

# RED & GREEN

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MINOT STATE UNIVERSITY

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## Hartnett Hall Update

**Carly Johnson**  
**COMM 281**

If you are an MSU student, you have more than likely heard, seen, or been a part of the new renovation of Hartnett Hall. Hartnett Hall is home to many of the arts including Art and Professional Communication and World Languages and Cultural Studies. Faculty, staff, and students of Hartnett Hall have been scattered across campus for the past few semesters and are now ready to get back to the place they call home. When asked, Art faculty member Ryan Stander

what he is most looking forward to about the new renovation, Stander stated, "I am excited for the new renovation-including more studios for not only art students, but also a better working space for faculty as well. The faculty enjoy helping students while also being able to produce their own art works" He adds, "It will be nice to have a well working ventilation system."

The art department will no longer have to worry about any toxins in the air. Aleshire Theatre, located in Hartnett Hall has also gone through a large

renovation. Aleshire Theatre is home to the Minot State University Theatre department and is used by MSU programs and many other organizations including the Minot community. A smaller performing space has been added for less populated events as well as all new classes labs and seminar rooms. The new E-Sports program will also find a home in Hartnett Hall. The anticipation and patience will be well worth the long wait, once the students, faculty and staff are back in Hartnett Hall. The goal for the reopening is slated for the spring

semester of 2024. If you are interested in getting a sneak peek at Hartnett before the spring semester, you can sched-

ule tours through the Hartnett Hall Scheduling site. These tours are scheduled for every other Friday.



Hartnett Hall  
Photo via Minotstateu.edu



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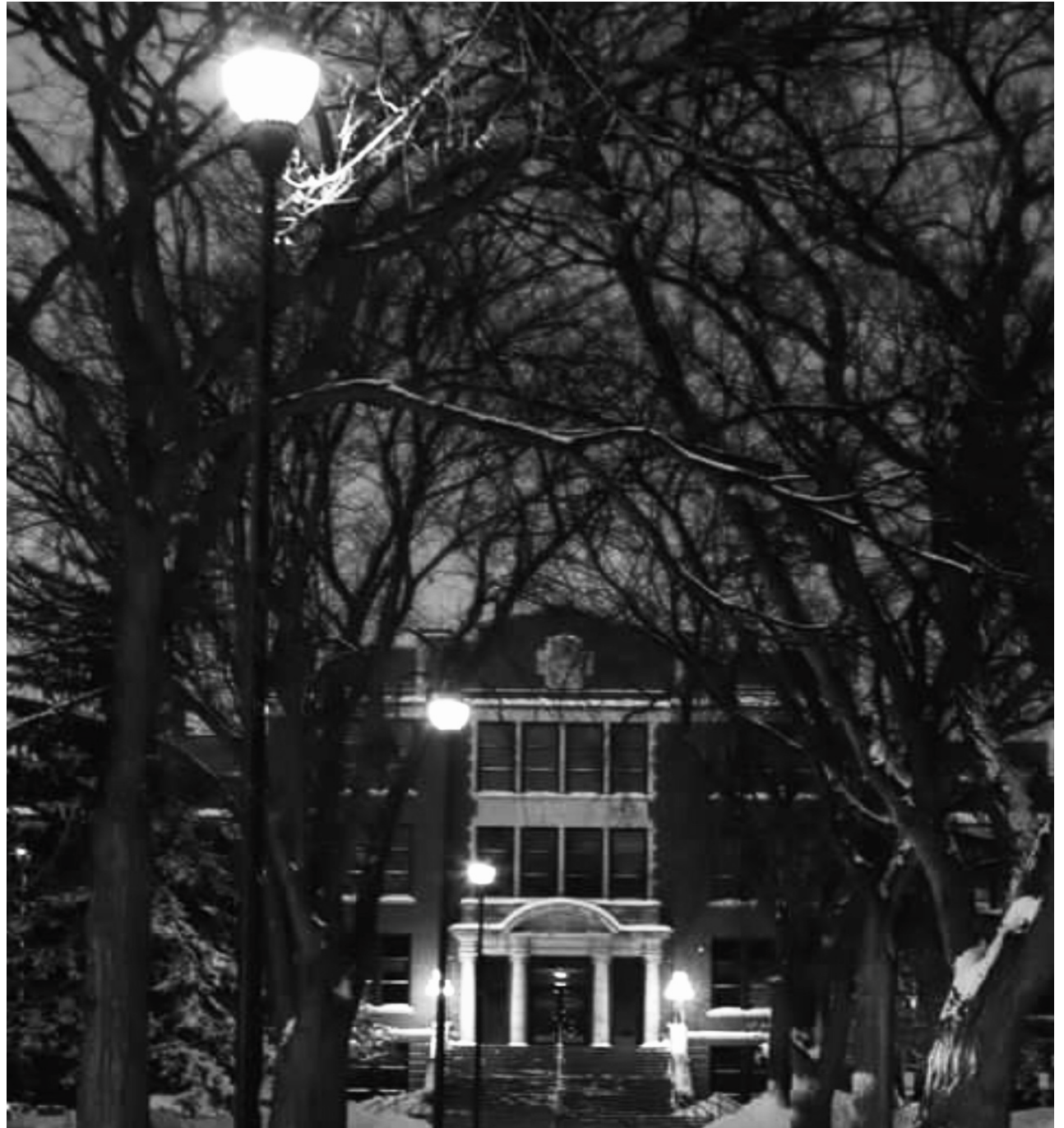
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# Minot State University Recieves New Rating

