

Red & Green

April 15, 2010 Vol. 91 No. 22

Minot State University, Minot, N.D. 58701

www.minotstateu.edu/redgreen/



Photo by Anthony Anderson

Chase Lee sits at his desk. Lee is the new Student Government Association president for 2010-11.

Lee elected

By Anthony Anderson
Staff Writer

Chase Lee, president-elect of the Minot State University Student Government Association, is laying the groundwork for his term as president next year. He currently serves as the SGA Co-Director of Intramurals.

"I'm really excited to get into the term and get to work," Lee said. "I want to make Student Government much more accessible to the students of Minot State."

Lee stresses the importance of communication between students and administration.

"I want to unify the students,

staff and faculty," he said.

He plans to have the senators from each college begin meeting regularly with their respective deans and reporting back to the Student Government Association.

In a similar vein, Lee said he will schedule open forums throughout the year where senators can visit with their constituents about any issues they might have.

"There will be designated times when the people who represent you will be available," Lee said. "Senators are going to sit and listen to the people they represent, and

See President — Page 2

2010-11 Election Results



Vice President
Stetson Sannes



Secretary
Amanda Roise



Treasurer
Trey Welstad

Senators

College of Arts & Sciences

Aaron Jaeger
Sara King
Cassandra Neuharth
Jessica Sanders
Juan Vadell
Tashina Wilkie

College of Business

Jordan Kluck
Camila Oliveira
Kala Wangsness
Luis Elizondo

College of Ed. & Health Sciences

Lisa Brule
Melissa Elker
Anna Holt
Alyssa Jenkins
Tara Kuntz
Bethany Tedford

General Studies

Anthony Anderson



Photo by Bryce Berginski

(From left) Football coach Paul Rudolph, Athletic Director Rick Hedberg, MSU President David Fuller, MSU instructor and Minot City Council President Dean Frantsvog and Women's Soccer coach Jason Spain take part in a groundbreaking ceremony at Herb Parker Stadium Monday.

Field renovations begin

(MSU Public Information Office) — A new artificial turf system is in the construction plans for Herb Parker Stadium on the Minot State University campus. Kraus-Anderson Construction, of Circle Pines, Minn., the low bidder on the project, will begin in April to make improvements to the 45-year-old facility.

"We're pleased with Kraus-Anderson's low bid to complete these changes to the field and surrounding grounds at Herb Parker Stadium," MSU President David Fuller said. "Kraus-Anderson is a reputable company which

is planning to complete all these improvements in time for this fall's football and soccer seasons."

As the general contractor, Kraus-Anderson will install top-of-the-line artificial turf by FieldTurf. The current field is in dilapidated shape, due to high usage from university teams, high school events, community activities and statewide groups that all utilize the facility. This year's improvements will provide a more consistent playing surface that allows Minot State to save on maintenance and to better serve the needs of

See Field — Page 2

MSU Odd Jobs for Students

Beaker washer

By Hannah Wickey
Assistant Editor

Robert Crackel, Minot State University chemistry instructor, oversees the chemistry stock room and hires students to assist in the lab's upkeep.

"They help a lot with the organization of the stock room," Crackel says of the positions' responsibilities.

These students clean the glassware-like beakers, test tubes and flasks. They also put away chemicals and equipment previously used in labs for class and clean off the lab benches.

Currently, two students hold these positions. Both are chemistry majors, but a major in chemistry is not mandatory to become a stock room assistant. A chemistry stock room manager is available to help the assistants whenever they might require assistance with their duties.

"Our stock room manager works with them (the assistants) and gives them cautions on working with different types of glassware and things along those lines," Crackel said.

A required arrangement by numbers and letters identifies where chemicals go on the many shelves used for chemical storage. Certain chemicals must be stored away from others in order to avoid a reaction.

"The worst possible scenario would be if things were spilled together that eventually would lead to a fire or explosion," Crackel said. "There are certain chemicals that are incompatible enough where that could happen."

