

Red & Green

March 25, 2010 Vol. 91 No. 20

Minot State University, Minot, N.D. 58701

www.minotstateu.edu/redgreen/

SGA elections

Voting for officers and senators is March 29-30

Cassandra Neuharth
Staff Writer

It's that time of year again, when Minot State University students gather to run for office, hang posters, campaign and vote for the 2010-2011 Student Government Association positions. Elections are from noon to 2 p.m. Monday and Tuesday in the Beaver Dam, with free pizza. Students must present an MSU ID to vote.

Candidates running for SGA President include: Chase Lee, Minot, a senior with a degree in physical education; Eric Manlove, Fargo, a senior in the broadcasting department majoring in production and Jack Fowler, Minot, sophomore with a major in public relations and international business.

"It's nice to have three candidates running for president," Ann Rivera, MSU Student Activities Coordinator, said.

"It demonstrates students' interest in Student Government. Any of the candidates would make a good representation on Student Government."

Candidates vying for SGA Vice President include: Vaquita Hines, Pedricktown, N.J., a sen



Fowler (Pres.)



Lee (Pres.)



Manlove (Pres.)



Elker (V. Pres.)



Hines (V.P.)



Sannes (V.P.)



Kuntz (Treas.)



Welstad (Treas.)



Roise (Sec.)

See Elections — Page 12

'Let's Make a Deal'



Above: (from the left) Contestants Melissa Elker, Kira Wallstrum and Dillon Sprenger await their chance for a prize during the "Let's Make a Deal" event in the Beaver Dam.



Left: Senior art student Tonya Stuart draws a bag of prizes out of a tote held by SGA members Kevin Mehrer, director of public relations, (far left) and Kyla Cote, director of entertainment (center).

Photos by Jesse Kelly

Six signs that tell you it's time to see a doctor

Sometimes students have difficulty knowing what symptoms are serious enough to get medical attention. Knowing these signs can help you make the right decision. The following article is submitted by Student Health 101, written by Re-I Chin, freshman, Washington University in St. Louis, Missouri.

When freshman Donald Steinburk of Washington University in St. Louis, Missouri fractured his foot during karate, he immediately decided to see a doctor. On the other hand, when he felt "sick" with the occasional urge to vomit, he wasn't sure if he should rush to the doctor or wait and see how his illness progressed.

Students have to cope with various ailments and illnesses, ranging from minor colds to life-threatening diseases, like meningitis. But like Steinburk, they can sometimes have difficulty deciding when it's time to go to a doctor or clinician.

According to a Student Health 101 survey of more than 1,000 college students from across the U.S. and Canada, 63 percent of the respondents said they hesitate about visiting a doctor. Part of this reluctance stems from students' uncertainty regarding the severity of their conditions.

"When I do not feel normal, I usually just wait, maybe take some over-the-counter medicine, and see if the symptoms disappear," freshman Teresa Yeh at Rice University in Houston, Texas, said.

How do you know when it

is time to see a doctor? Watch for these six warning signs that demand professional attention.

1. Fever that lasts more than a few days.

While fever is a part of the body's natural immune response to infection, a fever higher than 102°F that lasts for more than a few days calls for medical attention. Persistent fever can signal hidden infections that range from common cold viruses to tuberculosis.

For example, persistent fever may be a symptom of strep throat, mononucleosis or pneumonia, according to Dr. John Beckett, a medical content writer, editor, and is also an authority in triage, e-healthcare and emergency medicine.

2. Persistent or severe pain.

According to Student Health 101's survey, 53 percent of respondents experienced persistent or severe pain, making this the most prevalent symptom of the six conditions listed.

Pain is a symptom typically triggered by inflammation or infection. Inflammation is often the result of an injury, but may also be caused by strep throat, a sexually trans-

See Doctor — Page 10

3-D design class helps with 'Kick Up Your Heels' project

Boma Brown
Staff Writer

One in three women will experience sexual assault in her lifetime. One in six boys will experience sexual assault by the time he is 18. North Dakota in 2009 recorded 1,205 victims of sexual assault; at least sixty-eight in Minot

alone. More than half of these women attended the Domestic Violence Crisis Center (DVCC) sexual assault support group.

