

# Red & Green

LOOK IN NEXT  
WEEK'S ISSUE FOR  
STORIES ON ...

The Wrestling Team  
and the Wellness Fair!

October 28, 2010 Vol. 92 No. 8

Minot State University, Minot, N.D. 58707

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



MSU President David Fuller stands next to Christy Smith of the N.D. Solid Waste and Recycling Association at an award ceremony on Oct. 14.

Photo by Boma Brown

## Sustainability Committee wins Greener N.D. award

**Boma Brown**  
Staff Writer

Minot State University's Sustainability Committee earned the Greener North Dakota Award for its efforts in waste reduction, recycling and spreading the sustainability message across campus. MSU beat out three other nominees to win.

The Greener North Dakota Award recognizes businesses, organizations, communities and individuals for contributions in waste management, renewable energy and pollution reduction.

Christy Smith of the North Dakota Solid Waste and Recycling Association presented the award to MSU President David Fuller at

the South Dakota/North Dakota Solid Waste & Recycling Symposium recently.

"I appreciate this recognition. This is obviously due to hard work by a number of people on our campus, particularly our Sustainability Committee," Fuller said.

He added that he foresaw MSU going ahead to start other environment-friendly initiatives in the future in addition to recycling.

"We are right now in the process of doing the first phase of a geothermal system on campus which will eventually evolve to the whole campus with geothermal heat and air conditioning. We're also working on cutting

down our carbon emissions. It is important for Minot State to be a model of that," he said.

In 2008, Xcel Energy's Foundation issued a \$20,000 environmental grant to the Minot State Sustainability Committee to help start a recycling project on campus. The grant has also provided undergraduate research and internship opportunities for students and to educate students, faculty and staff about the environmental and cost savings benefits of recycling and conservation.

"I know the staff and students were excited to engage the entire university campus as they began that endeavor," Smith said.

**See Sustainability — Page 2**

## To the polls

Emily Anderson  
Comm 281

Need a ride to go and vote on Nov. 2? Minot State University's Student Government Association will provide transportation to get students to the polling place and bring them back.

On Tuesday, a van will take students to and from Lewis and Clark Elementary School, where voting will take place.

The van will leave the post office starting at 8 a.m., and run every hour on the hour until 5 p.m. The whole process takes about 30 minutes, depending on the voter lines. After all students have cast their votes, they will reload and return to Minot State.

"We want students to know their vote counts," Perzinski said.

Issues on the ballot include N.D. state senator and governor, election of local legislators and two measures.

Perzinski explained the residency requirements to vote in this election.

"In order to be a resident, you only have to have lived in Ward County for 30 days. All students need are their driver's license, MSU student ID and some way to prove they have been here for over 30 days."

To prove residence, students need to take their Minot State ID card and driver's license to the Residence Life Office in Dakota Hall and ask for proof that they have been a student on campus for more than 30 days.

"We have been doing this every election year," Perzinski said. "We expect the student government will continue to do so."



## Evening of music coming Tuesday night

**Bekka Ryan**  
Staff Writer

Picture if you will- the sight of elegantly dressed men and women waiting for the doors to open to be seated in a stunning gold-trimmed well-designed theater. Listen for the sound of soft talking and laughter while ushers seat the guests. The lights dim twice quickly, signaling the start of the performance, sending a hush across the audience.

Out steps the director from stage left, dressed in an elegant, long-tailed tuxedo amid the audience's entrance applause. The performers, dressed in a stunning array of black and white, walk proudly onstage in a very impressive manner.

The applause ceases as the director turns toward his group. You are sitting in the audience waiting for the performance to

begin. The director makes eye contact with the pianist as s/he gives the signal for the performance to begin. The chorus begins its concert, a variety of excellent music. You didn't know what to expect at first, but now you are extremely glad you decided to get gussied up and attend a concert put on by Minot State University's Division of Music.

The MSU Division of Music presents its Fall Concert Tuesday, Nov. 2, at 7:30 p.m. The picture mentioned above isn't far off the mark of what you will experience if you decide to come out for the night and support fellow MSU students.

The beautiful Ann Nicole Nelson Hall will be the performance arena. With the stunning hand work around the stage and the beautiful acoustic

facility, it is the perfect place to enjoy an evening of music. If you are looking for a reason to get dressed up and attend a concert- don't miss it! This event is free and open to the public.

Three choirs, the MSU Concert Choir, the MSU Women's Chorus, and the MSU Singers will perform. Each group consists of a variety of majors ranging from music performance to biology.

MSU Concert Choir director Ken Bowles is a music instructor and director of choral activities.

"If you give people something lovely to swim in, they will produce something quite beautiful," Bowles said of the variety of music he chose for this performance. The concert choir is an auditioned group.

