

RED & GREEN

Vol. 107, Issue 5
Nov. 17, 2022

MINOT STATE UNIVERSITY

In this issue:

Native American
Heritage Month
Page 2

Why do I hunt?
Page 3

Downfall of
Kanye West
Page 4

Senior Spotlight:
Hannah Pederson
Page 5

Who let the
dogs...on
campus?
Page 6

Winter has come
to North Dakota
Page 7

Scoreboard at
Herb Parker
Stadium
Page 9

MSU first talent show: success

Jane Wunderlich
Staff Writer

The broadcasting department of Minot State worked diligently to pull off a talent show here at the university, and according to many of the attendees, it was a major success.

The KMSU team put on quite the show the evening of Nov. 3 with MSU's Got Talent. Throughout the night, participants proved that to be true.

The team managed to gather 12 different acts throughout the previous six weeks leading up to the show. The contestants were as follows: Patrick Baker, Caleb Blaze, Ethan Wiley, Matt Bosch, Mason Collins, The Dirty Pop-Tarts, Tunes by Goons, Lexi Beuker, Cloud Scott, Marisa Giese, Alejandra Paredes Villasante, and Kristin Grub. From a juggler to a beatboxer, to singers, to bands — they had it all.

MSU Life provided giveaways, such as free Starbucks drinks and t-shirts, and dinner for all the students who came

to the event. The judges panel consisted of Steven Shirley, president of the university; Kevin Forde, athletic director; and Katy Allers, POWER Center director.

Having chosen to have the show in the Beaver Dam, KMSU was able to come and set up their own lighting equipment to make the atmosphere exciting and fun. They used one of the built-in stages for the acts to perform and the other to host the acts who had already performed or were getting ready to take the stage.

"People don't realize that this is what we do in our department," said Jane Wunderlich, senior professional communication major and KMSU promotions manager. "We plan events, learn to run technical equipment, learn audioboards, how to run cameras, and so much more. It was so fun to be able to put on this kind of show for MSU and show off what we can do."

There were multiple acts throughout the evening where

students, and even the judges, got involved. Students turned their flashlights on and waved them side to side, they sang along to the songs they knew, clapped to the beat of the beatboxer, and appropriately cheered for each of the acts when they performed.

"I had three people come up to me after the show asking how they can join KMSU and where the show was going to be next year," said Miya Smalls, another KMSU manager.

When the judges were dismissed to go and discuss the acts, Buckshot the Beaver made a special appearance. The well-known mascot of Minot State made his way to the stage and put on a show to the song "It's Raining Men." The crowd went crazy.

The winners of the show were as follows: third place went to Caleb Blaze, second went to Matt Bosch, and first went to Toons for Goons. Thanks to a generous donation from SCHEELS in Minot, first place was \$500 in SCHEELS gift cards, second

was \$300, and third was \$200.

"Overall, the ultimate goal of the show was to promote the professional communication department and share about what KMSU TV and radio is," Wunderlich said.

"What we got out of the show

was so much more. It was probably the most fun night of my semester."

KMSU hopes to continue the new talent show each year, in hopes their department will continue to grow as time goes on.

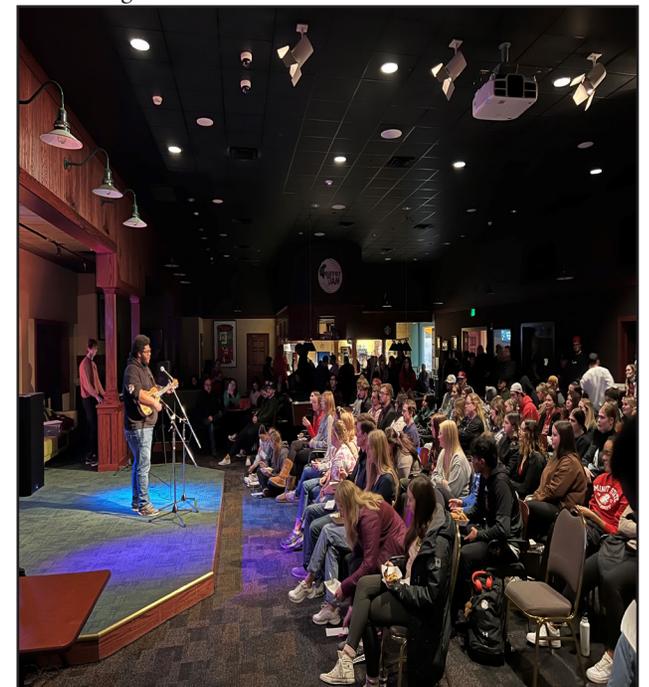


Photo via Jane Wunderlich
KMSU hosted MSU's Got Talent on Thursday, Nov. 3 in the Beaver Dam.



Simonson
STATION STORES
SINCE 1933

Gas For Less!

www.gosimonson.com

852-9506

**1310 S Broadway
Minot**

Native American Heritage Month

Alex Koontz
Social Media Director

November is Native American Heritage Month. It's a time to celebrate the rich histories, diverse cultures, and important contributions of our nation's first people.

Historic sites around the country help tell the stories of this nation's first people through their upheaval into the modern day. But there is more we can do to celebrate and be a part of Native Heritage Month.

Support native businesses. For example, Medicine of the People is a skin, hair, and lip care site that hand makes and sends their products all over the country. It was established in 1995 and has been active ever since.

