

- POWER Center, Pg 3
- Student nurse awards, Pg 6
- Baseball, Pg 9
- Track & field records, Pg 10

Fear Factor competition gets sticky

MSU students (from the left) Matthew Jermiason, Ian Snodgrass, Miranda Lessmeister and Chelsea Geis take up the challenge to eat a half stick of butter during the Fear Factor competition. Cru members created the unique set of challenges, including passing gummy worms to each other mother-bird-to-baby-bird style.

Photo by Courtney Holman



'The Ascent' next film in International Film Series

By Paola Montenegro
Comm 281

The Foreign Language Program's International Film Series offers students the opportunity to watch intriguing foreign films from around the world. Shown once a month, with subtitles, they are usually 1 1/2 hours long. The next one, "The Ascent," is on Monday, March 3, at 6:30 p.m. in Hartnett Hall in Aleshire Theater.

"The Ascent" is a 1977 Russian film with mostly German dialogue that takes place in Russia during the Second World War. The story begins with two Soviet partisans who leave their starving band to search for food. Their search, however, is interrupted when they encounter Germans in a village. They are captured and taken deep into occupied territory, where they face many trials. Their desperation leads them to engage in acts that they never thought themselves capable of committing.

"The Ascent" won the Golden Bear at the 27th Berlin International Film Festival in 1977.

The film's director, female Russian filmmaker, Larisa Shepitko, has become better known for her work since her death in a car accident in 1979.

Scott Sigel is the coordinator of the MSU International Film Series.

"This film is very dramatic and emotional," Sigel said, "and raises the question of how to deal with loyalty and treason. Anyone with an interest in film, art, literature – not to mention Russian and

See 'The Ascent' – Page 5

Read & Write Gold software available to all students

by Emmanuel Okorie
Comm 281

Three years ago, Minot State University purchased a software program called "Read and Write Gold" which is available to all students for use at home and in school. The current version of the software, "Read and Write Gold 11," is available free to all MSU

students.

Read and Write Gold's purpose is to provide students with an easier way to study. Evelyn Klimpel, disability services coordinator, and her student worker, Samantha Gilbert, train students on how to use it.

"This software is good for people with a learning disorder such

as reading, English as a second language or vision problems," Klimpel said. "If a student has trouble reading material on their computer, they could highlight the material and play it; the software reads the material to them."

"The software has 'voice to text,' which enables the computer to recognize your voice," Gilbert

said. "You can use this feature to dictate instead of typing while working on a paper. But you would have to tell it where to put punctuation marks. There is also some stuff on the software that helps you with grammar."

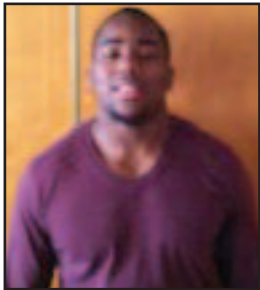
To use the program's "voice to text" feature on a desktop, stu-

See Read & Write – Page 7

Voices on Campus

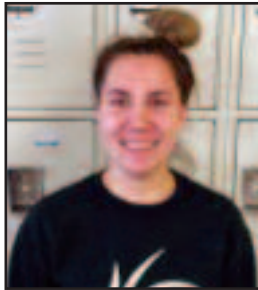
“How do you feel about Sodexo services on campus? Why?”

Duane Everett Robinson
Comm 281



Kenneth Nelson
Business Management

“The cafeteria is the most used by me. Since I live on campus, it’s the most convenient and is only a few minutes away.”



Jamie MacFarlane
Phys Ed/Corporate Fitness

“I feel like Sodexo services should input more variety into the upstairs cafeteria for what they serve us. The service I use the most is the one downstairs.”



Matt Yale
Finance

“I like the cafeteria because of the price and what you are offered, especially now that they’ve changed it. I use the grill and sauté station the most, and I’m a big fan of the random salad bar as well.”



