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**RED & GREEN**

Vol. 110, Issue 2 • October 4, 2024

# Mother’s grief fuels fight against overdose crisis

**Katarina Jellison**  
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Angela Kennecke has shared her daughter Emily's story nationally and internationally. Despite the tragic beginning, Kennecke's goal is to build hope for families dealing with fentanyl addiction by creating a lasting legacy for Emily called Emily's Hope.

On May 16, 2018, Kennecke's life changed forever. Her 21-year-old daughter, Emily, died of fentanyl poisoning while Kennecke was working on an investigation involving overdose deaths.

Kennecke is a journalist and news broadcaster from Sioux Falls, South Dakota. She graduated with a bachelor's degree in journalism from Iowa State University and later received a master's in communication management from Webster University. Over the

past decade, many of Kennecke's stories focused on the growing opioid crisis.

Kennecke founded the nonprofit organization Emily's Hope. She never gave up hope for her daughter and now offers hope to other families struggling with addiction. Emily's Hope has pledged \$250,000 to the Avera Addiction Care Center for treatment scholarships and another \$100,000 for adolescent substance use disorder treatment. The charity's education initiative developed a prevention curriculum for elementary school children about the brain and addiction.

"People ages 18-45 are most at risk for overdose," Kennecke said Sept. 30 at Minot State University. "Two hundred ninety-five people die a day due to overdose. That translates to someone dying every five minutes."

In the last 12 months,

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Special to the Red & Green by Rick Heit.  
**Angela Kennecke** shares the story of her daughter Emily's battle with fentanyl, and the founding of Emily's Hope at Minot State University's Ann Nicole Nelson Hall.



Submitted Photo  
**Vernna Anderson Jr. and David Van Lith** speak about the benefits of the Minot Vets for Vets organization. The 2024 Minot State University's KMSU Auction will benefit Vets for Vets.

# MSU students host auction to support veterans’ mental health

**By Madelen Wick**  
Comm 281

With veterans facing unique mental health challenges, Minot State University students are taking action by hosting the KMSU Auction on Dec. 5.

This annual event showcases student talent in event planning and broadcasting, and also supports Vets for Vets. The nonprofit recently opened a facility in Minot and hopes to improve the well-being of former service members in North Dakota.

The KMSU Auction aims to raise funds for the MSU Professional Communication Department and will donate a portion of the proceeds to Vets for Vets. The auction will be broadcasted live on KMSU

Channel 19 through SRT and MIDCO and streamed in real-time on YouTube Live. The event features a format that combines live bidding with televised auctioning, allowing viewers to call in their bids. Students gain practical experience like sales, marketing, event planning, and broadcast production.

"Providing resources to veterans, whether it's emotional or financial support, really resonates with our community," said MSU student Trey Burk. "Many of us have friends and family who are or have been in the military, so it strikes a chord. One student's military background helped us connect with Vets for Vets."

Vets for Vets is a program under Peer

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# NotStock Festival: Where art and mental health converge

**Saif Khan**  
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Art isn't just a creative activity that people do for fun, for many, it serves as a vital tool for improving mental health.

"Art brings pleasure and happiness," said Micah Bloom Minot State University Art Professor. "It's good for your soul and emotional side. It creates opportunities for self-expression, which is so important."

Experts have studied how art can be used as a therapeutic medium, showing that activities like painting, pottery, and other forms of visual art can alleviate stress, improve mood, and help individuals with depression and anxiety. Mr. Bloom sees these benefits firsthand through NotStock, a festival at Minot State that encourages people to get creative in a supportive, community-oriented setting.

"Artistic expression fosters emotion-

al well-being, helping people cope with stress and find happiness," said Bloom. "Through campus events like the annual NotStock event, Mr. Bloom and other performing arts professors and art professors provide opportunities for students and community members to engage in hands-on art, which he believes enhances both personal growth and mental health."

NotStock started in 2007 as a gig poster event, and since then, it has evolved into one of Minot State's signature events. Dr. Laurie Geller and Bill Harbort were the professors who first came up with the idea, they called it NotStock because of the famous Minot slogan "Why not Minot". Now NotStock has become an annual event that spans multiple days and offers various creative art activities.

"Art brings people together and allows them to bond through creativity. We create memories and connect with new people, and that is so important for mental health," said Bloom.

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# Breaking the stigma of mental health

**By Clayton Hawkins**  
Comm 281

Mental health has always been about others and not myself.

Growing up I had family members with clinical depression so obviously they had problems, but never me. I was always happy and strong and could never succumb to the hindrances that my loved ones seemingly were incapable of pushing through.

My blind spot was my hubris to the notion that mental health was suffered by those with problems, and that me a flawed yet confident individual was incapable of staring down a mental health crisis as

Note from the Red & Green advisor: In this column, Clayton Hawkins, an MSU student, details his struggles with mental health and breaking the stigma of talking about mental health. If you see Clayton walking around campus, he is physically imposing and exudes strength. There may not physically be a task that Clayton can not accomplish but opening up about his mental health shows the real strength and depth of character of this young man.

it would never get close to me. An off-based presumption at best.

My mental health journey began a little over a year ago.

I was a football player at Minot State with high hopes for a successful season for my team as well as for myself. I had worked my ass off all off-season to

put myself in the best position to start and ultimately help my team. I will never forget the conversation with my coach when he informed me that he was going to go in another direction and give the starting job to another player. My heart sank to a depth I

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Dear Readers,

College is a time of growth and transformation. Students navigate academic rigor, forge new relationships, and grapple with newfound independence – all while laying the foundation for their futures. But amidst the excitement and opportunity, the pressures of college can take a toll on mental health.

Thankfully, Minot State University recognizes that academic success goes hand-in-hand with mental health. MSU has cultivated a supportive environment where students are encouraged to prioritize their emotional well-being, and resources are readily available to help them thrive.

One of the cornerstones of this support system is MSU Counseling Services. Offering free and confidential sessions, counselors provide a safe space for students to address a wide range of concerns, from stress and anxiety to relationship issues and grief. Whether developing coping mechanisms, navigating difficult emotions, or simply having someone to talk to, MSU's Counseling Services play a crucial role in empowering students to take charge of their mental health.

However, MSU's commitment to mental wellness extends far beyond traditional counseling. The university understands that fostering a healthy mind involves a holistic approach. This is evident in the diverse range of activities and initiatives designed to promote mental well-being:

**Stress-busting events:** From mindfulness workshops to outdoor recreation opportunities, MSU provides outlets for students to de-stress and recharge.

**NOTSTOCK Festival:** This annual event celebrates creativity and self-expression through art, fostering a sense of community and connection.

**The Wellness Center:** A hub for physical activity, the Wellness Center promotes the crucial link between physical and mental health, offering a welcoming space for students to engage in exercise and build healthy habits.

**Peer support:** MSU encourages a culture of support, empowering students to recognize signs of struggle in themselves and their peers, and to seek help when needed.

By weaving mental health awareness and support into the fabric of campus life, Minot State is taking a proactive approach to student well-being. This commitment not only helps students navigate challenges and succeed academically, but also equips them with valuable life skills for managing stress, building resilience, and prioritizing their mental health long after they graduate.

In a world that often glorifies busyness and productivity, MSU's emphasis on mental wellness is a refreshing reminder that a healthy mind is essential for a fulfilling and successful life.

Bob Patchen  
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Please feel free to contact me if you have a story idea, a club event, or any item that you'd like to see in the Red & Green.

# Going through the seasons

By Alycia Codrington  
Comm 281

With the summer ending and fall coming in full force, the trees aren't the only thing changing. Have you ever experienced a slight sadness when realizing the summer is over? Maybe you enjoy summer activities, or maybe you don't enjoy wearing multiple layers of clothing.

Know you are not alone; this phenomenon is coined as seasonal affective disorder (SAD). According to the American Psychiatric Association, approximately 5% of adults in the United States experience SAD which typically consumes 40% of their year. SAD can cause mood changes and symptoms equivalent to depression heightening in the fall and winter months due to the lessening sunlight.

As reported by the American Psychiatric Association, in the Midwest 31% of adults reported experiencing a depressive episode during winter months, 6% higher than

the national average.

Even if you do not live in the Midwest, coping with mental health is likely still a struggle. Know, that there are ways to ease these emotions.

Midwest locals report the best way to overcome seasonal depression is to find outlets. The winter can cause a halt in active life, but there are many things to keep you busy while keeping warm.

“For me, limiting social media, fixing my diet, and connecting with others has changed my mental health for the better,” said former student Noah Urquijo.

However, mental health is not just seasonal. According to the CDC 18.4% of US adults reported having a diagnosis of depression or a prior diagnosis. If you ever need a person to talk to, Minot State University has free counseling services, and the Suicide Prevention Hotline can be contacted at (988).

You are not weak for struggling with mental health issues.

# UPCOMING Events

## Oct. 16, Nov. 14: Upcoming flu vaccine clinic dates

Upcoming dates for the 2024 Flu Vaccine Clinic will be as follows. The flu vaccine will be free for all enrolled students this year and continues to be free for staff and faculty that have Sanford Health Insurance, while supplies last. Staff and faculty are encouraged to provide their insurance information for billing purposes. Flu vaccines can be scheduled at the SHC as well, please call 701-858-3371 for any questions.