The chemicals, stored in individual con-



tainers, typically appear in solid form that makes these types of accidents highly unlikely. The liquid flammables have their own cabinet away from the shelves. This is to further reduce the possibility of fire.

"In the stock room, we have never had an incident. In the laboratories occasionally, we will have somebody put something into the garbage that they aren't supposed to; and then we've had some small fires there," Crackel said.

The number of students hired for this position varies based on the number of students who express interest in the position and how many hours those students are able to put in. The hours required to work in this position are flexible, as well. Typically the position requires students to put in between four to eight hours a week.

"It's a nice part-time position where they can earn a little bit of money to help with expenses. At the same time as science majors, if that's what they are, they usually have a pretty high academic load, too. We understand that they're not going to be able to put in 20 hours or more a week, and we are not looking for that," Crackel said.

These positions pay \$8 an hour through work study. Crackel typically hires students in the fall semester but, depending on need, may hire some throughout the year. The science instructor prefers to hire students for the position based on a year-long duration, but is open to students who would only want the position for a semester, as well.

For more information on this position, contact Crackel at his e-mail: robert.crackel@minotstateu.edu.

... President
continued from page 1

bring it back to SGA."

Lee also wants to improve communication between the various student clubs and organizations on campus.

"There's a lot of great resources with the different organizations. The key is to get everyone to talk," Lee said.

He plans a series of meet-

ings throughout next year, with a representative from each club present to foster interaction between the clubs in an open, creative environment.

"Hopefully, we'll start to see some clubs working together on joint projects," Lee said.

Lee's term as President will officially start at Monday evening's (Apr. 19) meeting.


... Field
continued from page 1

western North Dakota.

Along with installing the turf, Kraus-Anderson will remove the track surrounding the field, expand the field's dimensions to accommodate a full soccer field and install a new lighting system to provide better coverage of the field from both the north and the south sides.

The construction on this field is a necessary first step as MSU moves forward in a multi-year process of changes and improvements in responding to the needs of the university, community and region.

The enhancements to the football and soccer field also represent a continued desire for Minot State to provide a high-quality, complete experience for its student-athletes, the community and the general student population. In the competitive world of athletics, it is essential for MSU to attract the best North Dakota athletes by maintaining a top-notch facility, much like other state universities.

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MSU hosting honor dance and powwow

(MSU Public Information Office) — Native American dancers and drum groups from throughout North Dakota, neighboring states and provinces will compete during the 21st annual Native American Spring Honor Dance and Powwow Celebration at the Minot State University Dome, April 23 and 24. The celebration will also include special Native American attractions.

The event, sponsored by the MSU Native American Cultural Awareness Club and the university, honors all 2010 graduates. During two "Grand Entries," at 1 and 7 p.m. each day, all of the dancers will enter the arena. Organizers invite all 2010 graduates to participate in the "Honor Parade" following the 7 p.m. Grand Entry on April 24.

"The Native American Cultural Awareness Club would like to thank the Three Affiliated Tribes and Standing Rock Sioux Tribe for their continued support of our Spring Honor Dance and Powwow Celebration," Dennis Parisien, Native American student counselor, said. "Their support allows us to put on an event that is of both the traditional Native American culture, and in a real sense, an educational event that invites peoples from outside of the culture to join us in this celebration of all of our graduates."

Men, women, teens, juniors and "tiny tot" dancers will compete in various categories, with cash prizes awarded. The competitions for men include traditional, grass and fancy dancing. Women's dance com-

petitions include traditional, fancy and jingle styles.

New this year is a "Switch Dance competition," on Saturday in which men and women switch regalia and dance in the appropriate style. Donations collected throughout the day will go to the best dancer.

The celebration offers educational presentations including Native American traditional games by Marvin Bald Eagle Young Man, sweet grass basket making by Carol Parisien, "Seven Teachings," a set of teachings on human conduct towards others by Cecilia Myerion and pictograph vest making by Douglas Pfliger, MSU art instructor.

