

RED & GREEN

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MINOT STATE UNIVERSITY

In this issue:

Page 2
A Deep Dive Into
Exercise Science
at MSU

Page 3
What I Learned
In My First Year
As a Father

Page 5
How To Start
Your Own
Podcast

Page 8
Sports

Inside Look at Ed Majors

Carly Johnson
COMM 281

Minot State University has one of the best education degree systems around! Teachers educating teachers, it's truly a wonderful major to pursue. I decided to interview Micki Kilyanek, an elementary education major, on her experiences here at Minot State. For some background, Micki is a senior here at MSU, pursuing her degree while still being a full-time athlete.

How does she balance work, athletics, class, and clinicals? Micki's answer is, "It's incredibly hard to balance everything. I know so many people both inside and outside the education program who struggle balancing

everything life throws at you, but at the end of the day it just comes down to time management." When asked what the best part of being an Ed major was, Micki replied, "I would have to say the entire education program as a whole. "I have met some of my best friends in education classes, the professors are just so incredibly supportive of everyone. They want to see you succeed and are more than willing to help you along the way."

The ed department is remarkable in both the educational side of things, but also on the emotional/mental side—being willing to work with you and help you reach your goals. Edu-

cation majors should be commended for striving to educate future generations. The biggest piece of advice from Ms. Kilyanek is, "Don't listen to the background noise. There are going to be people who tell you that you shouldn't go into teaching for so many different reasons. You also see many teachers leaving education on social media... but at the end of the day, if teaching is something you are passionate about then you need to pursue it."



Photo via MSU website



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A Deep Dive into Exercise Science and Rehabilitation

Trevyn Badger
COMM 281

For incoming Freshman to University, one of the hardest things can be figuring out what you want to do for the rest of your life. Thankfully, Minot State has a variety of options for students to choose from. New to Minot State in 2020, the Exercise Science and Rehab major offers a lot of different pathways for students wanting to help people within the health and fitness industry. This major develops students into graduates that are tailored to helping enhance the quality of life for individuals. With 7 different pathways, it allows you to choose the path that fits best with your career path. With hands-on experience, students are able to experience for themselves what they love best. The first option is the Professional Certification Route, that lets graduates enter the workforce immediately after receiving their diploma. Senior, Ashton Erickson, chose this path Freshman

year and hasn't looked back since. When asked about what the ESR major has provided her, she had this to say, "It has provided me with a space to learn in a hands-on environment and given me opportunities to expand my knowledge outside of the school and program itself through certifications". Going into her last semester of college, Ashton has excelled in this program. She has gone through the school and is getting different certifications including, personal training from NASM, Schwinn indoor cycle instructor, and at the end of this semester she will be YogaFit level 1 certified. From just this one pathway, Ashton has been able to solidify herself in the ESR community and given herself the best chance for a successful career. What sets this pathway apart from the others, is the readily availability of jobs straight out of college. While the rest of the avenues are a great way to get your

foot into the door for more intricate skills, the certification route gives students the ability to start working and climbing the ladder as early as possible. The next three pathways are, Pre-Athletic Training, Pre-Physical Therapy and Pre-Occupational Therapy Routes. Each of these are professional routes that allow students to achieve a Master or Doctorate degree. They typically work with athletes in the rehabilitation process of sports. If you like working with athletes or being near sporting events, this is the route for you. The final three pathways deal with healthcare exclusively including, Pre-Physician assistant, Pre-Chiropractic and Pre-Med. What is unique about these three is that they are steppingstones into schools that solely focus on one aspect of ESR. These jobs are in high demand and there will always be a public need. For Pre-Physicians, employment of

physician assistants is expected to grow 31% by 2028. Even though Minot State is a smaller school, compared to other schools in the state such as UND and NDSU, it provides students with the opportunity to explore jobs in smaller class settings. First-year students are tasked with planning their future at such a young age, and it can be overwhelming. However, Minot State makes their job a lot easier, by giving a number of options and multiple pathways that offer the greatest rate of success. Exercise Science and Rehabilitation is just one of many major options that are available at Minot State.



