

Red & Green

February 18, 2010 Vol. 91 No. 16

Minot State University, Minot, N.D. 58701

www.minotstateu.edu/redgreen/



Submitted Photo

Students created 125 ceramic bowls for the 'Soup it Up' event. The bowls were available for purchase by those in attendance.

Fundraiser a 'souper' success

By Amy Engleson
Comm 281

Minot State University ceramics students, along with their instructors, created ceramic bowls for the third annual Soup it Up fundraiser held Feb. 6 at the Taube Museum of Art.

Participants made more than 125 bowls for the fundraiser. Those in attendance chose a unique, handmade bowl for the soup they purchased and then were able to keep the bowl after the event.

The Taube Museum of Art offers art classes, exhibition programming and a sales venue for artists. Organizers said that museums such as the Taube enrich the community, and fundraisers like Soup it Up are an important revenue stream to keep their programming strong.

This fundraiser for the art museum brings new people through the doors to experience what the Taube has to offer. This month's fundraiser

brought in \$1,400, thanks to those who participated in the creation of the bowls, the attendees and local restaurants that donated their soups for the good of the arts. Businesses involved include 10 N. Main, Ebenezer's, Primo, Rollin' Pin and The Badlands Grill & Bar.

"This is a fantastic project for the students," Linda Olson, chair of the Division of Humanities and ceramics instructor, said.

See Soup — Page 8

Darwin Day



Photo by Rick Heit

Richard Milner performs as scientist Charles Darwin for a Northwest Art Center lecture last week in Nelson Hall. The performance was part of the Darwin Day activities.



Photo by Rick Heit

Students, faculty and staff gather in the Beaver Dam Friday to watch Darwin Day events that included guest speakers, printmaking and performances by local bands.

Brown Bag Book Talk Preview: Marita Hoffart

Jake Douglas
Comm 281

Marita Hoffart, nursing, will present the Brown Bag Book Talk Tuesday, Feb. 23. She chose the book, "Dance of the Spirit: The Seven Steps of Women's Spirituality," by Maria Harris.

"The book has been around for years," Hoffart said. "It is a good book to use in a group with discussions and activities. It's really basic and easy to follow, specific and easily understood," she said.

Hoffart said she is very

familiar with the material the book covers. She listed the seven steps as "awakening, discovering, creating, dwelling, nourishing, traditioning and transforming."

She said she was "tagged" to present a book because she is retiring this year.

You need not read the book ahead of time and are encouraged to bring a sack lunch.

The book talk, sponsored by the Gordon B. Olson Library, begins at noon in the lover level of the library.

Chartwells offers express meals

Kevin Mehrer
Comm 281

Chartwells, Minot State University's dining services, has been offering Express To-go meals in the downstairs cafeteria in the Student Center since January.

To use the Express system, a student asks the cashier for a To-go, or express meal. The student has the option of one entrée, soup or salad, plus a

soda and a dessert. The cost is one swipe on the meal plan card.

"So far, the students have responded pretty well," director of dining services Brad Damm said. "Students are busy. They work; they are involved in athletics, student clubs. This is only meant to be an alternative; (it) just gives them another option."

See Chartwells — Page 8

Chris Filler

Anthony Anderson
Staff Writer

Chris Filler has had several majors ranging from math to business management, but he has always had the same career goal in mind. He wants to make movies.

"I've always had my roots in it," Filler said. "When I was eight or nine, my dad would set up a camera for my sister and I. He would just let it run, and we would make up little stories and act them out in front of it. We've been doing it ever since."

Filler is from Minot, a sophomore, and is majoring in business management. He has most recently turned his creative energies into an online series of shorts he calls the "B Movie Series."

"My sister first came up with the idea of putting our videos on the Internet. The whole thing was her idea, really," Filler said. He and his sister, Jenny, and their



"I've always had my roots in it (making movies)."

—Chris Filler, MSU Student on Filmmaking

friends write and produce the episodes, with Filler starring as "Jamie Prickton-Carpenter."

Filler describes his character as an overconfident young man, trying to make it big in the film industry.

"He has this huge vision of making movies," Filler explains. "Jamie thinks he's headed for huge success, but he really has no skills or talents to back it up. Everybody knows somebody like that. This character

is a satire of that, sort of like 'The Office' or 'Arrested Development.'"

After graduating, Filler plans to pursue a career in the film industry, and is already exploring new opportunities on both sides of the camera, as an actor, director and editor.

To check out the "B Movie Series," as well as several other short films by Filler, log onto Funnyordie.com, and use the search term, "Chris Filler."