**Wed Oct. 16, 11 a.m. - 12:30 p.m. Old Main Room 103**  
**Thu Nov. 14, 9 a.m. - 12 p.m. Student Center Atrium**  
**Oct. 4: Basic Life Support (BLS) certification**

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. The certification course will be held at 1 p.m. on Oct. 4 in the Group Exercise Room of the Wellness Center. The cost is \$50 per participant.

## Oct. 8: MSU Day at Berry Acres

The MSU Community, alumni, and friends are welcome to join in on some fall fun at Berry Acres Pumpkin Patch on Tuesday, Oct. 8 from 4:30 to 7 p.m. The MSU Alumni Association is sponsoring free entry for the first 150 people to register online. Papa Johns will provide free pizza, and MSU Staff Senate will provide dessert and hot drinks. That same evening, MSUWell is also hosting a fall 5K that starts at 5 p.m. at Wee Links and ends at Berry Acres, so families can plan accordingly if interested in both events. All proceeds from the race will go to the MSUWell Scholarship Endowment.

## Oct. 8: MSUWell Fall 5K

Get ready to run for a cause! MSUWell invites you to join the Fall 5K on Tuesday, Oct. 8 at 5 p.m., in support of the MSUWell Scholarship Fund. Every step taken helps students achieve their goals. Register today and make a difference while enjoying a fun-filled event.

Wee Links Parking Lot - 720 16th St SW Minot, ND 59701

Race packet pick up on Monday, Oct. 7 from 10 a.m. to 7 p.m. at the front desk of the Minot State Wellness Center or at 4:30 p.m. Tuesday Oct. 8, before the race at Wee Links

\$30 entry fee for community members, \$20 for MSU faculty, staff, and students. Children 12 and under are free when accompanied by an adult. (All proceeds go to the Minot State University Wellness Scholarship)

First 100 to sign up receive MSU swag

## Oct. 10: Minot State to host UND professor, Prairie Public Radio's Weinstein

Minot State University will host University of North Dakota professor Prairie Public Radio podcaster Jack Russell Weinstein for multiple events on Thursday, Oct. 10, offering a philosopher's perspective on the elections. The day-long project is titled "Informed Citizenship and American Politics: A Day in Conversation with Public Philosopher Jack Russell Weinstein." Weinstein will host a discussion with Minot State students in Hartnett Hall 106 from 9:30-10:30 a.m. The main event is a talk and question-and-answer session at Main Street Books from 5-6:30 p.m., titled "How to Think About the Election Like a Political Philosopher." The discussion and Q&A at Main Street Books is free and open to the public. For more information or contact Raman Sachdev, Minot State assistant professor of philosophy by EMAIL. The event is funded by a Minot State Cultural and Intellectual Engagement Council (CIEC) grant and the MSU Department of Humanities, Social Sciences, and Interdisciplinary Studies and is presented in partnership with Humanities North Dakota.

## Oct. 20: Western Plains Opera presents: 'American Song (R)evolution - A Journey Through American Song'

Western Plains Opera presents "American Song (R)evolution - A Journey Through American Song" will take place on Sunday, Oct. 20, at 4 p.m. in Ann Nicole Nelson Hall. Grammy® nominated duo soprano Laura Strickling and pianist Daniel Schlosberg embark on a journey through American art song, featur-

ing works by masters of 20th and 21st century vocal repertoire. Working to add to the canon of contemporary song, they will present world premieres and favorites from their landmark 40@40 song commissioning project, accompanied by insights into the timeless art of storytelling and culture-bearing through song. The event is free and open to the public, with donations accepted.

## Oct. 31: Minot State Dome to host Spooktacular Community-Wide Halloween Trick-or-Treat

Get ready for a fang-tastic time this Halloween! Minot State University is thrilled to invite the community to a spine-chilling yet family-friendly Halloween Trick-or-Treat event on the third floor of the iconic MSU Dome. Mark your calendars for Oct. 31, from 5-7 p.m., and join MSU for an evening of ghoulish fun, creative costumes, and sweet treats! Booth set-up begins at 3:30 p.m. Local businesses and student organizations should sign up for the event: <https://forms.office.com/r/7j5W1ZhEvG?origin=lprLink>.

This year's Halloween celebration promises to be a monstrous success with a variety of activities and attractions for all ages. The third floor of the MSU Dome will be transformed into a haunted wonderland, featuring:

**Trick-or-Treat Stations:** Wander through an array of festively decorated booths where local businesses and student organizations will be handing out treats and goodies.

**Costume Contest:** Show off your Halloween spirit and creativity! Prizes will be awarded for the most original, scariest, and best group costumes.

**Photo Booth:** Capture memories with themed backdrops and props in our Halloween photo booth.

**Games and Activities:** Enjoy a range of spooky-themed games and crafts suitable for kids and adults alike.

## THIS MONTH IN PERFORMING ARTS

The Minot State University Division of Performing Arts will host the following events on campus during the month of October. All events are held in Ann Nicole Nelson Hall at Minot State unless otherwise noted.

- Oct. 6: Minot Brass Band
- Oct. 15: MSU Jazz Band, 7:30 p.m.
- Oct. 16: MSU Chamber Ensembles, 7:30 p.m.
- Oct. 18: MSU Fall Theatre Production, Hartnett Hall Recital Hall 106, 7:30 p.m.
- Oct. 19: MSU Fall Theatre Production, Hartnett Hall Recital Hall 106, 7:30 p.m.
- Oct. 20: Western Plains Opera presents: 'American Song (R)evolution - A Journey Through American Song', 4 p.m.
- Oct. 20: MSU Fall Theatre Production, Hartnett Hall Recital Hall 106, 7:30 p.m.
- Oct. 25-27: Keyboard Arts Festival
- Oct. 26: Minot Symphony Orchestra: Stranger in Paradise, 7 p.m.
- Oct. 30: Minot Concert Band, 7:30 p.m.

## UPCOMING IN ATHLETICS

The Minot State Athletic Department has the following home events planned for the week of Sept. 30-Oct. 6. Visit [MSUBeavers.com](https://MSUBeavers.com) for more information.

- Friday, Oct. 4  
Women's soccer vs. Augustana University, Herb Parker Stadium, 6 p.m.
- Volleyball vs. Concordia University, St. Paul, MSU Dome, 6 p.m.
- Women's hockey vs. University of Arizona, Maysa Arena, 7:30 p.m.
- Saturday, Oct. 5  
Volleyball vs. Winona State University, MSU Dome, 11 a.m.
- Men's & women's cross country @ NSIC Conference Preview, Souris Valley Golf Course, 2/2:45 p.m.
- Men's soccer vs. Wayne State College, Herb Parker Stadium, 3 p.m.
- Women's hockey vs. University of Arizona, Maysa Arena, 3:45 p.m.
- Sunday, Oct. 6  
Men's soccer vs. University of South Dakota, Herb Parker Stadium, 1 p.m.

## IN THE GALLERIES

**Gordon B. Olson Library Gallery**  
The Gordon B. Olson Library gallery is located on the main level of the library, past the circulation desk. It is open during library business hours.

**Photography Retrospective:** A Creative Life: The Northwest Arts Center and Gordon B. Olson Library present selections from Rosanne Olson "Photography Retrospective: A Creative Life," currently touring through the North Dakota Art Gallery Association. Rosanne Olson is a photographer, artist, and educator. During her 40-year career Olson has worked in multiple genres of photog-

raphy — newspaper, magazine editorial, advertising, and fine art. The Northwest Arts Center is excited to bring her touring exhibition to the Gordon B. Olson Library gallery. It will be on display from Aug. 22-Oct. 12.

## Hartnett Hall Gallery

The Hartnett Hall Gallery is located on the second floor of Hartnett Hall in the walkway and Collaboration Space. It is open during Hartnett Hall business hours.

**ND/SD Photo Exchange:** The Northwest Arts Center and Hartnett Hall present the "ND/SD Photo Exchange," an exhibition curated by Ryan Stander and John Benasiak. As with most print exchanges, each artist represented produced enough prints for all the other artists, and a large-scale trade ensued, where each artist received one print from every other artist. Additionally, one set was given to Minot State University and the University of South Dakota for their permanent art collection and for touring exhibits. The exhibition will be on display in Hartnett Hall from Aug. 22-Oct. 12.

## MSU WELLNESS

**Wellness Center Hours**  
Monday - Friday: 6 a.m.-10 p.m.  
Saturday: 10 a.m.-6 p.m.  
Sunday: 12 - 8 p.m.  
For questions please call the Wellness Center front desk at 701-858-4084 or contact Paul Brekke, Wellness Center director, by EMAIL.

## GENERAL INFORMATION

**Call for Cultural and Intellectual Engagement Council Grants for Spring 2025**  
The Cultural and Intellectual Engagement Council (CIEC) is accepting proposals for academic and cultural projects for spring 2025. Bring in a musician for workshops and performance; an artist, poet, or theologian for discussions—or work up your own project and share with the campus. Collaborations of all sorts are welcome. Application information and previously funded projects are listed on the CIEC WEBSITE. Applications are due Nov. 1.

