

RED & GREEN

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MINOT STATE UNIVERSITY

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NOTSTOCK back for its 16th year at Minot State

Addressing Addiction at Recovery Reinvented

Saif Khan

Staff Writer

The 7th Annual Recovery Reinvented event was held at Minot State University on the 5th of October by Governor Doug Burgum and First Lady Kathryn Burgum. Recovery Reinvented, an initiative led by First Lady Kathryn Burgum, focuses on combating the shame and stigma associated with addiction in North Dakota. The event started off with Governor Burgum and the First Lady talking about how the concept of Recovery Reinvented should be in every state because it saves lives and helps people who are suffering from all sorts of addiction problems. Other speakers include Dr. Lipi Roy who is an internal medicine physician board-certified in

addiction medicine, founder of SITA MED (an addiction/health speaking company), and a sought-after international speaker. She talked about the importance of meeting patients where they are. Most incarcerated individuals also struggle with addiction. She also said, correctional facilities are also addiction and mental health facilities and should be treated as such. Her work amongst different communities to help people overcome addiction is truly inspiring. Scott Davis, served as executive director of the North Dakotan Indian Affairs Commission from 2009-2021 and as the head of Native American Community Outreach for Sanford Health's Bismarck region where he advocated for Native American patients to have access to

healthcare services. He shared his testimony of recovery from alcohol and drug use at Recovery Reinvented. Davis expressed a deep sense of satisfaction in his role as a provider and supporter of his family. He also touched upon his personal journey of political and social development, revealing concerns about the potential re-emergence of his past struggles with addiction during interviews. The last speaker, Dr. Stephen Loyd who an internal and addiction medicine physician who currently serves as the vice president of the Tennessee Board of Medical Examiners. Loyd has been in addiction recovery for 19 years. He shared his story of being a physician in an intensive care unit treating patients while on Oxycontin and Xanax. He also

talked about how his family helped him tremendously in the process of recovery.

The event is a showcase of how people can overcome addiction. Recovery Reinvented is a whole community of people who have overcome some form of addiction and won the battle. The day was dedicated to those who recovered and to shine a light on

this important issue facing the world, the disease of addiction.



Photo by Kaif Khan



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The Dangers of Artificial Intelligence

Saif Khan

Staff Writer

In today's fast-paced technological landscape, artificial intelligence (AI) has become an integral part of various industries, including education.

While AI promises to transform teaching and learning, it also comes with risks that need to be carefully considered. AI-powered tools such as ChatGPT and other content generators have become a major concern in higher education.

These platforms can generate essays, research papers and assignments on a variety of topics, making it easy for students to submit plagiarized or pre-written material as their own work.

This can disrupt the learning process and devalue the pursuit of knowledge. While some universities use AI-powered plagiarism detection equipment to become aware of copied content material, college students are increasingly using AI to avoid those exams. Some

college students rent paraphrasing AI gear that may make it harder to detect, making it tough for educators to be fair to students because those texts cannot be caught.

While some universities have opted to ban ChatGPT and other AI generative platforms, some other universities around the world embrace it and teach students how to live in the future filled with AI.

It is difficult for universities to make the decision to either ban AI or risk having students cheat and get an unfair advantage over other students. This causes much mistrust among students and teachers; this leads to devaluing knowledge and learning. Some of the ways teachers and universities can prevent AI cheating at universities is by investing in software that can detect plagiarism and the use of generative AI in a paper, ensuring that academic policies clearly define what constitutes cheating,

plagiarism, and the consequences for such actions, and finally encourage critical thinking, problem-solving, and creativity in coursework and assessments.

Designing assignments and exams that require students to prove their understanding and to apply that knowledge, making it harder to cheat with AI tools.

Paris Bug Infestation

Sophie Cronin

Staff Writer

When people think of Paris, they think of one of the most romantic cities in the world. The city is full of beautiful architecture, historic landmarks, and world-famous cuisine. However, it has not been all fine and dandy for the city of light in recent weeks. City officials have turned to burning luggage and bed linens to deal with their recent bed bug outbreak. With one of the main sources of the infestation coming from the city's public transport. The French Transport Minister, Clément Beaune, stating that the situation is "A real nightmare." This could not have come for a worse time for the French capital, as they host Paris Fashion Week and the Rugby World Cup. With a swarm of tourists and fans flooding the city for these events, it makes it hard for government officials to contain

the outbreak. However, with hotel, aviation, pest control and government officials working together, the city of Paris hopes to return to normality soon. Just in time for the 2024 Olympics.