**See Choirs - Page 12**



Photo by Bekka Ryan

**Members of the MSU Concert Choir rehearse for their upcoming performance. The fall concert, Nov. 2 at 7:30 p.m. in Ann Nicole Nelson Hall in Old Main, is free and open to the public.**

## France comes to MSU

**Thomas Salery**  
Comm 281

Minot State University teacher assistant Yacin Abdessaïed will present "The role of France in the World Today," at 3 p.m. Wednesday, Nov. 3, in room 329 of Hartnett Hall.

The presentation will cover topics relating to France and its involvement with the U.S. and its involvement in world affairs.

"I will be discussing a lot about how France has some kind of ties all over the world. Many people don't know things such as many African countries were once colonized by France or even the current situation with Africa and France," Abdessaïed said.

Abdessaïed is here at Minot State through the Fulbright Foreign Language Teaching Assistant Program which works similar to a foreign exchange program but the participant not only takes classes but, teaches also. Abdessaïed currently teaches French 101 and

plans to teach 102 in the spring semester.

"Teaching is so fulfilling for me," he said, "and it's even more special that I can do it in another country. I think it's a lot easier

for me than other teachers, because the students are right around my age and I can relate to them."

The presentation is free and open to everyone. The instructor especially encourages students to come and learn about France and its role in the world. Refreshments will be served.

Abdessaïed will deliver more-in depth presentations and discussions at a later date at both Minot State and at the Minot Air Force Base.



**Abdessaïed**

**... Sustainability continued from page 1**

"Currently, stepping forward from 2008, the campus recycles toilet paper tubes, magazines, plastic bottles, aluminum cans, newspapers and corrugated cardboard."

The MSU Sustainability Committee has sponsored Earth Day events on campus such as contests for posters, a campus wide cleanup and programs for battery and plastic-bottle cap recycling.

Those interested can find tips on paper and copier cartridge recycling, and how to reduce junk mail on the committee's website, [www.minotstateu.edu/sustain](http://www.minotstateu.edu/sustain).

For nomination forms for the Greener N.D. Award, go online to [ndswra.org](http://ndswra.org).

**Attention MSU.**

**If your club or organization has**

**an upcoming event and you**

**would like an article about it**

**in the Red &**

**Green, contact**

**us at Room 304, Student Center**

**or 858-3354.**



Submitted photo

NSIC Commissioner Butch Raymond (left) and University of Minnesota, Crookston Chancellor Charles Casey speak at a press conference Oct. 20 on the expansion of the Northern Sun Intercollegiate Conference.

## NSIC tours campus

**Cassandra Neuharth**  
*Editor*

Minot State University put its best foot forward Tuesday and Wednesday when Northern Sun Intercollegiate Conference representatives came for a tour of the campus. The visit was to determine how MSU would benefit from the move to Division II.

The six NSIC representatives were: University of Minnesota-Crookston Chancellor Charles Casey, NSIC Commissioner Butch Raymond, NSIC Associate Commissioner Erin Lind, Winona State University Athletics Director Larry Holstad, Wayne State College Faculty Athletic Representative Shawn Percy and Southwest Minnesota State University Senior Women's Administrator, Rolly Muller.

At a press conference Oct. 20 in the Jones Room, Casey and Raymond spoke about NSIC plans to expand its

league from 14 to 16 schools to ensure equal competition within the league and more competitive scheduling while achieving a balance of athletics and academics. The directors are trying to figure out ways that the schools in the conference can save money on travel expenses. They are also working on scheduling games so that the athletes miss less class time.

Casey said that MSU has shown that this balance of academic and athletics is a core value. Through athletics and other connections, many NSIC schools know a lot about MSU. That is a reflection of a positive MSU athletic program.

The representatives will report on the facilities and share their thoughts about Minot State to their board of directors, which includes the presidents and chancellors of the 14 universities in the conference.

"The more teams we have  
**See NSIC -- Page 10**

### CORRECTION

Khalifa Al Badi is the recipient of the prestigious Fulbright Foreign Language Teaching Assistant Program (FLTA), not the Wright scholarship, as was written in the Oct. 21 article "Arabic 101 now taught at MSU." The Red & Green regrets the error.

### Weight Management Club

8:30 a.m., Wednesdays,  
Nov. 10, 24, Dec. 8, 22

Jones Room, Student Center

OPEN TO ALL MSU STUDENTS, STAFF & FACULTY



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**UNIVERSITY**

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Faculty, Staff, Students

## Wellness Fair

Nov. 4, 2010

9:30 a.m. – 2 p.m.

Student Center Atrium

**Door Prizes**

**Fun • Gifts**

BlueCross/Blue Shield will provide two educational sessions on November 4 in the Westlie Room.

9:30 a.m. "Beat the Bug" • 12:30 p.m. "My Health Center"

The Medicine Shoppe will be doing cholesterol checks/lipid panels for \$30 by appointment only. Contact Caren Barnett @ 3371 for appointment and payment.