## Anderson, Olson publish manuscript

Nathan Anderson and Derek Olson published a manuscript on Sept. 29 in Journal of Transformative Learning. Their essay, "Thought Mining: Constructing Transformative Insights by Noticing and Contemplating Resonant Manifestations of the Mind," introduces thought mining as a strategy for making transformative shifts to the way a person thinks. It defines the concept of thought mining, discusses its origin, introduces three types of thought mining, proposes the CORCE (Consciousness, Observation, Resonance, Contemplation, Extraction) model as a framework for facilitating its practice, and presents a few scenarios from a CORCE perspective.

## Fall 2024 Official Enrollment Reports available

Minot State Fall 2024 Official Enrollment Reports are now available on the IR [https://www.minotstateu.edu/instplan/enrollment\\_reports.shtml](https://www.minotstateu.edu/instplan/enrollment_reports.shtml).

## Fall 2024 Student Enrollment Profile available

The Fall 2024 Student Enrollment Profile is now available on the IR [https://www.minotstateu.edu/instplan/student\\_profile.shtml](https://www.minotstateu.edu/instplan/student_profile.shtml)

## Pontenila, Anderson presented at conference

Serena Pontenila and Nathan Anderson presented at Dakota Digital Academy's North Dakota AI Conference: Being Human and Working in the Age of AI, which was held Sept. 26 at Valley City State University. Their session, "Keeping AI Out of the Shadows: Preventing its Use as Shadow Technology," utilized the A+ Inquiry model as a frame of reference to explore shadow technology, security considerations for generative AI, and considerations for safely and securely implementing generative AI in business processes to avoid the misuse of the technology.

## Burgers for MSU DECA

The MSU DECA club has partnered with Applebee's to sell tickets for burgers at Applebee's. For only \$8 receive a certificate for a handcrafted burger and fries at Applebee's (\$15 value). Certificates are good until Dec. 31, 2024. The contribution from the purchase of this certificate will help the MSU DECA chapter with registration and travel to conferences and conventions. To purchase please email Megan Fixen or contact any DECA member.



## RED & GREEN

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# Minot to host two cross country meets

**By Nicole Reeves**  
Comm 281

For the first time since 2012, Minot State University cross country will be hosting a home meet.

Not only will they be hosting a home meet, but the university will also be hosting the Northern Sun Intercollegiate Conference (NSIC) meet later in October. The last time Minot hosted a home meet was its first year as a full member of NCAA Division II after transitioning from NAIA.

The NSIC consists of teams spanning from North Dakota, South Dakota, Nebraska, and Minnesota. At the conference meet there will be 15 women's teams and 13 men's teams competing. For cross country, this conference is one of the largest and most competitive in Division II.

For those who haven't watched cross country race or are unsure how the sport works, it's simple. The top five people on each team to cross the finish line are assigned points corresponding to what position they finished, i.e. first-place gets one point, etc. Then the points of those top five finishers are added up. The team with the lowest score wins. If two teams have the same score, then they add the points of the sixth finisher from each team, and up to the seventh if necessary. But it is rare to tie, and even more rare for it to be decided by the seventh-place finisher.

However, this does not mean that anyone not in the top five of their team is not important. Cross country is more strategic than it may appear. These runners can still finish ahead of other teams' top five finishers and make other teams have a higher score as a result.

At the collegiate level, women race a 6K (3.7 miles), and men race an 8k until regionals where they race a 10K (6.2 miles).

Paulette Dominguez is a senior from Southern California gearing up for the last few cross



Submitted Photo

The Minot State men's and women's cross country teams.

country races of her running career. Dominguez started running because she "wanted free pizza."

"Since 8th grade, I went to a running club," she said. "I didn't like P.E. So, I decided to join the cross country team where I met my current best friends from high school."

Dominguez's talent stood out enough to gain attention from college coaches. She found out about Minot through a former teammate and has been here since. North Dakota is a huge change from sunny SoCal, but Dominguez said she is "very thankful for this opportunity I have and thankful for the teammates and friends I have made."

Dominguez holds the D2 era 6K record of 22:26.6, is on several of the school's top ten lists for other events, and has multiple NSIC honors and awards.

An aspect of running that

many runners love is the diversity and how different everyone's background and running story is. Everyone started and continues to run for varying reasons.

Grayson Bonilla, a Montana native, was hesitant to join any sports because he was unsure if other athletes would be nice or "patient with his inexperience." However, he found his niche in cross country.

A reason he gave for sticking with the sport is he appreciated how he could see himself progressing as time went on.

"I liked how coaches couldn't pick favorites because an athlete's work spoke for itself," Bonilla added.

This is a commonly shared reason athletes like cross country. It is black and white — no room for arguing that one person is faster than someone else. Put them in a race together and see

who comes out on top. As they say in the sport, the stopwatch never lies.

Senior and women's team captain Sidra Sadowsky has a unique running story from her fellow teammates.

"I started running mainly just because I loved to try all the sports I could," said Sadowsky.

It became more than just a fun thing for her to try.

"Running has taught me so many lessons dealing with perseverance, self-efficacy, mental strength, and faith," she said.

Running also has impactful benefits on her mental health and brings her "joy, confidence, and peace," she added.

So why should you come out to watch the cross country twice in October?

"Everyone is supporting each other and feels very family friendly. It is very impressive," Dominguez said.

"It will surprise people what a person is capable of," Bonilla added.

Sadowsky's reason is "GUTS."

"There is nothing more exciting and inspiring than seeing people push themselves to the absolute limit to the point where their whole body just gives out after they cross the finish line," she said. "You will be very entertained watching the pain and excitement on the runners' faces."

Minot State cross country will host a conference preview on Oct. 5, at Souris Valley Golf Course. This meet will be held in partnership with Minot High School. There will be high school races for multiple levels in the morning, and the college races will be at 2 p.m. and 2:45 p.m. The conference meet will be Oct. 26 at the same location. The race times will be 10 a.m. and 11:15 a.m.

## SPORTS ROUNDUP

### Men's Soccer

MARSHALL, MN – Minot State secured a hard-fought 1-0 victory over Southwest Minnesota State on Sunday, boosting the Beavers' record to 3-2-2 overall and 1-2-1 in NSIC play.

Minot State broke the deadlock in the 36th minute when Anna Miotto netted her first collegiate goal, courtesy of an assist from Mia Lewis. Miotto was a standout in the attacking third, recording eight shots, two of which were on target, and providing a consistent offensive threat for the Beavers. The 1-0 advantage held for the remainder of the match, thanks to a solid defensive effort and standout goal-keeping.

Goalkeeper Siriana Gudino was instrumental in securing the win, making six crucial saves in the first half to keep the Mustangs scoreless and lay the foundation for the shutout. Supporting the offensive pressure, Manuela Pacheco Martinez and Iliana Rivera each contributed with three shots, keeping the Mustangs' defense on their toes throughout the contest. Their efforts helped Minot State control possession and create multiple

scoring opportunities.

### Women's Volleyball

SIOUX FALLS, SD --The Minot State volleyball team totaled 10 blocks in a three-set (18-25, 26-28, 14-25) loss to the Sioux Falls Cougars Saturday on the road at Stewart Center.

The loss dropped Minot State's record to 1-10 overall and 0-4 in NSIC action.

### Women's Hockey

FREMONT, Neb. – For the second straight day, the host Midland Warriors got the best of their rivals in the Beavers, shutting out Minot State for a 3-0 win in women's hockey Saturday afternoon.

The second straight close game of the weekend between the rivals, neither team scored until the second period when Darbi Poole netted what proved to be the game-winner with 2 minutes, 25 seconds gone in the session.

Callie Maguire added two more insurance goals for Midland (4-0-0 overall), which opened its season a week earlier while Minot State was making its season debut.

With the first action of the season on the road for the Beavers (0-2-0) in the books, Minot State now

returns home to the May-sa Arena where they host first-year ACHA Division I program Arizona in a pair of games. Puck-drop for the Beavers' home debut is 7:30 p.m. on Friday night, then at 3:45 p.m. on Saturday.

Haylie Bieber finished with 25 saves in Saturday's game at Midland.

### Men's Golf

The Beavers men's golf team added a dual with University of Mary on Sept. 27, 2024. The Beavers competed against University of Mary at the Vardon Golf Club.

Setting the tone for the Beavers was Chase Gedak and Max Karnik who both finished tied for 2nd place. The 2 Beavers shot 3-under par (69).

Shortly behind Gedak and Karnik was Winston Grayson who shot an even-par (72) and finished tied for 4th place. Following Grayson was Zach Hendrickson who shot 3-over par (75) and finished tied for 7th. Darien Herlick shot 4-over par (76), finishing in 8th place. Jace Carlisle shot 5-over par (77) and tied for 9th place. Casey Fjeld shot 8-over par (80), which placed him in 10th.

Joshua Tu shot 9-over par (81), Gage Olson shot

14-over par (86), and Cameron Schwab shot 16-over par (88).

The Beavers will return to competition on Monday for the Marauder Invitational and Tuesday at the Hawk-tree Golf Club in Bismarck.