Upclose photo of bed bugs in a mattress
Photo via skynews.com

Student Feature: Gage Eastlich

Marie Audet

COMM 281

From Northern California, just outside of Sacramento a town called Lincoln, Gage Eastlick was born and raised. He went to middle school there then transferred to Rocklin to attend Whitney High School mainly for their broadcast department. Whitney High School is known for its daily TV show called "Unleashed". Eastlick was in the sports department doing highlight packages and working behind the camera. "I wanted to go into the broadcast field, I liked being on camera even though at first it made me really nervous" Eastlick states. He followed his interest after high school attending Sacramento City College with a broadcast and journalism major. Eastlick then had a change of mind with his future career

after going on a ride along with his neighbor who was about to retire from being a fire captain. Eastlick was later spotted out for baseball and drew him to Minot State University as he has been playing the sport for years. Finding out there isn't a fire tech program, Eastlick was pulled back into the communications department at MSU. "Here I am about to do my first highlight package in like two weeks, and I haven't done one since my high school days which is crazy to think about" Eastlick shares. The biggest difference he explains between the broadcasting department back home and Minot State is the creative freedom "What I love is Neil gives us creative freedom to do whatever we want and have fun with it" he shares. There are

many different techniques and shots that Eastlick gets to test out that were never allowed in his previous broadcast experience. As he films sideline for MSU football, he is experimenting with ground shots which he was never able to try out before. "The creativity factor is a big part of it and why I enjoy it" Eastlick explains. He has similar thoughts about being on MSU's Inside/Out and how it is student ran which should be executed professionally, but the students still get room to be creative and have fun with it. After Eastlick finishes school at Minot State University with his broadcasting degree, he will then go back to continue his main goal in firefighting. With having the background education in broadcast

and journalism there is always a backup plan. Eastlick explains that he loves making videos and thought about doing YouTube but never really has the time "I love doing it I just need more time which with firefighting since you're working two days on and four days, I feel like there will be more time for that". Eastlick has a long history with broadcast and journalism and hopefully will continue to grow that love throughout his life.



Pro Comm major and Baseball player
Gage Eastlich
Photo by Marie Audet

R&G Editorial

Italy: Exploring poetry through photography

Kylie Koontz

Editor

An important thing my professor told me during my study abroad was that “the most important part of study abroad is the experience outside of class”. That really stuck with me throughout my stay in Italy. But when you are focusing on having experiences, it can be hard to center your mind in order to create, and creating is what I was there for.

We spent most of the summer doing small photography projects, shaking the rust off and getting reps, so to speak. And to get our photographer’s eye back. At the end of the summer we were supposed to have a fully developed final project, and as the weeks ticked away, I found that I wasn’t really sure what to do.

I was worried because I thought I was supposed to have been so deeply inspired by my experience that I wouldn’t be able to stop working. I soon realized that I was deeply inspired but for an entirely different reason. I was talking to the friends I was living with and had an epiphany; my entire study abroad experience was the content that I was looking for.

Photography had become a new passion of mine, my artistic heart’s outlet had always been the written word. Over the last few years, poetry, to be exact.

I had written poems during my time in Italy and began to see my final project come to life. I decided to begin and end my final project with a poem I had

written during my stay.

I realized that my entire study abroad experience was life changing and art inspiring. Everything from the friends I met there, the art I saw, the art I made, the places I saw and so much more.

I ended my summer in Florence Italy with a photography piece that showcased all of that, and I can’t wait to show it to the world.