### SPONSORED BY MSU WELLNESS TEAM

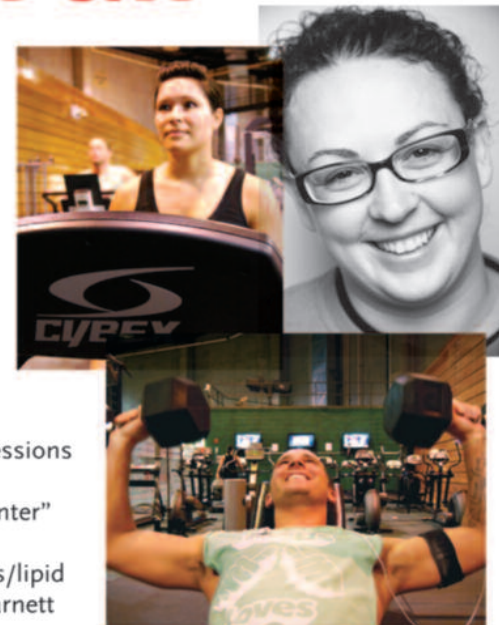
*Purpose of the MSU Wellness Team: To provide access to healthy lifestyle resources for the MSU Community that will enable us to make self-care decisions that will have a positive impact towards a healthful, active, life.*

### VENDORS

MSU Counseling Services  
Modern Massage and Techniques  
Chiropractic Solutions  
STAMP – Tobacco Prevention Coalition  
Minot Family YMCA  
MSU Fitness Center  
MSU Student Health  
Domestic Violence Center

First Choice Physical Therapy, Inc.  
ND Disability Project  
Great Plains Autism Spectrum Disorders Treatment Program  
ND Early Hearing Detection and Intervention  
ND State Department of Health  
EveryBODY is Beautiful  
Sodexo

Campus Ministry  
BlueCross BlueShield of ND  
MSU Student Life and Housing  
RCJC – Rural Methamphetamine Education Project  
Trinity Health  
The Medicine Shoppe  
Senior Nursing Students



# College Survival 101 steps to help deal with stress

**Joandry Farré**

*Senior Nursing student*

many students find themselves cramming, pulling all-nighters and feeling under pressure to keep up, because too much stress on a regular basis can be detrimental to our health.

The effects of stress can cause fatigue, exhaustion, altered immune system, muscle breakdown and more. It is crucial to be able to cope with stress as it comes along. If you're a college student facing stress, here are some ways you can maintain good health and keep your sanity.

Stay organized. Copy the dates from your syllabus into a

master calendar or a planner, use three-ring binders with dividers and properly identified sections, stick to a study schedule that suits your learning style, use your cell phone as a reminder device, avoid procrastination, keep track of when laundry rooms are mostly empty and keep certain essential items in your back pack (i.e., highlighters, pencils, and post-its).

Drink plenty of water. Did you know, to neutralize the acid in 1 cup of coffee, you have to drink 16 to 18 glasses of water?

Practice deep-belly breath-

ing as it allows the mind to stay focused, forces the body to use more oxygen and it's easy to do (i.e., before, during or after taking a test).

Create an exercise routine that fits your lifestyle and schedule. Exercise does not only help you stay in shape, but it also allows you to release stress and focus your mind elsewhere besides classes. Remember, since most people hold their stress on their neck, neck stretches help loosen muscles and relieve tension.

Maintain a good sleeping pattern because rest is an essential ingredient of our sur-

vival. With enough rest, we're far more capable of thriving in every aspect of our lives.

Take time out and nurture yourself. Design your "me time" to your schedule so you don't feel overwhelmed or guilty. Enjoy time with friends while watching a movie, a candle-lit dinner with your spouse, or soothing bubble bath for some quiet time and relaxation.

In conclusion, you want to hang out with your friends, join clubs, explore off campus, join a fraternity or sorority, and be involved in the campus

**See Survival 101 -- Page 10**

# Nursing student tells of the importance of good sleep

**Madison Tranby**

*Senior Nursing Student*

Are you one of the millions that wished they could get a better night's sleep? Mayo Clinic ([www.mayoclinic.com](http://www.mayoclinic.com)) has developed 10 ways to get a more restful night's sleep, so maybe you won't feel the need to press that snooze button in the morning.

Mayo Clinic's 10 tips are:

1) Go to bed and get up at about the same time every day, because it is important to keep

your body in a sleep-and-wake cycle, even on the weekends.

2) Don't eat or drink large amounts before bedtime, because it can cause heartburn and trips to the bathroom.

3) Avoid nicotine, caffeine and alcohol in the evening. Although most people think that alcohol is a sedative, it actually disrupts sleep.

4) Exercise regularly, but not right before bed because it

can cause you to become restless.

5) Make your bedroom cool, dark, quiet and comfortable to create an environment ideal for sleeping.

6) Sleep primarily at night, but if you need to take a nap keep it to only thirty minutes in the midafternoon.

7) Choose a comfortable mattress and pillow and, if you share your bed, make sure

that there is room for two.