Schools and organizations will bring school-age children to the educational presentations Friday, April 23, from 10 a.m. to noon.

Friday will feature a traditional buffalo meal at 5 p.m. in the Student Center. The Standing Rock Sioux Tribe donated the buffalo.

On Saturday, the NACAC will honor Wylie Hammond, long-time director of multicultural support services, who is

See Powwow — Page 5



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Five Minutes Remaining

A column by Tanner Larson, MSU sophomore

'Blur' Beta impressions

Let's face it, Activision hasn't had the best of times recently. From "Tony Hawk Ride" not being a "best-seller" to mounds of unsold peripherals to "Modern Warfare 2" bugs, glitches, and the overpriced "Stimulus Package Map Pack." Not to mention the firing of, in my opinion, two of the best developers this industry has ever seen (Vince Zampella and Jason West).

When I heard that long-time game journalist Dan

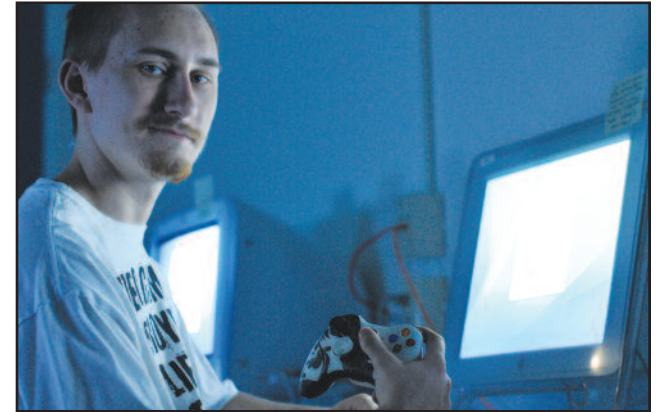
Amrich (or Dan Elektro to some of you who read GamePro way-back-when) was hired by Activision to be their community manager, I felt sorry for him at first. But now, he's acting like a miracle worker, not only as a community manager, but a PR as well. With a new IP, you'd want to get the word out right? That's what Dan did via Twitter and his community Web site called "One of Swords.com."

Once the beta went open, I was hooked onto "Blur."

What is "Blur," you ask? To put it in a weird, but understandable context, it's as if "Gran Turismo" and "Forza Motorsport" had a baby and raised it to be like "Project Gotham Racing." However, it looked up to "Mario Kart" as a role model. Add lots of bright colors and you get "Blur."

In short, this is an extremely balanced racing game that can keep you wanting to play more.

"Blur" was created by Bizarre Creations, who are



known for "Geometry Wars" and "Project Gotham Racing," and published by Activision. But seeing that this is a beta for an upcoming game, I'd expect to see some problems. There seemed to be a lot of power-ups to use. Some appeared more than others and too frequently. There was also

an issue in that, sometimes when you got done with a race, another one would appear almost immediately and you would have to wait five minutes for it to "load."

"Blur" will be released for the Xbox 360, Games for Windows, and PlayStation 3 on May 25. Hope to see you out on the track!

Stimulant abuse problematic for college students

Melissa Rydberg

Senior Nursing Student

Across the United States, college students are increasingly consuming prescription stimulants to heighten concentration.

According to Amelia Arria, Ph.D., senior scientist at the Treatment Research Institute in Vancouver, as many as 15 percent of college students are

abusing stimulants such as Adderall, Ritalin and Cylert.

There is no question that college life can be stressful, overwhelming and tiresome, but this is a dangerous trend that students are following more and more to maintain a high energy level to pursue high academic achievements.

In a given semester, college students may have eight to 10

papers to conquer, exams to cram for, part-time jobs to attend and organizations they belong to. While these students are maintaining their grades, studying late hours and having the energy to maintain a job on top of all that, it is undoubtedly a highly stressful schedule to tackle.