"It is about being original, developing products with respect for our culture and the traditions that were passed on to us. It is about finding our voice and creating positive change," the Medicine of the People website states.

You can also follow native social pages and activist sites, such as TikTok star Tia Wood. Heritage and culture are the kinds of topics that

Wood usually features in her content. She talks about decolonization, their culture, the history of her people, and the pride about being an indigenous woman.

You can also follow Instagram accounts such as All My Relations Podcast. It is an Instagram account and podcast run by two native women who speak about native peoples' relationships with land, ancestors, and each other.

And of course, donate!! There are many organizations to follow and donate to. Some of these organizations are Native American Heritage Association, First Nations Development Institute, and the Native American Advancement Foundation. These organizations are operated across the United States, and all share the same goal of empowering Native American communities.

Doing things like this is a great way to show your support this month. But let's support these places and these people for more than just a month and continue to become knowledgeable about Native American history and culture and all its beautiful traditions.



NATIVE AMERICAN HERITAGE MONTH

Photo via Monclair Art Museum

November is Native American Heritage Month.



Photo via Elle Canada

Tia Wood is a Native American TikTok star who shares information about her heritage and culture.

Why do I hunt?

Parker Striha
COMM 281

Hunting is not a necessary or beneficial way to spend time for many people. However, I am not one of those people. I have a deep love for the sport of hunting, and I am not ashamed to say it. It is simply a part of my life that I do not want to lose.

Hunting is one of the greatest forms of bonding I have ever experienced. I still remember the first time that my dad took me out goose hunting. I remember waking up long before sunrise. There was frost on the ground. You could see your

breath every time you exhaled. I remember getting to the field and setting up all our decoys while wearing headlamps. When we finished, all that was left to do was get comfortable in our blinds and wait for the birds to start moving. I still do not know if something gets your blood pumping like that first group of honkers coming to your setup.

I have done all sorts of hunting with members of my family. I have taken my fiancée whitetail deer hunting. I have taken my mother whitetail deer hunting. I have hunted a range of things with my father including whitetail deer,

pheasants, and Canada geese. I have even sat in a snow-bank for hours while coyote hunting.

Hunting has easily brought my father and I closer together. While we have never had any problems, hunting has just improved our relationship. I let him know every time I go out, and he is regularly texting me pictures of deer that he gets on his trail cameras. We also are regularly talking about our target bucks that we want to fill our tags with.

I do not believe that there is any better way to bond with nature than when you are out hunting. Let me put you in this

situation. It is a brisk November morning. There is a light layer of snow on the ground. You are 20 feet off the ground sitting in your blind or tree stand. The birds are chirping, and the squirrels are chattering. Then suddenly you start hearing branches snap and leaves crunch behind you. You look and see the trophy buck that you have been waiting to see all season. It does not know that you are above it. Nothing knows you are there. To them, you are just another tree or just the blind that they see year-round.

While that exact situation has not happened to me, I have

had a similar experience. I still remember every single detail from the morning that I shot my first whitetail buck.

The day was Nov. 21, 2020, just days after I had tested positive for COVID-19. Instead of sitting in the house sick on the last day of the season, I decided to go out and try one more time to get my deer. He came out of the brush just east of my blind, 200 yards away. After walking around a little bit, he finally turned broadside. I fired my first shot shortly after 9 a.m. He ran 40 yards north, down into a draw, before he dropped.

That is a memory that I will

never forget. It is a story that I will tell my children and my grandchildren. It is difficult to forget a first like that when you are a hunter.

Hunting is one of the most beautiful things a person can experience. The bonding that it can create with not only family, but with nature itself, is unbelievable. It can also create such strong and memorable stories that can be told for years. Even if people do not agree with hunting, I believe that everyone should take the time, try it, and see what happens. You will often be fascinated with what you discover.



School of Radiologic Technology

Trinity Health is looking for the next class of students to begin their radiologic technology career! If you have or are working toward any associate or baccalaureate degree and meet our minimum requirements, apply today to the Trinity Health Radiologic Technology Program. A new class of this 21-month program begins in August 2023.

Applications accepted through January 1.

For more information, or to apply, visit www.trinityhealth.org/trinity-health-careers/school-of-radiologic-technology/

For additional assistance, please contact Michelle Bratton, Program Director/Education Coordinator, at 701-857-2316.



TRINITY
HEALTH



R&G Editorial

Bon Iver

Kylie Koontz
Editor

American indie-folk band Bon Iver made their debut in 2007 but really started to become well-known after appearing in the soundtrack of the Twilight series.

Bon Iver has a classic indie band sound with heavy folk influences. With a similar sound to Hozeir, Bon Iver uses folk-based instrumentals like piano, violin, and cello joined with the usual guitars and drums.

All of this is brought together by singer-songwriter Justin Vernon.

Vernon has a soft falsetto that compliments the musicianship of the band. Unlike other artists where the instrumentals are background for the vocals, Bon Iver does a fantastic job of using the voice as merely another instrument.

Not only is Vernon's singing impressive and beautiful, his songwriting is stunning. Similar to Greta Van Fleet and Hozeir, Bon Iver sings about love and loss in very poetic ways. "Skinny Love," "WASH," and "Roslyn" are perfect examples of the songwriting from Vernon.

