

# Red & Green

February 4, 2010 Vol. 91 No. 14

Minot State University, Minot, N.D. 58701

[www.minotstateu.edu/redgreen/](http://www.minotstateu.edu/redgreen/)

## Live, in concert, HighMay



The band HighMay performs for students during lunch hour in the Beaver Dam. The event, which took place last week, was sponsored by the Student Activities Committee.

Photo by Jesse Kelly

## 'Entire world' welcome to Darwin celebration

By Amy Engleson  
*Comm 281*

The second annual Darwin Day celebration will take place Feb. 12 on the Minot State University campus. This event will highlight Charles Darwin on his birthday with a smorgasbord of events in both Ann Nicole Nelson Hall and the Beaver Dam.

Events take place around the world on this day memorializing the famous scientist's life and ideas. Minot State's unique celebration will contain numerous themes, including science, history, music and art.

"There's no scientist that has been more influential in changing peoples' perspectives on how they view the world," Chris Beachy, MSU biology instructor, said, "so what we're going to do is celebrate the confluence of all these things that have emerged."

This year's celebration will be far larger than last year's, with lots of entertainment lined up. Richard Milner and John Goode will perform in Ann Nicole Nelson Hall on Thursday, Feb. 11. Milner will present his musical interpretation of Darwin, "Darwin Live and in Concert," which he has performed around the world. Goode, or Slam Poet, will recite poetry.

Organizers have lined up a plethora of entertainment for Feb. 12 in the Beaver Dam that will feature several local musical artists, a printmaker and others. The biology and art departments have done most of the heavy lifting for this celebration. Bill Harbort's



graphic design class designed all of the posters and stickers advertising the event around campus.

"It's been a really neat collaboration with the art department," Beachy said.

Other organizations involved include enrollment services, student government, the vice president of academic affairs, the diversity committee, science club and others.

Organizers geared the event toward Minot State students and area high school students.

"In fact," Beachy said, "the entire world is welcome to attend."

For more information on Darwin Day, contact Beachy at 858-3164 or [Christopher.Beachy@minotstateu.edu](mailto:Christopher.Beachy@minotstateu.edu) or visit the Department of Biology's Web site from MSU's home page.

## Diversity events planned

By Kendra Klimpel  
*Comm 281*

During the week of Feb. 8-12, Minot State University will host Diversity Week with various activities to promote community togetherness. The goal of Diversity Week is to bring businesses, students, faculty and the community together to

work as a whole. All presentations and activities are free and open to all students, and will take place in either the Student Union or Aleshire Theater.

The week's events, titled "Strength through Diversity: Community and Place," will include

See Diversity — Page 6

## Plant Services to host parking open forum

The Office of Plant Services will host an open forum Tuesday, Feb. 9, in the Conference Center on the third floor of the Student Center from 8 to 10 a.m.

The intent of the forum is to gather input from students, faculty and

staff regarding parking on campus and to discuss parking policies and issues across the campus.

For more information, contact Sherri Giessinger, administrative assistant to the director of facilities, at 858-3210.

# Joe Davis

**Anthony Anderson**  
Staff Writer

Joe Davis is one Minot State University student who is fully engaged on campus and in the community. Davis is an English major with a minor in theater whose main goal is to become an established author or poet.

"Writing is my passion," he said. "I love the freedom of creative expression."

In line with his academic calling, Davis works at the MSU Writing Center, located on the first floor of the Gordon B. Olson Library. As a writing tutor, his goal is to help students become better writers through an engaged tutoring process.

"We help them every step of the way – research, content, grammar. We don't just look at spelling and punctuation," Davis said.

Civic engagement is an important theme for Davis.

"I want to do good (things), and inspire others to do good," the student said.

He has served the community for the last two and a half years as president of the Black Student Association.

"We're trying to bring together people of all cultures," Davis said of the group's goal.

The Black Student



**"I want to do good, and inspire others to do good."**

—Joe Davis  
President, MSU Black Student Association

Association's biggest event of the year, the Soul Food Celebration, is now an annual event. The BSA will hold the event at the Minot Municipal Auditorium on Feb. 16. It will feature music, games, family activities and a traditional Soul Food dinner. (To purchase tickets, contact him at joseph.davis@my.minotstateu.edu, or inquire at the Auditorium.)

Davis is also the president of the newly formed Minot State Poetry Club.

"We're trying to liven up the poetry scene here in Minot," the English major said.

Davis works with the English Club on campus, currently working on preparations for its annual "English Tea." A traditional English tea, complete with poetry, art and music, the

event is a fundraiser for the club's upcoming trip to an English conference later this semester.

Davis also writes for the campus newspaper, Red & Green, and lends a helping hand with the Spanish and Sociology Clubs.