Yes, for a short time, the effects of the drug will pro-

duce mental and physical improvements as well as delay the performance deterioration that fatigue brings. What these students fail to realize, though, is that there can be adverse health effects as well as long term consequences that follow.

The drugs Adderall, Cylert and Ritalin belong to a class of drugs that are otherwise known as amphetamines.

They are prescribed for people with Attention Deficit Hyperactivity Disorder (ADHD). In a survey conducted at a Minnesota University, students admitted to exaggerating or even falsifying the symptoms of ADHD to their doctor just to obtain an Adderall prescription.

Dr. Carol Milan at

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Red & Green

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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.



International students pose for a photo while on their trip to Mount Rushmore National Memorial. The students spent two days in the Black Hills to experience another part of the United States.

Submitted photo

International students see Mount Rushmore

Boma Brown
Staff Writer

Over two days during spring break, international students at Minot State University embarked on a trip to the Black Hills of South Dakota.

Students watched a documentary about wildlife species present at Mount Rushmore National Memorial as well as how Mount Rushmore was constructed.

"It was really interesting to see how they carved the faces of the Presidents, as well as how long it took them to construct it, and the workers involved," Evelyn Kamoto, from Malawi, said. "Amazingly, no life was lost during the construction process."

The students also got to see the Crazy Horse Memorial, which is about half an hour's drive from Mount Rushmore. The brochure the students received at the Crazy Horse Memorial enlightened them about Native American history.

After the visit to Crazy Horse, students viewed the Black Hills National Forest as the van drove through the area.

Parley Egwu said the two-

day trip provided him a time to de-stress and socialize, while learning something new at the same time.

"Activities like this create a healthy learning environment," the Nigerian student said.

See Rushmore — Page 10

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... Powwow
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retiring at the end of the school year. After 17 years at Minot State, Hammond said he may be leaving, but he will continue his volunteer service and recruitment of the Native American population for MSU. Parisien will remain as the Native American student counselor and NACAC adviser.

The doors open at 9:30 a.m. on April 23 for the educational presentations.

On April 24, the doors

open at 11 a.m. Both days feature performances, demonstrations, dance competitions and the sale of Native American arts, crafts and food.

Admission to the Spring Honor Dance and Powwow Celebration is \$2 for ages 12-55; it is free to children under 12, senior citizens and MSU students, faculty and staff.

For more information, contact Parisien at 858-3365 or 1-800-777-0750, ext. 3365 or dennis.parisien@minotstateu.edu.

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Art students win at AdFed

Cassandra Neuharth
Staff Writer

Four Minot State University art students nabbed seven of the 25 awards at a statewide competition held in Fargo recently. MSU took home awards ranging in categories from photography to poster design in the North Dakota Advertising Federation Student Competition.

During this Feb. 27-28 event, art students gathered from around the state to display their creativity and ingenuity in their work for the judges.

"AdFed marks the beginning of the recognition these students will receive," Bill Harbort, MSU art instructor, said. "This is an important recognition for them and for Minot State. Every year

we try to improve and up the ante against the competition.

MSU students and their Addy awards:

Melissa Hoots, Minot, two gold in package design and stationary and one silver in non-traditional advertising; Shawn "Alex" Graham, Winnipeg, Manitoba, one silver for poster design; Tonya Stuart, Humboldt, Saskatchewan, one gold in non-traditional advertising and one silver in cover design and Katie Kalmbach, Flaxton, one silver in photography.

"The North Dakota Advertising Federation Student Competition is a collecting point for the best students from around the state. It is also a great

opportunity for them to learn from others," Harbort said.

MSU has participated in this competition for the past 12 years.

The Advertising Federation is an association that brings together advertisers, agencies, media companies, suppliers, local advertising associations and college students. Its mission is to promote education in advertising marketing and communications.