Photos via MSU Website

What I Learned in my First Year as a Father

Parker Striha
Staff Writer

Becoming a parent is, without question, one of the scariest but most rewarding things someone can go through. It really teaches you a lot of things that you may not know about yourself. I became a father in December 2022, at the ripe age of 20. I was working a part-time job, while also being a full-time student at Minot State University. As my daughter's first birthday rapidly approaches, I wanted to look back at three things I have learned in my first year as a father.

It's okay to not be the center of attention.

I didn't fully realize how this was going to affect me until my daughter was born. I had gotten used to most people focusing on my fiancé because she was the pregnant one. Those feelings and emotions were multiplied exponentially, however, when my daughter arrived.

Once she was born and we heard her first cry, I instantly became the least important person in the room. While I didn't think I deserved the attention that my fiancé and baby were receiving, I still would sit and wonder why people weren't checking on me. Why weren't people asking how I was doing?

I realize now how selfish those thoughts were. My fiancé had gone through one of the greatest traumas a person can endure, and my daughter was brand new to the world. What did I do? I sat in a chair in the corner, comfortable and experiencing no pain. They clearly deserved all the attention from everyone. After thinking, it is normal and more than acceptable for me, or any father, to not be the center of attention.

As time goes on, and your baby grows, the

same thing continues to happen. Most people are going to want to come see the baby, and you will get pushed to the back burner. I have learned to just accept that it happens sometimes. Babies don't stay little forever.

Babies learn so much more than we realize.

This is something that I just recently started to catch onto with my daughter. My fiancé, daughter, and I had just gotten back from a weekend trip to visit family. We all needed to clean ourselves up, so I decided to bring my daughter into the shower with me. That way we both could get clean, and my fiancé could have time to herself. After I had washed my daughter, and we were just standing under the running water, I ran my hand across her face to wipe the water away from her eyes, nose, and mouth. My daughter then looked

me in the eyes, raised up her hand, and slapped me on the cheek.

I know that she was not trying to hurt me, and I know that she probably wasn't fully aware of the act she had committed. I thought it was funny. I wasn't expecting it to happen, but I couldn't get angry at her. She is still learning how to control her body. She felt me wipe my hand across her face, and she wanted to do the same to me. It just didn't work out the way she intended it to. Since then, I have tried to be very careful and particular with the things I do around here. They may not all be bad things, but I don't want her trying to do certain things because she saw me do it.

Nothing prepares you for being a parent.

Chances are that most of us had to keep an egg "alive" or bring

home a robotic baby, while we were in middle school or high school. The tests were supposed to show responsibility and give students a look at the stress of being a parent. The school experiences could not be any farther from what being a parent is actually like. The only similarity I can think of is the negative repercussions if you don't succeed. In school, if you crack the egg or don't take care of the robot, you are most likely just going to be getting a bad grade. Nothing too serious happens. However, with an actual baby, if you fail to take care of it, consequences can range from just a rash to hospitalization.

That may seem obvious, but I don't think there is anything like parenting other than parenting. There is no foolproof parenting simulator that can make you the perfect mother or father. You

need to experience the poopy diapers and the 3 a.m. wake up calls because the baby is hungry. You need to experience having to dress and prepare a baby because you are going out of town. Once you become a parent, whether you're a mother or a father, you are now responsible for the wellbeing and life of another living being. There truly is nothing that can get you prepared for such a monumental task.

R&G Editorial

Life After Graduation

Kylie Koontz
Editor

After having taken 18 credits every year and studying abroad this past summer I found out I was able to graduate a semester early. Being able to graduate early is the perfect reward for the hard work I've put in over the last three and a half years.

Graduating early means that adult life also comes early. That means applying for jobs, finding places to live, and apartments to rent. It also means working and making enough money to do all of that, and that can be stressful. Although it can be stressful it is also so exciting! It means a whole new level of independence and a new season of life. As I apply for jobs I find that I have so many more hobbies and goals and ideas of what my life can look like. This new era allows me to

branch out and look for different cities I can imagine myself living in, and apply for several different jobs I know would be fulfilling for me. The toughest part is deciding where to start and where to look.

Many people tell me they wish they could go back to their college days and though I've loved my time in college, I am excited to explore this new portion of my life. I don't think I'll ever wish to go back when there are so many things to look forward too. Since I won't be moving until this summer I will have a lot of time to work. The part I'm most excited about is the amount of time I will have. I have had anywhere from one to three jobs during my college career so moving back down to one job and no classes

sounds like a never ending amount of time.

