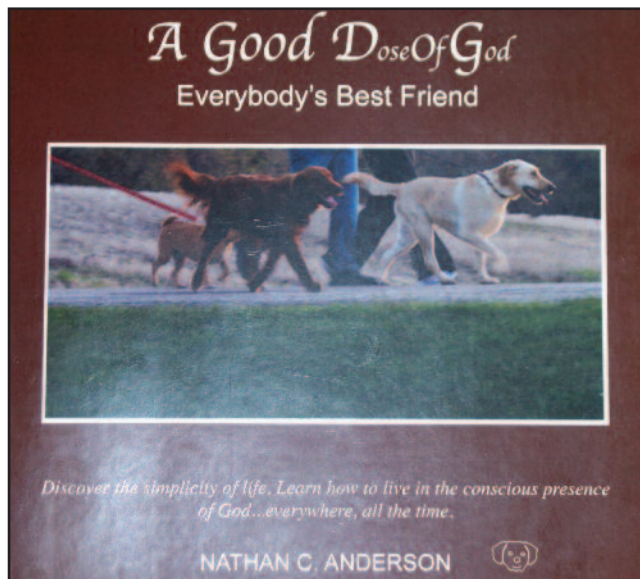


Red & Green

October 15, 2009 Vol. 91 No. 6

Minot State University, Minot, N.D. 58701

www.minotstateu.edu/redgreen/



Pictured is the front cover of Anderson's book "A Good Dose of God." The book is a reflection on how to live in the conscious presence of God.

Photo by Bryce Berginski



Students work in a screen-printing and poster-making session in the Beaver Dam during NOTSTOCK 2008.

Submitted Photo

MSU has another author in its midst

By Bryce Berginski
Editor

This year, another staff member at Minot State University has earned the designation of "author."

Nathan Anderson, who has been the Accreditation Technology Support Coordinator for the College of Education and Health Sciences for about three years, recently published a book titled, "A Good Dose of God – Everybody's Best Friend." The latter subtitle is a play on dogs being "man's best friend. DoG also happens to be an abbreviation for "Dose of God."

"The book is about seeing, as well as enhancing awareness, of the good things and God's pres-

ence in life, and its ordinary and extraordinary circumstances," Anderson said.

Readers can go through the book quickly or cover-to-cover with periods of reflection. The author has placed questions about the content throughout the book for the purposes of reflection and application in a person's life.

The volume has four sections, the first of which explains what a dose of God is. The second section is a poem Anderson wrote about the ABC's of a good DoG and an explanation of its infinite venues. The third tells how a good DoG can be offered to others, and how good receiving it feels in one's soul. The fourth and final section discusses the importance of documenting DoGs received and offered, and how doing so makes one aware of

See Anderson — Page 7



Anderson

NOTSTOCK 2009 not far away

By Kevin Mehrer
Comm 281

NOTSTOCK, Minot State University's showcase of national poster art and local music, is just around the corner. NOTSTOCK kicks off at 11 a.m. Wednesday, Oct. 21, and ends Friday night, Oct. 23, with special events on campus and in downtown Minot.

The three-day event is jam-packed with live screen printing, local musicians performing, Q&A sessions with artists, and more.

Laurie Geller, co-coordinator and math instructor, described NOTSTOCK.

"It highlights the diverse and growing poster art scene that surrounds and brings visual beauty and interest to rock music across the globe, in our region and city, and on the campus of Minot State."

Art Chantry is this year's featured poster artist. Bill Harbort, co-coordinator and MSU art instructor, spoke of Chantry and his work.

"He is a pillar in music poster art and graphic design; his low-tech, irreverent,

garage-gritty style pioneered alternative punk-grunge graphics by celebrating retro-images, typography and composition. His work often calls on wit, sarcasm, irony, counter culture spirit and genius," Harbort said.

Other artists involved include Amy Jo, who was an artist at NOTSTOCK last year and North Dakota native, screen printer and graphic designer TOOTH, Jeff Johnson of Spunk Design Machine, another North Dakota native, and Bjorn Christianson.