Standing in front of the Florence skyline summer of 23

Photo by Izabel Edge

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VIEWS

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

Boys and Oil: Growing up Gay by Taylor Brorby

Lizzie LeRud

Associate Professor of English

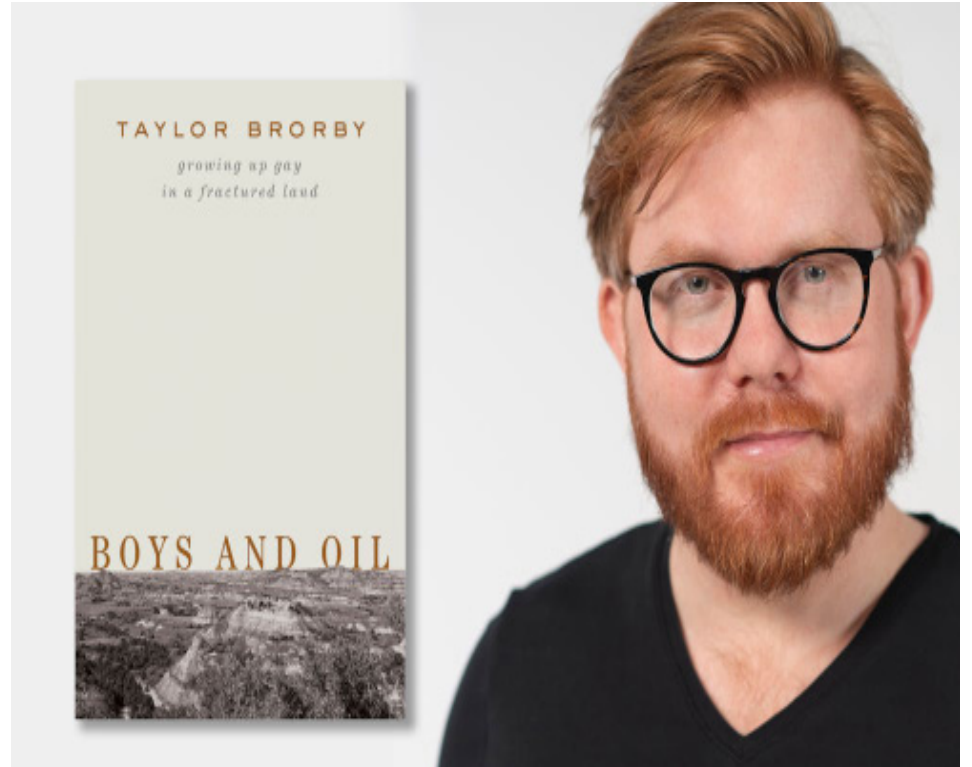
Taylor Brorby, for a series of special events on campus this Fall, featuring his book about North Dakota, entitled *Boys and Oil: Growing Up Gay in a Fractured Land*.

Mr. Brorby will be on campus all day Thursday, October 19. Mr. Brorby will begin his day on campus by joining a group of students for lunch, an opportunity for students to talk informally with him about his writing and activism. Mr. Broby will then participate in a book talk at the Gordon B. Olson Library, a Q&A session that is free and open to all campus and community members. Prior to this event, copies of this book will be made available to interested faculty and staff to encourage participation in the book talk. In the evening following the book talk, Brorby will give a reading from *Boys and Oil*; this event

is also free and open to all. Participants will be able to purchase Brorby's books at the reading, and he will conduct a book-signing at the evening's conclusion.

Originally from Center, North Dakota, Taylor Brorby is the author of the books *Boys and Oil* and *Coming Alive: Action and Civil Disobedience*, and he is co-editor of *Fracture: Essays, Poems, and Stories on Fracking in America*. His work has been supported by grants and fellowships from the National Book Critics Circle, the MacDowell Colony, the Stone Barns Center for Food and Agriculture, Mesa Refuge, Blue Mountain Center, and the North Dakota Humanities Council. Taylor's work has appeared in *The Huffington Post*, *Orion Magazine*, *The Arkansas International*, *Southern Humanities Review*,

North Dakota Quarterly, and has appeared in numerous anthologies. He is a contributing editor at *North American Review* and serves on the editorial boards of *Terrain.org* and *Hub City Press*. Taylor regularly speaks around the country on issues related to extractive economies, queerness, disability, and climate change. He is the Annie Tanner Clark Fellow in Environmental Humanities and Environmental Justice at the Tanner Humanities Center at the University of Utah. This event is primarily sponsored by the Gordon B. Olson Library.