I am so excited to be able to have time to do more of what I love. This means more time to workout, write, read, and of course work.

With so many opportunities on the horizon there is little time for nervousness as I remind myself that I am prepared and ready to graduate. I've had so many great opportunities here at Minot State and appreciate everyone who was a part of my journey here as I take this next step in life. I will be spending the rest of spring semester here to continue to prepare and look forward to this next big step before I walk in May and officially leave my college years behind.



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The Striha Sports Podcast: How to Start Your Own Podcast

Parker Striha
Staff Writer

In a world dominated by technology and media, podcasting has seen a monumental rise in popularity. There are an estimated 464.7 million global podcast listeners. That is 190 million more than 2019. The number of global listeners is expected to jump to over 500 million in 2024.

There are around three million active podcasts around the world, and that number continues to grow every year. Among the active podcasts, almost 30 million podcast episodes were created last year. The three million podcasts help offer a wide variety of genres and topics that appeal to everyone. Genres include music, sports, business, science, and technology. However, the genre with the most podcasts, making up almost 14 percent of podcasts, is society and culture.

With the popularity, variety, and number of podcasts continually rising, it is extremely easy for

anyone to create and distribute their own podcast. It truly is as simple as just recording yourself or you and some friends talking and posting it. However, being more detailed and refined can help keep your podcast running successfully for longer. I created my own sports podcast in January 2022 called The Striha Sports Podcast. With over 65 episodes posted on YouTube, I have been able to carve myself a small chunk of the increasingly large podcast audience. Although my work is far from perfect, I think there are some simple things that can be done by anyone to create and run a podcast.

Firstly, I think it is important that you and any potential cohosts should start by figuring out a broad idea for the content you want to post. Like I stated earlier, there are countless genres of podcasts, with more being created all the time. You just need to figure out what it is that

you enjoy talking about and are knowledgeable enough on to actually make content worth listening to. If there is something you are passionate about talking about, chances are that there are other people who are interested in listening. You need to know what type of podcast you want to be, to put out the correct content. For instance, it wouldn't make sense for me to talk about the stock market and Wall Street, if my podcast is focused on the world of sports.

Next, I think you need to remain consistent when it comes to posting and putting out content. I also think that this is one of the most important things that any content creator can do. I started my podcast in January 2022. Between January and April of 2022, I posted 40 total episodes. I was putting out more content than I thought I would ever do, and it was only in a span of four months.

I had a new episode getting uploaded to YouTube every two to three days. That schedule helped keep me in check because I knew when I needed to and wanted to post. However, there was almost a full year between the release of episode 40 and episode 41. Despite a chunk of that time being out of my control, it was still a very long time to go without posting.

As I have gotten closer to the end of my college career, and my outside life has gotten busier, my ability to put out content has gone down. Since I started my podcast in January 2022, I have gotten engaged and welcomed my first child into the world, all while working a part-time job and making sure I meet graduation requirements. Things like that can deter people from continuing to create content, and it also can really test a person's love for what they are doing.

I currently have 70 episodes posted on YouTube and Spotify, but I have not posted in two and half months. Time hasn't necessarily been my friend when it comes to creating podcast episodes, but things like that are always going to happen.

Ultimately, I think that anyone can create a podcast. There are always going to be outside factors that can make the process difficult, but that is part of the grind. You don't

need a fancy setup or many friends. As long as you have a way to record yourself and you enjoy what you do, podcasting can be a hobby or career for anyone.