Local musicians include: Diabolic Octopus, Merrick, The Morning Red, The Ooblecks, Carly Ann, Jazmine Wolff, Echo's Answer, Black River, and many more. The live music will start at 11 a.m. Wednesday and Thursday. Friday's music starts at noon while the artists create art and screen printing.

Every night showcases a different activity. On Wednesday, Jeff Johnson of Spunk Design Machine will speak in the Conference Center on the third floor of the Student Center at 7 p.m.

On Thursday, Chantry will speak in the
See NOTSTOCK — Page 7

Proper tire care aids in winter safety

(Metro Services) — For most people, their car is their lifeblood. It gets them to work, to school, to their lives. And in these tough times, many are keeping their cars longer than ever before. It might be tempting to neglect regular maintenance tasks in the name of saving money, but in the long run, that could end up costing you even more. And proper maintenance is crucial now, with winter just around the corner. When it comes to car maintenance, tire care is the first line of defense. But according to the Rubber Manufacturers Association (RMA), an alarming number of consumers don't pay attention to their tires, and the results can be costly -- and dangerous. Underinflated tires pose a definite safety risk.

The National Highway Traffic Safety Administration (NHTSA) acknowledges that underinflated tires contribute to many accidents throughout

the year; 50 percent of vehicles have at least one underinflated tire and only 9 percent of vehicles have four properly inflated tires!

But it doesn't have to be this way. Proper tire care is simple. Continental Tire recommends getting in the habit of taking five minutes every month to check your tires, including the spare.

"Your tires are the only part of your vehicle that actually touch the road when you drive," says Joerg Burfien, director of R & D, Continental Tire. "It only takes a couple of minutes of maintenance each month to keep your tires working at their best, and the resulting safety benefits far outweigh the time it takes."

The RMA's "PART" campaign gives consumers an easy way to remember the basics of monthly tire maintenance:

Pressure: According to the RMA, underinflation is a tire's No. 1 enemy. It results in unnecessary tire stress, irregu-

lar wear, loss of control, and accidents. A tire can lose up to half of its air pressure and not appear to be flat!

And the air pressure listed on the side of your tire is NOT the correct air pressure for your vehicle. That number is the maximum air pressure for the tire. The correct tire pressure can be found in the car's owner manual, on the gas tank lid, on the driver's side door edge, and on the door post.

Alignment: A bad jolt from hitting a curb or pothole can throw your front end out of alignment and damage your tires. Misalignment of wheels in the front or rear can cause uneven and rapid treadwear.

Rotation: Regularly rotating your vehicle's tires will help achieve more uniform wear. Unless your vehicle owner's manual has a specific recommendation, the guideline for tire rotation is approximately every 6,000-8,000 miles.

See Tires — Page 3

Agreement with LRSC helps nursing students

By Anthony Anderson
Staff Writer

Minot State University has recently entered into an articulation agreement with Lake Region State College in Devils Lake, N. D. that will make it easier for students to complete their Bachelor of Science in Nursing degree.

Students will now be able to easily recognize which courses transfer from LRSC into the MSU nursing program. The bachelor's program consists of flexible online courses with one clinical course. Students, working with qualified instructors, arrange their individual clinical courses. They can earn the degree through either full- or part-

time study. Completing the program will require 18 months of full-time study.

"Having a baccalaureate opens many doors for nursing [students]," Kelly Buetner-Schmidt, chair of the MSU Department of Nursing, said. "Minot State will now be the next step in this process, helping nursing students with their associate degree to seamlessly continue their education and earn a bachelor's degree."

MSU president David Fuller and LRSC president Mike Bower signed the articulation agreement on Tuesday, Sept. 22.

For more information, contact the Minot State Department of Nursing.

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



... Tires
continued from page 2

Tread: To prevent hydroplaning and skidding, your tires must have proper tread depth. The minimum tread depth is 2/32 of an inch (1.6 mm).

The easiest way to check your tread depth is the penny test. Take a penny and place it in the tread of your tire. If part of Lincoln's head is covered by the tread, your tires have enough tread. If you can see Lincoln's entire head, you should buy a new tire.