Author Taylor Brorby and his book *Boys and Oil: Growing up Gay*
Photo via Startribune.com

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NOTSTOCK Back for its 16th Year at Minot State

Trevyn Badger
COMM 281

Since 2007, NOTSTOCK has been an integral part in campus life here at Minot State. Students are encouraged to attend and engage in workshops that allows them to use their artistic creativity. William Harbort, professor, and cofounder of NOTSTOCK explained why it's such an important part of MSU, "The event provides opportunities to connect the academic content of student classes to ART and artists trying to affect change in society through their work". The importance of NOTSTOCK is not in the ability for students to create the best work, but to understand what these artists are trying to achieve through art. Each year they bring a lineup of professional artists. This year featured guest artists Piotr Szyhalski, Sasha Barrett, Kyle Tran Myhre, Products band, and Bart Goop. Having the opportunity to attend this event was a fantastic experience. While my artistic knowledge is lacking, I kept an open mind and saw the art for what it represented. The piece that stuck out to me the most was "Piotr Szyhalski: Prints from the Labor Camp". This exhibit included 225 posters that Szyhalski created each day for 8 months during the Covid pan-

dem. This art is special because it shows inside the mind of a person in isolation, which many of us can relate to. In this exhibit, one page shows a phone, with a person standing inside of it, alone staring into the abyss. During the pandemic, this was a difficult thing to get used to. The constant and consistent usage of phones gave the feeling that we were all alone. The experience I had at NOTSTOCK was something that will last a lifetime. NOTSTOCK will return again for its 17th year next year, and I encourage everyone to attend, and keep an open mind, and unlock your creativity.



Photo from minotstateu.edu/notstock/
A photo collage of the guest at this years NOTSTOCK and their artwork. Guest included: Piotr Szyhalski, aka Labor Camp
Sasha Barrett, Kyle Tran Myhre, aka Guante, Products Band, and Bart Goop.

Fall marks the return of the Farmers Market in Oak Park

Savannah Wilson
COMM 281

Fall is Here at Farmers Market in Oak Park

If you have taken a drive or even walk around the Minot area recently, it can be seen that Summer is fading, and Fall is making itself increasingly abundant every day. With the Fall season comes new fruits, vegetables, and desserts that people wait for all year, and the Minot Farmers Market in Oak Park is here to provide. While the market opened in mid-July selling summer fruits, vegetables, and plants, the change in season has completely transformed the options of what Minot market goers have to purchase when attending. New additions include stands with varieties of squash and pump-

kins, fall foliage for house décor, and warm seasonal baked goods along with a Prairie Sky breads airstream selling autumnal coffees and drinks (specifically liked by any pumpkin spice lovers).

The Minot Farmers Market in Oak Park opens in mid-July and stays open until late October. It is open three days a week- Tuesdays from 4pm to 7pm and Thursdays and Saturdays from 10am to 1pm. The market has up to 35+ stands filled by local farmers, bakers, and other local businesses throughout the week, each stand varying on which day the market it is. Located in Oak Park the market will not only have much food, drink, and goodies for purchase, but is also a fantastic opportunity to take in the new fall colors throughout the beautiful park.



Minot Farmers Market is open 3 days a week at Oak Park

Photo from minotfarmersmarket.com



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R&G Sports Editorial

Student Athlete Advisory Committee Initiatives

Philip Green
Sports Editor

A part of every athletic department within each NCAA sponsored University is a Student Athlete Advisory Committee (SAAC). The Student Athlete Advisory Committee is comprised of 2 student athletes from each team on campus. SAAC representatives from each team are tasked with giving insight on the campus experience for student athletes and offer input on the policies that affect everyday lives of the student athletes.

Along with working to better the student athlete experience, SAAC representatives put on a multitude of events throughout the school year. Every year the Student Athlete Advisory Committee at Minot State plans and creates initiatives they hope to achieve through the events that they put on. This year SAAC has 5 initiatives that they will promote throughout the year at various Minot State Athletics games. 4 of the initiatives are Northern Sun Intercollegiate Conference (NSIC) sponsored initiatives. The NSIC is the athletic conference Minot State belongs to and every summer the conference puts on the SAAC Summit. At the SAAC Summit SAAC representatives from each university and determine what initiative the conference wants its teams to focus on. This year the 4 initiatives the NSIC is sponsoring at each university are the Green Ban-

dana Project; It's a Slam Dunk, Don't Drive Drunk; It's On Us/One Love Foundation, and Diversity, Equity, and Inclusion. To with the 4 NSIC sponsored initiatives, Minot State's Student Athlete Advisory Committee will also sponsor and Make-A-Wish foundation initiative.