8) Start a relaxing bedtime routine to help you wind down and complete this routine every night.

9) Go to bed when you're tired and turn out the lights. If you don't fall asleep within 15 to 20 minutes, get out of bed until you are tired.

10) Use sleeping pills only as a last resort.

**See Sleep -- Page 10**

## 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](mailto:redgreen@minotstateu.edu)  
ONLINE: [www.minotstateu.edu/redgreen/](http://www.minotstateu.edu/redgreen/)  
Adviser: Frank McCahill

### EDITOR

Cassie Neuharth  
ASSISTANT EDITOR  
Tanner Larson  
ONLINE EDITOR

Scott A Jones  
CIRCULATION

Penny Lipsey  
PHOTOGRAPHERS  
Nichole Bennet-Spitzer  
Jesse Kelly  
Max Patzner

### STAFF WRITERS

Anthony Anderson  
Bryce Berginski  
Boma Brown  
Max Buchholz  
Angela Gaston  
Eric Manlove  
Bekka Ryan  
REPORTERS  
Comm. 281 Class

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## Foreign film 'Hatred' to play Nov. 2

Amy Olson  
Comm 281

Hate is a powerful word and, it turns out, it can also make a powerful movie. A foreign language film proving this, "Hatred," will begin at 7:30 p.m. Nov. 2 in Minot State University's Aleshire Theater in Hartnett Hall.

A French film, "Hatred" is both popular and widely known among the French. It centers on three young men living in the ghettos of Paris. The story covers only a 24-hour time span, but gives the viewer insight into their lives.

The plot thickens during a series of riots when the police gravely injure their friend. While he is in the hospital, Vinz, one of the three men, vows to kill a police officer if the friend dies.

"The film is about revolting against authority," MSU Fulbright Foreign Language Teaching Assistant Yacin Abdessaied said. He said he chose the film because it is relatable.

According to Abdessaied,

the movie also predicted future events. In 2005, ten years after filming, riots started in France after a boy died of electrocution while the police were chasing him.

"Hatred" is the third of a five-film series the foreign language department is sponsoring.

Scott Sigel, Spanish instructor, encourages students, faculty and community members to attend the films and discussions that follow.

"This is a chance to open up to new perspectives on events that impact all of us, and to evaluate film as an art form," Sigel said.

The film series has been popular in the past and continue to attract a good attendance, including students not studying a foreign language. The next series begins in January. Organizers welcome foreign film suggestions from students and staff.

To view trailers and the full list of films, visit the foreign language section of the MSU website. To suggest a film, contact Sigel at scott.sigel@minotstateu.edu.

## Halloween: Take 2

(SGA Director of Public Information) — Missed Halloween? Loved Halloween? Well, here's a chance to do it all over again.

Minot State University Student Activities is hosting the "Halloween: Take 2" dance Nov. 4 at the All Season's Arena from 10 p.m. to 1 a.m. Chris Benno and Porta Party will provide the music.

The dance will be free for students with a current MSU student ID. The cost will be \$5 for guests.

Now, what would a Halloween (Take 2) dance be without costumes? Pretty lame. So, yes, we recommend costumes. They will be plenty welcome.

Come all decked out for a re-celebration of Halloween.

## 'At the Bottom of Everything'

*'Reductive' process art on display at Library Gallery*

Anthony Anderson  
Staff Writer

Eric A. Johnson's artwork, "At the Bottom of Everything," will be on display in the Northwest Art Center gallery in the Gordon B. Olson Library from Nov. 1 to Dec. 14.

Johnson, a native of eastern North Dakota, currently resides in Fargo. In his work, he uses a unique printmaking method called the "reductive" process. Johnson

begins with a blank piece of wood, and carves away one layer. He then prints for a specific color, and carves another layer in the wood. He prints one color at a time this way, slowly "reducing" the wood until the print is complete.

"He does very colorful things," Avis Veikley, NAC director, said. "Everything is slightly warped. The trees and buildings and things seem slightly bent, but still

have a lot of motion."

Johnson has exhibited his work both regionally and nationally. "At the Bottom of Everything" comes to Minot State University as part of a tour organized by the North Dakota Art Gallery Association, to which the Northwest Art Center belongs. This association of 22 art galleries across the state, headquartered at Minot State, organizes several tours a year across North Dakota.

### Word Search — A Haunting Time

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

bats  
black  
candy

ghosts  
ghouls  
goblin

graveyard  
halloween  
haunting

mummy  
scary  
soul

treat  
trick  
vampire

Solution can be found on page 12

# Sodexo to remodel

Thomas Salery  
Comm 281

A crowded cafeteria with barely anywhere to sit, a tiny pizza section that takes so long for your order that when it comes you're no longer hungry and a line that stretches out into the hallway. These are all current problems facing students dining in the upstairs cafeteria, but they will not be problems in the future.