**Mellie Wilson**  
**Staff Writer**

Minot state has recently earned a 4-star label according to our University Communications director. According to “money.com” this is because the University has been recognized by trying to minimize student dept as well as offering grants to 92% of students in need, and having a high acceptance rate which allows many students of diverse backgrounds to get an affordable education. However, this is not the only reason Minot appeals to many applicants. Minot also offers study abroad programs year-round for students on different academic programs whether it is language learning, math, science, or art. Therefore, students have an option to explore the world while completing their degree. With test scores being optional, an applicant must have at least 2.5 GPA, with having completed a basic English, math, science and social science in high school. Having stated the previous, Minot State is a very welcoming university that is open and ready to admit as many students as possible and is willing to offer financial support to students who need it. It is certain that Minot State University follows through its mission statement of promising high-quality education, diversity, and a vibrant campus life. It is no surprise that Minot state university has been recognized as one of America’s best colleges.



Old Main  
Photo via Minot State Instagram



# Western Plains Opera Carmen per-

**Gage Yost**  
**COMM 281**

The Western Plains Opera put on a spectacular show at Minot State University earlier this month. The well-established opera group performed the popular show, Carmen, in Ann Nicole Nelson Hall. The cast was full of experienced, award-winning opera singers. Western Plains brought in performers from all over the United States.

The stage looked fantastic. There were different backdrops for each act, and plenty of props used by the performers. The costumes were amazing and matched the mood of each act. Aside from the tangibles of the opera, the performance was next level.

They used music to tell the story of Carmen, the woman sought after by every man in town. Sarah Heltzel (Carmen) had an amazing voice

and brought a lot of emotion to the stage. She has been highly regarded by some prestigious opera organizations including Opera Today and the New York City Opera. She left no question as to who was in the spotlight.

Nathan Bowles, a Minot State University graduate, played the role of Don Jose. Don Jose was Carmen's lover. Nathan had an incredible vocal range and showed a lot of power behind his voice. The scenes between Don Jose and Carmen kept the audience on their toes, as there was quite a bit of drama between the two throughout the show. Including a very intense, dramatic ending.

The Western Plains Opera was an amazing experience and most with an appreciation for the fine arts would

enjoy the shows they put on. The performers they bring in are out of this world, and the show was flawless. Regardless of what show they choose to do next, it is a must-see performance.

WESTERN PLAINS Opera

GEORGES BIZET

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Directed by Ted Christopher

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CARMEN

Nathan Bowles  
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# R&G Editorial