Mary Roy
Biology

“I think Sodexo does a pretty good job about having a balanced variety of food options. I use the upstairs cafeteria the most. It would be nice if they stayed open a little later. In all, I really enjoy the people who work here.”



Brianna Ramsey
Athletic training

“I think there should be a variety of fruit in the upstairs cafeteria. I also think it needs better hours over the weekend and should stay open later throughout the week, so athletes and whoever can eat later.”

News in Brief

Magician Daniel Martin works his magic tonight

Magician Daniel Martin will take the stage in the Beaver Dam Feb. 27 at 8 p.m.

Martin has been featured on CBS, VH1 and ESPN. The event is free to students with MSU ID.

Volunteers needed for Special Olympics

Special Olympics of North Dakota is seeking volunteer help for the Special Olympics State Basketball Tournament March 7 and 8 at the MSU Dome.

Volunteers are needed for various positions including set up and clean up, scorekeeping, officiating and meal distribution.

To volunteer, contact MSgt Marlin Q. Stevenson at 701-723-6756 (marlin.stevenson@us.af.mil) or MSgt Melissa Bembnowski at 701-723-4096 (melissa.bembnowski@us.af.mil).

NAC exhibit, ‘She Left for Good ...’ on display March 3 - April 1

The Northwest Art Center presents "She Left for Good One Time but Came Back" by Shelly Bunde, Bozeman, Mont., on display March 3 through April 1 in the Gordon B. Olson Library Gallery. The gallery is open regular library hours. For hours, call 858-3200.

Girard to talk on Semester at Sea

John Girard, associate professor of business, will present his sabbatical experience with the Semester at Sea program Tuesday, March 4, from 10 to 10:30 a.m. in Aleshire Theater as part of MSU’s Be in the Know series.

Girard traveled with the program during the 2013 spring semester.

Girard taught management classes, conducted leadership research and visited 15 countries

during the 124-day journey.

The event is open to all students, faculty and staff.

MSU choirs concert

The MSU Concert Choir, MSU Women’s Chorus and MSU Singers will perform in Ann Nicole Nelson Hall March 4 at 7:30 p.m. The concert is free and open to the public.

Centennial Conversation with Mosely and Sowers

MSU will host the second session of Centennial Conversations, a series of informal discussions that follow issues and themes introduced at the Great Plains Symposium, at 12:30 p.m. Thursday, March 6, in the Gordon B. Olson Library lower level classroom.

Frank Moseley, associate professor of finance, and Jacob Sowers, assistant professor of geography, will lead the conversa-

tion, "Oil, Energy, Geography and Identity in North Dakota."

All faculty and students are welcome to attend.

Summer and fall 2014 undergrad graduation apps due March 7

Undergraduate students who plan to graduate either the summer or fall semester of 2014 must turn in their graduation application to their respective advisers by Friday, March 7.

Greenhouse tours

Alexey Shipunov, assistant professor of biology, will provide tours of MSU’s greenhouse Tuesday, March 11, at 2 p.m. on the south side of the first floor of Cyril Moore Hall. The greenhouse has a variety of plants, including exotic succulents, orchids, coffee, tea, chocolate and yerba mate. The tour is part of MSU’s Be in the Know series and is open to all students, faculty and staff.

MSU band concert set for March 11

The MSU Band will perform in Ann Nicole Nelson Hall Tuesday, March 11, at 7:30 p.m. The concert is free and open to the public.

M-Life: Safe Spring Break Tips

M-Life will offer safe, fun tips for students’ spring break adventures Wednesday, March 12, from 11 a.m. to 2 p.m. in the Beaver Dam. Participating students will get free prizes. The event is free to all MSU students.

Annual Dress for Success Fashion Show

The Student Success Center will host its annual Dress for Success Fashion Show Wednesday, March 12, from noon to 1 p.m. in the Beaver Dam. MSU students will model appropriate and inappropriate attire for interviews and professional jobs. The event is free to all MSU students.