Join the MSU English Club at the

SILENT SLAM

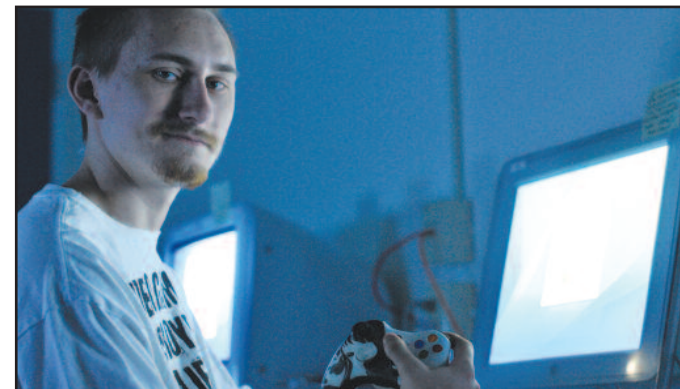
SATURDAY FEB 20
MAIN STREET BOOKS

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Five Minutes Remaining

A column by Tanner Larson, MSU sophomore



Second thoughts on 'Modern Warfare 2'

I want to take this time to reflect on a review I wrote back in December for this newspaper. I said some stuff that I thought was truthful then, but isn't now. Don't get me wrong, if "Modern Warfare 2" was a campaign-only game with the "Spec. Ops." missions thrown in, I wouldn't be writing this article...well, I would be still. However, a journalist must be nit-picky. It's who we are.

Anyway, first order of business is stating the obvious if you're in the loop of gaming news. The multiplayer is a main reason why most of the consumers have bought the game. At first, the game's multiplayer was fantastic and fairly addicting for the most part. Unfortunately, there are people who

want to tip the scales in their favor, or in other words are "hacking" and "glitching" for easy wins.

This isn't just on the PC version, as reports have also been filed for usage on Xbox Live and PlayStation Network. This started with the "javelin glitch," then the "infinite ammo," "Super Soldier (hacking of weapon ranges and health)," "Speed Skater (fast movement)" and "unlimited care package glitch."

I have heard that these glitches and exploits have been fixed for the most part, but the damage has been done, as the game has been dubbed by many gamers to be "Broken Campfire 2." To me, I won't be playing this any time soon, as one person or group decided

to ruin the fun for everyone.

Second order of business: plot-holes galore. I'm not saying that the campaign is bad because of plot-holes. If I was, then all sequels are terrible. However, there are some that stick out that just seem to be very confusing. For instance, why was Captain Price captured by the ultra-nationalists? Why did Gen. Shepherd betray the Task Force 141? How did they not know that Makarov and his men did the dirty work at the airport, when the loading screen deliberately shows all of their faces, as they wear no masks to hide their identity? On top of that, why does Ghost sound eerily similar to Gaz, even though it is the

same voice actor? Why, why, why?

Even with all of these plot-holes, "Modern Warfare 2" is a game worth playing still for its Single Player and Co-Op missions. As for its multiplayer services, I'll stick with "Uncharted 2: Among Theves" (PlayStation 3), "Gears of War 2" (Xbox 360), and "Fat Princess" (PlayStation 3) thank you very much.

And yes, I find "Call of Duty 4: Modern Warfare" better than "Modern Warfare 2" at this point in time.

Thank you for reading.

College students at high risk for meningitis

Sabita Subedi

Senior Nursing Student

There are several contagious diseases out there in the environment. One of them is meningococcal meningitis. What makes the disease even scarier is the fact that there is a higher incidence of meningococcal meningitis in college students than any other populations. Writing in 2006, K. Butler said, "College students, especially first year students living in dormitories or residence halls, are among those at the highest risk of developing the disease."

The data presented in the article is even more striking in

that it was found that the general population had a 0.8 to 1.3 incidence rate (of meningococcal meningitis per 100,000 populations) of the disease versus a 5.4 incidence rate in college freshmen living in dorms. The story does not just end here. It was also found that the incidence rate of overall students living on campus was 3.24, which is still higher than that of the general population.

Definition: Meningitis, or spinal meningitis as it is sometimes called, is an inflammation of the pia mater and the dura mater meninges-membranes that

surround both the brain and spinal column, caused by a viral or bacterial infection. Meningitis can be either viral or bacterial.

Viral meningitis is generally less severe and clears up without specific treatment. Bacterial meningitis can be quite severe and may lead to brain damage, hearing loss, or learning disabilities. For bacterial meningitis, it is also important to know which type of bacteria is causing the meningitis, as antibiotics can prevent some types from spreading and infecting other people.

Meningitis presents with

some classic symptoms such as high fever, headache and stiff neck. These symptoms can develop suddenly, within hours, or in one to two days. Other symptoms include nausea, vomiting, sensitivity to lights, confusion, and somnolence (drowsiness).