In regions with harsh win-

ters, Continental recommends that drivers switch to winter tires when the temperature dips below 45 degrees Fahrenheit. Colder weather brings on a whole new set of driving challenges --slush, ice and hard-packed snow -- and once the temperature drops below that 45-degree mark, so does an all-season tire's ability to grip the road.

Many cars in the U.S. have all-season tires, but they just aren't built to hold the road in the same way that winter tires do. Winter tires provide safety and control in cold weather as well as snow and ice, because

they are specifically engineered to deliver a 25 to 50 percent increase in traction over all-season radials. That's enough added traction and braking power to avoid a severe weather-related accident, Burfien said.

New for this winter season is Continental's ExtremeWinterContact, engineered with an advanced tread

compound and structured siping to dramatically improve ice and snow traction. These elements also deliver noticeable improvements in wet performance, excellent fuel efficiency, extended wear and ride comfort, and considerable improvements in dry performance.

Take care of your tires during winter and they will take

care of you. Remember your winter tires are not designed just for snow. They are designed to increase traction in cold winter conditions. Make the switch to winter tires when the temperature hits 45 degrees.

For more information, visit www.continentaltire.com; for media information, visit www.ctnamedia.com.

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**TONIGHT
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**THURSDAY OCT. 15TH 7PM BEAVER DAM
PRIZES: \$200/\$300/\$500**



SUDOKU

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

Level: Intermediate

Fun By The Numbers

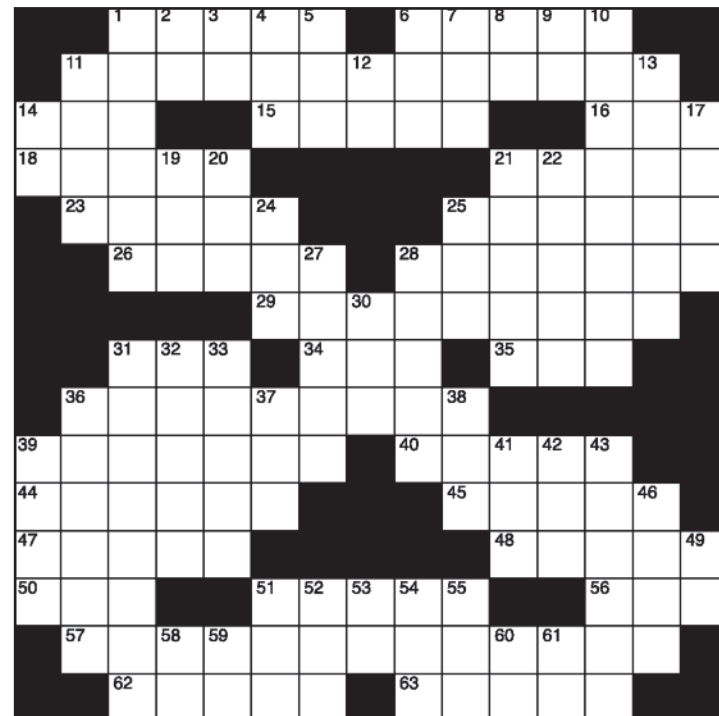
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

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

ANSWER:



CLUES DOWN

1. Czech capital
2. The ancient Egyptian sun god
3. Associated Press
4. ___ as: ballerina sculptor
5. Ancient King of Judah
6. Not on
7. Reverence
8. Senior (abbr.)
9. M__ Farrow, actress
10. Having more stars
11. Maturate
12. Originating from
13. Places of safety
14. Information Technology
17. Give advice to
19. Singer Garfunkel
20. Gov. ID# (abbr.)
21. Airplane operator
22. Sicilian volcano
24. A small flap
25. Make lacework
27. Nicoise or tossed
28. Flanks
30. Corpuscle count (abbr.)
31. Tending to promote well-being
32. Ridgeline
33. Distributes justice
36. An idea held as true
37. Central bank of the US
38. Hit lightly
39. Labor organizer Eugene
41. World data organization (abbr.)
42. Alias
43. Hitec robot motors
46. Precipitation
49. Expresses surprise
51. Fiddler crabs
52. Female sibling
53. We
54. Doctors' group
55. Research workplace
58. A precious metal
59. Dutch financial Co.: I__
60. Atomic #75
61. Something