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## Bar & Bottle Shop 2015 N. Broadway Must be 21 to enter

## Minot State reports growth in Fall 2024 enrollment

**By Michael Linnell**  
Director of University Communications  
red&green  
@minotstateu.edu

Minot State University reported its Fall 2024 enrollment as 2,751 students, a 0.4% increase over its Fall 2023 semester enrollment.

The University saw its biggest growth area in transfer students, with a 7.1% increase and its largest fall transfer class since 2020. A total of 271 students transferred to Minot State for the fall semester, combined with 353 new freshmen and 84 new graduate students, for 708 new students attending in the fall.

"We are excited this fall to see an in-

crease in students attending Minot State University," said Minot State President Dr. Steven Shirley. "This is our second consecutive semester of year-over-year growth at MSU, and it is encouraging to have more students choosing from the breadth and depth of outstanding academic programming at MSU as part of their educational plans. With our largest enrollment of transfer students since 2020, it is also heartening to see a significant number of students who initially began at another institution now opting to continue their education at MSU."

Minot State's Hometown Pride Scholarship, now in its third year, paid dividends as MSU saw a 4.6% increase in students from Ward County. Minot State's 1,298 students from Ward County are the most since 2021.



# Kadolph nets winner as Beavers open with road victory

URBANA-CHAMPAIGN, Ill. – Minot State's Jake Anthony proved unbeatable in his season debut, turning aside all 17 shots he faced for his 13th career shutout, leading the Beavers to a 1-0 road win Friday night over host Illinois.

Along with being a season-opening win, the Beavers (1-0-0 overall, 1-0-0 MCH) also made a successful debut in their first Midwest Collegiate Hockey conference contest.

Anthony, who is No. 3 all-time in career shutouts at Minot State behind head coach Wyatt Waselenchuk (15) and Holden Kurtz (16), crept closer to the record with his performance in the open-

er, keeping Minot State in a close game that was scoreless through the first two periods.

Christian Kadolph finally broke the scoreless tie with seven minutes, and 14 seconds left to play, finishing off an assist from Ben Johnson for the game's lone goal.

Illinois goalie Nolan Wodring was almost as good as Anthony, turning aside 37 of 38 shots, but couldn't fend off Kadolph's third-period chance as the Beavers skated away with the victory in both teams' season opener.

Minot State is back in action Saturday night playing at Illinois once again, the second of four straight on the road to open the season for the Beavers.



Photo special to Red & Green by Kari GibbsMDN

The Minot State University offense gets set to score against the University of Sioux Falls on Saturday, September 28, at Herb Parker Stadium.

## Beavers compete at Marauder Invitational

BISMARCK, N.D.- The Beavers men's and women's golf teams competed in the Marauder Invitational. The men's A team finished second, and the women's team placed third.

Holly Knudsen led the women's team, finishing second individually with an 18-over 162. Carrie Carmichael won the individual title on the second hole of a playoff. This was Knudsen's fourth top-10 finish in four tournaments this fall.

The Beavers women shot a 128-over-par 363. Zoe Banack finished fifth (29-over 173), Lauryn Keller placed sixth (33-over 177), and Abigail Goettle tied for 14th (48-over 192). The University of Mary

won the women's title with a 116-over-par 355.

Chase Gedak led the Beavers men for the third consecutive competition, shooting a 6-over 150 to tie for fifth with teammate Jace Carlisle. Zach Hendrickson tied for 11th (12-over 156), Darien Herlick tied for 15th (15-over 159), Joshua Tu tied for 17th (16-over 160), and Winston Grayson tied for 20th (18-over 162).

The men's A team finished second with a 36-over 317. The men's B team placed seventh (93-over 341). Augustana won the men's title (22-over 313).

The Beavers return to competition Oct. 14-15 at the USF Invitational in Larchwood, Iowa.

# Beavers grind out 26-22 victory over Cougars

Special to the Red & Green  
**Kari Gibbs/MDN**  
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The Minot State University Beavers (4-1, 3-1 NSIC) used a dominant rushing attack and a stingy defense to defeat the University of Sioux Falls Cougars (3-2, 2-2 NSIC) 26-22 Saturday. The victory lifts the Beavers into a tie for second place in the Northern Sun Intercollegiate Conference standings.

Sioux Falls struck first, scoring two touchdowns in the opening quarter on passes from Camden Dean to Carter Slykhuis (8 yards) and Travis Yohnke (unknown yardage). The Cougars missed the extra point after the second touchdown, leaving the score at 13-0.

Minot State answered early in the second quarter with a 6-yard touchdown run by Sam Buckhanan, capping an 8-play, 78-yard drive. Sioux Falls added a 30-yard field goal from Nick Hernandez midway through the quarter, but the Beavers closed the half with a 3-yard touchdown run by quarterback Carson Chrisman with just 20 seconds remaining. The Cougars led 16-14 at halftime.

Neither team scored in the third quarter, but the Beavers took control in the fourth. Buckhanan scored his second touchdown of the game on a 3-yard run, and Diego Smith added two field goals (34 and 28 yards) to give Minot State a 26-16 lead with just over a minute to play. Slykhuis caught his second touchdown pass from Dean as time expired, but it was

too little, too late for the Cougars.

Minot State dominated time of possession, holding the ball for 40 minutes compared to Sioux Falls' 20. The Beavers also rushed for 271 yards on 69 attempts, while the Cougars managed just 85 yards on 23 carries. Sioux Falls held the advantage through the air, with Dean completing 17 of 24 passes for 166 yards and three touchdowns. Chrisman was 2 of 3 for 14 yards and an interception for Minot State.

The Beavers will travel to Wayne, Nebraska, to face the Wayne State College Wildcats (3-2, 2-1 NSIC) on Saturday, Oct. 5. Wayne State is averaging 37 points per game and features a balanced offensive attack. The Wildcats defeated Minot State 48-22 last season.

## □Crisis

Continued from Page 1

103,451 people have died from drug overdoses in the United States alone. More than 60 million people worldwide struggle with addiction. Addiction is a disease, not a choice. It is serious and can be fatal.

Addiction is defined as “the fact or condition of being addicted to a particular substance, thing, or activity.” But there is a deeper level. Addiction can alter brain chemistry. Factors that may lead to addiction include genetics, mental health conditions, and environment.

How can you help someone with an addiction before it is too late? The answer is knowing the signs and talking to them with love, not judgment.

Signs and symptoms of addiction include, but are not limited to, the inability to stop us-

ing the substance, increased tolerance, lack of control in daily life, and withdrawal from everyday activities and loved ones.

Emily's Hope aims to stop the stigma and save lives. More information is available at <https://emilyshope.charity/>.

Its mission is “dedicated to reducing the stigma of substance use disorder through awareness, education, and prevention; and removing financial barriers for treatment and recovery.” Emily's Hope helps people seek treatment with scholarships.

To date, 167 people have received treatment scholarships. Emily's Hope has also started a K-12 prevention curriculum to teach students about substances, substance use disorders, and addiction.

“Addiction isn't a character flaw, it's a medical challenge. Together we can offer understanding and hope,” Kennecke said. “This is a conversation we need to be having every day in this country.”

## □Stigma

Continued from Page 1

was unfamiliar with, but my mental fortitude was not to be challenged but merely tested in this instance.

Amid my panic, I told myself I would work harder and fight for my spot and gain it back and all would be well setting up a minor setback for a major comeback.

This however proved to not be the case. The season went on without me making any significant contribution on the field, the lowest possible outcome for a competitor such as myself. There can be an entire story dedicated to the mental health of student-athletes. A struggle I have only begun to properly grasp.

My football failures quickly became the least of my worries as I was confronted with the news that a family member's mental health struggles were getting the best of their judgment and were making poor decisions negatively impacting relationships within the family. I was distraught with this news and powerless as my family's struggles were, quite literally, 1,000 miles away. I tried to lend an ear for family members to vent and rant about their struggles thinking I was strong enough to take on their burdens and not let it affect me beyond how it already was personally affecting me and my mental health.

This was a short-sighted calculation as I was only more saddened by family members' accounts and testimony about the situation. I was not a part of the solution and realized that I was incapable of adequately being supportive in other people's time of need, as I was unhealthy mentally.

The football season carried on and team morale was at an all-time low. Several of my teammates expressed their mental health struggles with some even going to seek help or be admitted to the hospital. I was around, trying to keep the mood light and lend an ear to those who were struggling. I felt that if I could be helpful to others through their struggles, I could indirectly make mine go away.

But this never proved to be the case, and I continuously put my needs to the side out of ignorance of not wanting to deal with my problems. I truly didn't even think I had an issue, as I thought I was just dealing with a difficult time in my life. While this was certainly the case it proved to merely only be a surface level account of my issues.

The football season wrapped up with me not having played much at all the entire season, and I could see the writing on the wall for my football career. Despite having two years of eligibility, I made the difficult decision to walk away from football. You may think, since the sport I loved so dear had kicked off my mental health crisis, that walking away from it would ultimately get my life on track. I know I expected myself to get better by walking away from football. But like so many ex-athletes, I was in a full-on identity crisis. Who am I? What am I about? Questions that I still had about myself after two whole decades on this Earth I still didn't have answers to.