Meningococcal meningitis transmission: Bacterial meningitis is contagious. One example of bacterial meningitis is meningococcal meningitis that is caused by neisseria meningitis (N meningitis) bacteria. The Center for Disease Control wrote in 2010, college freshmen, especially those who live in dormitories, are at

an increased risk for bacterial meningitis caused by (meningococcal disease) compared with other persons of the same age. The bacteria can mainly be spread from person to person through the exchange of respiratory and throat secretions. This can occur through coughing, kissing, and sneezing.

According to Bulikha and Rosenstein, "N meningitis invades mucosal surfaces of nasopharynx and is transmitted through direct contact with large droplet respiratory secretions from the patients or

See Meningitis — Page 7

Voices on Campus

What talent do you wish you had been born with?

Anthony Anderson
Staff Writer



Ashley Brown, Fr.
Social Work

"To be amazing at basketball."



Ryan Bock, Sr.
Radiology

"Mad percussion skills!"



Jantze Hedges, Soph.
Chemistry/Criminal Justice

"I wish I could act."



Liz Warsocki, Jr.
History Ed.

"The ability to sing."

Sleep and the college student

Hannah Teagle

Senior Nursing Student

Dozing off in class ... does it happen to everyone?

Ever find yourself staying up late to study for an exam, or maybe you are at a party that lasted until 4 a.m. and you just had to finish the last beer? Sound familiar? These are two common reasons why college students suffer from sleep deprivation, or too little sleep.

College, alcohol and stress go hand-in-hand and play a major role in why college students do not get enough sleep. Prevention of sleep deprivation and knowing what to look for are key components to living a healthy life.

Most people need eight hours of sleep per night, but studies are showing this may not be the case for everyone. If you wake in the morning and feel rested and do not take naps during the day, your body is telling you that you received enough sleep the night before. Getting to know your body and listening to your body are key elements in preventing sleep deprivation and staying healthy.

How can sleep affect your ability to learn? Without sleep your body's reaction time and brain efficiency are reduced, and concentration becomes a major concern. Studying most of the night for a test and sleeping only a few hours decreases your ability to remember.

"When we are sleep deprived, our focus, attention, and vigilance drift, making it more difficult to receive information. Without adequate sleep and rest, overworked neurons can no longer function to coordinate information properly, and we lose our ability to access previously learned information, according to "Sleep, learning, and memory," 2007.

Sleep is a basic need of the human body. Without sleep, people become irritable, groggy, depressed, suffer from weight gain, confusion and it sometimes can lead to depression. Other sleep deprivation symptoms include droopy eyelids, fatigue, behavioral changes, forgetfulness, impatience, dozing off during class or negativity.

There are many things a person can do to prevent sleep deprivation.

See Sleep — Page 8

Red & Green

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MSU *Odd Jobs* for Students

Nude Model

Hannah Rude
Assistant Editor

Minot State University has employed students to model nude for the figure-drawing class at Minot State for years.

Figure drawing has long been a staple of the MSU Art Department. Art instructor Bill Harbort has taught the course since 1996, but the class was already in place at Minot State before he arrived. The class does not typically display its work. Rather, it acts as an exercise course.

"It's the jumping jacks on Wednesday, it's not the football game on Sunday," Harbort said.

Models come from both on campus and off campus. When the need arises to recruit models, the department places ads in the Minot Daily or the Northern Sentry. Due to the response on campus, they have not needed to



advertise in the community for some years.

Harbort said they are always looking for new models for the sake of variety for the class. Members like to draw both male and female models of any body type. Models can expect to hold poses for anywhere from thirty seconds to ten minutes. A class can require four poses or up to 50 poses from a model, depending on the curriculum. Starting pay is \$12.50 an hour. Models must stay for the duration of the two-hour class.

Harbort compares the way the class views models to a nursing class.

"There's a misconception about nudity outside the arts. It's not sexual at all. It's very scientific. It is based on anatomy and proportion," he said.

For more information on this "odd job," contact Harbort at 858-3108.

First Lutheran Church - ELCA
120 2nd Ave. NW • 838-9423
Sunday Worship.....8:30 am (Free Bible) • 10:30 am (Free Bible)
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Sunday School.....10:30 am (Outside Learning)
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Wednesday School & Confirmation.....6:00 pm
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frstluth@minotstateu.edu

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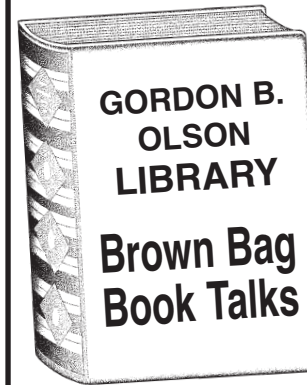
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Jones Room, Student Center
OPEN TO ALL MSU STUDENTS, STAFF & FACULTY



BLOOD PRESSURE SCREENING

9-10 a.m., Mondays
March 1, 29,
April 12, 26 and May 3.
Student Center Atrium



Brown Bag Book Talk

Featuring
Marita Hoffart,
MSU Nursing
discussing the book
"Dance of the Spirit: The Seven
Steps of Women's Spirituality"
by Maria Harris

Tuesday, Feb. 23

12-12:50 p.m., lower level, Olson Library

Bring your lunch and learn about a book in the library's collection.