CLUES ACROSS

1. Italian fashion label
6. Desert respite
11. Steinbeck novel
14. One of the Gershwins
15. Faux-pas
16. Tonight host Jack P___
18. Roman garments
21. Without meat (Jewish)
23. Sausage
25. Layered levels
26. Bunsen burners
28. Common cracker
29. 2nd lowest male voices
31. All American Uncle
34. Fashion necessity (abbr.)
35. ___ and feather
36. Having no beard
39. Erased
40. Adventure stories
44. Washed out with a solvent
45. Rides a motorcycle
47. Grabs with teeth
48. Isaac's mother (Bib.)
50. Large body of water
51. Ordinary
56. By way of
57. The Swamp Fox
62. Ages of time (Hindu)
63. In a way, assists

For puzzle solution see page 8

Red & Green

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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.

Headphones, a possible cause of future hearing problems

(Metro Services) — Mp3 players, portable CD players, mobile phones, and other electronic devices bring the convenience of music wherever you go. Headphones preserve the privacy of the music listener and allow music to be enjoyed without disturbing others. But for those who pop in earbuds or wear earphones and listen to their music too loudly, hearing loss could be an unfortunate side effect of this convenience.

Research indicates that prolonged exposure to music at loud levels, primarily received through earbuds, can lead to hearing loss. In fact, Pete Townshend, famed rocker from The Who, credits loud headphones with causing his profound hearing loss and tinnitus, a ringing in the ears.

Robert Novak, director of clinical education in audiology at Purdue University in

Indiana, is seeing a greater number of young people with "old ears." Meaning, hearing loss experienced is on par with a person much older. This is a trend that has been escalating since the Walkman became popular in the early 1980s. In fact, hearing specialists are seeing individuals in their 30s and 40s --those who were frequent Walkman users -- who have intense tinnitus and a whooshing in the ears.

The trouble now is that teenagers and young adults tend to wear iPods and other mp3 players for much longer intervals than those who enjoyed the Walkman. Extended rechargeable battery life enables 20 or more consecutive hours of music enjoyment. Many listeners are tuned in all day and not giving their ears a rest.

Preventing Hearing Loss:

No one is saying to give up

music enjoyment. Just take a few precautions to safeguard the ears.

Turn down the volume: Research has found that teenagers tend to listen to music more loudly than young adults. Keeping the volume tuned to 50 to 60 percent of the maximum volume on the device can help prevent significant hearing damage.

Switch headphone style:

Earbuds that sit inside of the ear canal could be more damaging than the muff style headphones. While not as streamlined, these headphones could help protect the ears.

Take frequent breaks: Take off the headphones several times a day to give the ears a rest from the noise.

Listen to music in a quiet environment: Loud ambient noise may cause you to turn up

the volume on your music player to an unsafe level. Do the majority of your listening when it's quiet around you so you can keep the volume low.

Watch your decibels: If you can measure decibel levels, experts say that 65 to 70 decibels, the level of normal conversation, is safe. At that level, a person could listen indefinitely without worrying about contributing to hearing loss.

MSU Wellness Fair

Thursday, Nov. 5, 9:30 a.m. - 2 p.m.
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'Execution of Justice' brings trial to life

By **Cassandra Neuharth**
Comm 281

The Minot State University Theatre Department will present "Execution of Justice" Thursday through Sunday in Aleshire Theater. This true-life tale is based on the trial of Daniel White, a city supervisor in San Francisco who faced a jury in 1979 for murdering George Moscone, the former mayor of San Francisco, and Harvey Milk, the first openly gay city supervisor in the country.

Kevin Neuharth directs the Emily Mann play. Neuharth said the reason for the title, "Execution of Justice," is that White only received seven years for voluntary manslaughter, not murder, and was out of prison after a little more than five years from the arrest date. White's sentence was so short because of what is now known as the "Twinkie Defense." White's lawyer argued, and psychiatrists agreed, that White was so hyped up on sugar from eating

too many Twinkies and other junk food, that he literally had no idea what he was actually doing.