## A thoughtful Return: Journal entry written upon leaving Italy

**Kylie Koontz**  
Editor

Having just left Florence and writing this as I sit in the Bologna airport hotel, I'm thinking about how odd it will be to return home. Everyone always makes fun of people who study abroad for a month and come home and act like they've changed. But I must disagree with them. I didn't realize how different I'd feel after only living in a foreign country for a month. You forget how quickly you get acclimated to new places. Even just moving from my small hometown to a college town much bigger than my own was culture shock in a way, and I acclimated very quickly considering it would be my home for the next three and a half years. My relationship changed with

my family after having left for university so I assume that it will feel like that when I return home. I don't think our relationship will change much from that, but I do believe that I will feel more "well lived." I think just from a month of experience living in a foreign country, studying there, and traveling alone in order to get there will have made me a more independent and confident person. As a twin, I have gone everywhere with at least one other person, but after this trip I will have traveled to three different countries alone not including layovers. It definitely makes you gain confidence and independence. I hope my family genuinely wants to hear about my trip, I know every

family has times where people are so eager to tell their similar stories or give advice that they don't really listen to your story, but I'm hoping they are excited to hear all about mine. In terms of reentry shock, I think it will definitely be shockingly different, but I want to relax, not worry about working until I go back to school in order to make the transition easier. I want to spend my last month and a half of summer just relaxing with my family. I truly don't think there is anything else that would help me transition better. I feel like this trip was just the beginning of my travel experience. I learned so much simply from traveling alone. If you pay extra for leg room on your flight make sure

you get a window seat, when taking the trains in Italy use trainline and always check the boards and your app for information, don't rely on taxi apps to get a taxi, after a month almost everyone has the same destination as you and Lyft and Uber aren't a thing, bring a big backpack as a carry on and always carry at least one outfit in it, and so many more. This experience was amazing and truly eye opening and I cannot wait until my next trip.

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

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# Embracing International Diversity

**Kaif Khan**  
Staff Writer

In an increasingly connected world, the significance of international diversity within university campuses cannot be overstated. It enriches the academic and cultural experience for all students, cultivates worldwide perspective, and prepares graduates for a globally competitive job market.

Minot State University has earned its reputation as the ultimate college for international students pursuing their education.

Minot State University has about 240 active International students and has welcomed 66 new International students expanding from 20 plus countries. Experienced faculty that is dedicated to taking care of International students by making them feel at home while they are far from home.

The International Student Office provides assistance with visa issues, cultural adaptation, and academic guidance as well as events hosted and sponsored by the university especially for the international students.

Colleges in America for international students are very expensive, but Minot State University has one of the best return on investment which makes it the most affordable for everyone offering instate tuition for all, especially attracting out of state interest. The curriculum is designed to be inclusive and globally relevant, addressing the challenges and opportunities of a competitive world.

In conclusion Minot State University truly embodies the sole principle of international diversity providing an inclusive environment for students from all

walks of life to pursue their higher education. Its commitment to help ensure students achieve the highest in their field along with the support, makes it the best place for international students to embark their journey and leave a long lasting footprint in society.



International students enjoying events put on by the MSU International Office



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# Norsk Hostfest Celebrates Scandanavian Heritage

**Marie Audet**  
**COMM 281**

North America's largest Scandinavian festival, Norsk Hostfest celebrates its 44th year of appreciating Scandinavian heritage. The event was founded in 1978 and all started by just a few people getting together to make Scandinavian food and continued to grow into a four-day large celebration with food, music, games, dances, and much more. Executive Director of Norsk Hostfest Alexis Meyer is getting busy as the 2023 Norsk Hostfest is right around the corner. "It's a year of work and you get to see it come to life in four days so it's really surreal to see 25,000 people enjoying something you've worked on for a year". Meyer is originally from Berthold, ND and attended Arizona State University to study Tourism Development and Management, Special Events Management, Convention Sales, and Meeting Planning. She

then moved to Fargo, ND to work with Epic Events which then led her to the position for Norsk Hostfest. Meyer has always been familiar with Norsk Hostfest as she grew up attending the event. "Last year was my 14th Norsk Hostfest that I've been to, so I grew up going to it. My grandparents housed Norwegians when they came over because we have a home housing program, so it was just kind of something that has always been a part of my life" Meyer states. The Hostfest has been going on for years, but Meyer explains how it is continually changing yet still holds the familiar Hostfest tradition. "Our goal when we came in last year was to evolve the festival into something that was appealing to more generations than it may have in years past". They are constantly coming up with new ideas for each year to draw in people and show them things they have never seen before. This year is special because it is

celebrating its 44th year, "This is the 44th year, our general admission is 44 dollars, and we are giving you 44 new reasons to attend the festival this year" Meyer states. Some new things to go see include a lute-fisk eating competition, new vendors, new side stages, Hostfest University classes, new menu items, and more. Meyer believes it is important to keep things fresh and interesting. She works towards grabbing attention from all generations including Minot State Students, offering fun games and events to go to such as axe throwing, tug of war, obstacle courses, side stages, and food. They also have several Great Hall Concerts such as Brothers Osborne, Daniel O'Donnell, Daughtry, The Oak Ridge Boys, and others. "We offer a student discount for any ticket which is ten dollars off of any ticket with a valid student ID" Meyer claims. The Hostfest dates are from September 27th to the 30th so grab a friend

and head to the North Dakota State Fairgrounds and celebrate Scandinavian Heritage

and enjoy all the opportunities Meyer has put together for everyone to enjoy.