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Mark Timbrook,
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www.minotstateu.edu



Theatre Arts students earn recognition at festival

By Penny Lipsey
Circulation

Aili Smith and Paula Lindekugel-Willis, Minot State University Theatre Department instructors, accompanied 21 students to the Kennedy Center American College Theatre Festival (KCACTF) in Overland Park, Kan. During the Jan. 16-22 event, the students and faculty attended several workshops and theatre productions presented by colleagues from other institutions.

Ten students participated in the Irene Ryan Auditions. The five nominees were Peg Morris, Jazmine Wolff, Jhondarr Lopez, Brett Olson and Brittany Armstrong. The other five, their acting partners, were Katie

Langemo, Jen Bloomberg, Alex Cresap, Angela Hernandez and Heather Schneibel. None made it past the preliminary round, but the judges gave them helpful feedback for their work.

The students and instructors participated in workshops ranging from technical theatre to acting, directing, and various stage combat workshops, as well as character development and discovery workshops.

Noah Files entered the design expo with his design for "The Tempest" and

Morris entered the Stage Management portion of the festival for her work on "Almost, Maine."

Smith presented a

workshop on "Script Analysis," which students from around the region attended.

In addition to the workshops, the students also attended several theatrical performances including "invited scenes," one-act staged readings and fully realized productions from universities in Missouri, Minnesota and Kansas.

Minot State received several commendations at the festival for work completed here at MSU from January 2009 – December 2009. Commendations included ensemble acting for two productions, "One Flew Over the Cuckoo's Nest" and "Execution of Justice."

Chris Stroschein, an alumnus from Mandan,

earned acknowledgement for lighting design, and Files won recognition for sound design for "Almost, Maine." Garrett Common's sound and projection design and execution for "Execution of Justice" earned recognition, as did Morris' work with props design for "One Flew Over the Cuckoo's Nest."

English Club to hold 'Silent Slam'

By Cassandra Neuharth
Staff Writer

The Minot State University English Club is holding a Silent Slam auction Saturday, Feb. 20, from 2-5 p.m. at Main Street Books in downtown Minot.

The event features a silent auction with a variety of items donated by local businesses, including gift cards to Otis and James and a gift basket from Pampered Chef. The

See Slam — Page 9

NOW HIRING Residence Life Staff

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... Meningitis
continued from page 3

asymptomatic carriers."

Recommendation: There is an old saying that prevention is always better than cure. The Center for Disease Control and Prevention highly recommends for college students, especially freshman, to get vaccinated against meningococcal meningitis. Starting in 2005, vaccination was recommended for all first year-students living in dormitories, undergraduate students 25 years of age or younger who want to reduce their risk for the disease, and students with medical conditions that compromise immunity (HIV, absent spleen, antibody deficiency, receiving chemotherapy, receiving immunosuppressant).

The Advisory Committee on Immunization Practices (ACIP) has issued the following recommendations regarding the use of vaccines for college students.

Current college freshmen who plan to or already live in dormitories and residence halls should inform these students and their parents about meningococcal disease and the benefits of vaccination. ACIP does not recommend that the level of increased risk among freshmen warrants any specific changes in living situations for freshmen.

College freshmen who want to reduce their risk for meningococcal disease should either be administered vaccine (by a doctor's office or student health service) or directed to a site where vaccine is available.

The risk for meningococcal disease among non-freshmen college students is similar to that for the general popula-

tion. However, the vaccine is safe and effective and therefore can be provided to non-freshmen students who want to reduce their risk for meningococcal disease.

Colleges should inform incoming and/or current freshmen who plan to live, or already live in dormitories or residence halls, about meningococcal disease and the availability of a safe and effective vaccine.

Preventative Vaccines: There are two kinds of meningococcal vaccine available for prevention in the U.S: meningococcal conjugate vaccine (MCV4) and meningococcal polysaccharide vaccine (MPSV4). MCV4 can be administered for people 2 through 55 years of age. Meningococcal polysaccharide vaccine (MPSV4) can be used if MCV4 is not available.

Conclusion: Despite recommendations from several groups, there are few educational programs to raise awareness in prevention of meningococcal meningitis in college students.

"Public health agencies should provide colleges and health-care providers with information about meningitis," Butler wrote in 2005. "It is highly imperative to educate college students because of the prognosis of the disease that could be fatal if not prevented or detected on time.