After White's release from prison, his wife divorces him. This leads to White admitting to the police that he also intended to kill two other city supervisors the day he killed Moscone and Milk. In 1985, White committed suicide, less than a year after his release from prison.

Approximately 22 students and staff will portray at least 50 characters in the production, with most cast members playing more than one role. The cast includes Noah Files as the defense attorney Douglas Schmidt; Brett Olson playing the role of Daniel White; Matt Dempsey as prosecuting attorney Thomas F. Norman, and Brittany Armstrong as Mary Ann White.

Other cast members include: Jhondarr Lopez, Grey Wallstrum, Kristin Samo, Kevin White, Peggy Morris,

Adam Henjum, Ashley Nilsen, David Iverson, Katie Langemo, Jake Flaten, Tanner Larson, Loren Files, Penny Lipsey, Daniel Johnson, Brittany Knickerbocker, Amber O'Brien, David Riehl and Grant Johnson.

"Execution of Justice" will run Oct. 22 through 24 at 7:30 p.m., and then on Sunday, Oct. 25, at 2 p.m. Tickets cost \$6 for adults, \$5 for students and seniors and are free to MSU students and faculty with I.D.

The Coup is coming

Get ready. Monday Oct. 19, 2009, the 2008 MSU Coup will be released.

The Coup is the award-winning arts and literary magazine produced by MSU students from the Art and English Departments. The Coup showcases the best artwork and literature submitted by Minot State University students from across campus.

You will find the Coup's

current issue in the Red and Green's newspaper stands in Hartnett Hall beginning Oct. 19, 2009. Get your copy while they last!

For more information about the Coup, or to find out how to submit for our next issue, contact faculty advisors Patrick Sheldon at Patrick.sheldon@minotstateu.edu or Patti Kurtz at patti.kurtz@minotstateu.edu.

Find us on the web:
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PAR3077



Submitted photo

"Princess" by Montana artist Gretchen Bederman will be on display through Oct. 29.

Hartnett Gallery hosts new 'Faces'

Artist Gretchen Bederman will exhibit "Faces," a series of oil portraits, through Oct. 29 in the Northwest Art Center's Hartnett Hall Gallery at Minot State University.

Bederman normally creates large, symbol-filled images from her imagination. "Faces" is a departure from that mold.

"Every once in a while I like to go off on a tangent," Bederman said of her current series. The twenty-six portraits in the exhibit are "rooted in time and place," direct, small and simple, taken from photo studies of familiar faces, not my mind's eye," the artist said. The series explores the face of youth.

Bederman was born and grew up in Houston, Texas, and

moved to Mandan, N.D. from New Mexico in 1980. Since 2006, she has taught art at Dawson Community College in Glendive, MT. She earned her BFA from Minnesota State University - Moorhead in 1993 and her MFA from the University of North Dakota in 1996.

An opening reception for the exhibition was held Tuesday, Oct. 6 at the gallery. As a special event during the reception, the Northwest Art Center and Minot Area Council of the Arts hosted a pre-screening of an episode from the PBS television series "Art: 21," "Art in the Twenty-First Century." Episode 2, "Fantasy," from the show's current season, was shown that night in the Aleshire Theater.

... Anderson
continued from page 1

God's direction and how all the good things in life are God's gifts.

Those interested can purchase the book through Anderson directly or online at www.adoseofgod.com. It is also available at Main Street Books and the Gideon's Trumpet outlet at Dakota Square Mall in Minot.

As a side project, Anderson has been creating inspirational and spiritual posters, which are also available on the Web site.

... NOTSTOCK
continued from page 1

Conference Center, third floor of the Student Center at 7 p.m. Friday's event will be a reception for Notstock and Chantry at 62 Doors in downtown Minot, also beginning at 7 p.m.

Chantry created a new design exclusively for printing on skateboards. Sales of the boards will help to support the event. NOTSTOCK T-shirts will also be for sale. Organizers invited area high schools and the students will be able to print their own designs and "pull" screens with the artist.