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Empowering Students through Entrepreneurship

Saif Khan
Staff Writer

Travis Smith, is a fifth-year student at Minot State University, majoring in Computer Science and Cyber Security, with minors in business management and entrepreneurship. He is also the president of the Computer Science Club and founded his own company called SeeStudents, LLC. For Travis, entrepreneurship is not a rigidly planned path but a two-part ability to spot and seize opportunities. He says, "Entrepreneurship is the two-part ability to find and capitalize on opportunities. Capitalizing on opportunity is its own separate skill, but I believe that opportunity is developed from a good idea". His perspective centers around the idea that continuous learning through education and problem-solving are essential for executing and capitalizing on these opportunities. Enter SeeStudents, a venture started by Travis, aimed at making higher education economically accessible for students. Acknowledging that students spend significant time on social media without reaping tangible benefits, SeeStudents seeks to redirect a portion of the advertising revenue generated by students back into funding their education. In order to bootstrap funds for the development of the SeeStudent ID product, which is nearing an open beta release, SeeStudents is operating a service called 'SOFT-WHERE." You can find it at <https://www.soft-where.net>. Soft-Where is where you can get your app developed, or a website for your business, club, and much more. SeeStudents also offers advanced AI image-generating and editing services. More information is listed on the website: <https://www.soft-where.net>. Travis's journey as a student entrepreneur is not just about creating a business; it's a commitment to reshaping the intersection of education, technology, and business.



The Logo for SeeStudents LLC.
Photo provided by Travis Smith

Active Shooter Training: Preparing with ALICE

Mellie Wilson
Staff Writer

In the United States, school shootings have become more prevalent over the past few decades. With the United States having the greatest number of shootings in the world, many U.S. schools create more effective drills and techniques in order to be able to survive an active shooting. However, 95% of schools that mandate drills include elementary schools, middle schools, and high schools, yet many colleges do not.

To find more information I participated in the ALICE (Alert, Lockdown, Inform, Cuonter, Evacuate) training in order to find out more about surviving an active shooting. The training covered two sections which were "Awareness and Communication" as well as "Response Options" which were broken down into 6 subcategories. Under "Awareness and Communication" the first section was "Situational Awareness" which was perceiving the environment around you and comprehending the meaning behind your perception. To simplify, the Cooper Color Code of Awareness depicts the stages of someone's awareness. During dangerous situations you never want to be unaware of your surroundings, yet never off guard or panicked. It is best to just be alert and ready to take action.

The yellow, orange, and red codes are your safest bet. You have a 90% chance of surviving by moving, do not freeze. Next, when informing others of an active shooting, it is best to avoid code words and instead use plain language to provide real time information that will help describe the shooter and the situation. Providing thorough yet simple information will help authorities or endangered people determine

their next decision to stay safe while helping others like knowing whether to lockdown or evacuate. Using various communications like calling or texting is a great way to communicate with others assuming the threat is not in proximity to you. Helpful information is letting others know the intruder's location, possession of weapons, and their physical appearance. It is key to stay on the call when calling the police or security.

As a response option, when permitted by authorities, evacuation is an option if safe to do so by leaving personal items behind and proceeding to the rally point

outside of the building. If needed, breaking open windows to exit is permissible. Taking note of students' presence at the rally point is helpful as you will know who is safe and who is more vulnerable to danger.

On the other hand, lockdown is another option. When you do not have an opportunity to escape, it is best to lock the door in the room you are in, as well as barricade it with other items like chairs or desks. Jamming the door with an item placed under that will prevent it from opening if the door opens inward. If the door opens outward, tying a cord or a rope from the inside knob to

a heavy object inside of the room you are in to prevent it from opening. After the doors are secured, spread out and stay away from doors and windows, but do not stay in a corner, because you need to be ready to move. Locate your "go bucket", an emergency classroom kit just in case it becomes handy.

In the worst case, encountering the intruder, know when to use control techniques and distraction techniques. Research shows that the brain cannot perform two functions at a time; therefore, using techniques like noisy distractions overwhelm the attacker giving you time to

make another move. If several people in the room are willing to grabbing and controlling the appendages of the intruder

Because there are so many unanswered questions regarding college active shooting drills, I interviewed MSU's Director of Security, Gary Orluck, to ask how prepared he thinks MSU is for a shooting if it were to ever happen. Most importantly to find out why colleges like MSU do not do drills. The answer to this is quite shocking but simple, which is the overall layout of most colleges. The combination of high population, spread out buildings, and a fluctuating

schedule for most students. It would be challenging for everyone to be properly trained because of most people's inconsistent schedule, as well as the costs that come with preparing drills since other local agencies need to be informed in order to help MSU prepare. In the near future MSU is planning for more training similar to ALICE and sending out training videos in order to better prepare MSU students. Therefore, we concluded that traditional drills are very effective in lower grade schools because of consistent schedules and smaller buildings, yet for colleges personal responsibility is the best.