According to information from the CDC, about 1,000 - 2,600 people get meningococcal disease each year in the U.S. Even when they are treated with antibiotics, 10-15 percent of these people die. Of those who survive, another 11-19 percent lose their arms or legs, become deaf, have problems with their nervous systems, become mentally retarded, or suffer seizures or strokes.

It is high time that we, university campuses, should take an initiative and have a mandatory education on this fatal disease and its preventative measures for the betterment of the university students and community as a whole.

Partners in relief

Lutheran Campus Ministries, SGA help Haiti victims

Bryce Berginski
Editor

Two organizations on the Minot State University campus will partner up to help Haiti earthquake victims in a different way.

On Monday, Feb 22, Student Government Association members and Lutheran Campus Ministries will assemble health care kits that contain basic health care and hygiene items. Once packaged, they will send these kits to


Lutheran World Relief, which will send them to Haiti.

The packaging will take place from 10 a.m. to 1 p.m. at a table in the Student Center. Organizers invite all students to attend, and will provide free cookies and hot chocolate for participants.

For more information, contact Kari Williamson, Lutheran Campus Ministries, at 701-839-3949, or Max Buchholz of MSU Student Government at maxbuchholz@gmail.com.

INSIDE/OUT

MSU's News and Feature Show



Thursdays, live at 5 P.M.
shown again at 6:30 P.M.
Fridays at 2:30 & 6:30 P.M.

KMSU TV Channel 19

Produced by MSU Broadcasting students

MSU Haiti Relief Project

Join Lutheran Campus Ministry
and Student Government Association
Monday, Feb. 22, 10 a.m. to 1 p.m.
and help make

Health Care Kits For Haiti

Join us at the table in the Student Center to package kits with toothbrush, soap, hand towel, face towel, comb and nail clipper -- things that help with the basic necessities as they recover from the earthquake.

Free cookies and hot chocolate while you make your kit!

Health Care Kits For Haiti to be distributed by Lutheran World Relief.



Sponsored By:
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minotstateu.edu

HEALTH CARE
KITS FOR
HAITI

**Monday
February 22,
2010**

Forum held on parking changes

Bryce Berginski
Editor

A wide-ranging discussion on campus recently addressed one of Minot State University's biggest issues - parking.

Plant Services Director Roger Kluck led an open forum Tuesday morning, Feb. 9, in the Conference Center (3rd floor of the Student Center). The intent was to solicit constructive input on how to improve parking on campus from students, faculty and staff.

The forum included comparisons of costs for permits and fines between MSU and other schools in the North Dakota State University System, such as UND and NDSU. At UND, students' permits cost from \$50-\$300; for faculty and staff, they vary from \$175-\$400 and

finer range from \$10 - \$20. At NDSU, permits cost \$125 and fines are \$25. For MSU, a reserved pass costs \$30 a year, an unreserved pass costs \$20 a year, and penalties are \$15. Multiple permits cost \$5 more.

Changes in parking policy discussed included the formation of an appeals committee comprised of two faculty members, two students and two staff members. The time limit on appeals is 30 days, with fines paid to the MSU Business Office.

The discussion also dealt with the possible addition of more signs, sending out notifications before tournaments or special events, faculty and staff pre-registration on lots near their buildings and retaining hanging permits rather than switching to window-stickers.

Other topics and changes participants talked about included the addition of a shuttle service between buildings and lots and the re-opening of Lot K once the construction of Swain Hall is complete.

The biggest complaints concerned where to park when lots nearest to buildings are full. Participants noted that the lot north of the Dome has always been a free parking spot, and available for the displaced, but that lot needs signs designating entrances and exits during tournaments. Lot L drew comments that it is always full.

MSU Art Instructor Walter Piehl summed up the results of the forum.

"You cannot fix a 40-year problem in two years," Piehl said.

Spring enrollment shows increase

(MSU Public Information Office) — Official spring 2010 enrollment numbers at Minot State University show a 4.7 percent increase compared to official numbers last year. The number reported to the North Dakota University System is 3,477 students, an increase of 155. This marks Minot State's largest spring enrollment since 2006.

"We're very pleased with the sustained growth we have seen over the past couple of years. Our efforts in strategic enrollment management are paying off in attracting more students to Minot

State," said David Fuller, president of Minot State University. "We're very happy to be able to recruit quality students interested in a Minot State degree from across Ward County, the region and the world."

Spring 2010 enrollment numbers show gains in a variety of categories. This includes 32 more graduate students, for a total of 332. The number of new transfer students is up almost 20 percent from the same time last year, as the university added 137 new transfers.