Scandinavian Heritage Association

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# The Dangers of Fentanyl

**Mellie Wilson**  
**Staff Writer**

Fentanyl is an opioid that is 100 times stronger than morphine and only 2 milligrams of it can cause death in children. In recent months there has been much content about fentanyl dangers on social media and ads, yet many did not seem to understand what it was about. There were many circling stories about

addiction and death from fentanyl because many were concerned over the death of young children. The reason for this taking place is because fentanyl is an extraordinarily strong and addictive pain reliever and anesthetic that is typically added into other drugs like cocaine, methamphetamine, and heroin to keep those drugs addicting for unaware con-

sumers. This is a threat to the public because in recent years there has been heavy trafficking of these drugs, and many people hide them in places like public parks and even daycares which is why so many children died. However, the most ominous problem is that many people that are affected by fentanyl are not even aware of it, this because it can be contaminating regular pain relief medicines or can be marketed to look like other medicines by criminals to spark addiction in the consumer. Awareness of this drug will educate people on the damage it can do and will make people more mindful of their surroundings as well as the safety of children who are most susceptible to death than adults. One can prevent fentanyl poison-

ing by only accepting medicine from a pharmacy or prescribed by a doctor, but never from strangers and staying away from medications with no label, as advised by the DEA.



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# R&G Sports Editorial

## Should Student Athletes be Classified As University Employees?

**Philp Green**  
*Sports Editor*

Name Image and Likeness and the ideal of paying college athletes has been one of the biggest arguments and discussions in the NCAA for the last several years. College athletes help contribute to bringing in millions of dollars for the NCAA and the universities athletes play for.

Currently on Capitol Hill there is legislation being proposed to reclassify college athletes as employees of the university they attend, instead of being classified as student athletes. In June of this year, the Division II Student Athlete Advisory Committee (SAAC), urged the congressional leaders involved in making this decision to turn down the reclassification of student athletes as employees. On the surface, reclassification seems like the obvious decision, allowing the student athletes the opportunity to be paid for their work as an athlete and their contributions to the university. Reclassification doesn't come without any negative consequence for student athletes including a change in Countable Athletically Related Activities (CARA) Hours, athlete coach relationship, impact on walk-ons and international athletes, and changes in athletic departments. Many of these concerns were voiced by Division II SAAC to congress.

Beginning with CARA Hours, student athletes are allotted 20 hours per week to be focused on their respective sport. By reclassifying student athletes as employees of the university, that has potential to change their CARA Hours from 20 per week to 40 per week, similar to that of a fulltime employee. This could have a detrimental impact on the student portion of the student athlete experience. Most college athletes do not go on to play their sport at the next level, earning an education is an important part of their time as athletes.

By reclassifying athletes as employees, the athlete coach relationship becomes tainted. Sports are already a production-based business, by turning athletes into employees that further requires production from athletes. This can hurt the development of athletes who may not be ready to play right away. In turn this hurts athletes' ability to build a connection with their coach because their relationship is now transactional and not based off preparing student athletes for life after athletics.

Unlike Division I, Division II athletes are on partial scholarships with the remaining rosters roster spots being filled with walk-ons. At Division II walk-ons have a chance to earn partial scholarships through their play. By reclassifying athletes as employees, the walk-on experi-

ence will all but disappear at the Division II level. This is sadly also the case for international student athletes. International athletes must apply for a school visa to be able to play their sport. By reclassifying as employees' international athletes would have to apply for work visas instead. At the Division II level international student athletes will decrease significantly because of the extra work universities would have to do to help the athletes earn a work visa to be able to play.

Lastly, at smaller universities the sizes of the athletic departments will be limited due to reclassifications. At Minot State there is around 400 athletes, to be able to afford paying the athletes the number of athletes on campus would be reduced to about 100. That is the size of the football team or a couple of smaller teams on campus. The rest would be cut.