AdFed provides opportunity and scholarships to high school and college students. As of this year, the Western AdFed chapter formed a statewide North Dakota chapter that includes the Moorhead, Minn. area.



Photo by Cassandra Neuharth

Pictured is a stationery suite advertising Ebenezer's Eatery and Irish Pub in downtown Minot. Melissa Hoots designed the suite in the Graphic Design 3 class.

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Secondary Education licensing changes

The Education Standards and Practices Board is the independent educator licensing board responsible for educator licensure. Beginning July 1, 2010, additional testing is required for all secondary education students in order to be licensed in North Dakota.

Effective July 1, the PLT test on secondary education for initial licensure will be required for all secondary education applications.

Test ID: 20524

Name: Principles of Learning and Teaching: Grades 7-12

Cutoff score: 160

For K-12 certifications, such as music, art, physical education, and MR, students may choose either the PLT Elementary or PLT Secondary. You do not need to take both the PLT Elementary and PLT Secondary.

This is an additional test and does not replace the content area tests you may need for licensure or graduation. Licensure and graduation requirements may differ, so if you have questions, contact your adviser. Additional information is available at:

<http://www.nd.gov/esp/>.

Juried art on display

Angela Gaston
Staff Writer

The Northwest Art Center (NAC) at Minot State University will hold a juried student art show in the Harnett Gallery from April 9 through 29. Works that pertain to classroom assignments, as well as student works from individual projects, will be on display. The art show is open to all Minot State students. However, most of the entries so far are from art majors.

"It's a great opportunity, because it's only MSU students," Eric Benz, assistant gallery director, said. "The first three entries are free and there are awards available."

Currently, 20 students have signed up for the show, but Benz

said that number should grow quite a bit by April 9. Last year, students submitted about 80 pieces. Organizers will accept art work until Friday, April 9, at 10 a.m. The show opens that day at 6:30

p.m.

Cyndi Jelleberg, Bottineau, ND, is the juror for this year's show. She will present four Merit Awards and a Best of Show winner during a 7 p.m. reception in

Harnett Gallery.

The current director of the North Central Education Cooperative, Jelleberg is a former humanities department chair and assistant art

See Art — Page 10



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

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!

9	3	6	4	8	5	1	7	2
4	9	5	7	3	6	8	1	2
5	8	6	1	9	2	7	4	3
8	9	3	7	6	4	2	5	1
6	3	9	4	1	8	5	2	7
7	2	8	9	5	3	1	6	4
8	5	2	3	4	1	9	7	6
9	4	7	6	2	5	8	1	3
1	6	3	8	7	9	4	5	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			54	55	56
57	58						59				60			
61							62				63			
64							65					66		

CLUES DOWN

- Hair curling treatment
- Oil cartel
- Fertilized plant germ
- Pleasure seeker
- No. Am. country
- Church passage
- Cartoon Wilma's husband
- Engrave
- Extremely infectious
- Geological times
- Moon (French)
- 4th Caliph of Islam
- Radioactivity unit
- Ohio rock band (abbr.)
- Gumbo pod
- "_____ Hieroglyphica," by John Dee
- Jung's male soul image
- Nephritic
- Rescues

CLUES ACROSS

- One of the Spice Girls
- Restaurant
- About velum
- A fencing sword
- Direction (Scottish)
- Dravidian language spoken in SW India
- Army surgeon Walter
- Nanosecond (abbr.)
- True frog
- Ronald's charity
- Brood of pheasant
- Kiloliter
- Boat area
- Tenderness
- Digits
- Clear wrap
- Came together
- Come after the eighth
- Marsh elder
- Ethiopian lake
- Doctors' group
- English forest
- a.k.a. Jixi
- Wages
- Staggered
- A public promotion
- Become less warm
- 6th smallest state
- Forays
- A rugged rock or cliff
- 1/100 of a kina
- Greek doorway posts
- Drink habitually
- Arabian Gulf
- Boat access platforms
- Hastened
- Burden