Each song explores longing, love, and heartbreak in a different refreshing way.

Bon Iver is a classic for folk based indie lovers and one that should never be overlooked. They are a classic for a reason.

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

The downfall of Kanye West

Clayton Hawkins
COMM 281

One of the most influential and polarizing people in our lifetime was just a quiet kid from Chicago — Kanye West. A man from humble beginnings who evolved into a music producer, rapper, fashion icon, Christian, billionaire, to a potential presidential candidate. A shy kid with a stutter, who developed a strong voice that spoke with conviction to becoming arguably the most polarizing figure of the 21st century. His strong opinions, hot takes, and blanket statements, that if interpreted literally, can lead to dangerous precedents being set in the days, months, and years to come.

I should state my reverence for the man West was, and at times still is, is extremely high. Although, it is becoming increasingly more difficult to get in contact with the philanthropic, compassionate, musical genius we all once knew so well.

That being said, West was a person I admired deeply. He made music that my dad loved first, who then passed it along to my little brother and me. That music was revered by us. The more music West made, the

more we became Kanye West fans. The three of us have very diverse music tastes but we could always listen to a West album and be at peace with what we were hearing.

Listening to his music makes me nostalgic and appreciative of my family and the childhood I had. His music influenced how I felt about music, how important it was in my life. I'm not a musician, I can't sing, and I am not a gifted dancer. I just like music and West's was special to me.

I never wore Yeezys. I was always wearing Vans or Nikes growing up. But he influenced fashion greater than anyone has certainly in my lifetime. A simple paparazzi photo of him walking in downtown L.A., dining in Paris, or getting dressed for an event on the red carpet would send the world of fashion into a new trend.

West always started trends, never followed. If he wore tight clothes, we all were wearing tight fitting clothes. If he wore something loose fitting, we were all in baggier clothing. West wore something with holes in it and suddenly ripped jeans are back. He wears a hoodie to the Met Gala and then we are all questioning why societally it is

important to even wear a suit or tie.

I say that all to say, the artist formally known as Kanye West is extremely influential. Which highlights how reckless and irresponsible he is with his platform. The crazed conspiracies he pedals, his need to be the most revered and respected being on the planet is sickening.

He speaks from, in his mind, a higher place given his religious views. His spirituality makes him delusional on his infinite knowledge of the world. He feels that no one is smart enough to uncover the truth, save himself. A man who, for as brilliant as he is, is easily manipulated by misinformation.

Ye, as he is now known

by, spreads dangerous rhetoric and flat out lies that could have massive implications down the road. A man who has the attention of the entire world ought to be more careful about what he says or tweets. His words carry weight and his opinions have meaning. For West to say whatever comes to mind is irresponsible with the platform that yes, he has gained, but frankly, it is also a platform we have given him as his fans or even just people who are piqued by what he says.

To live that authentically and be that vulnerable in front of people is typically praised by us as we don't have the courage to brave those waters. But coming from West it is

just exhausting.

He could do so much good: destigmatize mental health, advance the agendas for racial equality, he could even spread the gospel in a manner that is not off putting for the rest of the world. He could choose to spread love and not anger. But sadly, he continues to choose to be this super intense person who attempts to show off how lucid his thinking is.

The sad truth is when I open Twitter or see Ye in the news, my heart breaks a little. Because the humble man we all admired or respected even just a little, is no longer with us.



Photo via Billboard

Kanye West, today known as Ye, is both influential and polarizing.

Senior Spotlight: Hannah Pederson

Jane Wunderlich
Staff Writer

December is right around the corner and there are a handful of students who eagerly await their graduation. Hannah Pederson, a double major in professional communication and music, is one of them.

The Minot native began her career at MSU in the music department with no interest in the communication realm. It wasn't until she took a course with one of the professors for the department that she decided to welcome the new area of study in.

"I took public speaking with Christina Paxman, and at the time I hadn't declared a minor, so I decided to minor in communications," she said.

Yet again, it wasn't until just last year that she decided to take on the major and its entirety with the decision to double major.

Pederson has been an active student from the beginning with not only her academics, but extra-curriculars as well.

Within the music department, she was one of the promotional committee members that brought a Bee Gees tribute band to campus for a fundraiser. She has also been a part of Music Teacher National Association (MTNA) and is involved with the Minot Symphony Orchestra. Her freshman year, she also

participated in a trip to Norway with the choir, which she recalls being one of her most memorable times at Minot State.

When it comes to the communication department, Pederson jumped right in. For the last two years, she has been a member of Media Ink, the professional communication department club that encourages and helps students pursue their passion projects. Last April, a handful of broadcasting students went to Minneapolis to take part in the National Journalism Association Conference. Pederson challenged herself even further when it came to the broadcast production course by taking on the role of the weather girl.

"It's crazy because when I was little, I wanted to be a meteorologist, and I didn't realize the foreshadowing going on at the time," Pederson said.

Lending a hand when needed, she also helps with podcasts and other shows the department puts on.

Pederson loves the opportunities MSU has given her and the education she was able to obtain. Looking to her future, she can't help but see the huge window of opportunity.

While being undecided about what exactly she wants to do in her career, she does have some ideas.

Working for a nonprofit that specifically deals with

trafficking is one that's been in her heart for a long time or possibly being a technical director for a symphony, working for a performing arts center, or even becoming a communications director at another nonprofit.