Minot State University faculty and student volunteers from the art, communication arts, and foreign language departments are assisting

members of the DVCC in implementing a campaign to increase awareness of sexual assault.

The DVCC has joined forces with the international event, "Walk a Mile in Her Shoes," to create awareness and educate community

See Heels — Page 7

Must Bring Student ID

www.johnnyholm.com

THURSDAY MARCH 25TH

ALL SEASONS ARENA 10PM

HTA
Horizon Talent Agency
952-541-1600

Beavers on Business provides 'Helping Hands for Haiti'

By Anthony Anderson
Staff Writer



Minot State University

The Minot State University student members of Beavers on Business are doing their best to help with disaster relief in the wake of the recent earthquake in Haiti. On April 3, they will host a large-scale fundraiser, "Helping Hands for Haiti," from 10 a.m. to 8 p.m. in the Dome.

Monica McLeod, senior business management major, is spearheading Helping Hands for Haiti. She was inspired to take action after watching news coverage of the earthquake.

"I watched a special on ABC when the earthquake first happened. You wouldn't believe how much of that one hour I cried," McLeod said.

"I went to the dean (of the College of Business), and she told me to get in touch with Beavers on Business. I contacted David (Beavers on Business president), and he took my ideas and expanded on them."

McLeod stated that all fundraising efforts in Minot have collectively raised \$12,000 for natural disaster relief in Haiti.

"We hope to raise double that amount," she said.

The event's activities include a walkathon, children's games, a cakewalk, a jumping castle and a silent auction. Food will be available for purchase, and there will also be numerous points where individuals can make free-will donations.

A free raffle is also included in the event.

"Everyone will get a ticket," McLeod said. "We're doing a drawing at two and at six. The person must be present to win."

All proceeds from the event will go to the American Red Cross, and be designated for the International Disaster Relief Fund.

"This money will go to help rebuilding Haiti until it's not needed anymore," McLeod said.

McLeod stresses that Helping Hands for Haiti needs the support of the public.

"We're encouraging everyone to come to the event, donate, and have a good time! Bring your kids, play the games," McLeod said. "We want people to realize that there is something bigger going out there than what we see in Minot, and we can help."

For more information about Helping Hands for Haiti, visit the project's Facebook page, or call 858-4498.

Hailee Kizima

By Anthony Anderson
Staff Writer

Minot native Hailee Kizima has found her passion in life and knows how to put it to use.

Kizima, a Minot State University English major with a French minor, is a fan of all things French. (Or, as she puts it, "Francophone-y.")

Exploring her love for the French language and culture, Kizima recently spent three weeks visiting France, and is already planning a possible return trip through the Minot State study abroad program.

Kizima spent the first several days of her trip experiencing the city of Nice.

"It's gorgeous, right on the Mediterranean," Kizima said. "And Nice has the best hot chocolate I've ever tasted."

The sophomore then spent a week in Arles with a host family.

"It's a little city in the south of France," she said.



"Ideally, I want to work in the State Department as an interpreter, but I'm just going to have to see where life takes me."

— Hailee Kizima
French Club President

"It's in the middle of a valley, which is surrounded by mountains. It was absolutely beautiful."

The last leg of her journey was in Paris.

"We went everywhere and saw so much," the student said. "It's such a big city. Once, we took the wrong Metro by accident, and ended up on the opposite end of the city! We ended up asking a random woman to borrow her cell phone."

Kizima is active in both the Honors Program and the French Club, and is currently serving as the president of

the latter. She does her best to keep the club active, and is the organizing force behind the group's French language movie nights and service projects. In addition, she works at Joan's Hallmark and as a barista at the Red Roaster Coffee Company in Minot.

After she graduates, Kizima wants to put her French skills to use professionally.

