

# Red and Green

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Minot State University

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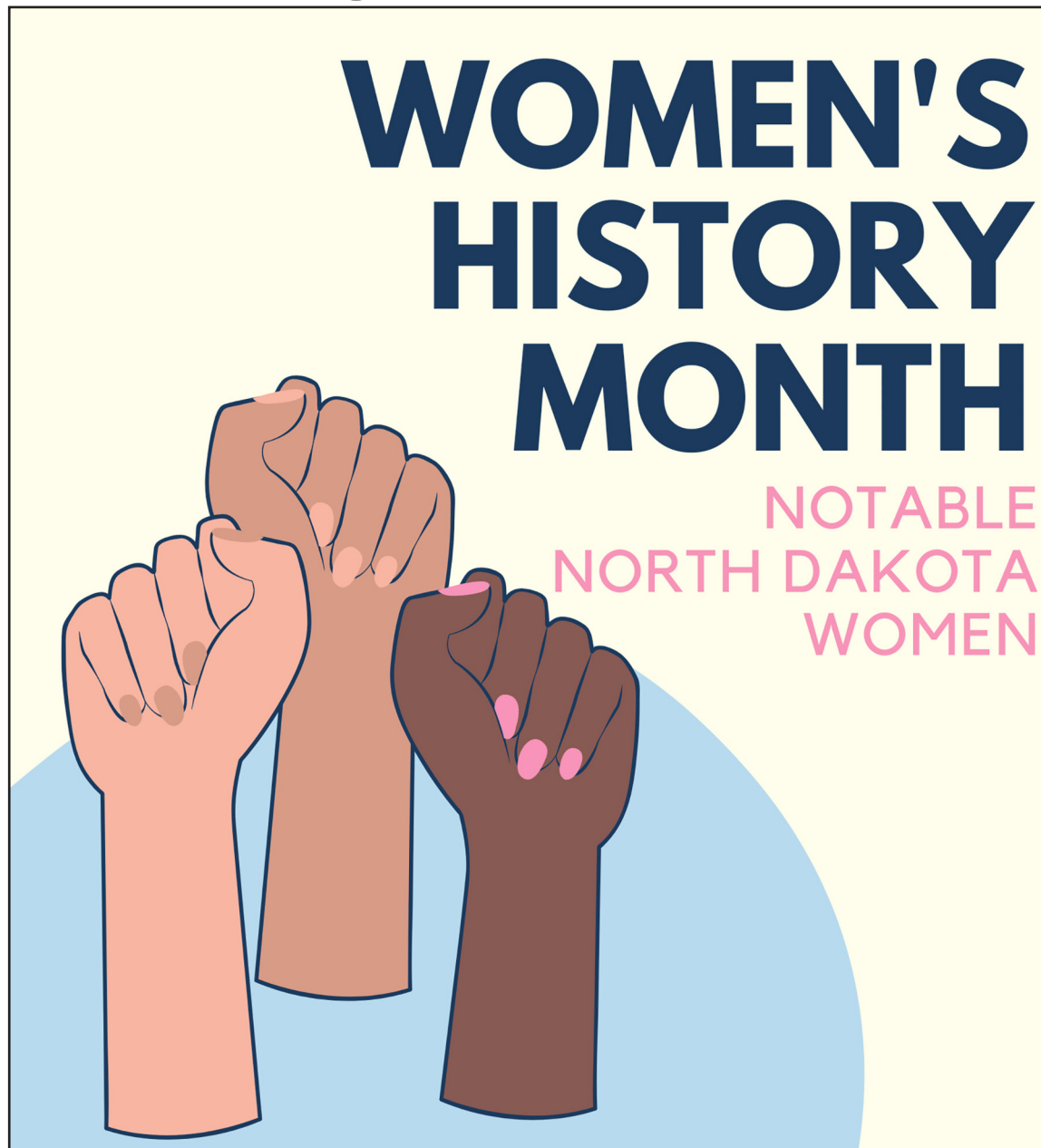
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## *Celebrating women across the world: Inspiring North Dakota women*



**Heather Hoffman**  
Staff Writer

The goal of Women's History Month, like any other month dedicated to history, was created on the foundation of raising awareness for the work of women of the past and present, while also opening the mind to accept the role women will play in the future.

Women's History Month takes place every March. A month honoring women was proclaimed by former President Jimmy Carter in 1980 and was initially only one week long, March 2-8. Shortly after its declaration, Congress approved the week as a federally recognized holiday.

Each year, the celebration of historic women is dedicated to a certain theme. For 2017, the theme was "Honoring Trailblazing Women in Labor and Business," and 2020's was "Valiant Women of the Vote." This year's theme is "Our History is Our Strength," a lesson we may need to learn now more than ever.

All the women we recognize this time of year possessed strength.

Frequently, the discussion of women's history focuses on famous women like Maya Angelou, Jane Addams, Susan B. Anthony, Amelia Earhart, Queen Elizabeth, Frida Kahlo, and Hedy Lamarr — scientists, philanthropists, authors, figureheads, and so much more. Strength and bravery in historic women are not limited to those who are world renowned, however.