I struggled for another couple of

months with various people worrying about me and suggesting I seek therapy. I knew I didn't need therapy; I was always happy and strong. I could manage this troubling time on my own. I soon became so unmotivated that all I could do was sleep. Sleeping could keep me away from my thoughts and emotions. Somedays I wished to only sleep and not deal with complicated feelings of failure, lack of purpose, and questions about who I was.

For me there wasn't a moment I can point to that made me realize I couldn't get better on my own. I just woke up one morning sick of feeling exhausted from situations that happened months ago. I had moved on in my life, but my emotions hadn't traveled with me rather they just stayed behind. I was ready to get myself on the same page and live in the present and I was willing to share my issues and work out my struggles with a stranger, no matter how daunting that task seemed to me. I was ready to get help.

Going to therapy was somewhat nerve-wracking in the beginning. It was hard to tell someone you don't know about all your feelings, insecurities, and regrets. But the harder it is to share something in your life makes it all the more important you seek help for that thing. If you don't deal with your trauma, your trauma will ultimately deal with you. A very true statement that can look different from person to person. But the purpose of therapy is to prioritize your mental health so it doesn't get in the way of your health and happiness. Minot State currently offers Campus Counseling Services. It might not be for you and fit is all the importance in therapy. Finding someone you feel comfortable with is super important and I encourage everyone to prioritize that in therapy. MSU Counseling is free of charge to current Minot State students, and as other counseling offices do charge you money and our country hasn't found a way to get affordable mental health care for everyone, I feel plugging the school's counseling services is at least worth a mention.

If you're interested in scheduling a counseling session at Minot State, you can do so one of three ways. You can schedule online at <https://minotsu.mediatconnect.com/> or call 701-858-3371 to make an appointment. Student can email MSU's case manager, Kaitlyn Nieuwsma at [kaitlyn.nieuwsma@minotstateu.edu](mailto:kaitlyn.nieuwsma@minotstateu.edu).

If you're reading this and thinking that my story isn't that bad or think I should've sought out help sooner then I am afraid you're missing the point. This isn't about therapy it's about being healthy. I share my story to encourage everyone to check in with their mental health and to not shy away from therapy if need be. We all are familiar with how to take care of our physical health. Washing our hands, eating vegetables, exercise regularly. The truth is we all need to take care of our mental health just the same as we need to take care of our physical health.

If you have an open wound and do nothing to address it, you will suffer lasting effects, and the same is true of your mental health. I hope my story helps you understand the importance of mental health and that we all need help in taking care of ourselves from time to time.

## □NotStock

Continued from Page 1

Students volunteer their time to help make the event a success, while professionals are paid for their contributions. On Thursday and Friday, the festival is primarily for students, while Saturday is open to the broader Minot community. The festival draws a diverse crowd.

This year's NotStock had hands-on workshops in poster-making, pottery, and DIY T-shirt art. Participants were of all ages, from children to adults, who were engaged in creative activities, leading to what Bloom described as a powerful experience. “We love seeing kids and adults getting creative and engaging,” he said. “It's a chance for them to express themselves and feel connected.”

For Bloom, one of the most important aspects of NotStock is its focus on the mental health benefits from art. He points out that while activities like sports also bring communities together, art offers something different, the ability to express personal ideas and emotions.

“Art lets you explore your inner self. It offers a form of expression that helps connect you to your emotions and experiences,” said Bloom.

Studies from National Institute of Health have shown that participating in art can reduce cortisol levels, lower stress, and improve overall mood. In a community setting, art can help connect to other people and reduce feelings of isolation, which are common challenges in today's fast-paced world.

One of the key principles behind NotStock is inclusivity. The festival is not just for art students or experienced artists; it's made to welcome everyone, from those who have never picked up a paintbrush to seasoned creators and kids.

“We create this opportunity for people who've never seen or experienced this kind of event,” said Bloom. “For many, it opens up a whole new world of expression.”

If you ever feel stressed and want a method to improve your mood, pick up a brush and draw something or use other forms of artistic expression like music, literature, dance, etc. This will help you feel better and put you in a better mood instantaneously.

## □Auction

Continued from Page 1

Vision for Mental Health that provides peer support specifically for veterans. Sarah Lewis, a Peer Support Specialist and Project Coordinator for Vets for Vets, shared her personal experience as a veteran and what it has been like working for the organization.

Having served in the Florida Army National Guard, Lewis faced challenges unique to veterans when transitioning to civilian life.

“When I left the military, I didn't have a lot of opportunities to meet with individuals who could help me where I was — a young female getting out of the military. So, when I came into this group, it was very family-oriented,” she said. “It was the camaraderie that we were missing, that veterans could come and talk, and people understood.”

Lewis believes in the importance of the connections made through Vets for Vets.

“I truly believe that a lot of my strug-

gles would not have been so severe, or I may not even have had to endure them, if I would've had the connections that I feel this group is giving,” she said.

Through Vets for Vets, Lewis and her team are committed to creating connections with veterans, so no one must face their struggles alone.

“You're not alone,” Lewis said. “Veterans are not alone, even though sometimes we feel like we are because we're no longer in the uniform.”

The collaboration between MSU students and Vets for Vets shows the increasing focus on mental health resources for veterans.

The KMSU Auction will be held at 6:30 p.m. on Dec. 5. The auction traditionally reaches an audience of 60,000 residents in the area and brings together dozens of local businesses in Minot and surrounding communities to donate packages and sponsor the event to make it possible. Community members are encouraged to participate, supporting MSU students and mental health resources for veterans.





Special to the Red & Green by Audin Rhodes/MDN

Minot State University's ROCKSTOCK team is using the wet screening method to look for Knife River flint from an ancient quarry Sept. 20.

# MSU's ROCKSTOCK unearths ancient secrets

Special to the Red & Green

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Minot State University's NOTSTOCK arts festival added an archaeological twist this year with ROCKSTOCK, a two-day event held Sept. 19-20 in the MSU Dome parking lot. Students and faculty processed soil samples from an ancient Native American quarry of Knife River flint, offering a glimpse into the lives of those who inhabited the region centuries ago.

"Understanding the past and sharing the place we live with the people who came before us is incredibly important," said Dr. Amanda Watts, head of the Museum Studies program at MSU and professor of archaeology and art history.

The soil samples were collected during "rescue archaeology" efforts in Dunn County, where a road was constructed over the quarry remains in 2022. An on-site archaeologist salvaged materials ahead of construction, preserving them for future study. Now, Watts and her team

are sifting through the remnants, searching for clues about the people who once mined the valuable flint.

Knife River flint, known for its distinctive brown hue and peat inclusions, originated in North Dakota and was traded across the continent, reaching as far as South America. "It was an international trade commodity," Watts said. "Finding it elsewhere indicates those people were trading with tribes in North Dakota."

By examining tiny flint chips, the ROCKSTOCK team hopes to determine if skilled craftsmen shaped the flint at the quarry or elsewhere. "We're starting to see that maybe the skilled craftsmen were actually on-site," Watts said. "We've found small, sophisticated chips, which tells us a different story than a larger artifact would."

Dating the material remains a challenge. "Often, we find something like a fish bone or bird bone, which was probably their lunch," Watts explained. "That gives us an organic item to carbon date."

The soil samples contain layers of stone flakes,

known as lithic debitage, indicating multiple quarrying events over time. "Students experience the thrill of discovery," Watts said. "They're the first to see these things since the people who left them behind, sharing something with an ancient North Dakotan."

ROCKSTOCK, a collaboration celebrating both modern and ancient art, proved a natural fit with NOTSTOCK. "I loved the idea of students finding ancient ceramics and then making their own pots," Watts said. "It links North Dakota's past with our current culture."

## Wet Screening Process

Dr. Joseph Collette, associate professor of geoscience, led geology and paleontology students in the wet screening process. Soil samples were soaked in water, sometimes with an anti-flocculant to break up clay. The mixture was then poured onto window screen in a wet box and hosed down.

"This allows smaller particles to pass through, retaining objects larger than a millimeter," Collette said. "We're interested in

capturing those tiny pieces."

After drying, the contents were placed in individual containers and sorted. Non-artifact rocks and root debris were discarded, while flint material and other artifacts were mounted on slides for analysis.

"We retain the stratigraphic information — where the sample came from and its depth — on a waterproof tag," Collette said. "The objects are useless without that context."

Organic debris, or mulm, was also collected for analysis by specialists who can help determine the period of the samples.

# Drosdal's path to Washington

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WASHINGTON, D.C. — Mykal Drosdal has always been driven by a desire to challenge himself and pursue what felt right at every stage of his life.

From switching majors to furthering his education, he remained open to new opportunities, even when it meant relocating.

It was Washington, D.C., that called to him in a special way.

When the position of Executive Assistant in the Office of the Assistant Secretary of Indian Affairs at the Department of the Interior became available, Drosdal knew it was the perfect opportunity — a role he couldn't pass up.

"I still have my moments where I take in everything. Like, I'm really here," Drosdal said. "I knew my career was moving towards D.C."

Similarly, Drosdal knew Minot State University was the campus for him.

"Minot was always kind of like the place for my family, as the place to get like school clothes and supplies," he said. "I think Minot State was the first university I toured. I really liked the layout of the campus, and it was really approachable. I just loved the campus. It was one of those moments, and this is it. I'm really loving everything."