Off campus, Davis is equally engaged. A member of the Gospel Tabernacle Community Church in Minot, he teaches a Bible study class there every week. He also works at a Minot elementary school with the Community Learning Center (CLC), an after-school program.

"It's the best job I've ever had... the kids always brighten up your day," he said.

True to his love of writing and poetry, Davis combines his interests around the Minot area as one half of the

See Davis — Page 12

## Major Fair with a speed-dating twist

By Bryce Berginski  
Editor

The Conference Center on the third floor of the Minot State University Student Center will be the site of a different twist on a major fair.

On Feb. 11, from 1 to 2 p.m., Career Services will host a Speed Majoring event there for informational purposes.

The event is comparable to speed dating, except students go to tables for a certain length of time to learn about opportunities from representatives of MSU's various departments. After the time period ends, students have the choice to go to another table or stay where

they are if they have more questions. They are not required to go to every table.

"It is a chance for students to explore the variety of programs Minot State has," Lynda Bertsch of Career Services said. "It's designed for all students, especially those who want to declare or confirm their majors, or even look into minors or second majors."

Bertsch hopes students will take advantage of this first-time event, and interested students will schedule more in-depth meetings with representatives to learn more about majors opportunities at Minot State.

## Giving blood, giving life



Photo by Bryce Berginski

Minot State student Cassandra Neuharth is prepped by a United Blood Services worker during last week's blood drive. The drive, which was held in the Conference Center, was put on by the Student Government Association, MSU Student Ambassadors and United Blood Services of Minot.

# Parisien is new multicultural support services director

**Hannah Rude**  
Assistant Editor



Photo by Hannah Rude

**Dennis Parisien works at his desk in the Student Center. Parisien serves as adviser to the Native American Cultural Awareness Club, director of the Native American Culture Center and the Multicultural Center, and also recruits and provides support services for students.**

first year as director. Cultural Awareness Week of  
The Native American 2009 was a week dedicated to

education of Native American-related topics. Speakers came to Minot State and told of current issues facing Native Americans today. One speaker,

Marilyn Youngbird, came from Colorado to speak about Holistic Traditional Medicine and of her experience with

**See Parisien — Page 4**



**You could win  
one of 10 hooded sweatshirts  
from the MSU Bookstore!!**

Students - go to your [my.minotstateu.edu](http://my.minotstateu.edu) e-mail between Feb. 1 - March 1 to complete the "MSU Student Health Assessment."

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# Making changes to keep students

By Anthony Anderson  
Staff Writer

In order to combat an alarming downward trend in retention rates, Minot State University has formed a special committee to assess the current criteria for admissions.

Last year, key personnel published a white paper on the subject of organizing admission and enrollment requirements to increase student success. The paper states that out of the "343 first-time, full-time freshman with American College Testing (ACT) scores who enrolled in the fall of 2008 ... 100 were not retained, resulting in a 70.85 percent retention rate.

"Students with an ACT Composite score of 17 and below were retained at a rate of 62.86 percent. Students with an ACT Composite score of 18-19 were retained at a rate of 67.74 percent. Students with an ACT Composite score of 20-21 had a 71.83 percent retention rate and students with an ACT Composite score of 22 or higher were retained at a rate of 73.14," the report said.

This data suggests that ACT Composite scores are a fairly accurate predictor of student success. Statistics also suggest that student's ACT scores for English, math, and science can forecast performance in their individual classes on those subjects.

The committee confirmed that the bottom line is that not all students are proficient in the same areas. Different students have different strengths and weaknesses, and MSU is making it a priority to identify each student's core competencies and weak points. A structure needs to be in place to make sure students are getting the help they need, in the academic areas they need it.

"Our current admission policy is not sophisticated enough to recognize that students enter MSU with a variety of skills and backgrounds, all of which have a significant impact on the support they need to succeed at a university," Gary Rabe, vice-president for academic affairs, said in an early memo to committee

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health care in other countries. She is currently working on health care reform on the North Dakota Native American Reservations.

"It was interesting to hear what you can take from other cultures to bring back to the Indian Reservations," Parisien said.

He recalls when he was a student at Minot State and president of the Native American club. As president it was his job to introduce the speakers and thank everyone for coming. Many of the speakers now are Minot State alumni who come to speak at a fraction of a normal speaker's fee.

"It's kind of nice to catch up with people," Parisien said.

In December, Parisien traveled around with Hammond to meet his numerous contacts. Starting Feb. 1, Parisien will begin a two-week recruitment trip in Montana. There he will attend the Montana Post-Secondary Educational Opportunities Counsel. At that event, he will be able to recruit from six of the seven tribal colleges in Montana.

Parisien serves as adviser to the Native American Cultural Awareness Club, which has gone through tran-

sitions as well. It has a new president and the organization has created a new position for media and promotions.