To follow updates about NOTSTOCK, check out the Blog at <http://www.msunotstock.org/> or <http://www.msunotstock.blogspot.com/>.

www.studentsfightback.com

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- ✦ Practical and effective self-defense strategies anyone can use, regardless of size
- ✦ Improvised weapons that everyone carries with them everyday, and how to use them

DATE: *Monday October 19th*

TIME: *8pm*

LOCATION: *Beaver Dam*

As seen on...

© 2009 Fight Back Productions

Two sides to paying with plastic

(Metro Services) — Get together with friends and family are staples of the holiday season. But those aren't the only reunions during the holiday season. Creditors and credit card holders typically get together during the holiday season as well. And while some of those reunions are happy ones, others can turn disastrous. Shoppers who aren't careful can quickly find themselves with finance charges that equal or exceed what they spent in the first place.

While many shoppers feel as if they won't make it through the holiday season without piling up debt, it's important shoppers remember they need to make it through the months of January, February, March, April, etc., as well. Before swiping your credit or debit card at the nearest cash register, it's best to understand the differences between these two forms of plastic:

Credit cards are issued by banks or a business and allow you to make purchases on a line of credit. You'll be offered a preset spending limit (credit limit) based on your financial standing. In essence, credit cards offer you a short-term loan that must be paid back in full the next month or else a high interest rate is imposed. (Charge cards do not allow cardholders to carry a balance, and must be paid back in full immediately).

Debit cards are issued strictly by the bank, and offer a direct link to an individual's checking account. When a purchase is made, it is deducted from that account. Using a debit card is the same as paying with a check, just without the hassle of paperwork or waiting on lines

while people write out checks.

While every family or group of friends likely has one person with a horror story or two pertaining to holiday credit debt, there are pros and cons to using both credit cards and debit cards during the holidays. Some of the benefits include:

Available funds. Credit cards provide easy money, allowing shoppers to make it to holiday gatherings or to purchase last-minute gifts. Setting aside larger purchases (i.e. plane tickets, holiday meals, hotel reservations) solely for a credit card can help you better keep track of how much you have spent and can make the stress of planning your travel schedule easier. Debit cards will provide a quick link to your checking account, and can make purchases faster than using a paper check.

Sense of security. Credit cards offer far more security for your purchases than simply paying with cash. Also, items purchased with credit or debit cards can make returning or exchanging gifts a far smoother process. Typically, purchases made with credit cards are completely protected, meaning a lost or stolen purchase, while unfortunate, can be replaced at no cost to the consumer.

Hidden benefits. Many times credit card companies offer incentive programs such as airline miles and other discounts with each purchase, giving consumers more for their money and mitigating future interest payments.

But just like there are two sides to every coin, there is also a dark side to relying solely on credit or debit cards when holiday shopping. Some of those

disadvantages include:

Fees. Both credit and debit cards often carry hidden fees with them. These fees charge or deduct money from an account simply for making a purchase. Knowing these fees and limiting how much they are charged is essential to keeping bills low come January. Credit cards also impose hefty interest rates if purchases are not paid back in a timely manner. Look for cards with lower rates, or pay as much toward your credit card balance as possible come bill time.

Going over budget. Credit cards can offer consumers a false sense of security, making most believe they have more money readily available to them than they actually do. At a time as emotional as the holidays and in a year when many people learned the hard way about financing more than they could afford, overspending can prove especially dangerous.

Non-fixed interest rates. Credit card companies can change interest rates on a whim, and without an account holder's approval. Just because an interest rate is affordable today does not mean it will be tomorrow.

Identity theft. Identity theft protection has made leaps and bounds since the salad days of Internet shopping, but shopping extensively with a credit or debit card, particularly online, is still risky. Hackers can steal personal information from shoppers who use plastic to make purchases online. Keep track of purchases and cross-check statements to monitor unauthorized purchases. And, if cards are stolen, notify the relevant bank and credit card companies at once.

How to balance work with life

(Metro Services) — For many people, work dominates life. Long hours and high stress may be a part of the scenario, but one that most feel comes with the territory of a demanding career that enables them to pay their bills and feed their families.