Almost 80 percent of all

spring 2010 students attending Minot State come from North Dakota, at 2,713. Enrollment numbers show a 6.3 percent increase in individuals from Ward County. At 1,896 students, Minot State's home county accounts for more than half of our spring enrollment.

As well, Minot State continues to remain an attractive university for Canadian and other international students, with numbers showing a growth of five percent in these two key strategic categories.

See Enrollment— Page 10

... Soup
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"Working together with a common goal is a wonderful learning experience. The students gain a lot through the experience."

For more information on the Taube Museum of Art or the annual Soup it Up fundraiser, contact Olson, 858-3836, or Linda.Olson@minotstateu.edu or Nancy Brown, executive director of the Taube at 838-4445.

... Chartwells
continued from page 2

Chartwells currently serves about 40 express meals a day.

Students may have noticed a little different to-go ware. Chartwells recently switched to a green option for some to-go silver ware. They also switched to green take-out containers and some plates.

"We are currently looking for more 'Earthware' options," Damm said. "Currently, we have the

square to-go containers, forks, spoons, plates and napkins. The hard thing is to find an option that is reasonable in price and is acceptable for use. Some of the times, those things are so bad they should be in the landfill."

Chartwells goes through approximately 700 containers a week. That is 140 every five days.

"If you were to lay those out, it wouldn't take long to fill a room," Damm said. "Every little bit helps."

... Sleep
continued from page 4

• Exercise for thirty minutes a day. This will boost your energy flow and increase blood flow.

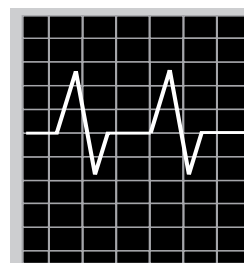
• Prioritize your life. Leave out smoking and alcohol as much as possible, read a book or listen to music before bed for relaxation purposes.

• Do not study for an exam before bed; give your brain time to rejuvenate.

• Avoid caffeine and avoid

long naps during the day to prevent lack of sleep at night.

If you feel that you suffer from sleep deprivation, contact Minot State University's Student Health center, 858-3371. They will be able to assist you, answer questions or refer you to a local healthcare provider. View these Web sites for further information: WebMD's Sleep Disorder Health Center, National Center on Sleep Disorders and American Academy of Sleep Medicine.



Student Health Center

Basement level of Lura Manor

Call 858-3371 for an appointment

Promising year for track team

By Wilson Umukoro
Sports Writer

The season looks bright for the Minot State University Men and Women's Track and Field teams. With this year's teams packed with stars, coaches expect to see great things. The Beavers came through, putting together a successful first meet Jan. 30 in Moorhead, Minn.

The MSU men and women track and field teams started the season with a winning performance at the Concordia College Cobber Open, breaking four school records and qualifying for the NAIA national meet in seven different events.

"They are totally undisputed this year," MSU Head Coach Stu Melby said. "For the first meet of the year it was really a good atmosphere. I was really happy. To have eight personal records and four school records right away is great."

Minot native Kayla Montgomery and Bottineau's Abbey Aide set records in the women's 4 x 200 relay. Montgomery broke her own record in both the 55-meter dash and the 200, finishing with a time of 7.38 seconds in the 55 and 25.97 in the 200. She was third in both events.

Aide took second in the pole vault, clearing 11 feet, 3 inches. Montgomery and Aide joined Taylor Tuomey and Alissa Klose to set the new school record in the relay with a time of 1:46.05.

Klose also earned a trip to nationals on the women's side with a triple-jump score of 36 feet. She came in third in the triple jump and second in the

long jump (16-10 inches.)

On the men's side, Khaldon Evans qualified in two events. He won the 600-meters with a time of 1:22.99 and took second in the 200 at 22:29. Johnny Lester won the 55 and qualified for the national meet with a blistering 6.46 seconds.

"This is just the beginning of what to expect for next week," Melby said of the Cobber Duals, set for Feb. 6. "It was a good start."

The Beavers also got a win from Cory Meza in the 3,000 (99:11.08) and a second place finish from Tuomey in the 400.

Before the Concordia Cobber Open Jan. 31 in Moorhead, Minn, Melby said,

"Everyone is excited to get out and get going."

Between redshirt, sickness and injuries, the Beavers couldn't field a full squad, but Melby was excited to see how some of his athletes would perform.

"For this weekend, I am expecting some good things from (mid-distance runner) Khaldon Evans," he said. "(Distance runner) Cory Meza is going to do really well, tremendously well."

Melby said once the men's team gets its full roster, it should be good for takeoff.

"It's kind of early, but I'd say we've got some depth and quality in the sprint area, and in the throws we look pretty good."