"There so many opportunities, it's overwhelming," she said.

Above all, Pederson is extremely grateful for the community and connections made at Minot State, especially the relationship that developed with her music professor, DeVera Bowles.

"She's been such a great mentor, therapist, cheerleader throughout my entire time at Minot," Pederson said.

She and Bowles have spent hours upon hours doing voice lessons and connecting over the years.

"She was a huge reason why I decided to continue for three more years after my first year finished," Pederson said.

Bowles will forever hold a special place in her heart. And looking back to that first class she took with Paxman, Pederson is grateful to have had her guidance on pursuing a degree in communications as well.

Minot State University ended up being the perfect place for Pederson, and she is overjoyed she pursued her education here.



Photo by Jane Wunderlich
Hannah Pederson will be graduating from Minot State in December, having double majored in music and professional communication.

Who let the dogs...on campus?

**Hannah Pederson
COMM 281**

Many students on campus have left the comforts of their homes to further their education here at Minot State. This includes leaving friends, family, and in some cases, beloved pets. If a student needs the comforting snuggles of a dog, where do they go?

Thankfully, we have quite a few dogs here on campus, all of whom are available and open to petting, snuggling, and listening without judgment. Oliver, Mia, Genevieve, Tucker, and Buster are all emotional support animals (ESAs) on campus who would love nothing more than to have a visitor (and maybe a treat or two).

Genevieve is a mini poodle and is the official “research associate” to Sophia

Rammell, Minot State coordinator for world languages and assistant professor of Spanish and linguistics. Rammell brings Genevieve to her classes and has been since she was working on her post-doctorate. Rammell got Genevieve from Carolina Poodle Rescue because she has allergies and it was important to her to have a dog that was hypoallergenic. Genevieve has sat through many classes since being adopted and, because of her level of education, she has made her way from post-dog (instead of post-doc) to research associate.

Genevieve is a “chilled-out dog,” but students should know she is blind. If you see her and Rammell, feel free to go up and ask to pet Genevieve, but be gentle as she gets to know you. She is usually on campus

more in the spring semester. You can find Genevieve in Old Main Room 101.

Buster is a rescue, and although he is timid at first, he will willingly sit with you as you tell him about your day. Lori Braach, Residence Life administrative assistant, has been bringing him with her to work in the housing office since early 2021. Bringing Buster into the office came naturally.

“It can get stressful around here, so I just held him and snuggled him and he liked it,” Braach said.

As some students have remarked, “Buster, he’s the man!”

Buster is a little skittish. He can be shy at first so if you would like to visit Buster, you might need to move a little slowly as he gets used to you. Braach likes to call herself his

emotional support human. Buster is a morning dog, and you can find him listed under the Residence Life and Housing staff page as the campus canine, as well as in the Student Center Room 221.

Tucker is a chihuahua who came all the way from California. He has been on campus for about a year now. As “Assistant Professor of Puppy Perfection” to Zebulon Wallace, geography coordinator and assistant professor, Tucker is always open to visits and treats and has become a celebrity of sorts.

People may think chihuahuas are yippy or snip at people, but Tucker is the sweetest, quietest chihuahua you’ll meet. Wallace had already picked out the name Tucker before meeting him, but as soon as he

was introduced to someone, he just tucked his head under Wallace’s arm and stayed there,

“He just tucked in,” said Wallace.

If you’re looking to visit Tucker, he is more comfortable in his office; however, he is approachable wherever. If you don’t have your own treats, Wallace has some in his office for you to make the first introductions. You can find Tucker in Old Main Room 202F.

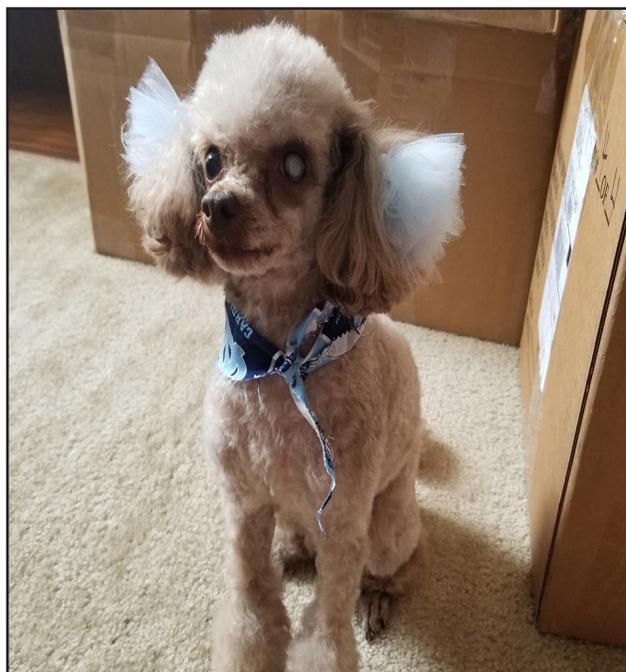
Troy Roness, a clinical mental health counselor in the Student Health Center, even brings in his dogs. Oliver, a chihuahua/yorkie mix, and Mia, a pug, come in every once in a while to provide therapy to students and staff. Roness brings Mia and Oliver in during Welcome Week, midterms, and finals week, but is

willing to bring them to individual sessions.