POWER Center guides students to success

by Amanda Nixon
Comm 281

Students looking to achieve academic, personal or professional success but need a little help need look no further than the Minot State University POWER Center, located on the 2nd floor of the Student Center, across from the Beaver Dam.

The purpose of this program is to help eligible students achieve their goals through advocacy, exploration and mentoring. Some of the services offered are priority registration, tutoring, academic advising, financial aid and budget education, on top of also offering various seminars and workshops.

Procrastinators Anonymous, Professional Communication, Résumés in Review and Conflict Management are just a few of the workshops the POWER Center is offering this spring. The Center also has information on scholarships and various awards that students can apply for. Both one-on-one and group-session tutoring is available; students may attend as many tutoring sessions as needed.

To apply for tutoring help, students must fill out a Tutor Request form and return it to the POWER Center. There are limited slots, and some eligibility requirements.

To enroll in the POWER program, applicants must be U.S. citizens and full-time students working toward their first bachelor's degree.

Students must also meet one of the following three stipulations in order to enroll in the program: Student must be a first generation



Photo by Michelle Holman

MSU junior Ann Breitenfield (left) discusses her academic future with POWER Center adviser Tiffany Fyelling in the POWER Center.

college student (either parents or guardians did not receive a four-year degree). Students must be income eligible, meaning family taxable income is at or below a certain amount which is designated by federally determined guidelines (a table of the current taxable income amounts can be found on the MSU POWER Center website). Students may also be eligible if they have a documented disability.

The staff encourages those students eligible to enroll in the POWER Center to do so to take advantage of the many helpful

services offered. To enroll, students must fill out an application form, found on the MSU POWER Center website, and submit it to the Center. Students unsure of their eligibility may fill out and submit a pre-application form.

Holly Major, POWER Center director, and staff, Justine Italiano, Keryl Lesmann and Tiffany Fyelling, work to help students in any way they can. Their office phone numbers and emails are on the MSU POWER Center website.

The POWER Center is funded by a grant from the U.S. Department of Education.

Guest percussionist to lead workshop and solo concert

by Michelle Holman
Editor

The Minot State University Music Division has invited internationally acclaimed percussion composer, performer and instructor Matthew Coley to lead a workshop and perform a solo on Monday, March 10.

Coley will present a workshop at 1 p.m. in Old Main, room M121. It is open to local high school and university percussionists and music instructors.

His solo concert in Ann Nicole Nelson Hall at 7:30 p.m. is

free and open to the public. It will include sections for marimba, hammered dulcimer and doumbek, along with glass xylophone, glass bottles and almglocken excerpts from a 2011 concerto by Andrew Ardiozza.

Coley earned percussion performance degrees from Northwestern University and the University of North Texas, and is endorsed by Innovative Percussion, Marimba One, Black Swamp Percussion, Evans Drumheads, BDL Percussion and Sabian Cymbals.

INSIDE/OUT

MSU's News and Feature Show

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

KMSU TV Channel 19

Produced by MSU Broadcasting students



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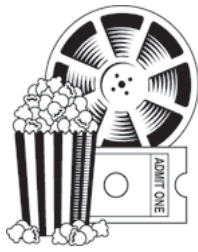
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On Movies



'RoboCop'

by Alex Nelson
Staff Writer

In 1987, we were introduced to "RoboCop," an iconic sci-fi action hero who has spawned three movies, a few TV shows and even a few video games. Now he is back again to fight crime.

"RoboCop" stars Joel Kinnaman, Gary Oldman, Michael Keaton, Abbie Cornish, Michael K. Williams, Jackie Earle Haley and Samuel L. Jackson. It is directed by Jose Padilha and rated PG-13 for action, brief strong language, minor sexuality and minor drug usage.

The year is 2028. Alex Murphy (Kinnaman) is a police detective in Detroit, Mich. who helps protect the city with his partner, Jack Lewis (K. Williams). Alex has a

good life, as he has the support of his wife Clara (Cornish) and his young son. However, this in not meant to last as a drug lord tries to kill Alex. The attack fails, but it leaves Alex severely injured and very close to death.