Originally a mass communications major with plans on pursuing journalism, Drosdal's plans quickly changed after his first class with Neil Roberts professional communication associate professor.

"My very first class as a freshman, I was taking radio activity. It was a three-hour class, and we were going over introductions," Drosdal recalls. "I just remember saying I would like to do this and this, and



Mykal Drosdal

without missing a beat, he was like, 'You know what? You should get into broadcasting. Just check it out for a couple weeks.' He talked to me for a little bit after class and told me about what careers that would be up my alley. Right after that I went to the student building and talked to my advisor."

After graduating in 2020, the broadcasting and professional communication major didn't feel his higher education journey was over. With help from his advisor, former MSU professor Christina Paxman, he moved to Fargo and went to NDSU for his master's in communication.

Once Drosdal completed his master's, he got a job back in his hometown of New Town as a marketing manager at the MHA Nation Interpretive Center for his tribe. He grew up on the Fort Berthold Indian Reservation and is an enrolled member of the Mandan, Hidatsa, and Arikara Nation.

"I really enjoyed working with tribes across North Dakota. We were branching out and were very, very new," he said. "But I just had this inkling of wanting to leave North Dakota and see what I could do with my masters. I definitely loved working with my people, and it was an amazing experience, but I had to think about what I wanted."

# Achieving positive mental health

**Kaif Khan**  
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Mental health affects how students manage stress, make decisions and engage with others. When students prioritize their mental health, they are better equipped to handle academic pressures, social dynamics and personal challenges. According to the American College Health Association, mental health is fundamental to students' success. It influences how they think, feel and act, which in turn impacts their academic performance and relationships with others. Good mental health allows students to stay focused, motivated and resilient.

Identifying what causes one's stress is the first step in trying to fix it and turn it into something positive. These may include maintaining good grades, participating in extracurricular activities, holding part-time jobs and navigating relationships. Without a focus on mental health, the stress of managing these roles can lead to burnout, anxiety or depression. However, with a proactive approach, students can improve their mental well-being and create a strong foundation.

"Early signs of concern can be observed when someone's usual demeanor, attitude and/or behavior begins to change. From the way someone dresses and grooms themselves, to the way they engage with others and their environment. Some people begin to do less of what they enjoy, experience appetite and sleep disturbances, appear to struggle with time management and motivation, and become more irritable or withdrawn," said counselor Ralitsa Wierson on early signs of mental health concerns.

One of the most common mental health issues among college students is anxiety. The pressure to succeed academically can lead to feelings of worry. Depression is another prevalent concern, often heightened by feel-

ings of isolation, homesickness or being overwhelmed by responsibilities. Nearly 40% of college students report feeling so depressed at some point during the academic year that it is difficult for them to function.

Self-care is one of the most effective strategies for maintaining positive mental health. Regular self-care practices such as exercise, sleep and mindfulness can significantly reduce stress and improve mood. The trick is to take time for yourself and do things that you enjoy or are good at. Building a strong support system can help students feel more connected and supported, whether through friendships, student organizations or study groups. Research shows that students with strong social ties are less likely to experience loneliness and more likely to report higher levels of life satisfaction. Physical health and mental health are deeply interconnected. Exercise not only improves physical fitness but also has a positive impact on mental clarity and emotional resilience.

Another way to decrease stress levels is to spend time outdoors. It has been shown to reduce stress, improve mood and enhance cognitive function. Whether it's taking a walk around campus, sitting outside to study or engaging in outdoor activities like hiking or cycling, connecting with nature can provide a mental reset. At MSU, students have access to green spaces and outdoor recreation areas. Taking advantage of these resources can help students escape the pressures of schoolwork and reconnect with their surroundings.

Positive mental health for MSU students is achievable through a variety of strategies: practicing self-care, building strong support systems, setting realistic goals and engaging in healthy activities. The key to sustaining mental well-being is recognizing the importance of mental health and seeking support when needed. Through these efforts, students can experience a more fulfilling and successful college experience that's more enjoyable.

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# MSU Wellness Center offers physical health to boost mental health

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Physical activity isn't just about improving your body; it's also a tool for maintaining and boosting mental health. "Regular exercise plays a significant role in improving our mental well-being. It helps release stress, it builds personal confidence and makes you feel good mentally," said Paul Brekke, director of the Wellness Center. "For both students and community members, staying active is very important in handling stress, gaining confidence and achieving mental balance. Studies from top researchers like the American Psychological Association, National Institute of Health and other organizations consistently show that physical exercise can help reduce symptoms of anxiety and depression, improve mood and boost our overall mental well-being."

Brekke acknowledges that there are challenges to maintaining a regular exercise routine for students. Many people struggle with discipline or face obstacles when it comes to time management, making it harder for them to prioritize fitness. But overcoming these barriers is key to reaping the mental health benefits of physical activity.

"When you're active, you feel good mentally. It's about meeting goals, staying disciplined and pushing yourself, even though it's not always easy," said Brekke. "It takes discipline, and it's not easy. There are always barriers stopping people from coming to the gym, like lack of time, lack of motivation. But taking that leap of faith and starting is the hardest part. Physical exercise doesn't just improve mood, it can also help build confidence. Meeting fitness goals, no matter how small they are, can provide a sense of accomplishment that helps in both mental and physical health."

At the Wellness Center, Brekke and his team create an environment where everyone feels welcomed, especially those new to fitness. He believes that making the space inviting and supportive is critical for encouraging people to return and stick to their fitness goals.

Benjamin Bagwell, coordinator of recreation programs, said, "We want to make them feel comfortable. It's important to be very helpful and make sure they

know we're here to support them. Everyone walking through our doors is greeted with a welcoming, positive smile."

The Wellness Center isn't just a place to exercise; it's a community where everyone can feel supported and encouraged. Whether it's answering questions, offering guidance or creating a positive atmosphere, the staff at the MSU Wellness Center works to ensure that no one feels out of place.

Sydney Yale, wellness specialist, said, "For some, that first step into the gym can be intimidating, but we're here to help with whatever they need to make sure they feel comfortable."

Beyond the physical and mental benefits, Wellness Center staff highlighted the social aspects of exercise. For example, working out with friends or participating in a group fitness class can strengthen relationships and build a sense of community.

"Inviting friends and coming together to exercise builds community. It makes the experience more enjoyable and it can help you stay accountable," said Bagwell.

This community spirit is something that the Wellness Center actively promotes. With intramural activities like volleyball, badminton, pickleball and many more, they encourage anyone who feels hesitant at first to try working out with friends or to reach out to the staff for guidance.

"If you're ever hesitant, don't be," said Brekke. "Take that leap of faith and see how it makes you feel. Bring friends, ask questions; we're here to help."

It is important for anyone wanting to start physical activity to find something they enjoy rather than force themselves to do something they do not want to do. Doing something enjoyable will make you want to do it more, which becomes a habit.

"Find anything that you enjoy," said Yale. "Whether it's going for a walk, playing a sport or hitting the gym, it's important to do something that makes you happy."

At the end of the day, physical activity is very important as it helps us feel good about ourselves, helps us stay fit and makes us feel part of a community, especially when you involve friends and family.

# Healthy communities begin with mental health

**By Clayton Hawkins**  
Comm 281

Mental health has increasingly become a crucial topic of discussion in recent years, and for good reason. The importance of mental health cannot be overstated, as it affects every aspect of our lives, from our physical health to our relationships and overall well-being.

Understanding and addressing mental health issues is essential to achieving our healthiest version of ourselves. By promoting mental health in addition to committing to being mentally healthier, we can encourage others to do the same and foster a healthy community at Minot State and the whole of Minot.

As the average student has a lot to balance in their day to day lives it is important to take some time to recharge. Air Force veteran and Minot State student, Kalie Paulus, gave her perspective on how important mental health is.

"Mental health in my opinion is a huge factor in our day to day lives," she said. "Everyone should take some time for themselves doing what makes them happy."

This can look different for everyone but the importance of taking time for yourself cannot go overlooked.

"I love to fish and that is my sanctuary and peace," Paulus added. "Everyone is going through something in their lives, and you should not feel bad about taking care of your mental health."

One of the primary reasons mental health is so important is its profound impact on physical health. Numerous studies have shown that mental health issues, such as depression and anxiety, can lead to a range of physical health problems, including heart disease, diabetes, and chronic pain. Stress, a common mental health concern, can weaken the immune system, making individuals more susceptible to illnesses.

If you have ever gotten sick before exams, or other high-pressured situations, it may be because of stress.

Mental health also plays a significant role in our ability to form and maintain healthy relationships. When individuals struggle with mental health issues, it can affect their communication, empathy, and ability to connect with others. This can lead to strained relationships with family, friends, and colleagues.

On the other hand, good mental health can enhance our social interactions, helping us build stronger, more

supportive networks. By addressing mental health concerns, we can improve our relationships and create a more connected and understanding community.

In addition to its impact on physical health and relationships, mental health is crucial for our overall well-being and quality of life. Mental health issues can lead to a range of negative outcomes, including decreased productivity, difficulty concentrating, a lack of motivation, and erratic sleep. This can affect our performance at work or school and hinder our ability to achieve our goals. Furthermore, mental health problems can lead to feelings of hopelessness and despair, which can significantly diminish our enjoyment of life. By prioritizing mental health, we can enhance our overall well-being and lead more fulfilling lives.