When making the decision to reclassifying student athletes as employees, congress needs to look further than the Division I level to see the true impact this change will have.

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

## Rematch for the Home Opener

**Hannah Gray**  
*COMM 281*

The second that final buzzer hit in Boston, MA on March 20, 2023, not only was there devastation felt around the team but there was fire burning within them. Ever since that championship game, Ryan Miner states "The team will have that chip on their shoulder going into our home opener, but they have not forgot about that feeling and know they don't want to feel it again."

Minot State Women's hockey team host Liberty University on October 13<sup>th</sup>, 2023, as their home opener. This is a rematch of the 2023 national championship. While speaking with head coach Ryan Miner, he talks about how he is excited for his returners and new members

of the team to open the season with one of the top teams in the country.

Last season, the MSU beavers walked away with their first program win over Liberty on January 28 where they won 4-3 over Liberty. Going into nationals, their first battle was competing against Miami University. After that win, they then competed against Maryville University and Midland University where those were a couple of their toughest competitions during that season.

After that semifinal win, that's when they knew they had their biggest game of the year. Not only did they want to beat Liberty, but they wanted to walk away with that trophy. Talking to a couple of the players, they state that even though the score didn't go their way it was by far the best game they

played all season.

Now that the beavers are starting off their season with the biggest home opener in history, they have many new faces to the program. Head coach Ryan Miner states that "Our freshman is there to fill in a spot and make a role of themselves, they will have to adjust to this type of competition." Talking to the coach he states that not only a national championship is their main goal but also seeing every line on the team contributing every game.

The MSU beavers women's hockey team starts their official season as they travel to Fremont, NE to compete against Midland University. After that weekend, they host Liberty University in a two-game series for their home opener.



Photo by Sean Arbaut

Hannah Gray and Krissy Rink at MSU Women's Hockey Media Day prior to the 2023-2024 season.



# Minot State Fall Athletics Rally for Homecoming

Savannah Wilson  
COMM 281

This past weekend the students, staff, alumni, and community of Minot State University celebrated homecoming and all the festivities that came

with it. While there were many activities to attend such as the parade through town, for the first time in two years there were also home games being played by all three fall sports teams at Minot State. While the football game may have been the main display of homecoming activities