- Algeria's gulf
- Electronic communication
- Taste is one
- Sedate
- West _____ Story
- Heckles
- Emaciated
- Disembarrasses
- Painted cheeks
- Goddess of the dawn
- Metal tip on a scabbard
- Acarine
- 6th Jewish month
- Performs in a play
- Harvest
- South Dravidian
- Commun founder Cyrus _____
- Mentally healthy
- Pop music style
- Black tropical Am. cuckoo

For puzzle solution see page 10

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)

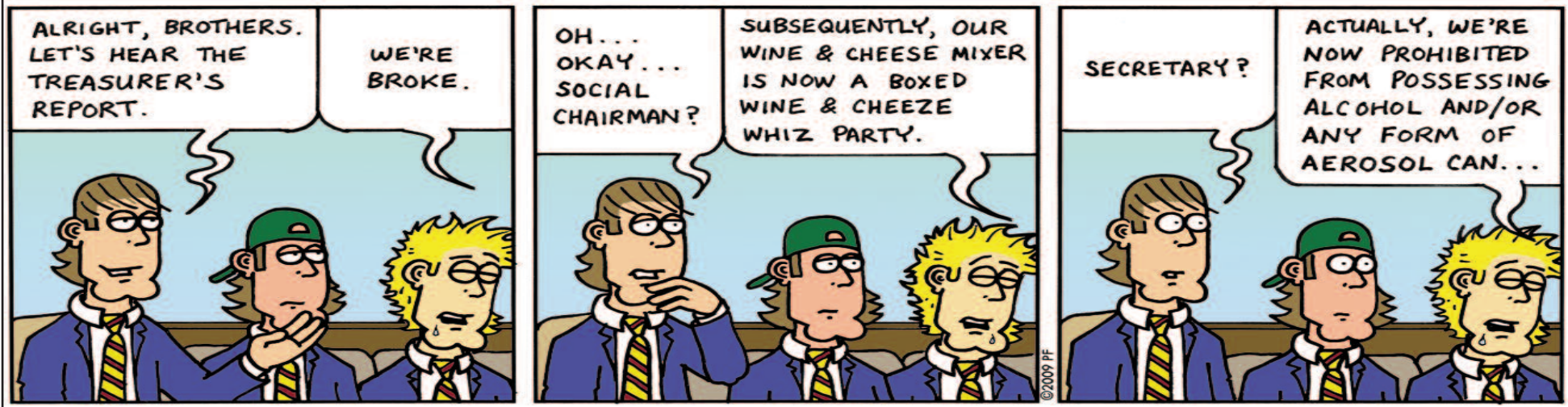




Photo by Jesse Kelly

Kyla Theisen eyes a pitch in an April 6 game against Mayville State University. She scored two runs for Minot State, which helped the Beavers defeat the Comets.

Clean sweep at home

Beaver softball defeats Mayville State, 8-0 and 10-0

Eric Manlove
Sports Writer

The Minot State University Lady Beaver softball team finally got to play a home game. Tuesday, April 6, they hosted Mayville State University in a Dakota Athletic Conference doubleheader. It didn't take long for Minot State to come away with a sweep, as they beat the Comets 8-0 and 10-0, winning both by the eight-run rule.

"It was two really big wins today, finally getting to play at home," Head Coach Bill Triplett said.

After a scoreless first inning, the Beaver bats came alive and scored four runs in the bottom of the second inning. They continued to

talk on as MSU got three more in the third and added one in the fourth.

All-American Janessa Penner led Minot State at the plate, going 2 for 2 with 1 run batted in, and Kyla Thiesen also set the pace, going 2 for 2 with 2 runs batted in.

Freshman pitcher Mandy Greenberg provided the story of the day. Greenberg started both contests for the Beavers, tossing one-hitters in both games. She struck out seven Comets in the first game and six in the second.