Graphic created by Alyson Heisler

**See North Dakota women—  
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# News in Brief

**Minot State COVID-19 hub**  
minotstateu.edu/covid

## COVID-19 testing on campus

Upcoming testing dates include March 12 and 16 from 8-10 a.m. in the Conference Center on the third floor of the Student Center. Testing dates on March 23, 26, and 30 will be held in the usual location on the third floor of the Dome at the same time. Participants are encouraged to pre-register to facilitate an efficient collection process and minimize the amount of time spent at the testing site. A pre-registration link is on the Department of Health's website at [testreg.nd.gov/](https://testreg.nd.gov/).

## Women's History Month

March 1 kicked off the beginning of Women's History month.

## Spring women's volleyball

MSU women's volleyball kicked off their spring season with a game vs. University of Mary on March 10.

## Last day to add, withdraw from classes

Friday, March 12 is the last day to add classes for second eight-week classes. It is also the last day to drop or withdraw from second eight-week courses and receive a 100% refund.

## Minot Minotauros vs. Bismarck Bobcats

Your Minot Minotauros play the Bismarck Bobcats at the Maysa Arena at 7:05 p.m. on March 12.

## St Patty's Pub Crawl

Beginning at 8 p.m. on Saturday, March 13, a St. Patty's Pub Crawl will start at The Spot, where there will be drink specials and prizes.

## Spring Break

Spring Break is March 15-19.

## All-Anon Family Group

The 700 Club is hosting an All-Anon Family Group March 16 and 23 at 12 p.m.

## St Patrick's Day

St Patrick's Day is Wednesday, March 17.

## Minot Minotauros vs. Aberdeen Wings

The Minotauros play the Aberdeen Wings at the Maysa Arena at 7:35 p.m. March 19.

## Happily Ever Crashed

On March 20, The Depot is hosting Happily Ever Crashed, a unique hands-on wedding crashing experience from 4-8 p.m.

## Upcoming Looyenga Leadership workshops

- Conflict Management and Confrontation, March 23, 6:30 p.m.
- Working with Teams, March 30, 6:30 p.m.
- Don't Panic Stress Management Basics, March 31, 3:30 p.m.

## Deuces Dueling Wild Pianos

Deuces Dueling Wild Pianos is performing at Elevation on March 24. Doors open at 5:30 p.m. and the buffet begins at 6 p.m.

## Adaptive swim meet

The YMCA is hosting an adaptive swim meet, open to ages 4 to adult, on March 27 from 1-2:30 p.m.

## Summer and fall registration

Registration for summer and fall semesters is March 30-April 1.

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# Off the wall news

## Mayo for turtles

Rescuers at Israel's National Sea Turtle Rescue Center have been treating endangered green sea turtles that were affected by an oil spill off the coast of Israel. The spill covered a majority of Israel's Mediterranean coastline with tar and impacted wildlife in the area. When the turtles were rescued, their tracheas were filled with tar — inside and outside. After some experimentation, the miracle fix for the turtles' tracheas was mayonnaise. That is correct, turtles are being fed mayonnaise to "clean out the system and break down the tar," according to Ariel Schalit for the Associated Press (AP). The turtles are expected to recover in a week or two and be released back into the wild.

## Clean up, Everglades

It's no surprise that the state of Florida is filled with ominous animals in places they shouldn't be — especially in the Everglades. The Florida Fish and Wildlife Conservation Commission recently voted to add pythons, iguanas, monitor lizards, and several other species to a growing list of prohibited animals. Once the rules take effect, pet owners and others who have these species will have 180 days to ensure

the creatures come into compliance with outdoor caging rules, according to Curt Anderson for the AP. Owners will not be forced to turn over their pets, a permit will be required for their ownership. After June 30, 2024, iguanas and tegu lizards will be banned from being sold commercially. The goal is to reduce the amount of non-native species that have been brought into Florida that kill native wildlife, damage property and the environment, and generally make Florida a questionable place to be.

## Tick, boom, cats

A suspicious package left outside of a church in New Miami, Ohio, was reported to an Ohio bomb squad. As they approached, they heard purring instead of ticking. Inside the bag, a cat and six newborn kittens were found. Not a bomb, just an explosion of cuteness! A note left inside the bag indicated that the mother cat, named Sprinkles, had given birth to the kittens the day before, according to United Press International. The feline family was taken in by Animal Friends Humane Society and are now placed with a foster family, while the kittens continue to grow and develop.

## Wax patrons fill seats

We often wonder what it would be like to have dinner with a celebrity, dead or alive. At the Peter Luger Steak House in Brooklyn, New York, patrons can at least be in the same room as five famous faces. Wax figures of celebrities like "Mad Men's" Jon Hamm, Michael Strahan, Jimmy Fallon, Al Roker, and "Breakfast at Tiffany's" star Audrey Hepburn have been borrowed from Madame Tussaud's, according to the AP. The figures are placed throughout the space and sat at tables to enforce social distancing. The restaurant's owner thought of the idea when restaurant capacity was lowered to 35% due to the coronavirus restrictions.