Untreated mental health issues can lead to more serious affects such as depression or anxiety. These ailments can drastically impact performance in school and work, as well as in personal relationships. There is no reason anyone should have to struggle with anxiety or depression alone. If you don't feel it is a big deal it most certainly is. Strength is not in persevering through mental tribulations but rather in vulnerability in saying I need help.

But what is help?

Minot State offers mental health support to all currently enrolled students, by offering counseling sessions at the students' convenience. Should you feel concerns regarding personal development, coping with conflict, improving self-understanding and interpersonal relationships, time management and developing realistic career plans will be offered referral to the Minot State Campus counselor. While this may not be in anyone's comfort zone it is a tremendous way to reach personal growth and achieve better mental health.

The importance of mental health is not a light matter. It affects every aspect of our lives, from our physical health to our relationships and overall well-being. By prioritizing mental health, we can improve our quality of life, enhance our social connections, and be the most productive and compassionate version of ourselves.

Taking time to invest in our mental health is essential to a healthy, happy, and prosperous future for us and those around us.

# Christina Larsen first MSU Oslo Chamber Choir apprentice

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Minot State University's Christina Larsen broke new ground as the first MSU student to take part in the Oslo Chamber Choir Apprenticeship Program, returning from her exceptional musical journey in Oslo, Norway.

"It was fascinating to learn about the culture while I was there," Larsen said. "I spent a lot of time talking with the members about both music and day-to-day life. There were many similarities, yet many differences."

"It is also a very beautiful thing to learn about aspects of the culture that have existed for years."

The apprenticeship was established through a partnership with The Oslo Chamber Choir (Oslo Kammerkor), who have been Artists in Residence at MSU. During their Fall 2023 semester visit to Minot, they conducted a masterclass and performance. As part of this collaboration, Larsen was chosen to assist Oslo Kammerkor in Norway, with travel expenses covered, for two weeks leading up to their concert last June.

"I was greeted by Ingrid, one of the choir members at the airport," Larsen said. "She had gotten me a bag of Norwegian snacks for me. We took the train from the airport to the middle of the city, where I would be spending my first couple of days. They decided I should spend the first couple of days in town to get to know the city."

The elementary education and music major ventured into some recommended places.

"Ingrid had suggested I check out Vigeland Park," Larsen said. "I entered the park through an entrance that was not one of the main entrances, so I wasn't quite sure what I would find. I walked past some tennis courts and a cute little puppet theatre, so initially, I thought it was a pretty normal park. Then I turned a corner and saw a bridge, a river, and a ton of statues. I then, out of curiosity, looked up more information about the park.



Christina Larsen

"Apparently, there were over 200 sculptures, and they were supposed to represent the different aspects of humanity," she described. "One of my favorite parts was there was a path that brought you to a little patio under the bridge right by the river, and it was very beautiful and quiet there."

Another place Larsen explored brought back memories of home.

"I met with Georg and Agnes and went to the Folk Museum. Georg worked there for many years, so he knew all of the ins and outs. We went there, and one of the first things we did was check out the stave church. It is the church that the one in Minot was based on," Larsen said. "The church and many other buildings from around the country had been moved years ago to make the museum, and I believe it was one of the first buildings moved there. They also said it is one of the few left in the country. It was almost identical to the one

in Minot, except clearly a little older."

During those initial days, Larsen also had the opportunity to observe rehearsals, where she learned new approaches to choral music.

"One thing they were really trying to do was apply aspects of Norwegian folk music to other styles of music. For example, a Bach chorale that no one had been allowed to listen to so that it would not affect their interpretation," Larsen explained. "With the Bach piece, he wanted the sopranos to come in more confidently, so he had them do it over and over again in different ways. The Bach piece was a piece for two choirs, so he had them moving around the room into different groups."

The connection between Norwegian music and dance became even clearer to Larsen during her visit. While visiting the university, she observed a folk dancing lesson.

"The choir somewhat regu-

larly does folk dancing because so much folk music is based on dancing. Learning the dances helps them to sing the music better and to connect with it," she said. "Anna brought in Andrea, one of her friends from the academy of music who plays a traditional Norwegian instrument called the lengeleik. She taught us a dance from the area she is from called the Hallingspringar. It is a partner dance from the region of Hallingdal. They are learning this dance to prepare for a folk music festival that is taking place in Hallingdal this year."

Larsen's cultural exploration continued with a visit to the Academy of Music, where she received a special lesson in Norwegian folk music from Anna.

"I got to go to the Academy of Music, where Anna gave me a tour and a lesson in Norwegian folk music. Folk music is typically taught by ear, and I have not learned a whole song by ear in a long time, so that was real-

ly fun to do. She taught me two different songs, 'Tita gol pa Hammarsete' and 'Nestgarn,'" she said. "'Tita gol pa Hammarsete' was a dancing tune about Tita, who is a bird, and she sings at Hammarsete. She also explained some of the different versions of the song and explained that there were also some nonsense words in the song that, at one point, were words but, over time, have been lost. 'Nestgarn' was the name of a farmer, and it was a song about what he said when he died. She said it was some nonsense, but a lot of folk songs are."

Larsen also noticed similarities in the use of syllables between the songs.

"One thing that happened in both were syllables that weren't really words, and I asked why it was like that. She explained that a lot of folk singing is intended to mimic the fiddle. As a result of this, there often isn't a place to breathe, so you have to breathe wherever you can," she said. "Because of that, they are also hard to separate into parts to teach because of how it all flows together. I asked her about how she learns her music, and most of it is taught to her by her folk music teachers, but the academy also has a lot of old recordings made by musicologists years ago that they listen to, too."

"All the folk musicians in the program also have to do folk dancing classes to understand the music better."

Reflecting on her entire experience, Larsen gained valuable insights and left with something to look forward to next year.

"My biggest takeaway from my time with the choir is that you have to be willing to try anything and that you have to be confident in yourself and the part you play," she said. "It was wonderful to spend time with my fabulous hosts, get to know them, learn their stories, and learn how they got to where they are."

"I was blessed to have some very meaningful conversations with them, and I'm hoping to see them again when the whole choir goes next year."



# Mental health tips for college students

By Ellie Scarbrough  
COMM 281

In recent years, “self-care” has become a popular term, often associated with quick fixes like face masks, bubble baths, or treating yourself to something indulgent. However, true self-care goes far beyond these surface-level activities. For college students, self-care is about fostering long-term mental and emotional resilience in the face of academic pressures, social dynamics, and personal challenges. It is about creating healthy habits and systems that support mental well-being daily, not just during moments of crisis. One of the most overlooked and highly impactful aspects of self-care in college is getting quality sleep, or even enough sleep. With erratic schedules and heavy workloads, quality sleep can be hard to come by if not es-

tablished. According to Harvard Summer School, seventy to 96% of college students get less than eight hours of sleep each week-night. Students tend to sacrifice sleep in the name of homework or socialization. This can come with consequences. Chronic sleep deprivation can heavily impact cognitive function, physical wellbeing, and mood stability. According to the CDC, staying awake for more than eighteen hours can have the same effect on you as a blood alcohol content of 0.05%. Establishing a set nightly routine will help the brain regulate at night. Keeping up with this routine, even on weekends, will prove beneficial in both physical and mental health. Setting boundaries is a big part in self-care. Learning how to say “no” is important. College life is full of commitments, invitations to social events, and obligations. Adding too much to your schedule can lead to burn-

out and impact overall mental health severely. When receiving invitations to events, consider if the event could cause unnecessary stress or anxiety. Do not fall under peer pressure, and practice setting proper boundaries in all relationships. Saying no is valid. On top of events and outside commitments, students often juggle several tasks throughout the day. Having to balance and remember everything from academics, part-time jobs, and relationships can get overwhelming. Good time management skills can help reduce unnecessary stress. Using tools like a planner or time-blocking apps to organize times, events, and due dates. Avoid last minute cramming by breaking big assignments into manageable chunks. It is also important to stay nourished throughout the day. Eating well is something often ignored by students as life picks up and there seems to be no time

in the day for nourishment. Caffeine dependence, fast-food, and skipping meals can result in overall health effects like unstable mood, fatigue, and heightened anxiety. Focus on balanced meals with whole grains, fruits, vegetables, and proteins. Meal preparation on weekends can help with accessibility throughout the busy weekdays, as well as healthier snack options. Self-care is not just about being alone. Cultivating supportive relationships and having positive people to be around can help elevate stress. Whether it is a good friend, counselor, or a mentor, having a supportive strong network can give perspective when things get rough. Reach out to friends regularly. Make sure relationships are supportive and reciprocated. Recognizing when more help is needed is also essential to self-care. Mental health care or counseling can assist students

in navigating stressful situations and the heavy emotions that can come with those situations. If you or someone you know is experiencing a mental health crisis, please reach out for help. The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK and offers free, confidential support 24/7. For immediate assistance, don’t hesitate to call 911. Minot State University has resources to help students navigate through stressful situations and self-care. The Student Health Clinic is open Monday through Friday, 8 a.m. to 4:30 p.m. in Lura Manor, lower level, the south entrance. Counseling services are available both in-person or virtually. Self-scheduling is available on the Minot State website through counseling services or call 701-858-3371 to make an appointment.