In September, Minot State required all of these dogs to turn in paperwork establishing them as official emotional support animals. This means these dogs are allowed to be on campus and they are registered with Minot State. They have shot records and letters of recommendation from professionals about why it’s recommended for a dog to come in as an ESA.

None of them are therapy dogs, meaning they aren’t here “working” so you can pet them as long as their human is ok with it. However, many of them embrace their “job” of bringing joy into the lives of those around them. As Roness stated, “As soon as

See Dogs, page 7



From left to right: Genevieve, Buster, and Tucker are often found on Minot State’s campus.

Photos, from left to right, provided by Sophia Rammell, Lori Braach, and Zebulon Wallace

Winter has come to North Dakota

Clayton Hawkins
COMM 281

If you're unaware of how cold it gets in Minot, allow me to prepare you before it is too late. If this is not your first winter at MSU, than this article probably isn't for you, and you will be able to confirm what I say. Winters here are cold, like cold cold.

"Winters typically stretch from November to March," said North Dakota native Ty Lorenz. "With snow sightings as early as October and as late as April."

Based off that, we should all be preparing for Mother Nature's worst.

Minot State has quite a few out-of-state students and many foreign students that come from a variety of different climates, many of which do not experience the frigid winters of Minot. For many, not only is the temperature a shock to the body, it is also shocking to the mind.

"I'm from Southern California so all I really know is perfect weather" said MSU student Joe Varoz. "The coldest I've ever been in prior to Minot was 50 degrees. From that point forward, every week was setting new records for the coldest weather I've been in."

The cold brings a separate set of challenges that

those from warmer climates wouldn't even think about, such as letting your car warm up a few minutes before driving off, or defrosting a windshield, or the type or amount of clothing required to be worn just to get to class.

Arizona native and fellow MSU student Jared Williams gave some insight on the adjustments he had to make when experiencing his first winter here.

"The first day I walked outside and it was 30 degrees, I walked right back inside to find more clothes to wear," Williams said. "It was the first time I ever wore mittens, and I had on two pairs of pants. The craziest thing I experienced by far, though, was when I was outside in those sub-zero temperatures and my nose hairs froze!"

Winter comes fast and furious here, and first year students often will come to find out that their winter gear is inadequate for dealing with subzero temperatures. Luckily, Minot has some great department stores in town that have great coats and gloves and all the other essential items to help you get through winter.

However, for most students in college, money is tight and the right brand

new coat brand may set you back \$80-\$100. Which is why Minot State has a great initiative where you can search for free winter essentials at the food bank in the Wellness Center.

As it is important to keep yourself warm this winter, your mental health is equally important.

There is no real way to emotionally prepare for winter in Minot and seasonal depression does exist and it can take its toll on anyone, especially fatigued college students.

MSU offers free counseling services to enrolled students. Both virtual and

in-person sessions are available with Nancy Mickelson or Troy Roness so do not hesitate to reach out to either if you are struggling. If you have made it to the end of the article, chances are I have scared you and you feel as though you have made a grave mistake coming to Minot State. But do not dismay.

The winters are doable, they are just extremely cold. With warm clothes and warm food, coupled with close friends to get through the winter months, there is nothing that will be too cold for you.



Photo via Minot State's Instagram

Cook Hall in winter.

...Dogs
continued from page 6

we unload from the parking lot, they head directly for my office chair and couch – they know they have work to do!"

The benefits of dogs on campus are overwhelming. Each human mentioned the changes in demeanor in students that visit. If someone is having a rough day, one visit with a dog can completely change their day.

As a licensed mental health counselor, Roness brought up a few benefits.

"Socialization, for one," he said. "Students, faculty, and staff alike, who may not normally approach someone they don't know, are often drawn to animals and create that space to begin conversation. Research does show that utilizing various therapy techniques, combined with a therapy animal, can be extremely beneficial for physical and emotional health. Playing with or petting a dog stimulates one part of someone's brain (tactile stimulation) and processing an issue stimulates another, without the individual realizing it. The presence of a therapy dog can help students express blocked, difficult, and painful thoughts and emotions. Specifically, therapy animals can be helpful with anxiety, depression, PTSD, ADHD, autism,

and schizophrenia."

"There are a few students here who will come in a say, 'I've had a day, is Buster here?'" said Braach. "And he comes out and they pet him and they feel much better."

Similarly, Wallace has seen instances where students stop by and say, "this is exactly what I needed."

"You don't have to tell me anything that's going on," he said. "You can just stop by and say, 'Hey, is Tucker here?' and I say, 'Absolutely!'"

As with any dog, make sure you ask before you go up and pet one of these dogs. Be aware if you have any allergies. All of these dogs are well-behaved and none of them are aggressive, so don't hesitate to approach and ask. And, if you want to schedule a meeting, feel free to email anyone about their pup.

If you want even more of these dogs in your life, you can follow Genevieve and Tucker on Instagram at @genevievehesciencedog and @chihuahuatucker, respectively.

Sadly, before printing of this issue of the Red & Green, Genevieve the science dog passed away peacefully in her mom's arms on Oct. 9. She will be dearly missed by everyone on campus.

HIRING
for
Careers or Cash

Need Cash \$\$\$
We can work with your
school schedule.
NO EXPERIENCE
NECESSARY!
GREAT PAY!



Contact:

Pam Karpenko

pam.karpenko • @jettmgmt.com

701.420.0118

JETT MANAGEMENT
A Leadership Company.