The Green Bandana Project is a mental health awareness initiative. SAAC representatives encourage athletes across campus to tie a green bandana to their backpack to show support athletes and students struggling with mental health. SAAC will partner with the health and wellness center to promote resources that encourage help-seeking behavior from student athletes. SAAC plans to promote the Green Bandana initiative at MSU games in March.

It's a Slam Dunk, Don't Drive Drunk is an initiative that encourages fans and students to avoid drinking and driving. This campaign was created after Southwest Minnesota State University Head Men's Basketball Coach Brad Bigler and his family were in a collision with a drunk driver. Since 2012 every basketball season the NSIC and all its teams strive to promote education about the importance responsible driving. This year Minot State SAAC will put on the It's a Slam Dunk, Don't Drive Drunk campaign on January 13th at both the Men's and Women's basketball games against Southwest Minnesota State University.

It's On Us and the One Love Foundation focus on educating and promoting awareness about sexual assault and unhealthy relationships. MSU SAAC will be promoting this initiative at various games in October including the October 20th Soccer game against Winona State University, the October 21st Volleyball game against Augustana University, the October 21st Football game against the University of Minnesota Duluth. Using the color purple to symbolize sexual assault awareness players on the volleyball team will wear purple shoes laces, players on the soccer team will wear purple head bands, and the football team will have purple ribbons on their helmets.

The Diversity, Equity and Inclusion initiative will be promoted at the beginning of the spring semester. The initiative seeks to enhance education and support of diversity, equity, and inclusion in athletics. The Make-A-Wish initiative focuses on partnering with the Make-A-Wish foundation to raise money for children with life-threatening illnesses. SAAC will promote this Initiative during the winter athletics season. Student-athletes interesting in helping out with any of this year's SAAC initiatives should reach out to their team's representatives to see how they can get involved and make an impact.

*This editorial may not reflect the views of Minot State Univer-

Injuries in College Athletics What Happens Next?

Tayton Hjelmstad
COMM 281

Athletic competitions and injuries unfortunately go hand in hand. In college athletics there are many more factors that come into play. Especially on the student side of the "student-athlete" title. The reality is school does not magically stop just because an athlete gets injured. Minot State Athletics has numerous resources available to help athletes stay successful both in the classroom and their sport.

"It really depends on the injury, for example if we talk about concussions which is a common thing in all sports now." MSU (Minot State University) Athletic Director Kevin Forde said. "So, when a student-athlete gets a concussion, they go into a protocol where they determine the severity of the concussion, and it depends on what kind of what they do. Some concussions are very severe where they have to be in a dark room with no light for days or weeks. When that happens, we talk to the Vice President for Academic Affairs, Dr. Laurie Geller, about the students and the reason they have the concussion. And then their professors get reached out to, letting them know what's going on with the student-athlete. That's a big medical liability for us if we were to force a student into a fluorescent lit classroom with a concussion." Forde added.

While head injuries are common, they are treatable and can be accommodated easily in the classroom. Another type of injury that crops up a lot is knee, ankle, and foot injuries. Adjusting to moving about on one leg

instead of two is challenging.

"If we have someone who hurts a knee that needs surgery and is going to be on crutches. We usually have a peer mentor, that is someone on their team or another student-athlete depending on the sport and season, be with them to help carry the books or going to class making sure they have the support to get to their classes and still be a student." Forde Said

The other big part of injuries no matter the type or severity of the injury is the mental effects it has on athletes. Injuries can happen at any time and usually don't have a warning ahead of time. For some people, athletics and physical activity is an escape and stress reliver from the real world and not being able to engage with something that provides you with that relief can take a toll mentally.

"A lot of times when a student gets injured in college, it's their first time ever being injured, first time unable to play in their sport. That can be hard mentally, making sure that counsellors are available. We strongly encourage them to talk to a counsellor after the injury. Making sure they are staying on pace with their mental health." Forde Said

Financial aspects must be addressed too, what happens to scholarships, and how medical expenses are covered. It depends on the school. In MSU's case, student-athletes are awarded their scholarships year-by-year.