Staff of the Library and ASC conduct a restraining drill
Photo by Katy Allers



The Cooper Color Code of Awareness that depicts stages of awareness.

R&G Sports Editorial

Jamestown Set to Join the Northern Sun

Philip Green
Sports Editor

A third North Dakota college is set to join the Division II ranks. The Northern Sun Intercollegiate Conference (NSIC) announced that the Jamestown Jimmies have been accepted into the conference by the Board of Directors. The University of Jamestown will now become the 16th full-time member of the conference, replacing Upper Iowa University who departed the conference last year. Following acceptance into NCAA Division II, Jamestown will join the NSIC on July 1st, 2025. The Jimmies will participate in 17 of the 18 NSIC sponsored sports beginning in the 2025-2026 academic year.

Jamestown has spent the last several years at the NAIA ranks, playing in the Great Plains Athletic Conference (GPAC). During their time in the GPAC the Jimmies won nine postseason championship, including most recently the 2022 NAIA Women's Volleyball National Championship. The Beavers will now take on the Jimmies as a conference foe for the first time since Minot State jumped to the Division II ranks. Several of the Beaver athletic teams have played Jamestown as a non-conference opponent these last several year, but Minot State Football has not played the Jimmies since joining Division II. Their last meeting came during the Beaver's transition into the NSIC, a game Minot State won 19-14 in 2010.

This new addition of Jamestown to the NSIC will renew the in-state rivalry.

Jamestown will undergo a 3-year transition into the NSIC once they earn their acceptance into Division II from the NCAA. Jamestown will be added to the NSIC conference schedule during the 2025-2026 academic season, but they will not be able to compete for NCAA Championships. Barring the Jimmies reaching all benchmarks by the NCAA, Jamestown will be eligible for NCAA Championships in the 2027-2028 season. The in-state rivalry between the Jimmies and Beavers will take on a new identify with the addition of Jamestown to the NSIC.

Minot State's Air-Supported Dome is Officially Up and Running for the Winter

Gage Yost
COMM 281

The bubble inflates over Herb Parker Stadium and measures 86,000 square feet of covered outdoor space.

The bubble is an absolute necessity for the fall and spring athletes to continue their training. Baseball, softball, football, soccer, track and field, and cross country all put the massive bubble to good use. Athletes are able to run, throw, hit, and even play games inside.

A majority of the Minot State athletic teams put in a lot of hard work in order to put this bubble up, and help it stay in good shape. Every year, the bubble contractors bring the tarps, tools, and bindings to Minot. Once they unload the tarps onto the field, the athletes get straight to work.

The first step is to unroll all of

the tarps across the football field and get them lined up. Each of these tarps weighs over 1,000 pounds and it takes a lot of people to get them rolled out. Once the tarps are unrolled, they are unfolded and dragged into position. This process takes a few hours.

After all of the tarps are lined up, the corners are inserted into a gap surrounding the football field, and blocks are inserted to keep them in place. There have been bubble set-ups when tarps have flipped overnight due to Minot's high winds and cruel weather. When the tarps are secure, they are then bound together with metal screws and vices. As simple as it sounds, it takes almost an entire day to attach each tarp together.

The next step is to attach the tarps to the exit doors. This is the most difficult and strenuous part of bubble set up. The tarps are

bolted into the doors surrounding the football field. As they are being bolted in, another group of athletes works to complete the final step of the bubble set-up, putting blocks into the edges.

Blocking the edges of the tarps takes a large number of Minot's strong athletes and can take a few hours to complete. Once all is said and done, lights and nets are brought into the bubble through the door and the facilities staff works to set up batting cages, lights, goals, etc. Even after the bubble is all set up, there are safety inspections that are required before it is able to be used by athletes. Even the smallest infraction can make the bubble unusable for the safety of the athletes.

Luckily, Minot State has intelligent athletes and they were able to take care of business the first time around. The bubble is up and running for all to use and enjoy.



On the left MSU Softball is hard at work building the Air-Supported Dome. On the right the fully inflated Air-Supported Dome and be seen.