"Mandy is pretty seasoned," Triplett said. "She's pitched in some pretty big games at nationals (in Canada). When she is striking out hitters, it takes a lot of the pressure off the

defense."

The second game had a lot of the same look for the Beavers as they scored ten runs. They chalked up five in the third inning and five in the fourth inning. Minot State broke the game open in the third on a bases-clearing double by Bailey Waldner.

Minot State (12-10, DAC 3-3) traveled to Madison, S.D., where they won both of their games against Dakota State Saturday. They won 6-1 and 11-0. They also played two more games on Sunday. The first game finished with a score of 6-0, and the second with a score of 8-4.

The Beavers next play at home today, April 15, when they host Valley City State at 2 p.m.

Greenberg takes second DAC award

(MSU Sports Information Office) — Minot State University freshman Mandy Greenberg, Winnipeg, Manitoba, has earned her second Dakota Athletic Conference Pitcher of the Week honor this season, the league announced Monday.

On the week, Greenberg was a perfect 5-0 with one no decision and a nearly perfect .29 earned runs average. The



Greenberg

Beavers were 6-0 in games started by Greenberg during the week.

In six starts, she allowed one run on just eight hits in 24 innings pitched. She walked just eight batters in 24 innings, while striking out 32 batters. Greenberg leads the DAC in strikeouts with 145 and has a 1.80 ERA so far this season.

Greenberg was also named DAC Pitcher of the Week for the week of March 22-28.

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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

Advance notice for Peruvian study tour

By Hannah Wickey
Assistant Editor

Students who missed the first study tour to Peru have another chance with a tour Minot State University is offering in the summer of 2011.

Students interested in the program will choose between three deadlines: early bird, regular and late. Students utilizing the early bird option can spread the payments on a broader span of time and pay \$200 per month. The deadline for the early bird option is May 5, 2010. The regular deadline is Nov. 1, 2010, and the late deadline is Jan. 16, 2011.

This study tour to Peru will be the second for

Spanish instructor Kemerly Moorhouse. She led a tour to Peru in the summer of 2009.

One of the students on that tour, Whitney Loftenes, has a blog posted about those experiences. To access her personal account visit www.minotstateu.edu/international/blog.

Moorhouse will set up a table in the International Lounge on the second floor of the Student Center on Thursday, April 22, from noon to 2 p.m. She will answer students' questions about the 2011 tour. For more information, students can contact Moorhouse at her office, 858-3245, or e-mail: kemerly.moorhouse@minotstateu.edu.

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Arisa Matsubara, from Japan, said, "I got to learn something historical about the U.S."

On the trip back to Minot, students marveled at the Enchanted Highway. This was the first time the international students had seen the metal sculptures and they were all impressed and amazed.

"It's unbelievable," Soyoung Jung, from South Korea, said. "I haven't seen metal sculptures so large in my life."

For some international students, this trip provided an opportunity to see another part of the U.S., as many had only seen Minot.

Kelly Wong, from Indonesia, said it was also a time to get to know other international students and learn about various cultures.

The Language Company (TLC), headed by Bonnie Carrera, provided the company van as a means of transportation. Kennedy Omay, President of the International Students Club, said the purpose of the trip was to give students the opportunity to see another part of the country and understand what is going on in America.

"It is also hoped that trips like these would entice future students and make them want to study at MSU" Omay added.

Shopping local helps the planet

(Metro Services) — During the recent economic downturn, people across the globe were forced to cut back. In many cases, these cutbacks cost the people who could least afford to take a hit. Small, local businesses might have borne the brunt of the trend toward more financial responsibility.

While everyone understands savings, it's possible to save and still support the local businessman, while also helping the planet. Shopping locally might seem more costly on the surface, but in many ways shopping locally is the most economically, not to mention environmentally, responsible thing a consumer can do.