Sodexo, the company in charge of food services at Minot State, has plans to remodel the cafeteria.

"It's going to be more of an open feeling. Upstairs will be better than downstairs; it's going to be the new hotspot," Carlos Soza, manager of food services, said.

Soza said the remodeling will start at the Beaver Dam and will include the convenience store, the Beaver Creek Cafe and the International

Lounge.

Not only will the cafeteria look different, there will also be many additions regarding food. There will be a new, much bigger pizza oven that comes with many more possibilities. Students will be able to order foods such as calzones, pot pies and more. The area will also have newer tables, chairs and lighting fixtures.

The bidding process for a contractor will start in December. The actual remodeling won't start until after the spring semester, and should be finished by the beginning of the fall 2011 semester. Students will be able to see renditions of the future cafeteria around January and February.

Soza said everyone on campus will benefit from the new cafeteria, and should be on the lookout for the architect's renditions coming soon.



Photo by Tanner Larson

Students wait in line for their food in the Beaver Creek Cafe, located on the second floor of the Student Center. Sodexo is planning to remodel and enlarge the cafe and renovate the convenience store.

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**TUESDAY, NOV. 2**

Meet at Post Office, east end, Student Center  
Bus departs at 8, 9, 10 and 11 a.m.,  
noon, 1, 2, 3, 4 and 5 p.m.

SPONSORED BY STUDENT GOVERNMENT ASSOCIATION

# Freshmen participate in First Year Experience

**Bekka Ryan**  
Staff Writer

If talking to three freshmen over fun-sized candy packages seems like a wonderful way to spend a Wednesday night, then you and I think alike.

Delving into the psyche of a new college student may seem daunting, but where these three girls are concerned, I'm just like they are. As a transfer student, I've moved to a new place, started over, met new friends and have started to adjust to dorm life- just as they have.

I was able to share experiences like these with three of MSU's finest freshman - Rachael Kelley, Hanna Borner and Emily Anderson.

Coming to a new place as a freshman can seem particularly overwhelming. New programs have started to pop up all over the U.S. to help students adjust to their fresh environments. Minot State University is being pro-active about these concerns, and has created MSU's First Year Experience (FYE).

FYE is a partnership between students, advisers and teachers. The program

separates students into "learning communities." These communities, or FYE groups, consist of 20-30 students with interests in the same subjects. Each FYE group has three classes together, which creates a comfortable environment for students to explore their interests while creating camaraderie with other students.

"I really appreciate the FYE groups because, back home in Washington State, we had pods - which were kind of like the groups here - when we started high school. By having the groups, I feel able to get to know students, while adjusting to life in a new state and university," Kelly said.

"It's a really fun way to get to know people," Borner said. "I am able to get a taste of my major through the classes, while seeing the same people every day,"

Kelly and Borner are a part of two of MSU's FYE "groups," while Anderson decided to opt out. In her case, the classes didn't line up with her current schedule. For students like Anderson who still want to be part of a group, signing up during class regis-

tration for next semester is an option.

"The program was made with the intent to allow students to grow and experience their first year together with the hope that the first year experience will bond students to each other and the university," Lynda Bertsch, Student Success Center Director, said in an earlier interview.



Hanna Borner (back left), Emily Anderson (back right) and Rachael Kelly (front) are students involved in the First Year Experience program at MSU.

Photo by Bekka Ryan

## GLOBAL SIGHTS PHOTO CONTEST



In celebration of International Education Week, all MSU students, faculty, staff, retirees and alumni are invited to enter the Global Sights Photo Contest!

**Submission Deadline is Monday, Nov. 8, at 4 p.m.**

Prizes awarded and winners' work enlarged and displayed in the the Student Center, Nov. 15-19.

For complete contest guidelines, visit [www.minotstateu.edu/international/photo\\_contest/shtml](http://www.minotstateu.edu/international/photo_contest/shtml)

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# Beavers' defense hangs on

## Win over Black Hills State creates 4-way tie in DAC



gled for the second straight week to generate long drives, especially in the second half. MSU was limited to just 60 yards of total offense in the second half, but gained two key first downs via the pass – one to Zac Rudolph (Jr., WR)

**“You never feel too confident because one play – one bomb or one mistake – could change the game, but we were pretty confident in our defense.”**

*Coach Paul Rudolph*

and another to Lance Hollinger (Sr., WR) – and moved field position on solid punting by Nico Youngren (So., RB). Youngren averaged 43.6 yards per punt, nailed a big 58 yarder and had three of his eight punts downed inside the 20.

“Those were big plays because they changed the field position game,” Rudolph said.

Minot's defense gave the team a golden opportunity late in the second half as MSU's Cameron Stone (RFr., DL) forced BHSU's quarterback Drew Hodgs to fumble on a sack and linebacker Calvin Larson (RFr.) pounced on the loose ball at the Yellow Jackets' 8.