"If a student-athlete gets injured, we aren't going to pull a scholarship based on that, and if they are doing everything, they can get back to competing, doing everything else they're supposed to be doing then we want them

to keep that scholarship going forward. It is a decision made between the coach, athlete, and athletic administration. Now, we want every athlete to have the ability to come back to or stay in school and finish their degree because that's what they're here for ultimately." Forde added

Medical expenses are handled differently from school-to-school. At MSU student athletes provide proof of insurance for injuries. MSU does not provide supplemental insurance due to the excessive cost of covering 400 plus athletes according to Forde.

"The NCAA (National Collegiate Athletic Association), it gets to a certain point, they call it catastrophic insurance. It's a pretty high amount, if it gets to that point. Then NCAA insurance will kick in and help that student athlete at that time." Forde added.

"The biggest thing is we want people to understand that each sport is different but we're all a family. We want to make sure we take care of ourselves. It's tough mentally, but we have a support system in place to help them cope and get through it." Forde concluded.

Injuries are an inherited risk of athletics, which every athlete is aware of, but the joy that competition brings and the friendships that are made, outweigh the risk of injury and MSU makes sure student-athletes are well cared for when the injury bug strikes.

Redemption Year: MSU Women's Basketball

Hannah Gray
COMM 281

The MSU Womens basketball team has a whole new team this season with resulting in hopes of an greater season this coming year. This team has lost key players such as Kate Head, Kennedy Harris, and Natasha Elliott who were there three top point scorers totaling 942 points all together out of the teams 1721 points. With those three players gone, head coach Micheal Brandt looks at there returners and newcomers to fill those shoes; "Our returners and newcomers do have some big shoes to fill replacing those mentioned. Our returns have another year of experience under their belt and the newcomers we recruited should hopefully blend in and contribute right away."

For this coming season, coach Brandt has recruited eight new players to his fifteen player roster for the 2023-2024 season. Coach Brandt states that with his newcomers and returners he is looking for them to create team chemistry early on to compete against the toughest teams across the country. "We try to recruit good players, good students, and good people who we feel will gel into a solid basketball team" says coach Brandt on his team chemistry this season.

This coming season, the women's basketball team faces off into a couple scrimmages starting on October 24th as they host Lake Region State College. Coach Brandt talks about how they will prepare for their scrimmages by stating "We are just trying to get our offenses, defenses, OB plays, and everything else introduced to our newcomers. That first scrimmage is always something that you are never quite ready for, but you need it to see your teams' executions.". After a couple scrimmages, the team travels to Billings, Montana to compete in the D2 Tip-Off Classic. This

classic is a three day event that host fifteen games showcasing the top ten teams representing different NCAA D2 conferences. At these games, coach Brandt will be preparing for these games by focusing on weaknesses exposed in the previous scrimmages. "The real games are shortly after the scrimmages — so we will have to be very intense and intentional on improving in those areas" states Coach Brandt about the class.

Every teams main goal is the championship at the end of the season, coach Brandt states that other than a championship he is looking for a measurable improvement. "With this second recruiting class, I want to show that our program is on the rise in becoming a quality NCAA Division II basketball program."

MINOT STATE WOMEN'S BASKETBALL
2023-24 SCHEDULE

NOV 3RD 6:30 PM		NOV 4TH 7 PM		NOV 5TH 7:30 PM					
NOV 10TH 7:30 PM	NOV 11TH 12:30 PM	NOV 18TH 7 PM	NOV 21ST 7:30 PM	NOV 28TH 5 PM	DEC 1ST 7:30 PM	DEC 2ND 7:30 PM	DEC 5TH 11:30 AM		
DEC 9TH 2:30 PM	DEC 14TH 7:30 PM	DEC 16TH 2:30 PM	DEC 30TH 1 PM	JAN 5TH 7:30 PM	JAN 6TH 5:30 PM	JAN 12TH 7:30 PM	JAN 13TH 5:30 PM	JAN 19TH 5:30 PM	JAN 20TH 2:30 PM
JAN 25TH 5:30 PM	JAN 27TH 2:30 PM	FEB 1ST 5:30 PM	FEB 3RD 2:30 PM	FEB 8TH 5:30 PM	FEB 11TH 1:30 PM	FEB 16TH 5:30 PM	FEB 17TH 5:30 PM CONWAY	FEB 23RD 5:30 PM	FEB 24TH 2:30 PM

Photo from MSU Women's Basketball's Twitter

MSU Women's Basketball kick off their 2023-2024 campaign on Nov 3.