A company, OmniCorp, run by CEO Raymond Sellars (Keaton), headed by tactician Rick Mattox (Earle Haley) specializes in robotics for military uses. Hearing of this incident, they decide to use it to their advantage by putting Alex's body inside a robot.

With the help of Dr. Dennett Norton, (Oldman) Alex survives and is placed in a robotic body that gives him many advantages. The U.S. gets wind of this new way of fighting crime and many people are in support, such as talk show host Pat Novak (L. Jackson). Soon Murphy is placed back on the streets of Detroit to fight crime as the new and futuristic style of

law enforcement RoboCop.

I saw the original "RoboCop" when I was younger and I loved it. I never thought they would come out with a new one, but with remakes you know that people might try to redo an original. Remaking an original film is tricky, because many people rather prefer the original instead of a remake. Some even tend to be lousy and not very good, but this remake was not too bad at all. Joel Kinnaman here plays the main title character taking over from Peter Weller.

After seeing the movie, I thought that Kinnaman did a good job. We get to see some of the problems he faces while he tries to struggle with who he is now. Later in the film, I saw that he acted like the old fashioned version of RoboCop, but on a more updated level. I still think Weller is the best Robocop, but

Kinnaman is a good replacement.

I did like the cast choices picked for this film as I felt they were perfect, but I had a sense that they could have done more with certain characters such as RoboCop's partner, played by Michael K. Williams. He had an important role, but I don't think they expanded on it as they could have. On the positive side, I liked how they concentrated on RoboCop's problem of facing his family after what he had become.

The action in the film was pretty good, but not exactly in the wow factor. One major difference between the two versions is the violence that is used. The original "RoboCop" films were rated "R." One can assume that due to the popularity of "RoboCop," not only to adults but children as well, they decided to make this version so many people can see it. I did hear a rumor that this film was

supposed to be more violent than it is now, but I am not sure. This film did have some minor jokes, but it mostly concentrated on the action aspect and a little bit of the drama side.

In the original, I remember that they made some satire jokes on certain topics. We don't really see it that much in this version except for the Samuel L. Jackson parts. I didn't mind about this issue, but some fans of the original might not appreciate this.

Overall, I enjoyed the film. It wasn't as good as the original, but this movie definitely has its moments of glory. While not the greatest remake, "RoboCop" felt like a decently well- done film to me.

If taken seriously, I would give it a 3 out of 5 Beavers; if not taken seriously, I give it 4 out of 5 Beavers.



Not Just Paranoia



Individual learning is essential

by Bryan Lynch
Staff Writer

While a high school diploma and college degree are certainly indispensable these days, there is another form of education that a

person never really graduates from that is equally important--self education.

While schools prepare students for the world of work, self education helps one become a whole person with a deeper understanding of what they learned in school. That is why individual curiosity

and the public library are just as important as the schools. In fact, school and self education cannot entirely be separated from one another since they perpetuate each other.

The classroom, the library, the media and even the streets are all interconnected in a student's life.

Self education bridges the gap between "good old fashioned common sense" and "higher education" and makes a person "enlightened." It's what helps students further their education after graduation and throughout their entire life.

Asking questions is just as

important as being taught information and both of them help people make better choices about politics, voting, reading the news and fighting for a cause.

In short, learning always starts at the individual level, and we must always remember that.

Red & Green

304 Student Center
Minot State University
500 University Ave. W
Minot, ND 58707

Phone: 858-3354

Fax: 858-3353

E-mail: redgreen@minotstateu.edu

ONLINE: www.minotstateu.edu/redgreen

Adviser: Frank McCahill

EDITOR

Michelle Holman

ASSISTANT EDITOR

Courtney Holman

ONLINE EDITOR

Josh Jones

CIRCULATION

Upile Maliro

Letter Policy: Letters to the editor must bear the writer's name, e-mail 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 Thursday 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.