The Beavers tried four straight running plays but were kept out of the end

zone as Forest Sainsbury, Michael Pollick and Richard Fairchild stopped MSU tailback Tyson Schatz (Jr., RB) about 6-inches short of the goal line.

While MSU was denied the end zone, it forced the Yellow Jackets to go 99 yards in under two minutes. Six plays later, MSU's Tommy Weidler (Sr., LB) snuffed out a pass-and-pitch on fourth down to end the game.

“We knew that at worst we would make them go 99 for a score,” Rudolph said about going for it on fourth down. “Plus, if we score, it's over.”

“We were really confident in that situation,” MSU defensive back Eric Henke (Jr.) said. “We knew they couldn't drive the whole field on us, especially with less than two minutes.”

MSU built a 17-7 lead on a 42-yard pass from Layvester James (Sr., QB) to Johnny Lester (Sr., WR, Miami, Fla.) on MSU's second possession of the game, a 26-yard field goal by Nik Richardson (So., K) and a Schatz 10-yard run with just over four minutes to play in the second quarter. The final TD was set up by another sack and fumble by the Beavers' defense. This time Hodgs was sacked by Ben Pease (So., DL) and recovered by Chad Marshall (RFr., LB) at the Jackets' 26.

BHSU answered with a 10-yard scramble for a TD by Hodgs with 58 seconds remaining in the quarter ending the scoring.

**See Football — Page 9**

# Multiple personal records for cross country individuals and team

(MSU Sports Information) — Minot State University's men's and women's cross country teams had multiple individual personal bests and both teams ran their respective team best times at the Mount Marty Invite here Saturday.

Due to a problem in the scoring software, no team places were made immediately available. However, MSU head coach Stu Melby figured both teams were around the sixth or seventh position.

“There were 22 complete teams in the women's and 24 in the men's, so we are pretty happy with how we finished,” he said. “The men were about four minutes faster this week than any other and two minutes faster than last year and the women's time was over a minute faster than last week and five minutes better than last year.”

“The Beavers also got plenty of individual bests. On the women's team Stephanie Duetsch (Fr.), Maila Lucht (Fr.) and Michelle Walling (Fr.) all turned in personal best times. On the men's side,

Carlos Hernandez (Fr.) and Danny Lawrence (Jr.) clocked PRs.

“We are doing well and moving up,” Melby said. “I scored out just the conference runners and the men were third and the women were second. It will be a tight race for both in two weeks at the conference meet. Everybody is coming along.”

The Beavers' tandem of Breyette Schall (So.) and Courtney Schall (So.) placed third and fourth respectively for the MSU women. Breyette ran an 18 minute, 16 second race while Courtney came in at 18:19. Walling was third for the Beavers in 33rd place overall at 19:23.

On the men's side, Hernandez finished in 36th overall as MSU top runner with a time of 26:42. Juniors Brandon Velasquez and Cory Meza were 54th (27:15) and 59th (27:21) respectively. Both Velasquez and Meza ran season bests.

“We have some nicks and some soreness and some tired runners that will have to be taken care of for the next two weeks,” Melby said. “We want to get people fresh for the conference.”

MSU heads to Jamestown College Nov. 5 for the Dakota Athletic Conference Championships.





**... Football  
continued from page 8**

The Beavers defense was anchored by the defense backs. Henke finished with two interceptions, including one on the MSU 2, two pass breakups and four tackles. Fellow cornerback Tyson Snelling (Sr., DB) finished with a team-high 10 tackles and a pass break up, Chris Compton (So., DB) added six tackles and John Denne (So., DB) had four tackles and a pass breakup.

"Eric played really well, saw some things really well and made a couple big picks and a couple knockdowns," Rudolph said.

"The defense played outstanding as a whole," Henke said. "We had a good understanding of what they wanted to do out of different formations and made good decisions."

MSU has a chance to put itself into a great position heading into the season finale at the Dacotah Bank DAC Bowl in two weeks as they play host to rival Dickinson State Saturday at Herb Parker Stadium. The 1:30 p.m. kickoff marks the final regular season home game in the Dakota Athletic Conference as the Beavers are in the process of moving to NCAA Division II.

## Locker Talk... with Eric Manlove

Every Thursday at 5:30 on KMSU Channel 19



Weekly coaches and highlight show featuring the Minot State University Athletic teams.

## INSIDE/OUT

### MSU's News and Feature Show

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... NSIC continued from page 3 and the more sports we have, the better experience it is for the student athlete," Raymond said.

The NSIC currently is considering only two schools to add to the conference. In addition to MSU, they have also toured the University of Sioux Falls (S.D.).

With no further campus visits planned this year, the conference hopes to make a decision on expansion during its meetings in early January.

... Survival 101 continued from page 4 activities as school can sometimes feel overwhelming.

There's only so much any person can handle, but you need to remember the reason why you're in school: academics.

... Sleep continued from page 4

A good night's sleep is important because it makes you feel better, and that alone has an effect on those around you in a more positive way. Being well rested can increase your energy and ward off illness and disease.

