down for an illustrative meal, or seder, where they use the food as props to recount the story of the exodus.

“So there’s an order to how to eat all these different foods and how to tell the story and eat the story,” Fischer said. “But the idea is we are in Egypt now. Every year, every year we are in Egypt, even if it isn’t the ancient Egypt. It’s the Egypt that we live in now.”

More than a time to enjoy a meal with family and friends, Passover represents a time to empathize with people on a larger scale.

“What that has meant for me is an interest in being an addiction counselor because those are people who are in pain, and they’re trying to medicate their pain in an unhealthy way. And I’m hoping that I can help them find better lives,” Fischer said.

For many, such as Fischer, the holiday is also a reminder that God is on the side of the oppressed.

The Writing Center is open in the Academic Support Center, located in the lower-level of the Gordon B. Olson Library.

...Ramadan
continued from page 4

go to Mecca at least once during the month, where it’s a 12-hour drive from home.”

As for her relationship with the fasting for the month and communicating its purpose to other questions, Husain had a couple of important notes to students.

“Every time I tell them about fasting, they say, Oh! I’m so sorry. Please, it’s not something to apologize for — I’m doing it for my faith. It is not meant to be a punishment for me from God or something like that. I enjoy it! That’s a part of my spirituality,” Husain said.

Shortly, the Muslim world will be celebrating Eid after the end of the month. While lacking a strong presence in the Minot community, Husain still hopes she will enjoy the festivities of Eid.

...Finals
continued from page 5

under stress and pressed for time, it is easy to reach for snacks or fast food. Eat nutritiously to have the energy to think clearly.”

“We also tend to learn better during daylight hours than during the night so don’t just depend on the middle of the night if you have time available during the day,” added Valentine.

If you want to have a smoother time during finals week, then you should take these pieces of advice from Valentine and Michels — two Minot State University psychology professors with years of experience in education and understanding healthy habits of studying — to heart.

...Young
continued from page 5

er. So Dr. Singer has been my advisor these last four years, and he’s been extremely helpful with, like, literally anything. He’s never steered me wrong.”

Young did not know what he wanted to do until seventh grade, when he decided on history. However, he will also be graduating from Minot with an English minor, a humanities minor, and a world languages concentration in Latin. He is most interested in Colonial American and Earl Republic time periods.

“I didn’t know what I wanted to be in kindergarten. I thought I was going to grow up to be a Power Ranger, but they’re not real,” he said. “Now, there are some amazing museums on the East Coast that specifically deal with Colonial America, and there’s one in Philadelphia that has just really cool, interactive exhibits on the Revolutionary War, and everything else I am interested in, which I think would be just an amazing place to work at, possibly as a curator. It’s called the Museum of American Revolution.”

Young’s short-term plans

are going to Minnesota State University, Mankato to earn a master’s in history. He hopes to earn his doctorate degree in history in the future as well.

...Bubble
continued from page 9

It is uncertain what MSU athletics’ future will be, but it will be interesting to see how this blizzard and the damage to the bubble impact decisions that need to be made.

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

...Track
continued from page 9

11th in the NSIC.

In the first couple months of the outdoor season, track & field broke over 10 school records and the number will no doubt continue to climb. Good luck to MSU track & field on the rest of their season and, as always, Roll Beavs.

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