Parisien noted several advantages to being a member of the club. Members can gain skills that will enhance their résumé as well as future career prospects. He has observed that students gain confidence in their own abilities through their affiliation with the club and go on to rewarding careers. One of Parisien's main goals is to get younger students and more male students interested in the club.

"My biggest goal is to increase the level of student involvement," he said.

Upcoming for the Native American Cultural Awareness Club is an Indian taco sale in Old Main on Wednesday, Feb. 10, from 11 a.m. to 1 p.m. The sale is in conjunction with Diversity Week on campus. The tacos will be available for on-campus delivery from 11 to 11:30 a.m.

On April 23 and 24, the club will showcase its annual powwow at the Dome.

"Our powwow is a spring celebration and honor dance. The purpose of our powwow is education based," Parisien said.

The powwow not only fea-

tures dance and great food, but also serves to honor the graduates of the year. These graduates get the chance to recognize someone that has influenced and made an impact upon them. The graduates can say a few words about the person they are honoring if they wish and usually present them with a gift. Parisien was once recognized and presented with a star quilt. Typical gifts presented are quilts and Pendleton blankets.

One thing that Parisien would like newcomers to observe at the powwow is the interactions that happen in the crowd. Native Americans are very family oriented. Another thing is sleeping newborns. Despite the sound and the crowds, babies seem to find the drums very soothing and rarely cry.

"Babies are sleeping like babies," Parisien said.

Parisien worked at Minot State as a recruiter three years ago, but began a career at Job Service before applying to come back. He spoke enthusiastically of being back on campus and his experience as MSU multicultural director.

"I'm really enjoying it. I have only been gone for three years and there have been a lot of positive changes," he said.

## Red & Green

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# New coordinator advises students

By **Cassandra Neuharth**  
Staff Writer



Photo by Cassandra Neuharth

**Heather Martin, at her desk in her new office in Career Services, is the new advising coordinator at MSU.**

Heather Martin, the advising coordinator at Minot State University, started her new post with plenty of experience. Prior to coming to MSU, she spent seven and one half years as the assistant director of advising at the University of North Dakota.

As an academic adviser, Martin helps undecided students find a career. Since her first day in January, Martin has taken on a long list of duties. She is currently working on a link for the MSU Web page about her job and how to contact her for advising information.

Martin is developing advising workshops for faculty and staff to better their engagement with students. She is researching advising programs and looking for the best plan to change and improve advising on Minot State.

She is assembling a hand-

book for academic advisers with more specific information on how to guide students into a career. Martin is also currently on the Effective Advising Advocacy Committee (EAAC). She is in the process of organizing faculty and staff representatives plus one student to help improve advising on campus.

When she started looking

for jobs in the Minot area to relocate with her husband and children to be closer to other family members, a brand new position opened up that she said is a perfect match.

Through contact by e-mails and telephone, MSU's Vice President for Student Affairs, Dick Jenkins, found her perfect for the job

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# SAC activity models game show

By **Joe Davis**  
Staff Writer

Minot State University's Student Activities Committee will host a game night on Feb. 9 modeled after the popular television game show, "Let's Make a Deal."

Throughout the event in the Beaver Dam, student contestants will choose between prizes that they can keep or trade in for unknown prizes hidden in boxes.

According to Deal's official Web site, the decision-making adds an element of excitement and suspense. Just like the 1960's hit show, contestants can dress up in "whatever they want, just like it's Halloween," Anne Rivera of student activities said.

This fun twist in the game developed when the show

first began as audience members wore extravagant costumes to attract the host's attention. The TV game show inspired everyday people to dress like anything from wild animals to super heroes.

While randomly selected tickets will choose contestants, the SAC encourages all those attending to dress up in fun, creative costumes—the more unusual the better! Students who attend the event will have the opportunity to win various prizes, including a TV Wii package, camping gear and iPods.

For more information, contact Rivera at [ann.rivera@minotstateu.edu](mailto:ann.rivera@minotstateu.edu) or visit [www.letsmakeadeal.com](http://www.letsmakeadeal.com) for fun tidbits about the show.

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**High Risk High: Youth Drinking in North Dakota** is generously funded by the Otto Bremer Foundation, the Fargo-Moorhead Area Foundation, and the Division of Mental Health & Substance Abuse Services of the North Dakota Department of Human Services.

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movies, poetry, music and faculty presentations, all with a topic of working together.

"An example of this would be, instead of students in a computer class designing a Web page solely for an assignment, maybe they would design a Web page for a local business," Lisa Borden-King, teacher education and human performance instructor, said.

She and Ruth Kihm, social work, are coordinating numerous events for Diversity Week.

Monday's events highlight an engagement fair from 10 a.m. to 3 p.m. (food served 11-1) and a musical, "The Lost Colony: A Broadside Ballad," performed at 7:30 p.m. in Aleshire Theater.