- **Conserve fuel.** Shopping at one of the larger discount chains might produce results at the register, but unless you have

such a store right in your hometown, those savings aren't what they appear. That's because discount chains might be farther

Shopping locally might seem more costly on the surface, but is the most economical.

away from home, meaning you'll be spending considerably more on fuel just to get what likely amounts to a minimal discount. The local businessman might not be able to match the big chain's price, but he can likely offer the item at a price similar to the big chains, but without the additional cost of fuel.

- **Reduce pollution.** Local businesses often

don't place the tall orders of their big chain counterparts. While their inventory might be less, that inventory is typically delivered in more environmentally friendly vehicles. Larger chains receive the vast majority of their items via big trucks that guzzle gas and produce pollution. So while shopping at the Mom and Pop might seem like a small favor to a neighbor, it's a big favor to the environment.

- **Future considerations.** Kids learn a lot from Mom and Dad's behavior. Parents can instill a valuable lesson in social and environmental responsibility by supporting local businessmen. If kids learn early to shop conscientiously, they're more likely to carry that behavior into adulthood, contributing to the planet's longterm health as well.

... Art continued from page 7

instructor at Turtle Mountain Community College, Belcourt.

She earned her BS in Art Education and M.Ed from the University of North Dakota.

"There is also the opportunity that Dr. Fuller will be at the show," Benz said. "If he finds a piece that he enjoys, there might be a MSU President Purchase award where the piece will be purchased and displayed."

PUZZLE SOLUTION

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... Stimulant
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Vanderbilt University Student Health Center reports that, "There has become an attitude that medications like Adderall and Ritalin or Concerta aren't really dangerous."

This is a huge misconception that can result in serious side effects or even drug addiction.

These drugs can cause side effects such as dry mouth, stomach problems, loss of appetite and sleep difficulties. Stimulants have a direct impact on the central nervous system by increasing heart rate and blood pressure. These drugs "rev" the body, giving individuals the sense of energy and accomplishment. Other, more-dangerous, effects deal with cardiac episodes such as palpitations, dysrhythmias and even sudden death.

Health Canada, the Canadian version of the Federal Drug Administration, pulled Adderall off the market after twenty Adderall users died unexpectedly. After further investigation, the government agency allowed the drug to return to the market, but with serious warnings. Those who have underlying heart

conditions, anxiety disorders, high blood pressure or a history of drug abuse should not take these medications.

Oftentimes college students are able to have access to and take these medications without a prescription. If they neglect having a prior evaluation by qualified medical personnel, people that "pop these pills" without a prescription put themselves at serious risk.

Aside from the health risks involved, one should question the misuse of these drugs and whether or not they really help students achieve better grades.

One study conducted at the University of Michigan's Substance Abuse Research Center found that students who abuse these medications generally have a lower grade point average than those who do not abuse the prescription drugs. It was also found that these individuals had increased rates of alcohol, cigarette, cocaine, ecstasy and other substance abuse. It is believed by many students that these are wonder pills that will lead them to academic success and top notch performance, when actually these drugs are dangerous and hardly worth the risk.

MSU celebrates Earth Day April 22

Campus Cleanup

Cleanup begins at 9 a.m. in the Quad and ends at noon. You will be given two bags: one for recyclable items and another for trash. Receive a free Earth Day T-shirt when you return with your trash bags.

Poster/Project/Product Presentations

View the assorted posters, projects and presentations geared toward Earth Day and sustainability, on display from noon to 2 p.m. in the Student Center Atrium.

BEAVER IDOL

Winners!



Photo By Jesse Kelly

Cody Blotter and Jazmine Wolff show off the prizes they won during the Beaver Idol finale. Wolff won the event while Blotter secured the second place by singing a song he wrote himself, with added theatrical effects. The event featured the top three performers from two previous rounds. They included Wolff, Blotter, Jordan Peterson, Melissa Elker, Amber O'Brien, and duo Brittany Armstrong and Kristin Samo. Both Wolff and Blotter were from the first round of qualifiers for the three-event competition. The finale took place last week in the Beaver Dam.