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[redgreenpaper.com](https://redgreenpaper.com)

# 2021-2022 financial aid priority deadline

## Submitted by Minot State financial aid office

Completing the Free Application for Federal Student Aid (FAFSA) is the first step toward getting federal aid for college or graduate school. Students can start preparing for the Fall 2021 semester by filing their FAFSA now for the 2021-2022 school year. Completing and submitting the FAFSA is free and quick.

The FAFSA determines eligibility for only one academic year; therefore, students must apply for financial aid every year. Even if a student only received loans the previous academic year, the FAFSA should be filed every year. The federal need analysis formula is complex enough that even a simple change in circumstances may have a

big impact on eligibility for need-based financial aid. For example, an increase in the number of children in college may significantly reduce the expected family contribution, which would increase eligibility for financial aid.

For the Fall 2021 and Spring 2022 semesters, students returning to Minot State University should complete and submit the 2021-2022 FAFSA online at [studentaid.gov](https://studentaid.gov) or download the new mobile app, myStudentAid. Enter the Minot State school code, 002994, on your FAFSA to have your information sent to Minot State. Submit your FAFSA by April 8 in order for the Minot State financial aid office to receive your results by the priority-

funding deadline of April 15.

Students meeting the priority-funding deadline will be considered for all federal student aid programs including the Federal Pell Grant, direct loan, work study, and Supplemental Education Opportunity Grant programs. Applications received after the priority deadline will be accepted, but funding may be limited to the Federal Pell Grant and Federal Direct Loan programs.

To log in and sign a FAFSA electronically, students will use their federal student aid (FSA) username and password. The FSA ID, a username

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# World Sleep Day

Submitted by Morgan Oppen  
Minot State nursing student

March 19 is National World Sleep Day. This year, the theme is: regular sleep for a healthy future. World Sleep Day is specifically focused on the benefits that regular sleep can offer. According to the World Sleep Society, more than 88 countries around the world participate in World Sleep Day. This day was created to celebrate the importance of healthy sleep in our everyday lives.

Sleep may not be one of the first things that comes to one's mind when thinking about the different ways to care for ourselves and our bodies, but it is very important. Sleep is involved in many of our bodies' natural functions including control of inflammation, cardiovascular regulation, and hormone regulation, among many others. Poor sleep quality, on the other hand, has been associated with many adverse effects. Unhealthy sleep

has been correlated with poor mental health, impairments in cognition, and impairments in executive function. Executive function is mental skills like inhibition, emotional self-regulation, self-motivation, and planning and problem solving, according to Understood Team.

As college students, many of us like to sleep in whenever we can, but the World Sleep Society recommends having a specific bedtime and waketime every day to help your circadian rhythm. For those who enjoy naps, it is recommended that naps be less than 45 minutes per day.

Sleep tips:

- Do not drink caffeine for six hours before bed, and do not eat spicy, sugary, or heavy foods four hours before bed.

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# Easy ways to reduce stress

Submitted by Anna Zelinski  
Minot State nursing student

As college students, life can be very stressful. Some are juggling schoolwork with a job or even a family. It is all overwhelming, and it can take a toll on a person's mental and physical health. Finding ways to promote mental health is crucial during these times. Below are a few ways to promote mental health by reducing stress without taking up too much time.

The first thing to be remembered, is to take time for yourself. It doesn't have to be long, however; taking just an hour to sit and take a deep breath could change your whole day. Take this time to do something that is enjoyable. It may be challenging at first but over time, the level of stress will decrease.

Another easy way to relieve stress is aromatherapy. In the last few years, essential oils have taken off as an alternative therapy. According to Acupuncture and Aromatherapy, "lavender, for instance has long been used as a remedy for stress, anxiety, and sleeping problems."

Not only can these oils decrease stress levels in college students, but also

help them sleep better as well. This type of therapy is relatively inexpensive and takes minimal effort. Even when on the go, it is easy to bring the oils along or place a drop or two on a mask to smell throughout the day.

Another easy and free way to reduce stress is by listening to calming music. While doing this, taking a few slow deep breaths may be beneficial as well. During this time, reflect on the day and the positive things happening in life instead of all the negative. These are all simple things that can be done at home, school, or work on a stressful day. Although a nice spa day might do the trick, it can be time consuming and more expensive.

At the end of the day, everyone needs a little bit of time for themselves to unwind, reflect, and relax. These are just a few simple ways to do just that. College can be stressful. It is important to take a step back and remember that there are good things happening. All of these remedies can work together to change a bad day into a good one.

## VOICES ON CAMPUS: WHAT ARE YOUR PLANS FOR SPRING BREAK?

"My plans for Spring Break are to make pasta from scratch, sleep, and relax!"

- Amy Manske

"Staying in Minot."

- Kaiden Cardoso

"I plan on going to someone's house in Wyoming with a big group of friends."

- Brody Mohr

"I'm staying here - I am Canadian, so I'm stuck here."