Alex Boyeff and Zach Ryan also qualified for nationals. Boyeff won the shot put with a heave of 49-5 and $\frac{3}{4}$. Ryan took first in the high jump with 6-6 and $\frac{3}{4}$.

... Slam
continued from page 6

auction will begin at 2 and close at 4:30 p.m. During the silent auction, percussionist Josh Rivera of Echo's Answer and Rick Watson of the Cracked Pot Prophets will provide live music. True Soul Brothaz, a spoken word poetry duo, will round out the entertainment.

During the auction, the English club will also provide finger foods for participants.

In the past years, the MSU

English Club has hosted an English Tea, but the silent slam will take its place this year.

"We feel that our silent slam would get the community more involved. We really want the city of Minot to get involved with Sigma Tau Delta Phi and the English club," Ashley Brossart, Sigma Tau Delta Phi president and MSU English Club member said.

The English club works closely with Sigma Tau Delta Phi, which is the International English Honor

Society. Margaret Sherve, MSU English instructor, is the adviser for both groups.

Club members are putting on the silent slam to raise funds to attend an international Sigma Tau Delta Phi convention in St. Louis this March.

"A \$5 donation is greatly appreciated for this event," Brossart said.

For further information on this or any other MSU English Club and Sigma Tau Delta Phi activities, contact Sherve at margaret.sherve@minotstateu.edu.

Help Us Get the Word Out

If your club or department has an upcoming event and you would like an article about it in the student newspaper, contact us. We'll gladly do our best to get the word out.



858-3354

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Red & Green

Minot State University's Student Newspaper

... Enrollment
continued from page 8

MSU continues to realize increases in distance and non-traditional education. More than 1,400 students are taking at least one course online or through interactive-video networking. This is an 8.4 percent increase from the same time last year and an increase from the fall 2009 semester. Enrollment at the Minot Air Force Base is up 5.8 percent from the same time last year.

Minot State has experienced

growth in students from larger counties across the state as well as those from counties in northwestern North Dakota. The counties of Bottineau, Burke, Cass, Divide, Grand Forks, McLean, Mercer, Renville, Wells and Williams all saw more students interested in earning their degrees from MSU.

Enrollment numbers at Minot State become official after the fourth full week of classes, when they are reported to the NDUS.

SUDOKU

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

Level: Intermediate

Here's How It Works:

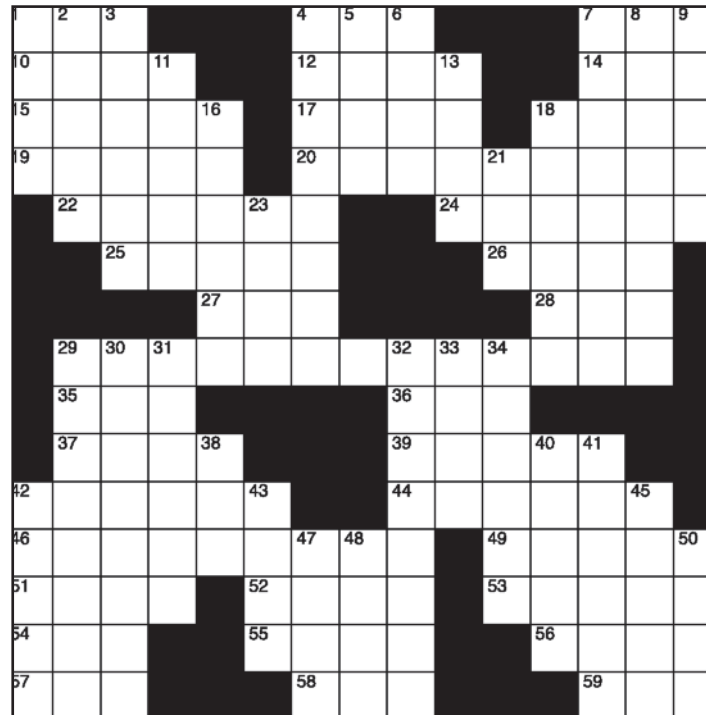
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

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

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!

Crossword puzzle



CLUES DOWN

- Prevents harm to young
- Region near Troy
- Port in SE India
- Coal oil
- 8th Jewish month
- Wise Men
- Colander or sieve
- A funeral procession
- In a way, watered
- Perhaps
- Profoundly wise
- Meat preservation technique
- Salad chicory
- Multiple subconsciousness
- A British peer
- Blandishment
- Clupeid fishes
- Capital of Niger
- In a dense way
- Prevaricator
- Sphere of influence
- Term for grandmother
- Razor clams genus
- Tones pleasing to the ear
- Political plot
- Apprehends
- Indian term of respect
- Afrikaans
- One of the Greats
- High, flat tableland