"Ideally, I want to work in the State Department as an interpreter, but I'm just going to have to see where life takes me," she said.

Putting the "Student" back in Student Government

March 29 - 30



vote

PRESIDENT Eric Manlove

SUDOKU

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

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

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				47	
48						49				50
51							52			53

CLUES DOWN

1. The amount paid
2. Moonfish
3. Deplore
4. Islamic pilgrimages
5. Wings
6. One of two equal parts
7. Encouraging morale
8. Aggravates
9. Seedpod of a legume
11. Ways to put things together
13. Be ____; lovelorn
16. Unhealthy looking
18. In an annoying way
20. They are planted or sown
21. Pinna
28. Last names
29. Flows into Lake Chad
30. Luminous flux units
33. Theater guides
34. Built by Noah
36. A type of tire
38. Employee stock ownership plan
39. Keep away from
40. Spinal bones
41. Not us
42. Metric weight unit
43. Inactive
44. Tokyo

CLUES ACROSS

1. Adult male swan
4. Expresses surprise
7. Founder of Babism
10. Oil cartel
12. Daminozide
14. Characterized by unity
15. E. Greek island
17. Valley
18. New Rochelle college
19. 1st Am. Sec. of State
22. Martes zibellinas
23. Sharp in taste
24. World's longest river
25. Photojournalist Jacob A.
26. Head bob
27. Tennessee
28. Tree cutting tools
29. Molten metal scum
31. Western State
32. Small crude shelter
33. Murre genus
35. The former ruler of Afghanistan
37. Sleeping noise
39. Sporting theater
41. 4th thursday in Nov.
45. Stitched borders
46. C ____ van: fine leather
47. Cut from a larger piece
48. Before
49. ____sade: fortification
50. The land around a house
51. Manuscripts (abbr.)
52. ____ student, learns healing
53. S.E. Asian country: ____s

For puzzle solution, see page 9

Red & Green

304 Student Center
 Minot State University
 500 University Ave. W
 Minot, ND 58707
Phone: 858-3354
Fax: 858-3353

E-mail: redgreen@minotstateu.edu
ONLINE: www.minotstateu.edu/redgreen/

EDITOR

Bryce Berginski
ASSISTANT EDITOR
 Hannah Wickey
ONLINE EDITOR
 Scott A Jones
CIRCULATION
 Penny Lipsey
PHOTOGRAPHERS
 Jesse Kelly

STAFF WRITERS

Anthony Anderson
 Joseph Davis
 Tanner Larson
 Eric Manlove
 Cassie Neuharth
REPORTERS
 Comm. 281 Class

Letter Policy: Letters to the editor must bear the writer's name, address and telephone number. Students must include year in school and major. Only letters from students, faculty or staff will be published. We will not print unsigned letters, and we reserve the right to edit all letters for factors such as clarity, punctuation, spelling and length. We reserve the right to refuse to print letters we consider libelous, superfluous or ridiculous. Please submit all letters before noon on the Friday prior to publication. Students are limited to four letters for publication per semester. Letters may be e-mailed to redgreen@minotstateu.edu.
Views expressed by this publication are not necessarily those of the university, its administration, faculty or student body and is not responsible for the content. Red & Green is printed at Minot Daily News, Minot, N.D.

Your brain on cardio

The benefits of BDNF for your health

Angela Gaston
Staff Writer

We all know that cardio does wonders for our bodies such as: physical shape, lowering stress levels and increasing energy. But did you know that scientists have found links between cardio and the brain? When you work out, your brain cells receive more oxygen and glucose, which they need to function. The more oxygen and glucose the brain has, the better it can function.

Hormones rush to your brain every time you move your muscles. These hormones mix with a chemical called brain-derived neurotrophic factor, or BDNF. BDNF helps with cell growth, mood regulation, and learning. John J. Ratey, Ph. D., of Harvard Medical School, calls BDNF "The fertilizer for the brain."

"Without it, our brains can't take in new information or make new cells," he said.