While that's an understandable concession to make, for many it's coming at a steep physical price. In a recent survey from Yale University, 29 percent of workers reported feeling "quite a bit or extremely stressed at work." When considering there are roughly 146 million workers across the country, that translates to around 40 million stressed out people. That's a sobering statistic, especially when

uncontrolled stress greatly increases one's risk for heart disease and can weaken the body's immune system, leaving a person more susceptible to other ailments as well. For the 40 million workers across the country feeling overly stressed, reducing stress is not a question of if it can be done, but how it can be done. For most people, reducing stress can be as simple as finding a better way to balance work and life.

Determine your priorities: It's easy to get trapped in the hustle and bustle of everyday life. But what's the point of that hustle and bustle if you can't enjoy the things that matter most? While a life of leisure is probably not

See Work — Page 9

PUZZLE SOLUTION



HIV/AIDS exists, as do misconceptions

(Metro Services) — On June 5, 1981, the Morbidity and Mortality Weekly Report published a report of five cases of *Pneumocystis carinii* pneumonia among five previously healthy young men in the Los Angeles area. Each of the men was described as homosexual, and two had already passed away. Shortly after its publication, that report led to a response and research from the Centers for Disease Control and Prevention. Within 18 months, that research led to the definition of acquired immunodeficiency syndrome (AIDS).

Despite having been defined nearly 30 years ago, HIV/AIDS remains a mystery to many even today. Much of that mystery is thanks to fears and misinformation surrounding the disease's initial appearance in the early 1980s. In spite of advancements with respect to research and education since 1981, there are still some common misconceptions surrounding HIV/AIDS.

According to the United States Department of Health and Human Services, the following are some of the more common misconceptions still surrounding HIV/AIDS.

Blood transfusions or donating blood cause HIV/AIDS. While this might once have been probable, today the risk of getting HIV from receiving blood is extremely small. When blood is donated, that blood then goes through extensive testing to ensure it is safe. In addition, blood donors must undergo screening before being allowed to donate.

Blood donors are also safe from the risks of getting HIV/AIDS when donating

blood. That's because blood banks that accept blood use only sterile, disposable needles to draw blood, ensuring both the donor and the potential recipient the utmost safety.

HIV can be spread through casual contact with infected persons. This was one of the more common fears throughout the 1980s, when the disease remained a mystery even to many in the medical profession. However, this fear is unfounded, as HIV is not spread through casual contact such as hugging, holding hands, casual kissing, or sharing silverware. Simply being around someone with HIV is not a risk of getting the disease yourself.

A person can only get HIV by coming into contact with the bodily fluids of someone who is already infected. It is perfectly safe to share the same air, drink from the same water fountain and use the same exercise equipment as an HIV-infected person.

Mosquito bites can cause HIV. Many heavily mosquito-infested areas of the world also have high instances of AIDS. Naturally, then, it's common to assume that mosquitoes could play a role in the spread of HIV/AIDS.

However, even after extensive research into this possible link, no evidence exists to indicate that a human being can get HIV/AIDS from a mosquito bite. When a mosquito bites a person, that mosquito is not injecting the blood of the previous person or animal it bit. In addition, studies have shown that the HIV virus lives for only a very small period of time inside an insect, again lending credence to the belief that there

is no connection between mosquitoes and the spread of HIV/AIDS.

There is a cure for HIV/AIDS. This is a growing, and potentially very dangerous, misconception surrounding HIV/AIDS. Part of this misconception is no doubt rooted in the apparent health of former basketball star Magic Johnson, who abruptly retired from the game in 1991 after announcing that he had HIV. Today, nearly two decades after that announcement, Johnson appears energetic, vibrant and, at least publicly, to not be suffering any ill effects of his HIV infection.

While Johnson's case is encouraging, it does not mean there is a vaccine or cure for HIV/AIDS. Research is ongoing, but such a vaccine or cure does not yet exist. It's important to make this known, particularly among sexually active people, as the misconception that there is a cure or vaccine could possibly lead to many people acting irresponsibly.

To learn more, visit the Department of Health and Human Services Web site at www.hhs.gov.