- Mikayla Woodward

"I will be staying in Minot because the track team is going to continue training for our outdoor season, and we have our first outdoor meet towards the end of Spring Break."

- Whitney Hanson



Graphic created by Alyson Heisler

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# RG Editorial

## 2021: The Year of the Woman?

Alyson Heisler  
Editor

We'd like to believe that being a woman is becoming a bit easier with each year that passes. A variety of advancements related to women's rights, representation in government, access to healthcare, and other opportunities have happened — at varying rates — across the world.

The year 2020 was speculated to be labeled the Year of the Woman. The original Year of the Woman was 1992 — a year in which many female senators were elected. The term again returned in 2018 after 103 women were elected to the House.

If these women's political accomplishments were given such a grand label, wouldn't the achievement of Kamala Harris being elected vice president also be labeled as such? Other notable statistics include the fact that the percentage of women candidates in gubernatorial and state legislative races saw a jump from 25% to 32% between 2016 and 2020, according to OpenSecrets. Women made up 44% of Democratic candidates and 23% of Republican candidates in 2020 elections.

While this is a vast improvement, there is still room for more change.

Additional information about the status of women is available through the United Nations Commission of the Status of Women (CSW). Their goal is to improve the promotion of gender equality and the empowerment of women. Each year, CSW members come together to plan and discuss how they can use their platform to make change and improve the lives of women. The priority theme for 2021 is women's full and effective participation and decision-making in public life.

Throughout this month, remember to consider the changes that have been made and do not shy away from considering what you can do to improve the lives of women, whether that be starting a conversation, voting, or showing support for women across the world.

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

## Sigma Delta continues tradition of helping the Minot community

Lauren Reeves  
Features Editor



Courtesy of the Sigma Delta Sorority

### Sigma Delta members

After eight years of existence, the Sigma Delta Sorority continues to advocate for women and children in the community, create bonds with other campus organizations, and create friendships through participation in the sorority.

Sigma Delta was started on Sept. 15, 2013 by Breanna Benson, Kylie Gammas, Samantha Villegas, and Clare Wollschlager. The sorority takes its name to honor an earlier version of the organization that was

on campus from 1926 to 1947 before it became a national sorority. The goal of the sorority is to strive to make a positive impact on the lives of young women through service, loyalty, and friendship. The values that the sorority holds to are sincerity, integrity, grace, mindfulness, and ardor.

"The sorority does a wide array of events," said Erica Summerour, president of Sigma Delta. "Some philanthropic

events we have done in the past include, but are not limited to, fundraising for Alex's Lemonade Stand, hosting drives for food and household goods, creating cards for the elderly in nursing homes, and going to a local assisted living center to paint the nails of the residents."

Summerour added that the sorority makes themselves known on campus by

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# Minot State University alumna in the running for Miss North Dakota

Lauren Reeves  
Features Editor

After competing and winning local competitions, former Minot State University student Sidni Kast has her eyes set on the Miss North Dakota crown this summer. Kast won the title of Ms. Norsk Hostfest in 2019 and initially had no intention to run for Miss North Dakota.

“What first drew me towards the Miss North Dakota Scholarship program was the community involvement and the scholarship opportunities available,” said Kast. “This will be my first time competing where many of the other girls have been doing this for several years because they enjoy it so much. If you would have asked me five years ago if I would be doing something like this, I probably would have laughed. But then I realized that the pageant world has really progressed in getting away from the exterior expectations and focusing more on what each applicant has to offer on the inside.”

One of her goals for the competition is to raise awareness for mental illnesses and ending stigmas against it, and Kast believes that the competition is a great platform for her to share her message.

“I am very passionate about my social impact statement because I have experienced, first hand, the loss of my cousin through suicide,” said Kast. “He, like many others, was not the ‘stereotypical’ suicide victim. My ability to speak on these issues is what

makes me a qualified applicant for the job of Miss North Dakota”

While the Miss USA pageant includes a swimsuit competition and no talent portion, Kast states that the Miss America Organization — which Miss North Dakota is associated with — is different. According to Kast, the Miss America Organization focuses on scholarship and service, and has a talent portion in the competition, which is highlighted in the requirements for Miss North Dakota.

“The significance of being Miss North Dakota is being a role model but it is so much more than that. It gives young women like myself the opportunity to succeed in more ways than one. Scholarship money is not only given out to the winner but to multiple contestants who can use it towards their education,” said Kast.

The main requirement to run for Miss North Dakota is to win a local title. There are several competitions that go on throughout the year that allow women from all over the state to have a chance at winning. Another requirement is that the applicant raise all of the scholarship funds through sponsors. For anyone who would like to give a personal or business donation, email [sidnikast@gmail.com](mailto:sidnikast@gmail.com) for more information. All of the money goes directly to contestants in forms of scholarships when awarded.

The competition will take place this June in Williston.



Submitted Photo

Sidni Kast, a Minot State graduate, hopes to become the future Miss North Dakota.