In one study, researchers scanned the brains of people who exercised one hour a day, three days a week. They found a size increase of the hippocampus, the part of the brain that controls memory and learning. Charles H. Hillman, Ph. D., of University of Illinois, says, "Exercise improves attention, memory, accuracy, and how quickly you process information, all of which helps you make smarter decisions."

If you feel like you don't have time for cardio, think again. Including cardio in your day can be as simple as

taking the stairs opposed to the elevator, or instead of driving your car to class, you could walk.

Can't find the motivation to get moving? Adding just thirty minutes of cardio to your day will help enhance brain functions such as memory, decision making and problem solving. Not only that, but it boosts your productivity and gives you total body benefits.

These are reasons enough to get up and get your blood pumping.



1/2 PRICE SELECT TAPS
Monday-Thursday

1/2 PRICE APPS
Every Day, 3-6 pm & 9 pm-Close

SPACE ALIENS
GRILL & BAR

BAR from MARS

South of Dakota Square
701-852-7427
www.spacealiens.com



ODDS ARE, YOU'RE NOT GOING TO HAVE A TOP TEN SONG.

BUT YOU CAN HAVE A TOP TEN INTERNSHIP.

Northwestern Mutual's internship program has been named one of America's top ten internships for 13 straight years. To see if you qualify, just go to nwinternship.com. No matter what kind of voice you have, it's your chance to be in the top ten.

 **Northwestern Mutual**
insurance / investments / ideas



Kevin Burckhard
Managing Director
Northwestern Mutual Financial Network - Minot
(701) 838-2420

05-2743 The Northwestern Mutual Life Insurance Company, Milwaukee, WI (Northwestern Mutual). Kevin Karl Burckhard is a District Agent of Northwestern Mutual (life and disability insurance, annuities) and a Registered Representative of Northwestern Mutual Investment Services, LLC (securities), a subsidiary of Northwestern Mutual, broker-dealer and member FINRA and SIPC. "America's Top 10 Internships" Vault Guide to Top Internships, 2009.

The hidden costs of reusable bags

(Metro Services) — Just about every department store and supermarket chain is offering their brand of the reusable shopping bag. But are they better for the environment? It depends on how you look at it.

It's certainly better to reuse than toss plastic bags in the trash. But how reusable bags are being made, and a person's propensity for using them, play a role in just how good they can be for the environment.

Hidden Cost #1: Quality. It's important to purchase reusable bags that are of good quality. Otherwise they, too, could end up in the trash prematurely. Bags need to hold up to the tasks for which they have been assigned --hauling your goods to and from the store.

Hidden Cost #2: Manufacture. Upon investigation, you may discover free or low-cost reusable bags are being manufactured in a way that doesn't fit in with a green or responsible lifestyle. It is

suspect when something can be produced so cheaply. Ensure that fair trade and labor practices are being met -- which generally means a higher sale price for the bag.

Hidden Cost #3: Human nature. In a society of consumers, things tend to be purchased and then gravitate toward the back of the closet or drawer. Reusable bags aren't effective if they aren't being used.

Hidden Cost #4: Advertising. Most of the reusable bags that are low- or no-cost are emblazoned with a company logo -- making you a walking billboard. Do you feel comfortable taking your Walmart bag into Kmart to shop? Some may not appreciate working for the advertising staff without getting compensated.

Hidden Cost #5: Materials. What are reusable bags made from? If the answer is environmentally harmful materials or plastic, then you may want to look elsewhere. There are environmentally friendly bag

manufacturers, but there's a good chance the cheap bags offered at your supermarket

are not made from organic cotton or recycled materials. You, and the environment,

might just be better off bringing back previously used plastic bags to reuse instead.



Need a Job?