Photos from MSU Softball's Instagram

New Season, New Coaching, New Team, New Aspects

Hannah Gray
COMM 281

As a first-year head coach, Sal Rodriguez is not only hoping to achieve as a coach but more importantly have their players achieve as individuals. Sal has previous had coaching experience at different levels of baseball and softball by spending several seasons as the assistant coach and one season as the head coach at Bishop Ryan Catholic School. He has also spent a couple of

seasons with the Minot Storm youth program and two seasons on the Minot State Baseball coaching staff. Not only does he have experience playing but this experience of coaching, he is hoping to bring these experiences to the Minot State Softball team this season.

For this season, he states that "Having a clear communication with the expectations that I have for the team which is having great attitudes, energy, and effort will be the

foundation of everything we do as a team." Sal states many times that the ball club overall is phenomenal and that this main goal for this team is to play their best every day and control there controllable.

With every team, their main goal is to win that championship at the end of the season. Sal states that his goal for this season is for his team to bring the program back to the place it was in the past. In the past this team was a true contender at the

conference and regional level and that's the point throughout the season where Sal wants his team to succeed at the end. "We need to be more consistent team against the top five or six teams in the conference, we have to show people that we can beat anyone in the conference."

These team goals will create a underlying truth with having the Minot State Softball team being in one of the toughest conferences. Even though they are in one of the toughest

conferences, Sal states that their toughest competition will be within themselves. "Our goal needs to be the best version of ourselves every day." With all these goals having within themselves, this starts from everyone on the field, off the field, injured, coaches, and more to buy in and put themselves into a great position to become the best team in the conference.

The Minot State Softball team has added previous MSU Softball star Jamie Odlum

to their coaching staff. Jamie was a two-time All-NSIC performer while having a hitting percentage of .391 with 34 doubles, 9 triples, and 5 home runs with 86 RBIs and 46 stolen bases within four seasons as a Beaver while adding 855 putouts and 32 assists for .990 fielding percentage at first base. Not only did the MSU Softball team add Jamie to their coaching staff, they will be led by five seniors throughout the season.



Photos from MSU Softball's Twitter

MSU Softball poses at their annual media day. Featured in the top left is Sr. Taryn Bennet, top right So. Taylor Smith and Sr. Lexi Barduson, bottom left Jr. Lauren DeGuzman, and bottom right Sr. Gabi Dawyduk.

Beaver Men's Basketball Cruises to Home Opening Win

Tayton Hjelmstad
COMM 281

The Beaver men's basketball team welcomed Beaver fans back to the MSU Dome for hardwood action over the Thanksgiving break as they hosted the University of Jamestown Saturday, defeating the Jimmies 99-58. It was the first meeting between the programs since November 2016, but the Jimmies will soon become a fixture of the Beaver schedule as the NSIC has invited Jamestown to join the conference for the start of the 2025-26 athletic season.

After surrendering the first four points of the contest, the Beavers found a groove scoring the next nine. MSU took good care of the basketball dishing out nineteen assists and only allow-

ing just eight Jimmie takeaways. Offensively five Beavers eclipsed double figures led by a career high twenty-six from Sr. Guard Ben Bohl.

"It felt good, I got some pretty open looks, and my teammates shared the ball, and they happen to go in today," said Bohl reflecting on his performance.

Bohl made his presence felt primarily beyond the arc shooting an impressive 6 for 7 from deep and adding 9 of 13 from inside. Bohl also added 4 total rebounds as well. Khari Broadway, Connor Hollenbeck, Dylan Gichaba, and Caleb Van De Griend were the other scorers in double digits.

The Beavers won 4 of their first five contests on the year, have a string of four straight home contests in the dome beginning

on December 9th with the University of Mary and followed by Northern State on December 14th, Minnesota State-Moorehead on December 16th and University of Minnesota Crookston on December 30th.



Photos from MSU Men's Basketball's Twitter
Above, Gaurd, Ben Bohl, drives to the basket against Jamestown. Below, Gaurd, Jaxon Gunville, shakes teammates hands as he is announced in the starting lineup.