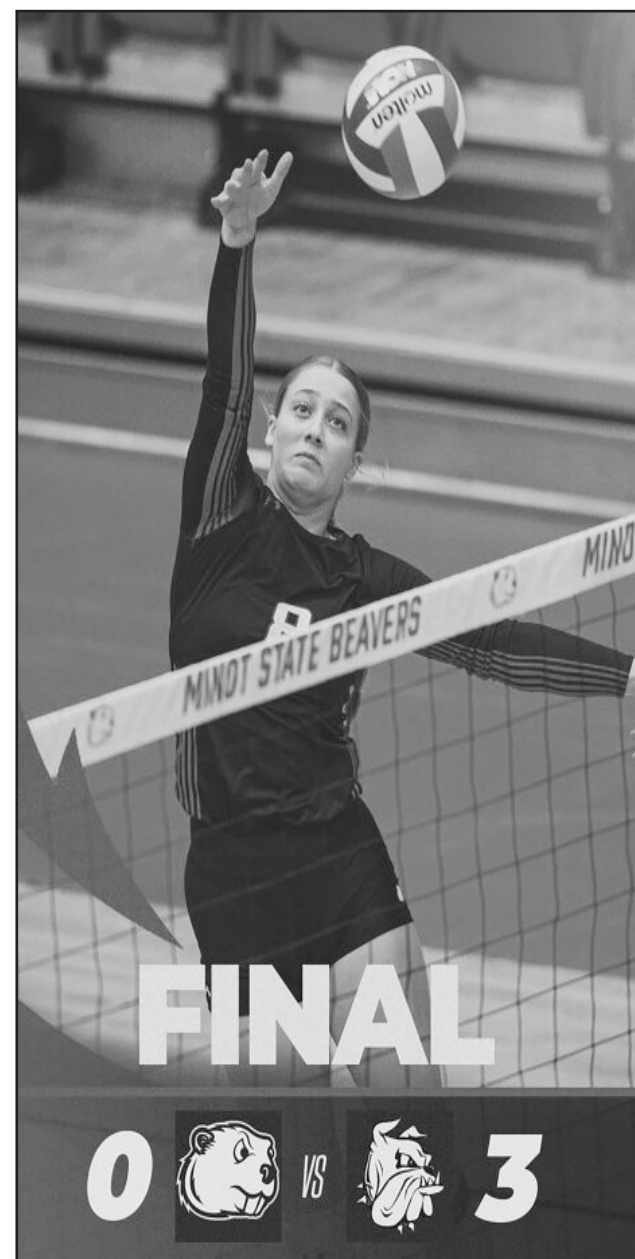
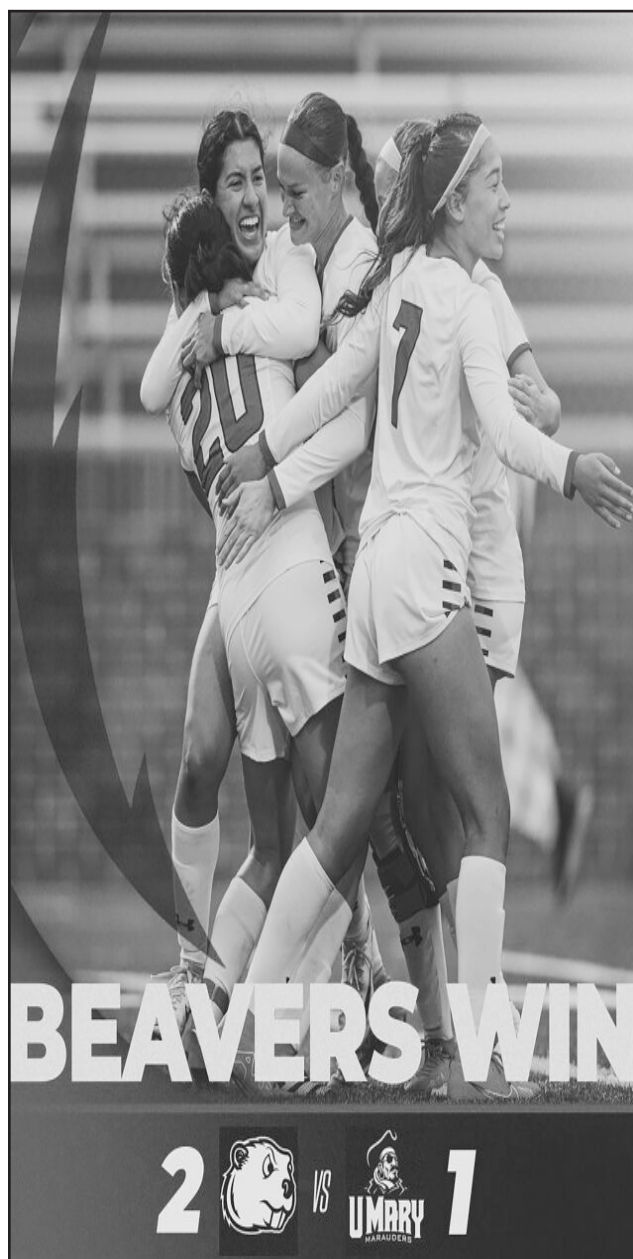
the ability to support all athletics within the same weekend was an opportunity for all athletic teams to create a deeper bond with the community that supports them.

Womens volleyball played two games at home in the Minot State Dome against both nationally ranked St. Cloud State Uni-

versity and Duluth University. While falling to both St. Cloud State and Duluth the Beaver volleyball team gear up to play road games this weekend against University of Minnesota Crookston and Bemidji State University. Womens soccer also played two games this past weekend

facing University of Mary and Northern State University. The Beavers took care of the University of Mary beating them 2-1 but would fall to Northern State University on Sunday in a close match losing 0-1. Lastly Beaver football matched up against Minnesota State Univer-

sity Mankato in the 2023 homecoming football game. While the Beavers managed to start off hot the Mankato Mavericks ultimately took over, winning the game 52-25. The Beaver football team actively prepares for a road game this Saturday against University of Sioux Falls.



Homecoming week featured home games for all fall sports at Minot State. MSU Football took on Minnesota State Mankato, MSU Soccer triumphed over rival University of Mary, and MSU Volleyball played in a pair of games against nationally ranked St. Cloud State and Minnesota Duluth.