Prairie Warriors Bowl

Gage Yost
COMM 281

Minot State Athletics will be recognizing active duty and retired military personnel at the Prairie Warriors Bowl football game this month. Keep those calendars open for October 21st, as Minot State football takes on the University of Minnesota-Duluth at Herb Parker Stadium.

The Campaign Strategies class is behind all the planning for this game. They have secured tailgate spots for several restaurants, such as Buffalo Wild Wings, Qdoba, Dairy Queen, Bones BBQ, and more. These restaurants are competing against each other, as fans will vote for their favorite tailgating meal. This will without a doubt be one of the best tailgates Minot State hosts this year. Tailgating will start at 11 a.m. on this gameday. Free t-shirts will be handed out to fans inside the gate, and there will be many games and challenges fans can participate in between quarters.

The Beaver football team has

not beat the dominant University of Minnesota-Duluth ever, in their 10-year span of matchups. However, things are on the upside for our Beavers, as they have a new head coach joined by many new players. The team seems to have improved from last year, scoring more points against competitive teams than ever before. This will certainly be a game to watch, as the Beavers are eager to start winning games against these talented teams.

The Prairie Warriors Bowl is going to be an exciting event. Recognition of active and retired military personnel, recognition of our senior football athletes, as well as free food and prizes. Join the fun on October 21st at 11 a.m. in the Minot State Dome parking lot. Let's go, Beavers!

PRAIRIE WARRIOR BOWL

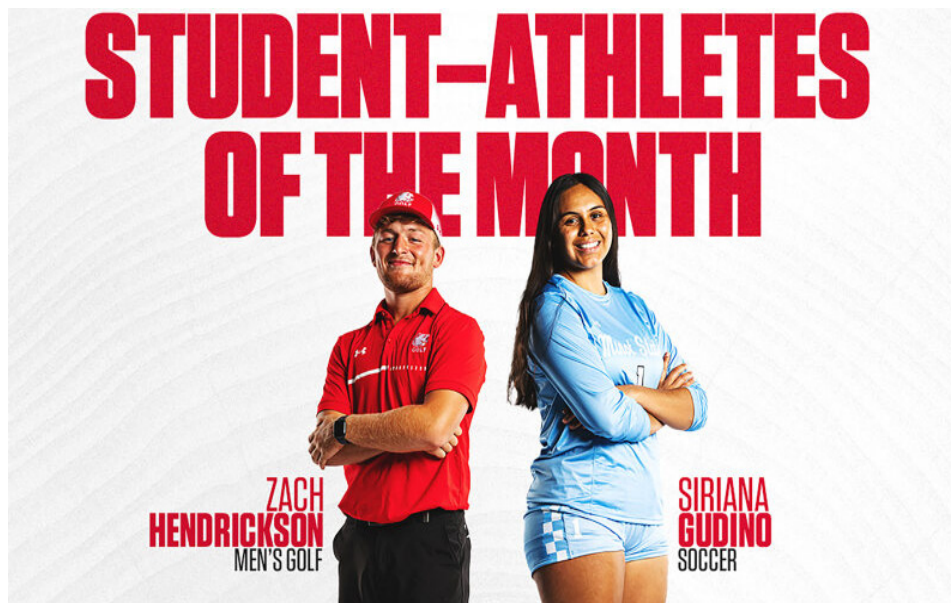
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FREE ADMISSION for:
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Photo from MSU Beavers Instagram
MSU Football to Host the Prairie Warriros Bowl on Oct. 21.

Recognizing Beaver Athlete's Fall Success



Photos from MSU Beaver's Twitter
On the left, Zach Hendrickson and Siriana Gudino were named Minot State's Student Athletes of the Month for September. On the right Jacob Jensen was name the NSIC Cross Country Student Athlete of the Week.