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## MSU student art show preparations in full swing

Chad M. Olson  
COMM 281

Preparations for the Minot State Juried Student Art show are now in full swing on campus. The event will run from March 25 through April 24 at the Northwest Arts Center and features artwork from various university students.

The show intends to help art students learn the process of preparing their work for an art gallery exhibition. Although not exclusively for art students, the event is part of the curriculum for art majors.

All students are encouraged to submit their artistic works for show consideration. The only requirement is that participants must be current Minot State students. Entry forms for the contest can be found either on the Northwest Arts Center website, [minotstateu.edu/nac/](http://minotstateu.edu/nac/), on the second floor of Harnett Hall in the art commons area, or at the Northwest Arts Center. The entry deadline is March 22.

According to Northwest Arts Center Director Greg Vettel, this will be the second time that the annual juried student show is online because of the pandemic. The show will be juried by Williston State College painter and instructor Alan Tenbusschen.

"He'll actually be coming not just as the juror for the student show, but as a visiting artist for Flat Tail Press. He's going to be making a print with Flat Tail Press, giving a public lecture presentation as part of our art seminar series on that Friday, March 26, and then, of course, judging the art show and attending the

reception," Vettel said.

The exhibition will include monetary awards for Best of Show and various merit awards, Vettel said. The event will also feature a photography award from Ryan and Karina Stander, which is usually in the form of a photo book. Ryan is an associate professor of art at Minot State and Karina is the university's Residence Life director.

New to this year's competition will be a Student Choice award, with the prize yet to be disclosed. Another benefit to students besides the awards is the opportunity to have their work displayed in a professional setting.

"It gives them valuable experience in how to submit to a juried show and prepare their work for exhibition. Oftentimes, this might be the first opportunity that students have to display their work in a professional exhibition," Vettel said.

The art show is open to all mediums including photography, painting, sculpture, animations, and movies. More information about the art show can be found on the Minot State or Northwest Arts Center website.

The exhibition reception will be on Thursday, March 26 at the Northwest Arts Center from 6:30-8 p.m. with a live feed available online for people wanting to see the show and hear the juror speak.

## ... North Dakota Women continued from page 1



Photo courtesy of the State Historical Society of North Dakota

Hazel Miner, age 15

The writing on the photo reads, "Hazel Miner has perished March 16, 1920 and saved the lives of a younger brother and sister."

There are historic women within every location, race, and culture. Why not shine the spotlight on some of North Dakota's own historic women?

Hazel Miner is notorious for her heroism. Miner was only 16 when she gave her life for her younger brother and sister. We know how bad North Dakota winters can be, but winters were especially striking in the 1920s.

The Miner family was on their way home when their wagon was overturned by the winds of a harsh blizzard. Her father ventured home to bring help and left Miner with the task of keeping her two younger siblings warm and alive. She covered Emmet, age 11, and Myrthith, 8, in blankets and laid herself on top of the blankets to keep the snow from blowing in on the children.

She proceeded to talk with and jab at the children to ensure they were okay throughout the night. When morning came and the search party found them, Miner had passed due to the extreme cold. Her bravery, selflessness, and strength cost her life but spared the lives of her two siblings nestled underneath her. She did as she was told — ensuring they stayed warm and alive.



Photo courtesy of the Anne Carlsen Center  
Dr. Anne Carlsen was born without forearms or lower legs and had a passion for helping those with mental and physical disabilities to achieve growth and independence.

Another strong, impactful North Dakota woman was Anne Carlsen. Carlsen is an inductee to the National Teachers Hall of Fame at Fullerton College, recipient of the Theodore Roosevelt Roughrider Award, recipient of the President's Trophy as Handicapped American of the Year, recipient of the W. Clement Stone Foundation Endow-a-Dream Award, appointed vice-chair of the President's Committee on Employing the Handicapped, recipient of the L.B. Hartz Professional Achievement Award, and recipient of the Helen T. Graven Award for Outstanding Christian Lay Work.

Despite being a quadruple congenital amputee, she became a high school teacher, principal, superintendent, and so much more. Carlsen's goal was to provide treatment and a home to children who were handicapped, autistic, and in need of rehabilitation services.

During her life, she was able to dedicate the majority of her time to helping children, raising funds, teaching, and rehabilitating students under her care. Even after her death,

she continues to help many children through the Anne Carlsen Center.

The Anne Carlsen Center provides services to those with severe multiple disabilities and also contains a pool where physical and social therapies are administered. The campus contains several units for living based on individual needs. The center has many programs including, but not limited to, a gardening program, in-home programs, solarium projects, art programs, and recreational and educational programs.

Despite her own disabilities, Carlsen never let them slow her down. In fact, she used them to fuel her passion for providing help to those like her. Little did she know the impact she would have on future generations and the hope she would inspire.

It doesn't take a woman of extraordinary measure to do exceptional things. You don't have to be the most educated, the strongest, the wisest, the most able bodied, fit a certain physical description of hair/skin/or eye color, be a certain age, or gender.