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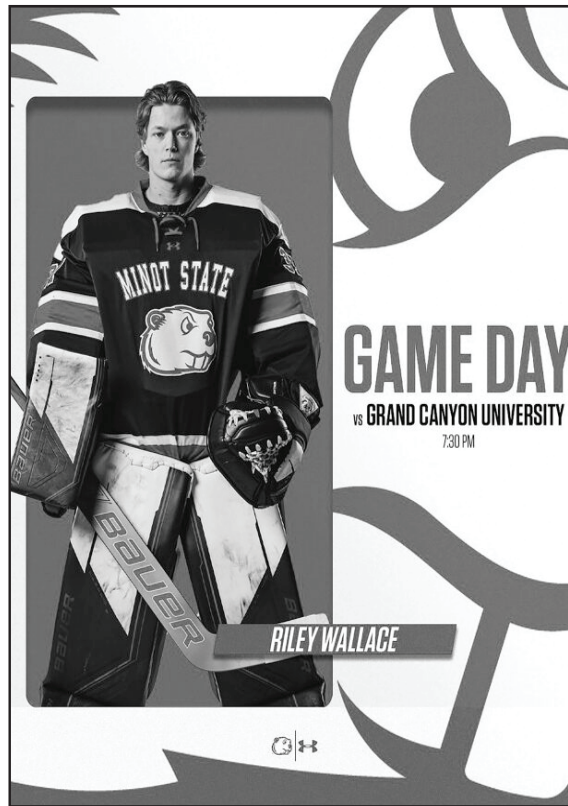
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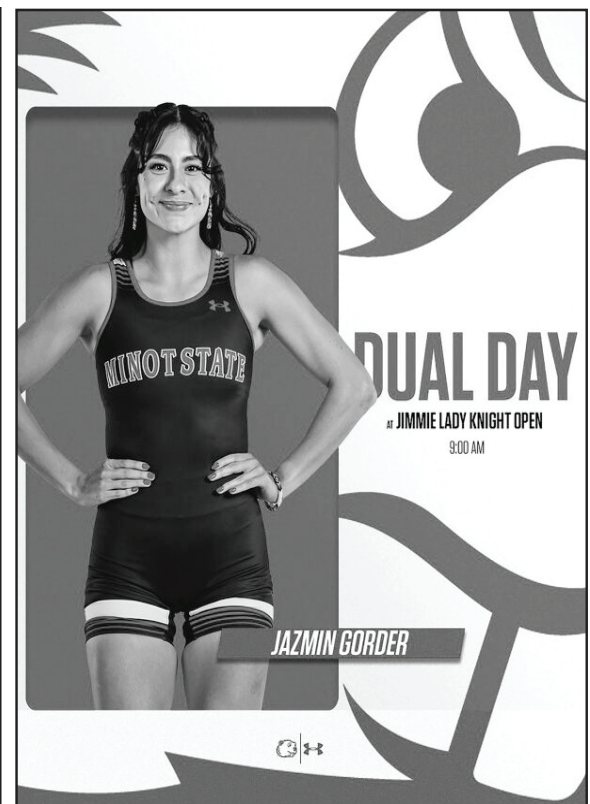
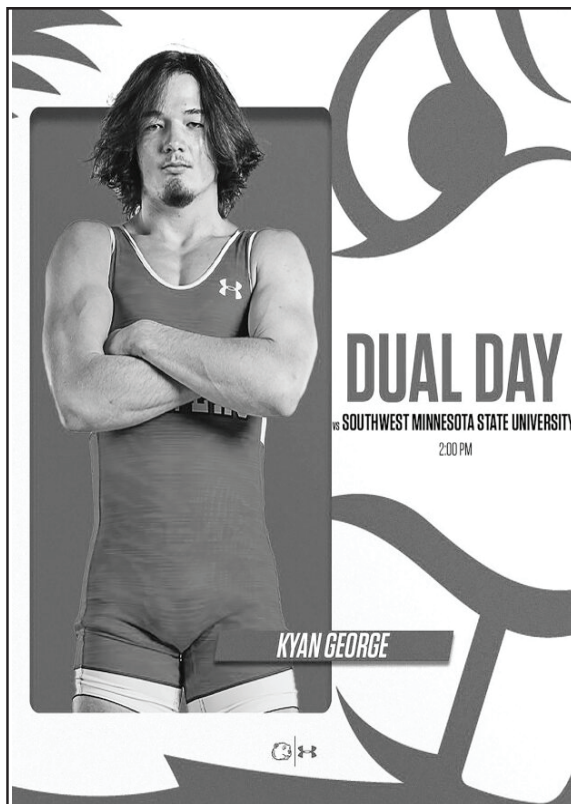
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Winter Athletics in Full Effect at Minot State