... Work
continued from page 8

realistic until you retire, make a list of what your priorities truly are. A key element is determining what your current priorities are versus what you feel they should be. If you're working longer hours to pay for luxury items you don't need, chances are that's costing you time with your family. But when writing down your priorities, you'd almost certainly list family ahead of material things. So once you've reorganized those priorities, you can begin to positively change your behaviors so you're spending more time doing what matters most to you.

Examine your daily routine: Many of us are stretched for time, and that only increases our stress levels. While you can't create a 25th or 26th hour in the day, you can look at your daily routine and probably find a commitment or two that you can drop that will give you more time and reduce your stress. While it can be tough to detach yourself from some of these commitments, remember the negative and potentially lethal consequences of stress. Once you have extra time, you can always volunteer your time. Volunteer opportunities

are often noncommittal, so you won't be stretching yourself too thin.

Approach personal time like you do your job: Lots of people are skeptical about calling in sick from work. However, those same people typically aren't averse to cancelling personal plans outside of the office. Personal time, whether on a boat fishing, exercising at the gym or spending time with the kids, is a big part of reducing stress. Approach your personal time like you do your job, and don't be quick to place personal time a distant second behind work. Balancing work and life involves putting a proper emphasis on work and life, so value that time as much as you would your time at work.

Accept others' help: For those whose professional lives include constant decision making, it can be tough to accept others' help. However, relying on someone else is necessary for reducing stress. This can include your spouse as well as a business partner or coworker. As much as you might be capable of handling everything when push comes to shove, it's very unhealthy, and often unnecessary, to go it alone. Accept the help of others and watch as your quality of life improves.

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Chartwells creates online nutrition tools

Anthony Anderson
Staff Writer

New online tools available from Chartwells Dining Services make it much easier for Minot State students to make healthy lifestyle decisions. The tools, available free on the Chartwells Web site (www.dineoncampus.com/minotstate), offer an easy way to track one's diet.

The site design intends to help each student develop a "Balanced Choice Program." The Chartwells nutrition program differs from others in that it recognizes that healthy living is not one-size-fits-all and aims to help students tailor their individual diets to

their individual needs.

"It lets you focus on what you want to do," Brad Damm, director of Dining Services at Minot State said.

The site offers a selection of unique tools to

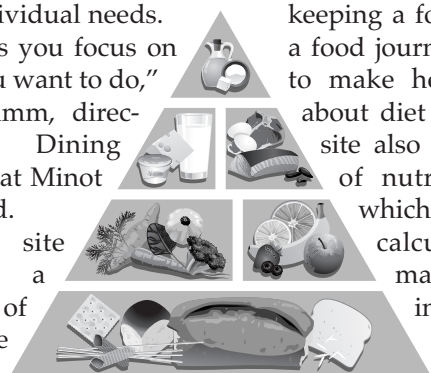
help students watch their intake of fat and calories by

keeping a food journal. Using a food journal makes it easier to make healthier decisions about diet and exercise. The site also includes an array of nutrition calculators, which enable students to calculate their body mass index and resting metabolic rate. It also answers many frequently asked questions about healthy eating. Students can follow

various links to USDA approved sites that list health and nutrition tips and guidelines.

The Chartwells Web site also displays menus, dining

locations and hours of operation, recipes and meal plan information. To access the tools or find out more, visit www.dineoncampus.com/minotstate.



Weight Management Club

8:30 a.m., Mondays,
Oct. 26, Nov. 9, 23, Dec. 7, 21
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Beavers shut out Dickinson State, 3-0



Photo by Jesse Kelly

Leah Wesoloski (No. 12) and Janice-rose Reinbolt (No. 13) prepare for a Dickinson State player's spike during last week's game in the Dome. Reinbolt scored three blocks and six kills, while Wesoloski had three blocks during the match that MSU won, 3-0.



Photo by Jesse Kelly

Emily Hoehn (No. 2) sets the ball while Molly Lundeen (No. 11) watches during last week's home game against Dickinson State. The next home volleyball games are Oct. 16 and 17.

Correction

Football player Layvester James was incorrectly listed as James Layvester in an article that ran Oct. 8 and in a photo caption that ran Sept. 10.

BLOOD PRESSURE SCREENING

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