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Submitted photo

## Chaos Games: A place for gamers to call home

Mason Collins  
COMM 281

Video and trading card games have been a beloved hobby to many for over 30 years. But one of the biggest problems for players since the 90s is finding a place where everyone can hang out and play. With the help of a few members of the Minot Fighting Game Community (FGC), Joe Hurt, the owner of Chaos Games, solved this issue.

Chaos Games is a store dedicated to cards, comics, and collectibles in downtown Minot. For years, the store has been dedicated to trading card communities like Magic the Gathering and The Pokémon Trading Card Game. Hurt provides a place for people of all ages to come and join in on the fun, anytime during the week.

Two years ago, Jeremiah Johnson approached Hurt in hopes of setting aside space for video fighting game players to come and meet up each week. Now, the group meets every Saturday in the basement of Chaos Games to hang out and

play games like Street Fighter, Mortal Kombat, and Super Smash Brothers. No game is off the table; if someone shows up wanting to play a game nobody has heard of, chances are someone will be willing to try it out.

This has given multiple people a place to call home and has led to friendships that wouldn't have happened otherwise. To some, fighting games are just another genre of video games, but for others, they are a way of life.

Jaylen Fjeldahl, a player from Minot, explains why he loves the FGC so much.

"By far, my favorite aspect is the personal interactions between everyone here that you could never experience online," Fjeldahl said. "There's nothing like having someone right next to you that is happy to help you improve in any way. And there's never a more profound feeling than after hours of practice, finally achieving a personal

milestone to the cheers of a crowd of friends."

Before COVID-19, the group would also host tournaments sponsored by Chaos Games. A monthly tournament called Chaotic Clash was held for whatever games were popular at the time. People would show up from around North Dakota to come test their skills against like-minded people. It became not only a fight to prove you were the best, but to show that your group could take on any challenge.

It may seem silly to think that video games are taken so seriously, but to the people there, these games were their life. Competitors play their hardest to try and take down those above them.

Each scene has their top players, like Fjeldahl or Moses "Llomomo" Weefur. Rivalries started and with that, it became far more than a game. There

**See Chaos Games— Page 11**

## Health and wellness legislation proposed

Nina Arias  
COMM 281

It is no surprise that this year has been hard on everyone. An unexpected victim is young adults. According to North Dakota health officials, the rate of teen suicide within the past year is well above the national average.

After a proposal made on Feb. 10, lawmakers in North Dakota are considering making mental health and wellness studies mandatory for middle school and high school students. Some schools have various types of wellness classes, but the proposed bill would make it mandatory for students to take at least one course. The bill allows for school districts to work with online learning so all students can get help. This would come at the perfect time as most students are feeling neglected and alone.

According to the Child and

Adolescent Behavioral Health Center, now is an especially stressful time for middle and high school students. They've had their routines and schedules taken from them. Their extracurricular activities and friends have been removed by force and they are now left with so much time on their hands for the first time in their lives. The ability to socialize keeps people happy and maintains their social stability, being quarantined poses a threat to this. The center also explains how many adolescents who depend on money from their jobs to pay for school or contribute to household expenses are facing layoffs or reduced hours at work.

The mental health and wellness classes can better prepare students to face challenges and cope in a healthy way. Death is never the answer, but hopefully students can learn this in their new courses should lawmakers choose to pass the bill.



Carson Wentz  
Pro Quarterback



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# RCB Editorial

**Philip Green**  
**Sports Editor**

For years, the sporting world has been dominated by men. At one point in American history, only males were allowed to participate in sports.

Of late, it feels the sporting world is finally embracing the realization that females bring so much to sports. Society is now beginning to recognize all that female athletes do.

Sabrina Ionescu and the University of Oregon women's basketball team went from being a forgotten program on campus, to selling out every home game and becoming must-watch TV. Kobe Bryant and many NBA players over the recent years have worked to highlight the WNBA.

It's a start towards giving female athletes the recognition they deserve but it's far from where it should be. Female sporting events are rarely shown on TV unless it's the

Olympics. Sports' social media are working towards posting more about females, but still have a ways to go.

As we continue to work hard to emphasize how great female athletes are, we must not forget all the females in sports who aren't physically playing the game. There are female coaches, athletic administrators, referees, etc., who have as big of an impact on the sporting world. What they are doing shouldn't be swept under the rug — women in sports can be impactful in so many areas. It offers female athletes someone they can connect with and relate to in a male-dominated field. It offers diverse experiences, thoughts, and ideas.

Finally, it also shows young girls around the world that they too can have an impact on the sporting world.

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

## Celebrating female athletes



Minot State women's hockey players line up for the national anthem.

Photo by Joshua Strong

# STUDENTS

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## Female leadership in Minot State Athletics

Calli Delsman  
COMM 281

March is Women's History Month in the US, but during this time, women should also be honored for the steps they take to make history. At Minot State, specifically in sports, the percentage of women in the staff directory — from administration to coaches to faculty services is 22.7%.

It is common in any workforce that there are more men in title positions than women. Of that 22.7%, only 5% are in head coach/management positions at Minot State. One of these leaders is Allison Kelly, coordinator of marketing and promotions and senior women administrator (SWA) at Minot State.