The following event

Wednesday, March 31

10 A.M. – 2 P.M.

**Conference Center,
3rd floor,
Student Center**

MSU JOB FAIR

Employers Attending:

www.minotstateu.edu/careers/jf_01.shtml

Employers with full-time, part-time and summer employment opportunities, as well as internships will be waiting to answer your questions, receive your resume and possibly conduct or set up interviews. Bring resumes, dress professionally and use this opportunity to explore careers, network and apply for positions. Open to all majors; however, education majors who want to visit with school districts should plan to attend the Education Fair in Grand Forks on April 21, 2010.

YOU'RE HIRED!

For more information or to preregister, contact the Career Services Office
2nd floor Student Center • 858-3362 • msujobs@minotstateu.edu.

will bring

you one step closer

to hearing the words ...



**Buy One Buffet at
Regular Price
Get One for \$1⁹⁹**



1929 N. Broadway
852-3956

1300 S. Broadway
852-1397

Coupon good at N. Location Only.
Coupon expires 12-31-09.



... Heels
continued from page 2

members on issues relating to rape, sexual assault and gender violence. The walk, on April 24 at 11 a.m. in Town and County Mall, encourages men to publicly stand up and show their commitment to ending violence by walking in women's shoes.

In preparation for National Sexual Assault Awareness Month (SAAM), which officially begins in April, DVCC has designed the "Kick Up Your Heels" community education and fundraising project.

The 3-D design class (ART 124) is in charge of designing the shoes for this project. Fifteen students in the class will each design three pairs of shoes. These students will break up into teams, and will adopt and move the shoes around the city, from busi-

nesses to people's backyards throughout the month of April. The shoes will be on display around the city, and will travel on within 24-48 hours of placement.

Participants make a donation to forward a shoe to a friend. They can request to forward a shoe by filling out the address form (included), prior to picking up a shoe. They put the forms back in the packet and place it back in the shoe. Then they mail back checks, made payable to the DVCC, in the self-addressed envelope, also provided.

"We were approached by Linda Olson as part of SAAM and I was more than happy to help out with this project," said Doug Pliger, professor of ART 124. "This project also fits well into the course's service-learning theme," he added.

For questions, call Deanna at the Domestic Violence Crisis Center, 852-2258.



Students, let your voice be heard.
Weigh in on the issues that matter most to you.

In 15 minutes, you can make a difference in the way Minot State serves you. MSU will be conducting the Student Satisfaction Inventory (SSI) and the Priorities Survey for Online Learners (PSOL) and we need your help.

Look for the online survey in your e-mail starting Monday, March 22, 2010.



Five Minutes Remaining

A column by Tanner Larson, MSU sophomore

Mini-review bonanza

Too many games, too little time. Thank goodness for spring break so I can catch up, at least.

There were some notable titles that came out earlier in the year, and I didn't get a chance to play them. Along with those games, there were two big launches called "Final Fantasy XIII" and "God of War III." You'll see the reviews of those two games next week.

This week will be dedicated to the games that were released earlier, but were not reviewed by me. Until now!

Bayonetta (PS3, 360): From the makers of "Devil May Cry" comes a rip-off-yet-not-really-because-it's-from-the-same-people kind of game that has a cool concept to begin with, but will get repet-

itive from time to time. However, if you're a fan of "Devil May Cry" and you're looking for a game to just soak up the time, this game is it. I say rent it first, then buy it if you like it.

Darksiders (PS3, 360): "Darksiders" is, in a nutshell, "The Legend of Zelda." What separates it from "Zelda" is the story, which is odd to say. The story is about determining the balance between Heaven and Hell, so "The Charred Council" sends the Four Horsemen of the Apocalypse to intervene a truce between the two kingdoms. This is where I lost interest, as the two should never have a truce. I say rent it, then move on. Not worth the purchase, in my opinion.

Tatsunoko vs. Capcom (Wii): If I were to only play one genre of games ever, it would be the fighting genre. I grew up playing "Mortal Kombat" and "Street Fighter II" in arcades, along with "Marvel vs. Capcom 2." So when I got a chance to play the "North American-new Tatsunoko vs. Capcom," I kind of got too excited to play it.