Photos from MSU Beavers' Twitter



# MSU Soccer Hosts Parents Weekend



MSU Soccer hosted parents weekend which featured a pancake breakfast and a pair of games against Southwest Minnesota State and Minnesota State Mankato. Photos from MSU Soccer's Twitter



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# Cheerleading is a Sport

**Tayton Hjelmstad**  
**COMM 281**

College gameday is often thought of as a competition between two teams. Whether it be on grass, turf, hardwood, ice, or mats. Often these contests have a 3rd team that sometimes goes unnoticed, leading the crowd to cheer the home team on to victory. The Cheerleading squads. Cheerleading is much more complex than one might think between producing creative chants to lead the crowd to cheer the home team to victory. Perfecting their intermission routines to keep the crowd engaged and wondering how they can make everything look so effortless.

Carly Johnson, MSU Cheerleader describes what goes into practice for the Beaver Cheer Squad “A typical practice for us off with some warmups and stretching, followed by jumps, cheer review, dance review, and finally stunting.”

Although their time in the spotlight is short

on gamedays, a lot of effort is put in behind the scenes by this group of athletes so that come gameday they can wow the crowd with their routines and give the energy back to the crowd to push the home team to victory.

“Practice fluctuates as we progress in our season, we will usually focus more on stunts! On other occasions, you will catch us in the weight room training!” Johnson said.

The biggest issue surrounding cheerleading, however, usually is not producing and mastering their gameday chants and routines., it is fending off the stereotype that cheerleading is not widely accepted as a sport. “The mental aspect of it and fighting stereotypes is a challenge. While yes, a lot of physical strength and muscle goes into cheer, mental strength training is just as important. Learning to trust people to throw you and safely catch you, same with

trusting your top cheerleader will do their job to best prevent danger is huge. Cheer can do a mental toll on you but also can bring so much joy into your life!” said Johnson.

But what is the definition of “sport” anyway? According to Oxford Dictionary “sport” is defined as “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.”

Some people say that it is not a sport because they do not compete against another team, they are just supporters of other teams at the university. What about sanctioned cheerleading competitions? Cheerleaders do not exert as much physical activity as their counterparts. What about the routines that have them toss their teammates freely into them and be able to safely catch them on the way down.

One last thing to consider around cheerleading is that the athletes are all led by a coaching staff. While it may not be as big a staff like other sports the athletes on the team are still led by one or more coaches. Johnson is also a coach for Minot High cheer.

“It’s a bit stressful, but I love it! Cheer has always been my passion, and I always tell people I never thought I’d find something I love more than cheer. Then I found coaching- and that is my life, I care so much about bringing cheer to the next generation of athletes! It’s so fun to see girls enjoying cheer as much as (or even more than) I did at their age!” said Johnson on what it is like being a cheer coach and athlete.

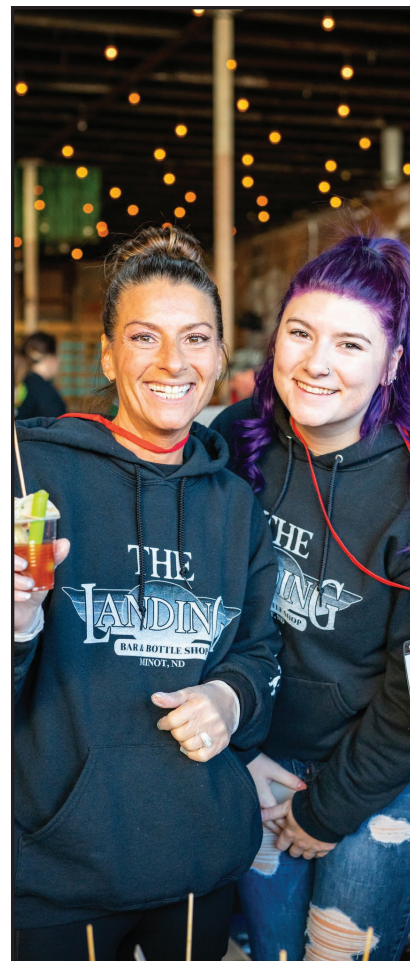
Cheerleading checks all the boxes within the definition of sport and thus, cheerleading is a sport.







Women's Soccer vs. Mankato  
Photos by Sean Arbaut



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