"Since high school, I have participated in sports, either by playing volleyball and basketball, or managing girls' and boys' basketball, football, and baseball. I attended the University of Central Missouri where I obtained my bachelor's and master's in sport management and was an intern and graduate assistant for the athletics marketing department," Kelly said.

After graduation, Kelly worked with the Kansas City Chiefs as a fan experience representative for a year, and was a marketing coordinator at the University of Akron before finding her way to Minot State. In short, Kelly has been involved in sports for a majority of her life and knew she wanted to work in college athletics.

Kelly already has an amazing stat sheet when it comes to her career, but she is still reaching for the highest title when it comes to college athletics so she can be in a role where she can bring a different type of passion to the department.

"Professionally, I want to continue in my leadership role and keep at the SWA position while obtaining an athletic director position or assistant athletic director position within marketing," Kelly said.

Amber Renz, graduate assistant for the women's basketball team, has also grown up around sports and chose a sports career to be able to change her experience with coaches.

"I grew up playing basketball, with my dad being my coach throughout all of it. I truly didn't know that I wanted



Submitted photo

Amber Renz is a graduate assistant for the women's basketball.

to be a coach until it was my final season in my collegiate career, and I didn't want to let basketball go. I also chose this career because I wanted to be the coach I never had during my collegiate career," Renz said.

With Renz's experience playing collegiate basketball and striving for her graduate degree, she hopes to take her knowledge and positively impact many future players' lives that she coaches.

"I want nothing more than to push them to be the best both on and off the court. Being an athlete my whole life, I have learned so much from the sport of basketball that I want to teach the players that will walk into my life," Renz said. "I want every single player to feel confident and believe in themselves. At the end of the day, wins and losses do not matter to me, all that matters is that I put my heart and soul into young ladies who I believe can accomplish anything they

set their mind to."

When it comes to being a female athlete or a woman in any level of athletics, they are sometimes looked down upon compared to their male colleagues. Both Kelly and Renz are grateful for the opportunities that they have been given thus far. But with these opportunities, and the positions they are in now, they want to use their platform to continue to change the way females are perceived in sports. "Personally, it's amazing to see the changes already. Change doesn't happen overnight, but I feel very proud to be a female and see female coaches in the NBA, female referees in the Superbowl, and a female vice president. As much as females want change, we also must remain patient in the process and continue to work towards our goals," Renz said.

See leadership— Page 11

## 'Mental Game' podcast discusses mental health among student-athletes

Heather Hoffman  
Staff Writer

All too often, students fight the battle of dealing with their mental health. Many have found methods to help, whether that be having a creative outlet or having a trusted friend, mentor, teacher, or family member. However, others may not have the option of talking to someone or know a great way to help themselves work through the day.

Philip Green, a sophomore at Minot State who is a member of the football team and sports editor for the Red and Green, decided to take a step, in hopes of being able to help students in need. Green has been involved in sports his whole life and recently embarked on developing his own podcast called "Mental Game" directed at student-athletes who struggle with mental health.

Mental health is something that Green has always been passionate about, and when the opportunity to record something out of Prairie Sky

Breads presented itself, he jumped at it. Green's podcast talks about a broad variety of topics within the discussion of student-athlete mental health including resources available at Minot State, being a mental health advocate, and talking about athletic performance when dealing with mental health.

"Mental Game" also offers tips and resources for helping with the struggles associated with being a college athlete. In the future, Green hopes to be able to discuss the importance of women coaches in sports, as well as how to make administration aware of the struggles that athletes experience.

Each episode covers something new, and each guest on the show brings up different points and views, but the overall message is clear: mental health in student-athletes needs to be a bigger discussion.

"My hope is for it to be a platform

See mental game— Page 11

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## Female athletes shine at Minot State University

Photos by Joshua Strong



### ... priority deadline continued from page 2

and password, can be completed online at studentaid.gov. If a parent signature is needed on the FAFSA, the parent must apply for their own FSA username and password. The FSA ID is used to submit the FAFSA and to access federal loan information.

In the finance portion of the FAFSA, the IRS Data Retrieval Tool (DRT) should be used, if possible, to transfer data from a student and/or parent 2020 federal income tax return to the FAFSA. Using the DRT will ensure accuracy and possibly avoid being selected for verification.

The financial aid offers for returning students will be available on Campus Connection in early June.

For more information, please contact the Minot State financial aid office by calling 1-800-777-0750, 701-858-3375, or email financialaid@minotstateu.edu.

### ... World Sleep Day continued from page 3

- Do not use your bed for homework or recreation activities. Use your bed only for sleep and sex. If you use your bed for other activities, your brain will not relax once you are ready to sleep.
- Do not exercise right before going to sleep.
- Avoid electronics for a couple hours before going to bed. Electronics bring blue light into your system, and the brain correlates blue light with daylight, making it difficult to fall asleep.
- Do an activity that does not involve electronics like reading a book, writing in a journal, or meditating to keep your mind at ease before bedtime.