Frank West, the protagonist from "Dead Rising," is an exclusive character in the NA version, but I couldn't tell if he was Niko Bellic from GTA IV or Frank West. Overall, buy this for a great fighting game to play hours on end.

Dark Void (Wii, PS3, 360): A familiar face voices the protagonist, William Augustus Grey, in the game. Nolan



North, who seems to voice every main character in every game ever now, plays as Will Grey, a cargo pilot, who gets transported into another world while flying through the Bermuda Triangle. Seems a little silly to me. I mean, for a video game, even this is a bizarre plot twist to start the story. Either way, the "vertical combat system" is a fresh look at playing a platform-shooter. For \$30, I say go buy it.

Sonic & SEGA All-Stars Racing (all consoles): Normally, for a Sonic game, I would write this off as shov-

elware. However, Sumo Digital did "OutRun" for Xbox Live Arcade, which I really liked, so I decided to give it a try. I really liked it and bought it. For a "Mario Kart rip-off," it does some things, like weaponry and tracks, better than "Mario Kart." The best part? Each achievement/trophy (360/PS3) is a reference to either a Sega franchise or the Sega Game Gear. This is one of the few games I just had a blast playing. Go out and buy it if you're looking for a really fun time with a racer.

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)

... WHERE EVERY WEEK, WE'LL TAKE A MUSICAL GENRE AND EXPLORE ALL OF ITS SUB-GENRES THAT—

HUH? THEY SHUT OFF OUR POWER!

YOU SHUT US DOWN A MINUTE INTO OUR FIRST PROGRAM?!?

YOU CAN'T NAME A RADIO SHOW "AURAL SECTS."



Not coming back

Coach Hultz's contract not renewed

(MSU Sports Information Office) — Minot State University has decided not to renew men's basketball coach Mike Hultz's contract for the 2010-11 season, the university announced last week.

Hultz has been the head coach since the 1997-98 season.

"I want to thank Mike for his 12 years of service to Minot State," MSU Athletic Director Rick Hedberg said. "This was not an easy decision, but one that we feel is necessary as we go forward in our move to NCAA Division II."

Hultz became the school's all time wins leader, surpassing Herb Parker, last season.



Hultz

Hultz's overall record at Minot State was 194-159, qualifying for the NAIA national tournament twice, and was named the 2005

DAC-10 Coach of the Year.

Hedberg stressed that his decision had more to do with the direction of the overall program than the Beavers play on the court.

"Mike is a good person who has a great knowledge of the game," Hedberg said. "I don't think I've met anyone who analyzes the game of basketball like Mike does. He brought a lot to our program over the last decade. At this point, it's our decision to move in a different direction."

MSU will begin a nationwide search immediately. Hedberg hopes to have a new coach in place by the end of April.

Boon, Hornecker receive DAC award

(MSU Sports Information Office) — Minot State University senior Kerry Boon, Red Deer, Alberta, earned the Dakota Athletic Conference Baseball Player of the Week on Monday, March 15.



Boon



Hornecker

Boon batted .476 with a 1.000 slugging percentage in helping the Beavers to a 4-2 record. He was 10-for-21 at the plate with four doubles, two triples, a home run and 13 runs batted in. He also scored six runs. This was the first week DAC announced player-of-the-week honors for baseball.

MSU shortstop Ryne Hornecker, Minot, earned the Dakota Athletic Conference Baseball Player of the Week, Monday, March 22.

Hornecker hit .500 (13-for-

26) on the week and sported a .594 on-base percentage as the Beavers went 4-4 on the week in Arizona. In eight games, Hornecker had three doubles, scored eight runs, knocked in six, finished with six bases on balls and was a perfect 6-for-6 in stolen base attempts.

The Beavers (10-9 overall) finished their road trip to Arizona with a 9-3 win over Middlebury College Monday.

MSU went 9-4 on the road trip.