R&G Sports

Editorial

Wild race to the finish in college football

Philip Green
Sports Editor

Ever since the first college football playoff in 2014, fans have been asking the playoff committee to expand the playoffs from four teams to eight or even 12.

In 2014, entering the final week of the season, Texas Christian University sat at number four, the final spot in the College Football Playoff. In their final game of the season, they won 55-3, a lock to make the final spot in the College Football Playoff, right?

Wrong. The committee decided to put Ohio State in the playoffs instead. Hindsight is 20/20 since Ohio State ended up upsetting Alabama and Oregon, winning the national championship. It seemed the playoff committee got it right. Texas Christian University, on the other hand, still felt they got cheated.

Since the 12-team playoff won't come to college football until at least 2024, the playoff committee is going to make a difficult decision on who makes it in this year. The way the standings are now, there are more than four teams that could finish deserving of a playoff spot.

If Georgia wins out, they are a lock for the number one spot. Both undefeated right now, the winner of the big game between Michigan and Ohio State is in, unless they lose to Illinois in the BIG 10 Championship, then you could argue Illinois deserves to be in over them.

If Oregon wins out there's an argument that they deserve to be

in as PAC-12 champions, but if University of Southern California beats Oregon in the PAC-12 Championship, they may be able to steal that final spot.

With Clemson and Alabama's losses last weekend, they are all but eliminated, so the ACC is out, but there are still two other SEC teams that have an argument to be made that they deserve to be in.

Despite their loss to Georgia last weekend, Tennessee has proven to be one of the top teams in the country, and that high powered offense with multiple victories over ranked opponents may be enough to convince the committee they deserve an at large bid.

Louisiana State University has been on a tear lately and if they can find a way to upset Georgia in the SEC Championship, I don't see how you could hold them out of the playoffs.

There are at least eight teams that arguably deserve a spot in the playoffs. With a few head-to-head match ups still waiting to play, that field will narrow down, but I don't see a clear-cut top four emerging by the end of the season.

This is the type of year where an expanded playoff would do the committee a favor, but that is not the case. The playoff committee has their job cut out for them, and I personally would not want to be sitting in their shoes.

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

Men's wrestling hits the mat to start their season

Saif Khan
Staff Writer

Minot State University's men's wrestling team is off to a strong start!

Oscar Nellis and Cannon Potts led the way for the Beavers on Saturday, Nov. 5. Both played a great tournament, each winning the title at the Jamestown Invitational as the Minot State men's wrestling team got their season underway.

Nellis won three straight matches in the 125-pound weight class to claim his first

championship of the new season, while Potts picked up four wins at 174 pounds, including a victory by pin in the title match for Minot State.

The other team members also did incredibly well, as three wrestlers finished third; Ethan Wonser at 141 pounds, Ryan Hrcka at 157 pounds, and Joseph Lopez at 197 pounds. Congratulations to the whole team on a great competition weekend last week.

Things were looking up with men's wrestling heading

to the Bison Open hosted by North Dakota State University before the team canceled their trip due to the state's first snowstorm of the season.

"We have a great group of guys who are very hard working, and they push each other in practices and during tournaments," said men's wrestling coach Evan Forde.

It's great to hear how well they are doing. The next home game is Nov. 19 so everyone should come out and support our Beavers!

Follow the
Red and Green on
Instagram and
Facebook.



@msuredgreen
and
@MinotStateRedGreen

JAMESTOWN OPEN

RESULTS

INDIVIDUAL RESULTS	WEIGHT CLASS	PLACE
OSCAR NELLIS	125	CHAMPION
DYLAN MCDONALD	125	5
LOGAN FISCHER	133	4
ETHAN WONSER	141	3
ISAAC ORTEGA	141	6
RYAN HRCKA	157	3
AUSTIN FRANTZICH	165	2
CANNON POTTS	174	CHAMPION
CAYDEN WHITE	184	5
JOEY LOPEZ	197	3
DUSTIN SWISHER	197	5
SHANE HANSEN	197	6

Minot State's men's wrestling team opened their season strong at the Jamestown Invitational.

Photo from MSU wrestling's Twitter

Scoreboard at Herb Parker Stadium

Zoe Weishaar
COMM 281

Minot State uses the football field for home games, movie nights, and more. The Minot State football field is turfed and has grandstands, concessions, and a score board. Almost all the events that are held at the Herb Parker Stadium use the scoreboard located on the west side of the field. The scoreboard is an electronically controlled board, and, in a way, it is a big TV. Although it is like a big TV, there are squares scattered on the board that are black and burnt out.

The Minot State football team and the Minot State women's soccer team use the Herb Parker Stadium for their home games. They each host five games at our home turf. With the scoreboard having black squares throughout the screen, it can look tacky to other teams and obscure the view of fans and players. It can be hard to see who is on the screen, where the ball is going, or see the plays occurring.

Reese Terrel has attended a few Minot State football games and says, "I do notice it, it can be annoying if I really focus on it. I'm sure other schools notice it and

think it's tacky."

Along with games that are held at the Minot State football field, MSU Life has held events at the stadium as well. One event that was scheduled for Welcome Week was a movie night, planned for Aug. 26. This event had to be canceled due to "technical difficulties with the video board" on Aug. 25.