After having many tired mornings personally, the tips from this article have helped me and, hopefully, they will help you too.

## MSU receives NAIA honor

MSU Sports Information Office) — Minot State University was named an NAIA Champions of Character institution for the eighth consecutive year, the NAIA announced Tuesday.

MSU earned 71 points on the NAIA Champions of Character Scorecard during the 2009-10 season. To receive the award, a school must earn at least 60 points on the Scorecard.

"We are happy to be honored once again as a Champion of Character institution," MSU Athletic Director Rick Hedberg said. "This is an annual goal of our department. Our coaches and student-athletes work hard to achieve this distinction. The core values of integrity, respect, responsibility, servant leadership and sportsmanship are what we attempt to live by each day

within our department."

Institutions are measured based on a demonstrated commitment to Champions of Character and earn points in each of the following categories: character training, conduct in competition, academic focus, character recognition and character promotion. Institutions earn points based on exceptional student-athlete grade point averages and by obtaining zero ejections during competition throughout the course of the academic year.

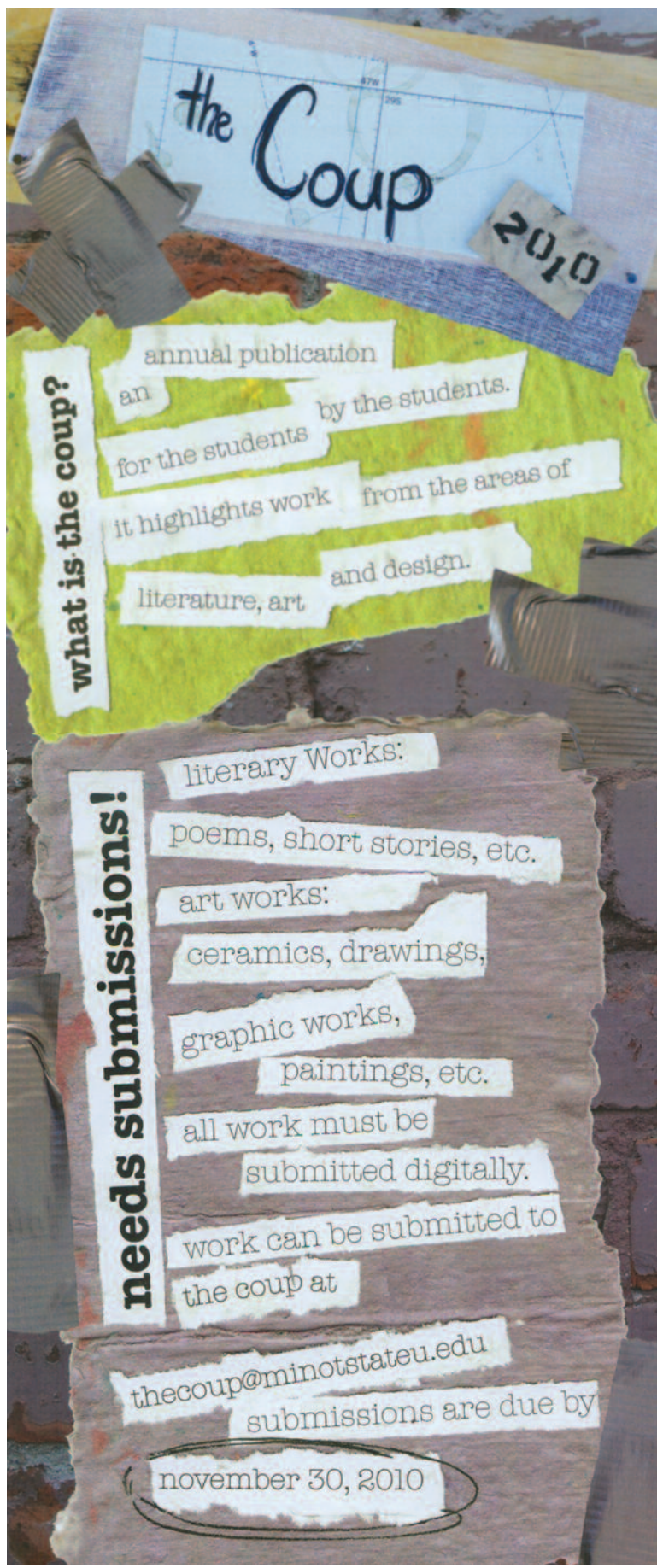
More than 70 percent of NAIA member institutions and 77 percent of member conferences were named to the Five Star list.