# Mental Health and Services offered at MSU

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Mental health plays a vital role in the overall well-being of students, especially during the demanding period of university life. At Minot State University, students face various challenges, from academic pressure to social and personal struggles. To help address these issues, MSU provides counseling services designed to offer professional support and guidance. Mental Health Month is an ideal time to raise awareness about the importance of mental health and highlight the resources MSU offers its students. Mental Health Month serves as an opportunity to promote awareness about mental health and encourage individuals to prioritize their emotional well-being. MSU’s Counseling Services engages in a variety of initiatives to encourage students to seek help when they need it. These efforts include workshops on stress management, mindfulness practices and educational campaigns aimed at raising

awareness of mental health resources available on campus. The goal is to create a supportive atmosphere where students feel comfortable taking charge of their mental health. MSU Counseling Services is dedicated to empowering students through personal counseling. The counseling team offers free, confidential services, ensuring that students feel comfortable seeking help. Appointments can be scheduled in three convenient ways: online through the Student Portal; by calling the counseling office at 701-858-3371; or by visiting the clinic in person on the lower level of Lura Manor. The counseling services offered at MSU are short-term, designed to provide students with the support they need to return to their regular functioning as quickly as possible. The aim is to help students address emotional problems that may interfere with their studies, work or personal lives. In cases where students face more complex, long-term issues, MSU counselors are equipped to provide referrals to local mental health professionals for continued care. MSU Counseling Services em-

phasizes the importance of confidentiality, assuring students that their information is kept private and will not be shared without their consent. This commitment to confidentiality allows students to trust that their concerns will be handled with care and professionalism. The university also offers educational programs aimed at helping students recognize the signs of mental health issues in themselves and their peers. By fostering awareness and understanding, MSU encourages students to support one another and seek help when necessary. Seeking help from a counselor can provide immediate relief for students who feel overwhelmed by their emotions or circumstances. Whether it is managing stress, coping with anxiety or dealing with personal loss, the professional staff at MSU Counseling Services is equipped to offer support. Many students find that just talking through their problems with a trained counselor helps them develop new coping strategies and regain control of their lives. “The MSU Counseling Center is a free service to MSU students

that aims to provide space and opportunity for students to maximize their potential as a student, athlete and human being. We want to offer a service that promotes personal growth and development outside of the classroom, by getting to know oneself better and learning healthy ways to deal with everyday stressors,” said counselor Ralitsa Wierson. “Our counselors are dedicated to their craft and making sure that the student body is as healthy and relaxed as they can be, that gives them the ability to perform and produce high-quality results.” For those who feel hesitant to seek counseling or mental health support: “Hesitancy about seeking mental health services is very normal. It is an extremely vulnerable position to put oneself in — sharing one’s most personal issues with a stranger. The good news is our services are confidential, and more people understand the connection between physical and mental health. Optimal well-being and performance in anything we do in our day-to-day activities start with a clear, healthy mind. Counsel-

ing can help build good habits, confidence in one’s preparation and abilities, healthier relationships and interactions, and it can also provide help with clarifying future goals and direction,” says counselor Ralitsa Wierson. “One of the most significant barriers to seeking help is the stigma associated with mental health struggles. Students may feel that reaching out for support is a sign of weakness or fear that they will be judged by their peers. Mental Health Month is a chance to break down these misconceptions through education and outreach, fostering a campus environment where mental health is openly discussed and understood as a normal part of the human experience.” Mental health is a crucial aspect of a student’s overall well-being, and Minot State University is committed to supporting its students through the services offered by Counseling Services. By promoting awareness and encouraging students to seek help, MSU Counseling Services aims to ensure that every student has the tools they need to succeed, both mentally and academically.

# CLUBS

Minot State University offers more than fifty student organizations reflecting the variety of interests of our student population – from leadership opportunities and community service to social events and entertainment. Getting involved is easy! Consider starting with an organization related to your academic area of study. From there, find something you enjoy or challenge yourself to try something new. Below you will find the list of active clubs and organizations. To join, start by emailing their club, visiting with their advisor or a current member, or attending the club fair at the start of each semester. If you need help, contact aaron.hughes@minotstateu.edu

Organization	Club Email
Accounting Club	accounting.club@minotstateu.edu
Art Club	artclub@minotstateu.edu
Athletic Band Club	David.Rolandson@minotstateu.edu
Augite (Geology Club)	augite@minotstateu.edu
Beaver Boxing Club	beaverboxing@minotstateu.edu
Beaver Buckets Club Basketball	
Beaver Links	beaverlinks@minotstateu.edu
Big Beavers, Little Beavers	littlebeavers@minotstateu.edu
Biology Club	clubbiology@minotstateu.edu
Book Club	bookclub@minotstateu.edu
Campus Players	campusplayers@minotstateu.edu
Campus Pride	prideclub@minotstateu.edu
Cheer Team	cheersquad@minotstateu.edu
Choral Society	choralsocietyclub@minotstateu.edu
Clay Trap Shooting Club	paul.brekke@minotstateu.edu
College Democrats	democrats.club@minotstateu.edu
Content Creation Club	contentcreationclub@minotstateu.edu
Criminal Justice Club	criminaljusticeclub@minotstateu.edu
CRU (Christian Fellowship)	minotcru@minotstateu.edu
	Jason.Skjervem@cru.org
CS (Computer Science) Club	computerscienceclub@minotstateu.edu
DECA	deca@minotstateu.edu
English Club	englishclub@minotstateu.edu
Entrepreneurship Club	entrepreneurship@minotstateu.edu
Esports Club	esports@minotstateu.edu
FBLA Collegiate	PBL@minotstateu.edu
Fellowship of Christian Athletes	christianathleticsclub@minotstateu.edu
Finance Club	finance.club@minotstateu.edu
Honors Society	honors@minotstateu.edu
International Student Club	internationalclub@minotstateu.edu
Intramural Sports	paul.brekke@minotstateu.edu
KIN Krew (Kinesiology)	kinkrew@minotstateu.edu
KMSU TV/Radio	neil.roberts@ndus.edu
Leadership Club	
Lutheran Campus Ministry	LCM@minotstateu.edu
Men’s Club Soccer	Jason.Spain@minotstateu.edu
MSU Life (Student Activities)	msulife@minotstateu.edu
Music Teachers National Assoc	MTNA@minotstateu.edu
National Association for Music Educators (NAfME)	NAfME@minotstateu.edu
National Student Speech Language & Hearing (NSSLHA)	NSSLHA@minotstateu.edu
Native American Cultural Awareness Club	NACC@minotstateu.edu
Non-Traditional Student Org.	TBA
Nursing Students Assn.	NSA@minotstateu.edu
Pacesetters	pacesetters@minotstateu.edu
Percussive Arts Club	PAC@minotstateu.edu
Psychology & Addiction Studies	PASC@minotstateu.edu
Red & Green Newspaper	redgreen@minotstateu.edu
Rock Climbing Club	rockclimbingclub@minotstateu.edu
Science Club	scienceclub@minotstateu.edu
Sign On (ASL)	signon@minotstateu.edu
Student Government Assn.	sga@minotstateu.edu
Student Social Work Org.	Rebecca.daigneault@ndus.edu
Students of ND United	SNDU@minotstateu.edu
Students with Interest In Future Technologies	SWIFT@minotstateu.edu

Club Advisor
Nicole Wald & Sue Weston
Ryan Stander
David Rolandson
Joseph Collette
Paul Brekke
Paul Brekke
Scott Kast
Sue Weston
Heidi Super
Ann Nordgaard
Katy Allers
Andy Bertsch
Kitty Perez
Emerson Eads
Paul Brekke
Eric Furuseth
Olivia Reed
Mitchell Gresham, Maria Kerzmann
Jay Wahlund
Jason Skjervem
Scott Kast
Megan Fixen
Sarah Aleshire
Randy Conway
Ethan Valentine
Megan Fixen, Jan Repnow
Ben Bagwell
Jerry Stai
Jessica Smestad
Maleeha Latif, Araceli Erickson
Paul Brekke
Kelsey Higginson, Beth Marschner
Neil Roberts
Jim Sturm
Rachel Simonson
Jason Spain
Aaron Hughes
Dianna Anderson
David Rolandson
Emily Stephens
Annette Mennem
Kim Tiedman, Jacqueline Jarmin-Reep
Robert Crackel
Avis Veikley
Krystal St. Peter
Bob Patchen
Ben Bagwell
Robert Crackel, Bryan Schmidt
MariDon Sorum
Aaron Hughes, Leon Perzinski
Rebecca Daigneault
Chelsie Hultz
Chad Fenner

Don’t see one that fits your interests? Consider starting a new student organization! Forming an organization can be a challenging, but very rewarding process. To ensure success, the Office of Student Activities has designed a process that will help your group form a solid foundation so that your organization can flourish and provide valuable experiences to your fellow students. Stop by the Student I.D. Office or email aaron.hughes@minotstateu.edu with questions!





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