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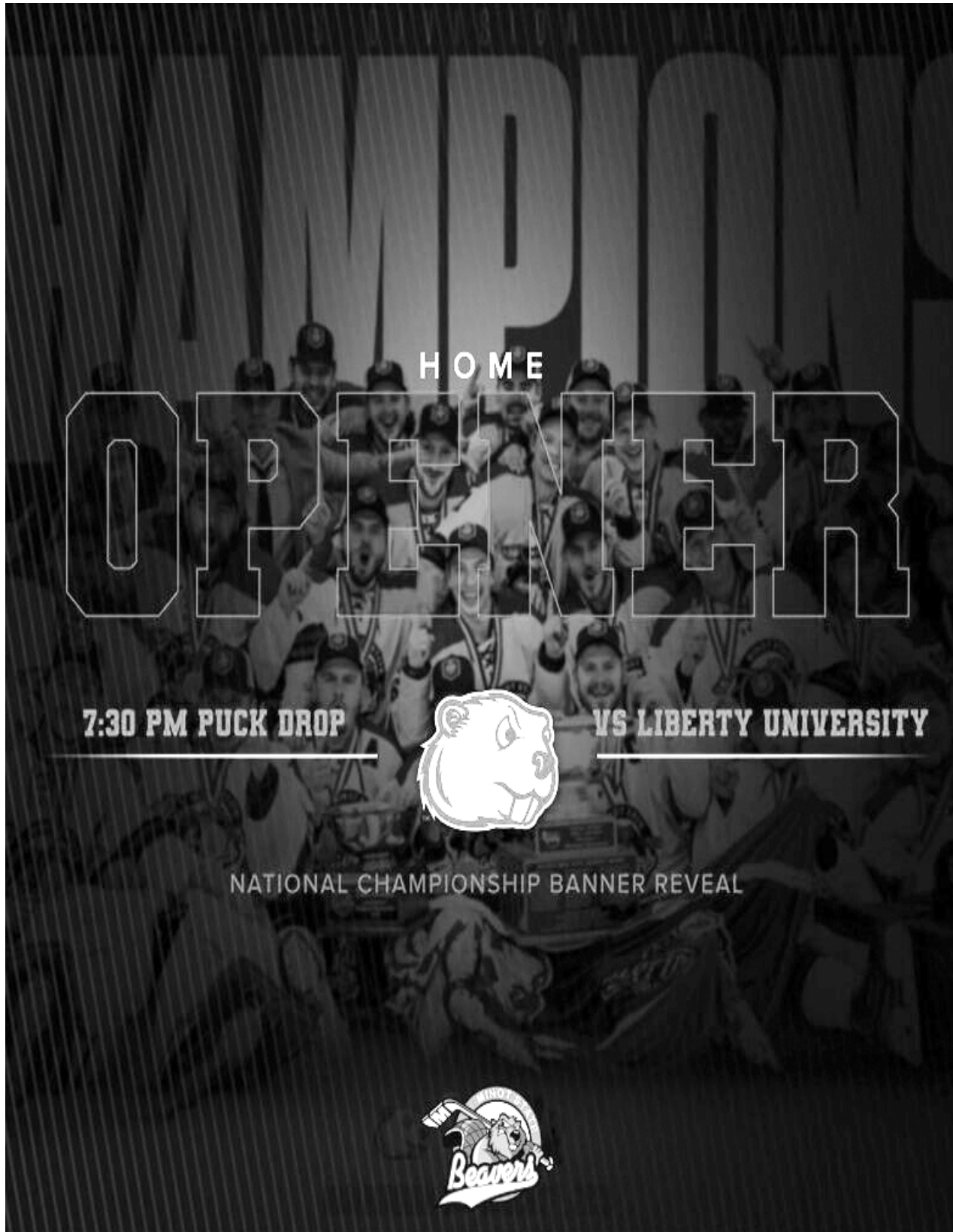
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Beaver Hockey Raises ACHA National Championship Banner in Home Opener



Photos from MSU Beaver's Twitter
Following banner raising ceremony, Minot State beats Liberty 3-2 and 8-1 in home opening weekend.



Beavers athletics on the road for in-state competitions



Above: MSU Golf headed to Bismark and competed in the Marauder Invite.
 Below: MSU Cross Country headed to Jamestown to compete in the Jimmie Invitational .




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