Tuesday, Feb. 9, features an MSU social work student's presentation on service learning at 12:30 p.m. in Old Main 106. The film,

"Rabbit Proof Fence," followed by discussion, begins at 7:30 p.m. in Aleshire Theater.

On Wednesday, Lori Willoughby and Gary Ross will present "Connecting Non-local Students to the History and Culture of North Dakota" at 10 a.m. in Old Main 109. NACAC will host an Indian taco sale in Old Main beginning at 11 a.m. Schun Yee Flesche will give a presentation on Chinese culture at 3 p.m. in Old Main 211.

Feb. 11, Thursday, JoLynn Webster will facilitate a panel discussion on individuals with disabilities, "I'm Not Broken: Don't Fix Me," at 9 a.m. in Old Main 106.

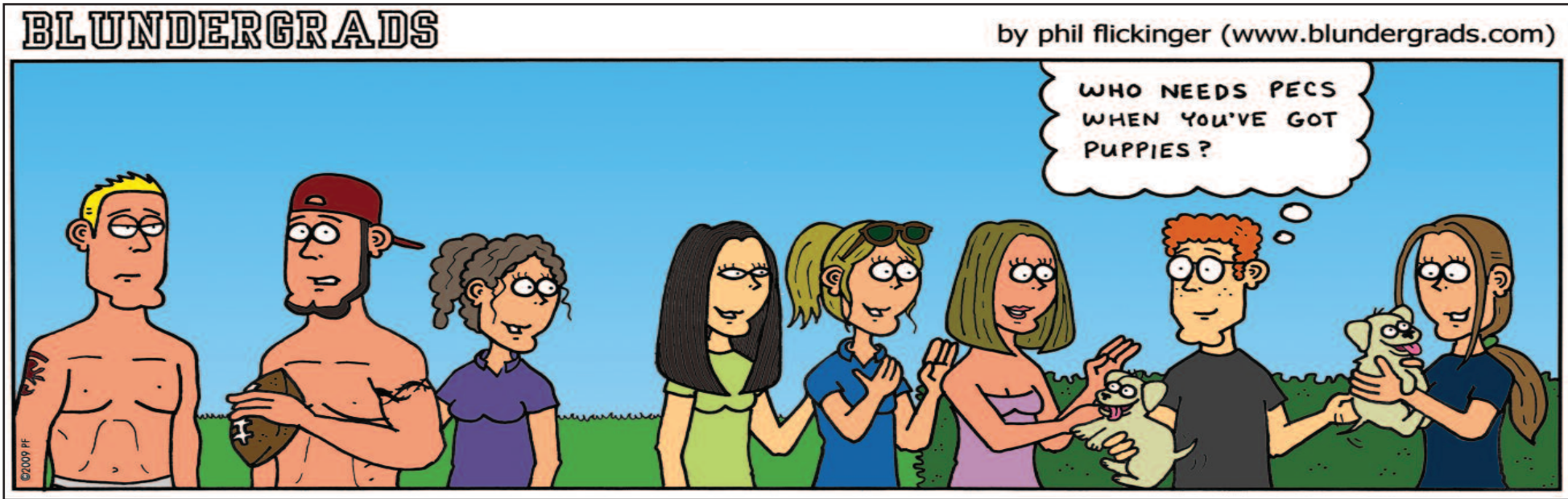
A food fair will take place in the Multicultural Center, 11 a.m. to 1 p.m., featuring free food. Erik Anderson and Johnny Coomansingh will provide music from noon to 12:30 p.m.

Also on Thursday, Kemerly Moorhouse will present information on a Peru Study Tour

in Old Main 106 at 1 p.m.

Borden-King and Kihm encourage all students to take part in these activities to better understand, not only their community, but also the world around them.

Following Diversity Week, on Feb. 16, the Minot State University Black Student Association will host a soul food celebration in Minot's Municipal Auditorium starting at 6 p.m. Look for more information about this event in the Feb. 11 Red and Green.