CLUES ACROSS

- Immediate memory
- ___ Basinger, actress
- Austrian \$ unit (abbr.)
- A baby carriage
- A nestling hawk
- Overly
- Musical endings
- Traditional Hindu music
- Strays
- Hickory tree genus
- Bring into being
- Fine artist's brush hairs
- In a way, flowed
- Stalk of a moss capsule
- Make vocal music
- Sea eagle
- V
- Taper containers
- 4th caliph of Islam
- Word element meaning life
- Actress Harlow
- Domesticated
- Cattle person
- 7th from the sun
- Estranges
- Muslim religion
- A group of quail
- Uncover
- A recess in a wall
- They ___
- Cruise
- Six (Spanish)
- No. French river
- Grassland, meadow
- Don't know when yet

See page 12 for puzzle solution

Interesting facts about chocolate

(Metro Services) — Chocolate is one of the most popular confections, as both men and women admit to craving it. (About 40 percent of women and 15 percent of men report chocolate cravings, according to published studies.)

Aztec Indians were some of the first people on record to have enjoyed chocolate. Their legends held that cacao seeds were brought from Paradise and that wisdom and power came from eating the fruit of the cacao tree. Due to a spelling error, the cacao beans became known as the "cocoa" beans, probably by travelers who misinterpreted the Aztecs.

Cocoa was first consumed as a bitter beverage. It wasn't until English explorers brought the beans back to Europe and mixed it with sugar and milk that chocolate began to evolve. Today, there are a variety of chocolates for those with a sweet tooth.

- **Unsweetened chocolate:** This is pure cocoa that has no sugar added. It is commonly referred to as baking chocolate, and is bitter and not eaten right out of the package.

- **Bittersweet chocolate:** While still bitter, bittersweet has some added sugar. Generally high in cocoa solids (up to 75 percent), bittersweet chocolate contains more cocoa butter than unsweetened varieties.

- **Semisweet chocolate:** This chocolate is slightly sweetened during processing. It may contain a little more sugar than bittersweet, but still a high percentage of cocoa

solids. Bittersweet and semisweet chocolate are often interchangeable in recipes, but semisweet seems to be the preferred chocolate for bakers.

- **Milk chocolate:** This is the sweetest variety of chocolate with the most sugar, milk and least amount of cocoa solids (perhaps 20 percent). Milk chocolate is commonly used for candy bars. It is not good for baking because the

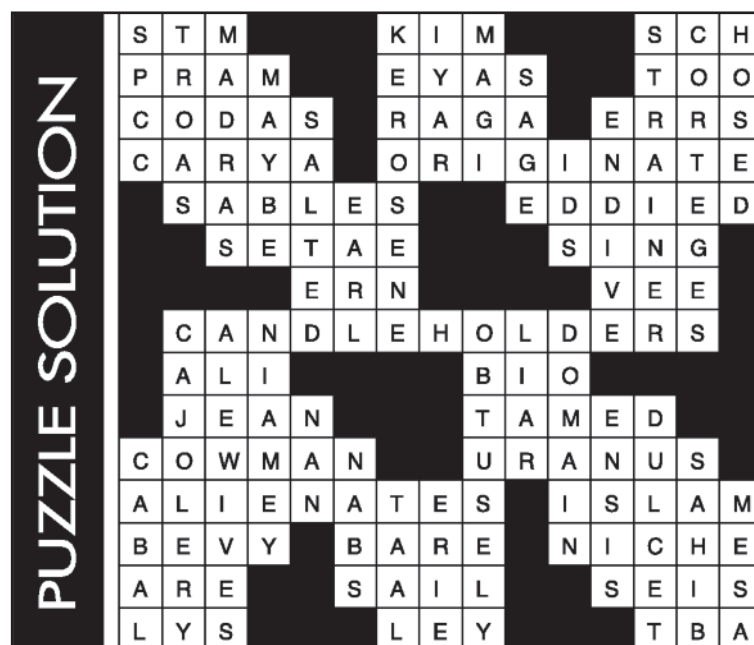
milk protein can interfere in the texture of the finished baked product.

- **White chocolate:** Some argue that white chocolate isn't real chocolate. That's because it is made from sweetened cocoa butter with added vanilla and milk solids, but contains no cocoa solids. However, since it contains cocoa butter, which comes from cocoa beans, it is a chocolate deriva-

tive.

- **German chocolate:** German chocolate actually has nothing to do with Germany,

but with a man named "German" who created the confection. It is a dark chocolate, but sweeter than semisweet.



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Students - go to your my.minotstateu.edu e-mail between Feb. 1 - March 1 to complete the "MSU Student Health Assessment."

By taking the survey, you'll be entered into the drawing to win, plus you will be helping MSU provide health and wellness education that is better suited for your needs.

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 NATIONAL COLLEGE HEALTH ASSESSMENT

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