**Augustana**  
Lutheran Church - ELCA  
321 University Ave. West • 639-9563  
Sunday Worship.....8:00 am & 10:30 am  
Education Hall.....9:00 am

**First Lutheran Church-ELCA**  
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Sunday School & Adult Forum.....9:30 am  
Wednesday Supper.....6:00 pm  
WOW (Worship on Wednesdays).....6:30 pm  
Wednesday School & Outing.....6:30 pm  
Presb. Evangelical Church, 1230 17th St. SE  
Pastor Ken Halson • Pastor Bill Kozlowski  
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Sun. Worship.....8:30 & 10:45 am  
200 Community Church Dr. Minot, ND

**Don't miss Karaoke in the Beaver Dam Nov. 3 at noon**



**Magician Daniel Martin**  
BEAVER DAM • OCT. 28 • 8 P.M. • FREE WITH MSU ID



**State Sen. Bob Horne, Democratic incumbent, speaks to MSU students in the Beaver Dam about local issues last week. Horne faces Republican Leverett 'Oley' Larsen for the District 3 seat.**

Photo by Anthony Anderson

## 'Meet our Local Legislators' held in Beaver Dam

**Anthony Anderson**  
Staff Writer

The Minot State Student Government Association hosted North Dakota state legislators and candidates for office in the Beaver Dam Thursday. This event, "Meet our Local Legislators," aimed at introducing students to those who represent their interests in the North Dakota Legislative Assembly.

"We [the Student Government Association] wanted students to be able to meet their local legislators and the local candidates," Chase Lee, SGA president, said.

Twelve current officeholders and candidates for office from the 3rd, 5th and 40th districts attended the event. All spoke to the students about how they came to be involved in government, about their district, what they hope to accomplish in the next legislative session and their stance on certain issues.

Mary Christian, the SGA Director for State Affairs, was one of the key organizers behind the event. She said it was not difficult to arrange

such an event.

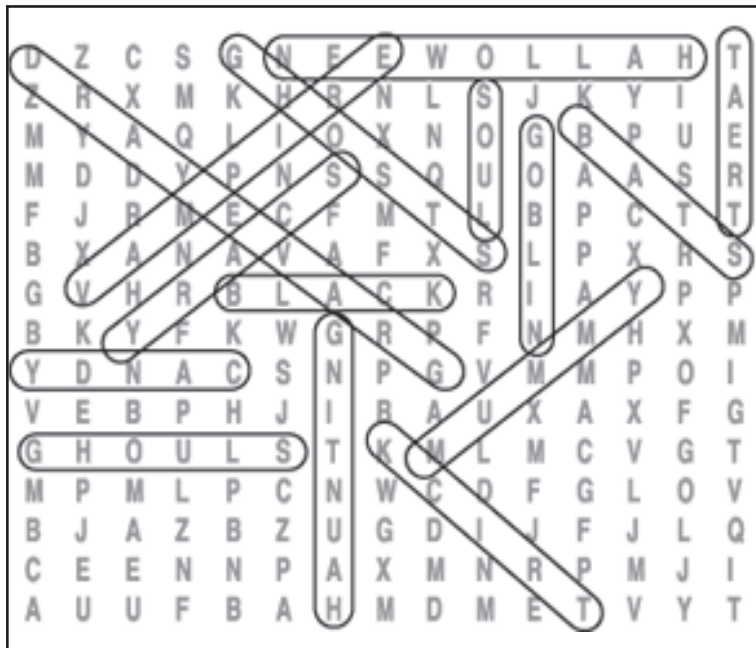
"It wasn't hard to get everything sent up," Christian said. "The candidates feel like it's important to meet students."

This event was one in a series of forums aiming to connect Minot State students with candidates for office. The two individuals running for the House of Representatives seat,

Rick Berg and Earl Pomeroy, were both on campus early last week to speak with students about their legislative goals.

A "Higher Education Awareness Day" on campus Nov. 23 will raise awareness about current concerns at Minot State that the North Dakota legislature is considering.

Solution from crossword puzzle on page 5



### ... Choirs continued from page 2

Any MSU student may sign up for it in the coming semester.

Cherie Collins, MSU Women's Chorus director, is a voice instructor.

"The MSU Women's Chorus is [a place that] women come because they love to sing ... [The group] has as much compassion for each other as they do for their music," she said. Collins calls the group a "bit of peace" for her students, who may not have any other low stress courses. The 22 singers will perform five pieces at this concert.

Director of the MSU Singers Rebecca Petrik is a music

instructor at MSU. The MSU Singers is an auditioned group comprised of 12 students. The group has been discovering different styles of jazz singing. They will perform an array of pieces at the upcoming concert.

"We do what we love," Petrik said.

Picture yourself soaking in the last note of the concert. The audience breaks into a roaring ovation. While the performers take their final bow, the atmosphere in the auditorium is one of a wonderful shared experience.

You realize that the concerts produced by the music division are not only a fantastic musical experience, but a social experience as well.

# YOUR VOTE COUNTS!

## Students - ride the VOTE BUS to Lewis & Clark Elementary School

Meet at Post Office, east end, Student Center  
Bus departs at the top of every hour from 8 a.m. to 5 p.m.  
**Tuesday, Nov. 2**

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