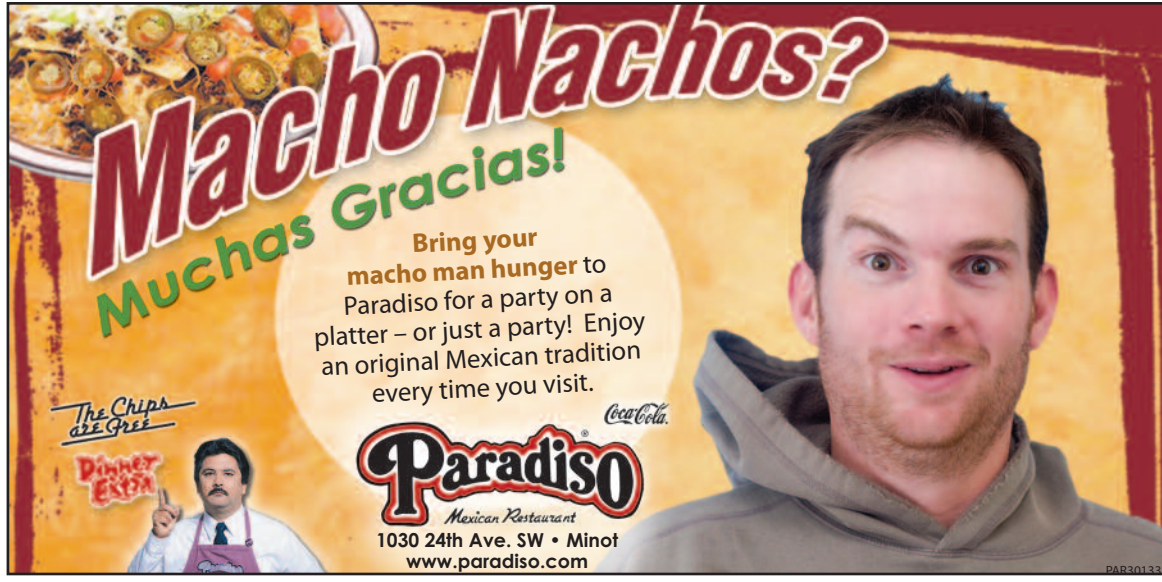
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## Hold 'em or fold 'em



Photo by Jesse Kelly

Students participate in a game of Texas Hold 'Em poker during Casino Night in the Beaver Dam. The SAC-sponsored event, which took place last week, gave students a chance to win prizes.

## We are not alone.



**Stop by the Office of International Programs for a Study Abroad advising session today!**

Second floor of the Student Center  
[minotstateu.edu/international](http://minotstateu.edu/international) → Study Abroad

... Admission  
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members. "In order to more adequately support student success, we need a policy that assists in identifying students with common challenges at the point of admission."

MSU has formed the Admissions Criteria Review

Committee to carry out this task, a vital part of Vision 2013. The committee has drawn 27 members from the faculty, staff and student population. Its main goals are to review existing MSU retention and graduation rates to find common factors in students who succeed, review the current practices of other

institutions and review and make recommendations on the admissions process at MSU.

The committee has been meeting weekly since the start of the semester, and hopes to have a final recommendation ready for MSU President David Fuller by April.

Mark <sup>1</sup>your  
**Calendars**

Minot State University • Career Services Office • [www.minotstateu.edu/careers](http://www.minotstateu.edu/careers)

Having trouble choosing a **major**? Want to explore a second **major or minor**?



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### FOR MORE INFORMATION

Career Services, 2nd floor Student Center • 858-3362  
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# SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 |   |   |   |   |   |   |   | 1 |
|   | 8 |   |   |   |   |   |   |   |
| 5 |   | 3 |   | 8 |   |   |   |   |
|   |   |   | 1 | 2 | 8 | 5 |   |   |
|   |   |   | 4 |   |   | 9 |   |   |
|   | 3 | 9 | 8 | 7 |   |   |   |   |
|   | 1 |   | 4 |   |   |   | 6 |   |
|   |   | 4 |   |   |   |   | 2 | 7 |
|   | 6 |   | 5 |   |   |   |   | 1 |

Level: Intermediate

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 1 | 4 | 7 | 9 | 5 | 2 | 6 | 3 |
| 7 | 2 | 5 | 1 | 3 | 6 | 4 | 9 | 8 |
| 9 | 6 | 3 | 8 | 2 | 4 | 5 | 7 | 1 |
| 6 | 4 | 1 | 5 | 7 | 8 | 9 | 3 | 2 |
| 2 | 6 | 7 | 9 | 4 | 3 | 8 | 5 | 1 |
| 3 | 5 | 8 | 2 | 1 | 9 | 7 | 4 | 6 |
| 4 | 7 | 6 | 9 | 8 | 1 | 3 | 2 | 5 |
| 5 | 2 | 3 | 1 | 8 | 9 | 6 | 7 | 4 |
| 9 | 3 | 5 | 2 | 4 | 6 | 7 | 1 | 8 |
| 1 | 8 | 9 | 3 | 5 | 2 | 6 | 7 | 4 |

ANSWER:

# Crossword puzzle

|    |    |    |    |  |    |    |   |    |  |    |    |    |    |    |    |    |    |
|----|----|----|----|--|----|----|---|----|--|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  |  | 5  | 6  | 7 | 8  |  | 9  | 10 | 11 | 12 | 13 |    |    |    |
| 14 |    |    |    |  | 15 |    |   |    |  | 16 |    |    |    |    |    |    |    |
| 17 |    |    |    |  | 18 |    |   |    |  | 19 |    |    |    |    |    |    |    |
| 20 |    |    |    |  | 21 |    |   |    |  | 22 |    |    |    |    |    |    |    |
|    |    |    |    |  | 23 |    |   |    |  | 24 |    |    |    |    |    |    |    |
|    |    |    |    |  | 25 |    |   |    |  | 26 |    |    | 27 | 28 | 29 | 30 |    |
| 31 | 32 | 33 | 34 |  |    |    |   |    |  | 35 |    |    |    |    |    |    |    |
| 36 |    |    |    |  |    |    |   |    |  |    |    |    | 37 |    |    |    |    |
| 38 |    |    |    |  | 39 | 40 |   |    |  | 41 | 42 |    |    |    |    |    |    |
| 43 |    |    |    |  |    |    |   | 44 |  | 45 |    |    |    |    |    |    |    |
|    |    |    |    |  |    |    |   |    |  | 46 |    |    |    |    | 48 |    |    |
|    |    |    |    |  |    |    |   |    |  | 49 |    |    |    |    | 51 | 52 | 53 |
| 54 | 55 | 56 |    |  |    |    |   | 57 |  |    |    |    |    |    | 58 |    |    |
| 59 |    |    |    |  |    |    |   | 60 |  |    |    |    |    |    | 61 |    |    |
| 62 |    |    |    |  |    |    |   | 63 |  |    |    |    |    |    | 64 |    |    |

### CLUES DOWN

1. Biblical Hamath
2. 12th Jewish month
3. Bullfrog genus
4. Actor's line to the audience
5. Emperors rule them
6. Earth color pigment
7. Spheres
8. Rang
9. Daughter of Typhon
10. As fast as can be done, (abbr.)
11. Matchstick game
12. Take hold of
13. Black tropical American cuckoo
21. mm/dd/yy
22. Belongs to Coach Parsegian
27. Minn. Camp \_\_\_\_ Yapi
28. Ardor
29. Lacking hardness
30. A card having three spots
31. Civil rights college organization
32. Botswana monetary unit
33. A object worshipped as a god
34. Nora Jones' father
39. Uniform shoulder ornament
40. Follows Aug.
41. Type of igneous rock
42. Highly excited
44. Draw up a text
45. Particle with positive charge
48. Water chestnut genus
49. Acorn descendants
50. Sole
51. Monetary unit in Peru
52. Burden
53. Emit coherent radiation
54. Of she
55. \_\_\_\_cado: alligator pear
56. Arrived extinct

### CLUES ACROSS

1. Ancient queen of the gods
5. Employee stock ownership plan
9. Indian shot plant
14. Expression of pity
15. Bog down
16. Central China city
17. Mountain unicycling, (abbr.)
18. Nine banded armadillo
19. Metrical feet
20. The genie's lair
23. Acquire by one's efforts
24. Before
25. Popular beverage
26. Most benighted
31. Steeples
35. A navy serviceman
36. Ctenophores lacking tentacles
37. Coffee shop
38. Parts of a garlic bulb
41. Small and delicate
43. Tool to measure thickness
45. Hog
46. Primate
47. Point where something begins
49. Patio cooker
54. Ocean zone below 6000 meters
57. Opposed to
58. Dwarf buffalo genus
59. Call forth
60. Coagulate
61. School organizations
62. Cook with dry heat
63. No. English river
64. Military assistant

For answers to the crossword, see page 12



# Super Bowl party in Dam

By Joe Davis  
Staff Writer

The Super Bowl is one of the most beloved of American traditions; many consider it a national holiday. Those interested can catch the Super Bowl XLIV championship game on Feb. 7 in the Beaver Dam at 5 p.m.

The Student Activities Committee will give away door prizes and free food with show of MSU ID. Nonstudents pay \$5.

SAC invites all students to come and root for their favorite team in the Indianapolis Colts versus the New Orleans Saints match-up.



**Augustana Lutheran Church - ELCA**  
120 5th Ave. NW • 852-4853  
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Sunday Worship.....8:00 am & 10:30 am  
Education Hour.....9:00 am

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Saturday Worship.....5:30 pm (Traditional)  
Sunday Worship.....8:45 am (Traditional)  
Sunday School & Adult Ed.....9:45 am  
Sunday Worship.....10:45 am (Contemporary)  
Wednesday Supper.....5:00 pm  
Wednesday School & Confirmation.....6:00 pm  
Radio Broadcast KPRZ 1390 AM at 8:45 am  
Pastor Ken Nelson • Pastors Mike & Kari Pancoast  
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Sat. Worship.....5:00 pm  
Sun. Worship.....8:30 & 10:45 am  
*Holy Communion 2nd & 4th Weekends of each month*

**Tuesday SOUP Lunch**

Come and enjoy a warm cup of soup and stay for great conversation, play pingpong, challenge someone to a game of Wii bowling or just study.