Keep these tips in mind during the day before you go to bed. Sleep is very important for emotional and physical wellbeing. Applying these tips can help many aspects, including better cognition and improved mental health. Sleep well on World Sleep Day!

### ... Sigma Delta continued from page 4

attending a lot of on campus events.

"Every semester, we are present at the club fair or people can find us on Instagram and Facebook to be notified of our rush events," said Summerour. "These events are open to everyone and are held on campus to get to know the women of Sigma Delta. They include things such as game nights, planting flowers, and painting. At the end of these events, anyone who has expressed interest will get an email inviting them to become a gem, which signifies that they're a potential new member."

After the club rush week and opening events, Summerour shared that events are catered to the members of the sorority and the community for the rest of the year.

### ... North Dakota women continued from page 6

These women were brilliant successes, not because their lives were easy or that they were given the opportunity to be successful. They became successful because they took the time to care for others before themselves; they stood in the doorway of adversity and propped it open for everyone that followed in their footsteps. They elected to consistently keep pushing themselves to do and be the best they could be.

### ... Chaos Games continued from page 7

have been sad moments, such as Weefur showing up from Fargo to take the crown from Fjeldahl and the Minot gang in the Tekken Tournament.

There have also been moments that were indescribably hype, like Elijah "Roger" Crowe, a new player to the game of Tekken, coming in to beat a longtime player from Fargo, causing an uproar of cheering from the whole Minot crowd. But in the end, the players got back up, shook hands, and laughed about the games.

Video games sometimes have a stigma that only nerds play them. This goes for card games, too. But each player takes these games as seriously as any sport. To them, this is not only a hobby, but their life.

Players spend hours practicing on their own and with friends so they can

"Through the rest of the semester, the group of gems will meet once a week guided by active members to create a service project of their choice to help the community," said Summerour. "After the completion of this project, the women can be invited to become active members instead of gems. On campus, we have held bake sales as well as used campus as the main point for the drives we hold to benefit others. We do not limit what we will do to benefit the community. The sorority also attends graduation every year to sell roses for the graduates."

Despite COVID-19 making it difficult to do things, Summerour said that the sorority is still finding ways to host events throughout the school year.

Extraordinary women are not designated to only exist in the past — there are many women making their mark on history today. Women of today are the future.

When people look back on history decades and centuries from now, what will they say you have done? Who will they say you were? What mark did you leave on this world? Be bold, be brave, be strong, be kind, be tolerant, be confident, be YOU, and make history!

show up on Saturday ready to beat the person who has been holding them down. The best thing about the scene is not the competition, though; it's the teamwork and friendships that form.

Every Saturday after everyone is eventually kicked out for staying way too late, the people from the FGC go out to grab food and just hang out. It doesn't matter where, they just love being with each other, and this never would have happened had there not been a place where they could meet up and play the games they love.

The games are open to anyone of any skill level to play. Information about future tournaments is available on the Minot FGC page on Facebook. Those who are interested can show up to Chaos Games on Saturdays around 5 p.m., and anyone there would be more than happy to show them to ropes.

### ... leadership continued from page 9

"I want to continue breaking barriers not only for students and individuals interested in sports, but for women as well. I think it's important to have a diverse group of individuals as a part of an organization for feedback on different situations, but as well as being able to move forward," Kelly said. "I think women can bring the passion and kindness that can sometimes be missed in departments, and I hope and pray that one day we see more females and other diverse figures within athletic departments."

Renz and Kelly both hope to continue their steps toward change in

### ... mental game continued from page 9

and resource for student-athletes, so it's a place they can go and talk to get things off their chest," Green said.

He wants to be able to show students that they aren't the only ones going through struggles. Student-athletes are often thought of as "having it all" because they received a scholarship and are doing good in their sport.

Often, mental struggles are just brushed off.

Women are viewed as "being too emotional," while men are told they're "being too weak." Athletes are pushed to do their best no matter what, and this can create a difference between those who play college-level sports and those who don't: two separate lives.

"I think there's a disconnect between

athletics at Minot State but don't only want change on campus, but all over the country so females in all roles feel comfortable to share their ideas and let their voice be heard.

"Women supporting women needs to be a daily priority. We all need to be there for each other, especially in a male-dominated sports industry. Yet, we must be willing to work together with men in order to accomplish our goal," Renz said. "If I could give any advice to younger girls who want to be in the sports industry, it would be to never strive for someone else's greatness but to remain focused on your personal goals and never lose yourself in the process."

the educational and athlete side," Green said.

Coaches may think that the students only have to worry about lifting, attending practice, and focusing on preparing for the next game, while professors think their students only need to focus on classes, homework, and studying for the next test.

Green also highlighted how important it is to talk to people and how student-athletes can go to their team, coaches, family members, or friends to talk.

Those who are interested in hearing more from Green or know someone who could benefit from his podcast "Mental Game," past episodes are available on YouTube. Listeners are also able to view the podcast in-person on Thursday evenings at 6:30 p.m. at Prairie Sky Breads.

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