"We weren't asked or forced to cancel – we chose to," said Aaron Hughes, student activities coordinator. "The video board itself was working, but after viewing it myself, our team decided it wouldn't be the reputable experience MSU Life is known for with such a significant portion of the board impacted."

Hughes also says that MSU Life is not planning to hold another event at the stadium until August 2023 with high hopes that the board is working by then.

The compromised scoreboard has impacted fans and players of teams that use the Herb Parker Stadium. It has also affected students and MSU Life. Hopefully the board gets fixed and is put back on track for the events that will be held in the future at the Herb Parker Stadium.

Historic 2022 NFL trade deadline and its impact

Parker Striha
COMM 281

The NFL trade deadline is looked at by fans as one of the most exciting days of the season, despite the historic inactivity of teams on that day.

Sports fanatics are glued to their screens to see if their favorite team has acquired anyone new or gotten rid of someone. Trades can happen anytime during the league year until the trade deadline passes at 4 p.m. ET on the Tuesday after week eight. While multiple trades occurred prior to the trade deadline, a record 10 trades were made on deadline day itself, Nov. 1. Let's look at those 10 trades.

The day began with the Detroit Lions trading their star tight end T.J. Hockenson to their division rival Minnesota Vikings. The Lions are receiving a 2023 second-round draft pick and a 2024 third-round draft pick in exchange for Hockenson, a 2023 fourth-round draft pick, and a conditional 2024 fourth-round draft pick. The conditional pick will become a 2024 fifth-round pick if the Vikings win a playoff game. This trade comes after Minnesota lost their starting tight end Irv Smith Jr. to a high ankle sprain that will sideline him for eight to 10 weeks. Hockenson will be an unrestricted free agent in 2024 so the Vikings will likely have to work out a contract extension for him.

The next trade also came out of the NFC North. The Chicago Bears got their young quarterback some much needed help by trading a 2023 second-round pick to the Pittsburgh Steel-

ers for wide receiver Chase Claypool. The emergence of rookie George Pickens made Claypool expendable for the Steelers. Instead of paying Claypool the money he would be asking for in 2024, the Steelers will now have two high second-round picks in the upcoming draft.

The Miami Dolphins made two big moves to strengthen their roster for a Super Bowl push. Their first trade saw them acquire pass rusher Bradley Chubb and a 2025 fifth-round pick from the Denver Broncos. Miami signed Bradley Chubb to a five-year \$110 million extension after getting him from Denver. In exchange for Chubb and the pick, the Dolphins traded away running back Chase Edmonds, a 2023 first-round pick from the San Francisco 49ers, and a 2024 fourth-round pick. Miami also sent a 2023 fifth-round pick to San Francisco for running back Jeff Wilson Jr. They are doing what they can to solidify their roster as the season hits its midpoint.

Trading Chubb left a massive hole in Denver's defense. They are attempting to fill that hole by trading for New York Jet's defensive end Jacob Martin. In exchange for Martin and a 2024 fifth-round pick, they are sending a 2024 fourth-round pick to New York. He comes at a much cheaper price tag than Chubb, and Denver will try to get similar production out of him.

After weeks of speculation on whether he'd be traded or even released, the Washington Command-

ers found a trade partner for cornerback William Jackson. Jackson, a former Cincinnati Bengal, will now be back in the division he started his career in, but now as a member of the Pittsburgh Steelers. The Steelers only gave up a 2024 sixth-round pick for Jackson and a 2025 seventh-round pick. While the pick they gave up wasn't much, they are also inheriting his three-year \$40.5 million contract he signed in 2021. The move helps sure up their cornerback depth, and it helps clear cap space for the Commanders.

Arguably the most interesting move of the day was the Atlanta Falcons trading wide receiver Calvin Ridley to the Jacksonville Jaguars. Ridley is currently serving a one-year suspension from the NFL for gambling on games during the 2021 season. Jacksonville really didn't give much for him, despite him being a first-round pick in 2018. The Jaguars are trading away a 2023 fifth-round pick and a conditional 2024 fourth-round pick. The conditions on the pick will certainly make things interesting in Jacksonville next season. If Ridley reaches certain incentives during the 2023 season, the pick will become a third-round pick, and if he is signed to an extension, the pick will become a second-round pick.

The best in the AFC just got better. The Buffalo Bills made two trades on deadline day, to improve depth at two positions. Their first move was sending running back Zack Moss and a conditional 2023 sixth-round

pick to the Indianapolis Colts for running back Nyheim Hines. He will give Buffalo much needed help in the return game and as a receiver out of the backfield. Moss was getting lost in the shuffle in Buffalo, and he will now look to rejuvenate his young career on a new team. The Bills' second move was acquiring safety Dean Marlowe from the Atlanta Falcons for a 2023 seventh-round pick. He provides Buffalo with much needed safety depth after losing Micah Hyde for the season.

The last trade of the day was the Atlanta Falcons trading for cornerback Rashad Fenton from the Kansas City Chiefs. The Falcons are trying to shore up their secondary, as they try to stay number one in the NFC South. Atlanta's top two cornerbacks, Casey Hayward and A.J. Terrell, have dealt with injuries this season, with Hayward being placed on injured reserve in October.

Teams can only add players to their roster through free agency and waivers now that the trade deadline has passed. Rosters are going to be slowly set in stone as the playoffs get closer. While not all of these moves may not end up working out, all of these teams will hope that they will be closer to contention because of them.