**Free soup lunch for MSU students**  
Every Thursday starting Feb. 4  
11:30 a.m. – 1 p.m.  
Augustana Lutheran Church (across from Lura Manor)

SPONSORED BY LUTHERAN CAMPUS MINISTRY  
Kari Williamson, 839-3949, kari.williamson@minotstateu.edu

# Curling tourney scheduled

By Kevin Mehrer  
Comm 281

The Offices of International Programs and Enrollment Services have teamed up to bring Minot State University its first-ever curling tournament. The tourney will take place Saturday, Feb. 20, beginning at noon on the North Dakota State Fairgrounds at the Minot Curling Club.

signed up to play. "Originally I was hoping just to have 12 teams, but that filled up quickly. Now we are accepting up to 24 teams," the organizer said.

Friday, Feb.5, is the cutoff date to sign up a team. Snelling can only help teams on a "first come, first serve" basis.

Snelling described curling basics as a lot like shuffleboard. Four members make up a team. One team member, the skip, throws the "rock" down the sheet of ice. The other team members then use the curling brooms to sweep the ice and position their rock. The team must try to get the rock in the

"This event is open to everyone; not only MSU students, but faculty, staff, or 'even senior citizens,'" Tyson Snelling, Canadian Student Assistant and event planner, said. "We hoped to use this as a recruitment event. Then the thing skyrocketed."

Currently, 20 teams have

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**Pita Pit announces their New Gift Card Loyalty Program**

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For more information about the Pita Pit, visit [www.minotpitapit.com](http://www.minotpitapit.com)

# How to talk to anyone

(Student Health 101) — Tongue-tied when it comes to talking to authority figures? Unsure how to approach your roommate about a pesky problem? You're not alone. More than half of the 1,200 respondents in a recent Student Health 101 survey said they sometimes or often have trouble talking to their professors, college administrators, and bosses. And more than a third of our survey respondents said they were shy about starting conversations with other people in general.

Read on to find tips from experts on making difficult conversations easier, getting your point across, resolving conflicts, and more.

## Talking to Faculty

Getting to know your professors, college deans, and administrators has multiple possible benefits, from bumping up a borderline grade to getting recommendations for grad school, fellowships, or employment.

Making yourself known in a positive light to professors demonstrates you care about your academic career. For many students, the first obstacle is overcoming an initial anxiety about approaching authority figures. "People in authority can intimidate me, but I just remember that they are normal people, too," says Jenny Brockel, a senior at the University of Kansas in Lawrence. "I was going to be out of town for a family event and needed to get an exam rescheduled. I was extremely nervous about asking the professor if I could take the exam at an earlier date, but then I thought to myself they probably have family events that

come up, too, and would hopefully be able to understand where I was coming from." Sure enough, Brockel's professor happily allowed her to take the exam a day early. Here are a couple of ways to open the lines of communication and develop relationships with faculty:

- **Participate in class.** Alexandra Dove, a junior at Ripon College in Ripon, Wis., says that speaking up in class can be daunting, but she handles it by preparing herself beforehand. "If you get to class a little early, going over your notes and focusing on the topics that are going to be discussed can be helpful in organizing your thoughts and having a confident answer or discussion point, and in larger classes, this helps the faculty get to know you." Some students may worry that their contributions to the discussion will sound unintelligent. Bill Stuart, a communications professor at Longwood University in Farmville, Va., reminds students that although you have to indicate you have some inkling of the material under review, you don't have to always have it right. The professor might take what you say in class and use it as a jumping-off point to a larger discussion.

- **Know the power of office hours.** "Most students don't come to office hours," says Jeff Haig, a professor and cofounder of MaximizeYourEducation.com. "But the students who do come really benefit. I'll cover the material in depth, and I'll even give them tips to studying for the midterm or final exam." If you're nervous about

going by yourself, Stuart suggests the wingman approach. Take a buddy. For those who are shy about participating in class, it's particularly important to make a showing at office hours so the professor can see that you're engaged.

## Talking to Your Boss

Like faculty members, your boss is an authority figure—and it literally pays to create a favorable impression with him or her. How do you do that? Art Taguding, executive director of the Career Services Office at Stevenson University in Owings Mills, Md., says it starts by fully understanding the expectations and the protocol of the organization. "Each organization has a different culture, different expectations, different dress codes. That's where [students] have to do their homework."

In the workplace, you lay the groundwork for a good relationship by being competent, being a team player, being likable, and contributing to the success of the organization, says Taguding. Once you've demonstrated those qualities, conversations with the boss about the topics that follow become more manageable.