Read the Red & Green online at www.minotstateu.edu/redgreen/

Mack and Hendrix receive honors

(MSU Sports Information Office) — Minot State University senior forward MacKenzie Mack from Scranton, N.D. and senior guard Ari Hendrix from Ventura, Calif. were both named NAIA All-American Honorable Mention.

Mack led the Beavers in both points per game (16.1) and rebounds per game (7.83). She ranked in the top 25 in the country in field goal percentage, hitting 50.9 percent of her shots. Mack also surpassed 1,000 points in her career during her senior season.

Hendrix played just one



Mack



Hendrix

season at Minot State, but left her name on the record books as she set a single-game record for assists in a game at 14. She was sixth in the NAIA in assists, dishing out 152 on

the season, leading the Beavers in steals at 2.37 per game. She was also second on the team in scoring at 14.1 per game.

The duo helped the Beavers to a 21-9 overall record, tying the school record for most wins in a season, and into an at-large bid to the NAIA national tournament.

PUZZLE SOLUTION

C	O	B			H	A	H			B	A	B			
O	P	E	C		A	L	A	R		O	N	E			
S	A	M	O	S	D	A	L	E		I	O	N	A		
T	H	O	M	A	S	J	E	F	F	E	R	S	O	N	
	S	A	B	L	E	S				T	A	R	T	Y	
		N	I	L	E					R	I	I	S		
			N	O	D						T	N			
		S	A	W	S					S	L	A	G		
		U	T							H	U	T			
	U	R	I	A						A	M	I	R		
	S	N	O	R	E					A	R	E	N	A	S
T	H	A	N	K	S	G	I	V	I	N	G	D	A	Y	
H	E	M	S			O	R	D	O		S	L	I	C	E
E	R	E				P	A	L	I			Y	A	R	D
M	S	S				M	E	D				L	A	O	

... Doctor
continued from page 2

mitted infection, or gastroenteritis, for example.

Abdominal inflammation such as appendicitis and kidney stones may cause vague or ill-defined and poorly localized pain.

Pain which is impeding regular daily activities or sleep for more than several days in a row, especially despite the use of acetaminophen or ibuprofen, is probably cause to contact a health-care provider.

3. Frequent headaches or vision changes.

While headaches are common and are generally not of concern, frequent headaches may suggest severe problems. Headaches that impede sleep or impinge on normal academic, athletic, or social functions are worthy of medical attention.

Sudden or rapid changes in visual function are cause for evaluation. Blurry vision may be the result of an eye infection called conjunctivi-

tis, a disease commonly known as pink eye. Conjunctivitis is usually viral and treated with cold compresses, but may become secondarily infected by bacteria. Contact lens wearers are at increased risk for bacterial conjunctivitis.

4. Inability to hold down food.

Vomiting may be due to a viral or bacterial infection of the gastrointestinal tract, causing gastroenteritis, a disease commonly known as stomach flu, which is unrelated to the influenza virus. While most people successfully recover from gastroenteritis, some become dangerously dehydrated from the loss of fluids, which upsets the body's electrolyte balance.

"If you are vomiting repeatedly and are unable to hold down food, especially fluids, for more than six to eight hours, you certainly should consider contacting your health care provider," Dr. Beckett counsels.

Also, do not eat or drink

anything for at least two hours after vomiting, because it aggravates an irritated stomach and prolongs vomiting.

5. Bloody stool or abnormal bleeding.

"The most common cause of blood in the stool is a simple hemorrhoid," Dr. Beckett said. Hemorrhoids are the swelling of veins in the rectum and anus due to constipation, diarrhea, or obesity. Bloody, black, or tarry stools and abnormal bleeding can be a sign of something more serious. Abnormal bowel behavior may also indicate a bacterial, viral, or parasitic infection. Excessive bleeding from the gums or cuts, or bruises that easily form from minor injuries may be symptoms of a bleeding disorder or clotting abnormality.

6. Recurrent dizziness and nausea.

It is common to feel lightheaded from time to time, but recurrent dizziness and nausea may signal major problems. For example, you may suffer from dehydra-

tion, irritation of the middle ear, or inflammation within the inner ear called labyrinthitis. These illnesses may cause vertigo, a term that describes the feeling of spinning, whirling, or motion either of yourself or your surroundings.