Photos from MSU Beavers' Twitter

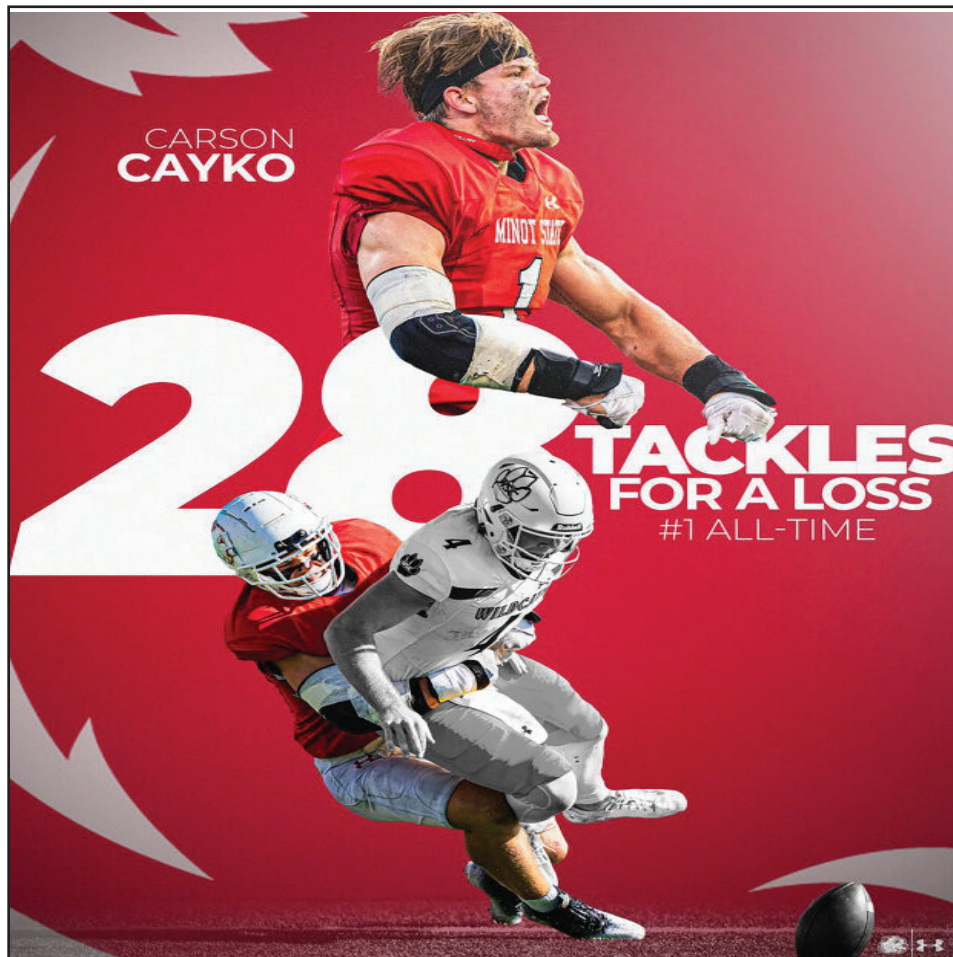
Winter sports are in full affect for Minot State. December 2nd was filled with 6 Beaver teams competing. Indoor season for Minot State Track and field also kicked off.



End of Season Honors for Beaver Football Players



Above, 3 Beaver football players named ALL-NSIC. Knylen Miller-Levi and Isaiah Bigby named to the ALL-NSIC 1st team and Carson Cayko named ALL-NSIC 2nd team. Below Carson Cayko broke the Beaver Football team all-time career Tackle for Loss record with 28.



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Wednesday - Wells \$2.50 & Karaoke
Friday & Saturday - Live Music
Thursday Specials:
Truly & Twisted Teas: \$2.50

THE
LANDING
 BAR & BOTTLE SHOP

Must be 21 to Enter