- **How to ask for time off.** Send an e-mail explaining your request and noting how you plan to cover any upcoming deadlines or responsibilities. If your boss has a few moments free, opt for a quick conversation. You might want to follow up with an e-mail reiterating the dates you plan to be out, so your boss has it in writing.

- **How to ask for more responsibility.** When an opportunity arises that interests you, Taguding suggests

saying something like, "What is our next step with this project? I worked really hard on this...I'd love to take what I've learned and apply it to a new project." The boss will appreciate your go-getter attitude.

- **How to ask for help on how to approach tasks.** If you're not sure how to tackle an assignment, it's perfectly acceptable to ask for guidance. "I would pose the question to the person who gave the assignment to you," says Taguding. "Say, 'I have an idea of how I'm going to tackle this assignment, but do you have a preference as to how I should do it?'" The supervisor thinks, "Hmmm... that's very considerate of them to think about my needs."

- **How to resign.** Taguding suggests opening with a compliment: "You know, this has been a great opportunity. I feel I have grown professionally with this organization." Get to the point: "I have a new opportunity where I can continue to grow..." Close with some personal praise: "If it weren't for your guidance and support, I never would have grown so much in this position..."

## Talking to Your Peers

You'd think conversations with your fellow college students and friends would be no-brainers. But, in fact, it's the place where most conflicts tend to arise, so communication can sometimes be tricky. Here are some ways to deal:

- **Timing is everything.** When it comes to conflicts, says Stuart of Longwood University, it's better to pay as you go. That means the overall emotional cost of dealing with annoyances as they arise is lower than if you let tension

build and have a meltdown. Picking the time to deal with a conflict is important, adds Wendy Nichols, assistant professor of communication arts and sciences at Merrimack College in North Andover, Mass.: "Make sure the other person is in a decent mood, free from distractions. And be sure to ask them, 'Is this a good time?'"

- **Avoid the blame game.** "I'm really big on speaking for yourself and only for yourself," says Nichols. She suggests using "I feel" statements that help prevent the other person from getting defensive. Don't forget to pause and give the other person a chance to respond to you. And lastly, keep it timely. Focus on current issues, says Nichols, and leave the past in the past.

- **Master couples communication skills.** For couples, learning how to express your feelings and "fight fair" can be the difference between healthy and toxic relationships. Tara Semerar, a senior at the University of South Florida in Lakeland, has struggled with communication hurdles in her long-distance relationship with her fiancé at the Naval Academy.

"Arguments are so much more drawn out and hard to do," she says. "Text messaging is the worst because you have no idea of the true emotion coming from them."

Semerar's strategy now involves stepping back from arguments to calm down and assess the situation. "I think all too often people are quick to be on the defensive, instead of arguing about the initial problem and resolving it." She also

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**... Davis  
continued from page 2**

performing arts duo, the "True Soul Brothaz." Under the stage name Immaculate Wordsmith, Davis and his partner Anthony Noble ("B. Smooth") write and perform a unique brand of spoken-word poetry.

The True Soul Brothaz perform frequently at several ven-

ues in Minot, including the Red Carpet, the Bagel Stop, Pangea House, and Minot State's own Beaver Dam. The True Soul Brothaz have two performances in the near future, both on February 12th. One will be in the Beaver Dam at noon, with Rick Watson's Crackpot Profits. The other will be that evening at Pangea House, in downtown Minot.

**... Curling  
continued from page 9**

middle of the bull's-eye, without the other team hitting their rock and knocking it out of the bull's-eye. Teams repeat this process a total of eight times. At the end of the eighth time, the team with the most points wins.

Snelling said the top teams

will win prizes. Food and drinks for everyone will also be available. Snelling encourages all, from beginner to expert, to try their hands at curling.

"If you want to get back at a teacher, what better way than on the ice?" he said.

To sign up, contact Snelling at 701.858.3978 or international@minotstateu.edu.

**... Communication  
continued from page 10**

says she has come to realize a quick phone call can often clear up many misunderstandings.

• **Bring in a third party.** If you're having trouble commu-

nicating with someone on campus, you might want to explore one of the many resources available. Your resident adviser, professionals at the health services office, and others are there to help you resolve conflicts and facilitate communication.

**... Advising  
continued from page 5**

"We were looking for someone to help us improve the advising system across the MSU campus and Heather was the ideal fit with our

needs," Jenkins said.

"It's exciting to meet faculty, staff, and students and to experience the culture on the MSU campus, which I have enjoyed," Martin said of her new position. "I am excited to better serve students at MSU."

Martin is located in the Career Services office.

For more information on advising on campus contact Martin at heather.martin@minotstateu.edu.

**Applications Available  
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**Applications Due on February 12th to SGA Office**



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