Photo from msubeavers.com

MSU football and soccer's scoreboard at Herb Parker

Women's wrestling opens their inaugural season in Colorado

Saif Khan
Staff Writer

Minot State University's women's wrestling program is a first-year program, and head coach Brittney Mitchem is very excited to lead a group of all freshmen girls in the team.

There are a lot of challenges trying to grow a new program, some of the challenges that Mitchem talks about is trying to grow as much as possible to attract new prospects, getting exposure and getting their name out there, and creating a great environment for future women to become great wrestlers.

Mitchem has already added five standout prospects, and this week she is pleased to announce that another star recruit has signed a National Letter of Intent — Annika Gotlieb from Houston, Texas will be a freshman on the

mats and in the classrooms at Minot State this coming fall.

Shelby Zachmeier from Mandan has also signed a National Letter of Intent to join the Beaver women's wrestling team as a freshman, starting in the fall of 2023.

"All the girls are incredibly hard working and willing to grow the program from the ground up," said Mitchem.

The first women's wrestling game was a historic one. Gotlieb won her first match of the day by a 17-8 technical fall at 130 pounds, the first-ever win for the new Minot State wrestling team as she picked up a pair of victories Saturday at the Maverick Open hosted by Colorado Mesa.

Women's wrestling competes at home on Nov. 18, let's come out and support our Beavers!

Six Beavers named All-NSIC, three named to NSIC All-Tournament Team



Photo from MSU soccer's Twitter

Above: Maddie Kindred and Daisy de Boer named first team All-NSIC. Sarah Upton, Jordan Tenpas, Shaye Taylor, and Chloe Allan named second team All-NSIC.

Below: Daisy de Boer, Chloe Allan, and Rebecca Storr named to the NSIC All-Tournament Team.

MAVERICK OPEN

RESULTS

INDIVIDUAL RESULTS	WEIGHT CLASS	PLACE (W/L)
ZOE DESLOGES	116	(0-2)
ANNIKA GOTLIEB	130	(2-2)
NINA SANDOVAL	155	(2-2)
MADISON PARSON	191	6TH

#BUILDTHEMAM

Photo from MSU women's wrestling's Twitter
Above are the results of MSU women's wrestling's first match at the Maverick Open.



Annual mental health panel

Alex Koontz
Social Media Director

The Minot State University's Student Athlete Advisory Committee put on MSU's second annual mental health panel Monday, Nov. 7.

This year's speakers were Kylie Koontz and Gracie Perry, two current student-athletes here at Minot State; Sal Rodriguez, a former Minot State student-athlete who now works for MSU Athletics; Amber Renz, the assistant women's basketball coach who is also a former athlete; and finally, Troy Roness, a student counselor here at MSU.

The panel started off with Koontz and Perry talking about their mental health journeys as student-athletes and then the panel was opened for questions.

Questions were sent in by anonymous student-athletes for the panelists to answer and discuss with the guests. These questions ranged from stress management to life after sports to coping with college athletics overall.

This panel is meant to open conversation

about mental health in student-athletes and most importantly, how to seek help.

Minot State offers on-campus counseling, treatment, and is partnered with NDSU therapy, which is all accessible for MSU students and athletes.

This panel gets the word out to student-athletes that they are not alone and their experiences are valid and real. This panel will help end the stigma around mental health, and will help athletes speak up about their mental health.



Photo via Minot State's SAAC Instagram
The second annual mental health panel included Gracie Perry and Kylie Koontz, student-athletes; Amber Renz, assistant women's basketball coach; Troy Roness, student counselor; and Sal Rodriguez, assistant director of athletics for revenue and fan development.



Photo via Minot State's SAAC Instagram
A full crowd was in attendance for the health panel, created by Minot State's Student Athlete Advisory Committee.

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

EDITOR
Kylie Koontz

SPORTS EDITOR
Philip Green

SOCIAL MEDIA
Alex Koontz

STAFF WRITERS
Divine Daminabo
Saif Khan
Parker Striha
Mellie Wilson
Jane Wunderlich

ADVISORS
Katy Allers
Amanda Duchsherer

LETTER POLICY
Letters to the editor must bear the writer's name and contact information. Students must include year and major. We will not print unsigned letters and we reserve the right to edit all letters for factors such as clarity, punctuation, spelling, and length. We reserve the right to refuse to print letters we consider libelous, superfluous, or ridiculous. Letters may be emailed to redgreen@minotstateu.edu.

VIEWES
Views expressed by this publication may not be those of the university, its administration, faculty, or student body.

PRINT
The Red & Green is printed at the Minot Daily News.

RG

MARKET *place*
FOODS

Now Hiring All Postions

Full or Part Time

Flexible Hours

Competitive Pay

Employee Discounts



DON
BESSETTE
HYUNDAI

Local: (701) 852-3300
Toll Free: (800) 422-1201

1715 North Broadway
Minot, ND 58703

Located Just North of the Dome
Parking Lot

We service all makes
and models


HYUNDAI



The Minot State Student Athlete Advisory Committee recently held their second annual mental health panel.



Photos via Minot State SAAC Instagram



Photo via Minot State's women's wrestling Instagram
 Nina Sandoval at an intrasquad scrimmage.



Photo via Minot State's women's basketball Instagram
 Minot State women's basketball wins against Southeastern Oklahoma.