Concerning vertigo, Dr. Beckett says, "It is not common, but it certainly occurs in the college age group."

Getting Informed Medical Advice.

Other than watching out for these symptoms, students can take a more active role to ensure their health. Instead of waiting for these symptoms to surface, some health experts recommend that students get a checkup from a clinician or physician at least once a year.

If you are still uncertain whether your symptoms require a doctor's visit, there are several steps that you can take. Most college health centers are readily accessible and college health clinicians tend to be much more available than in the real world. Call

your health center to schedule an appointment or review your concerns with a nurse.

In addition to online resources, many health insurers provide similar services, such as phone consultations with nurses. Sometimes, unsure students can directly contact their doctors to evaluate the need for a face-to-face visit.

Although these resources are quick and convenient, sometimes there is no substitute for going to see a professional.

As a student at MSU, you have access to read Student Health 101, the online health and wellness magazine just for college students. Please check your e-mail to access Student Health 101 online, share your opinions and even enter to win an iPod!

You can also access the latest issue online at <http://readsh101.com/minotstateu.html>.

Copyright 2009 Student Health 101. All rights reserved.

Come Worship With Us

Christ Lutheran Church
502 17th St. NW • 838-0746
christlutheranminot.com

Sat. Worship.....5:00 pm
Sun. Worship.....8:30 & 10:45 am
Holy Communion 2nd & 4th Weekends of each month

First Lutheran Church-ELCA

120 5th Ave. NW • 852-4853

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 KRRZ 1390 AM at 8:45 am
Pastor Ken Nelson • Pastors Mike & Kari Pancoast
firstlutheranchurchminot.com

Weight Management Club

8:30 a.m., Mondays

March 15, 29,

April 12, 26 and May 3

Jones Room, Student Center

OPEN TO ALL MSU STUDENTS, STAFF & FACULTY



BLOOD PRESSURE SCREENING

9-10 a.m., Mondays

March 29,

April 12, 26 and May 3.

Student Center Atrium



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



Augustana
Lutheran Church - ELCA

321 University Ave. West • 838-9563

Sunday Worship.....8:00 am & 10:30 am
Education Hour.....9:00 am

... Elections
continued from page 1

ior in broadcasting; Stetson Sannes, Minot, a sophomore working on an international business degree as well as marketing and management and Melissa Elker, Bismarck, a junior majoring in psychology.

SGA secretary Amanda Roise, a junior from Minot majoring in biology, is the one candidate running for re-election.

Students running for SGA Treasurer are Tara Kuntz, Rugby, elementary education and Trey Welstad, Minot, a junior studying business management and marketing.

Also on the ballot are students running for positions as senators of the colleges of business, arts and sciences, education and health sciences, general studies and graduate school. Those candidates include: Annamaria Holt, Tashina Wilkie, Juan Vadell, Sara King, Cassie Neuharth, Jessica Sanders, Jordan Kluck, Bethany Tedford, Anthony Anderson, Aaron Jaeger, Camila Oliveira, Kala Wangsness, Lana Wyatt, Alyssa Jenkins, Lisa Brule, Brandon Velasquez and Georgia Siourounis.

For more information on the election, contact Rivera at 858-3987, or ann.rivera@minotstateu.edu or current SGA President Sarah Perry at sarah.perry@my.minotstateu.edu or 858-3090.



2010-11

Red & Green



Writers - news and sports

Editor & Assist. Editor - delegate, organize, design and layout

Circulation Mgr. - deliver papers on campus

Photographers - take pics at campus events

Online Editor - upload pages to internet

to apply

PICK UP APPLICATION

RED & GREEN OFFICE

304 STUDENT CENTER

 **SGA
ELECTIONS**

March 29 & 30

Noon - 2 p.m., Beaver Dam
Free Pizza, Must show MSU ID