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The Vent

No bad days

by Frankie Jean-Pierre
Staff Writer

A while ago I saw the movie, "Lone Survivor," and I have to say I've never seen a movie that made me feel such a sense of pride like it did. Growing up in a military family, I've already had tremendous love and respect for military personnel, and the movie only strengthened that love and made me want to join the military

[something that's still been on the table of future decisions in my life.]. I took a lot of things away from that movie, but one humbled me and made me realize something that we all take for granted and that's how easy most people have it.

On any given day you can find a person who thinks or will tell you that they're having a bad day. Not only will they tell you that

they're having a bad day, but then they will proceed to bitch and complain about it all day. Well the truth is, while somebody's version of a bad day is relative, most of the time it could always be worse.

When you compare your bad day to that of what Marcus Luttrell and his brothers-in-arms went through, you realize that your day isn't really bad at all. After being humbled by that

thought while leaving the movie, everything that was causing me frustration and anxiety in my life was gone.

I've always tried to look at things in a positive light. Even the darkest situations need a light source to cast a shadow over you, and when you look at the little things and keep things in perspective you realize that you're capable of handling the situation and,

to take that thought a step further, if you don't think you are I can promise that there are people out there that will help if you just ask.

I've chosen to keep this Vent short and sweet because sometimes that's all that it takes to get the message across, plus I'd rather people spend more time watching the movie and remember there are no bad days, just bad ways of looking at things.

... 'The Ascent'
continued from page 1

German history – would be well advised to attend this screening. The film is free and students are encouraged to bring a friend or friends."

Some Minot State classes may offer extra credit for attending this

film; therefore, students should check with their professors in advance to see if this would meet class requirements.

Although the film is for MSU students, it is also open to the public and members of the audience will have a chance win door prizes.

Berntson named NSIC Pitcher of the Week

(MSU Sports
Information) —
Minot State
University base-
ball's Austin
Berntson (So., P)



Berntson

was named Northern Sun

Intercollegiate Conference
Pitcher of the Week.

Berntson tossed a complete game shutout over Wayne State College, leading the Beavers to a 3-0 nonconference win. He struck out a career-high eight WSC bat-

ters while allowing just six hits, and he didn't walk a single batter during the game.

Berntson has made four career starts and has a perfect 3-0 record in a Beaver uniform.

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MSU student nurses earn awards



Submitted Photo

MSU nursing students (from the left) Ian Crawford, Shereen Catanzaro de Arco, Kristen Kurokawa, Jordana Kane and faculty adviser Heidi Benavides pose at the Nursing Student Association of North Dakota state convention in Jamestown. Shereen Catanzaro de Arco received the NSAND Leadership of the Year award, and Ian Crawford, Kelsey Wunderlich and Jennifer Chevillier were named to the NSAND state board. MSU's Nursing Student Association also received recognition for the largest increase in membership in the past year, and MSU nursing students donated the most food to the NSAND food drive to benefit Northlands Rescue Mission's Kids+Program. Prior to the convention, Jordana Kane was named MSU Student Nurse of the Year.

Marimba music in concert



Photo by Upile Maliro

Music instructor Avis Veikley (left) and MSU students (from the left) Miller Lively, Justin Goetz, Jonah Wirginis and Suzannah Miller perform during a Percussion Ensemble concert in Ann Nicole Nelson Hall.

Happy Birthday, Dr. Fuller!



Photo by Michelle Holman

MSU President David Fuller waits for a slice of his birthday carrot cake. MSU students, faculty and staff surprised Fuller with a birthday celebration following the Music Division's Music Extravaganza last week in Ann Nicole Nelson Hall.

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Gold

READING, WRITING & RESEARCH

Learn about "making your computer talk and type for you!"

TUESDAY, March 4 — 12:30–1:30 p.m.

WEDNESDAY, March 5 — 2–3 p.m.

THURSDAY, March 6 — 12:30 –1:30 p.m.

All workshops in Old Main 314

For more information, contact the Student Development Center at 701-858-3371.

... Read & Write
continued from page 1

dents will need a microphone, but not with a laptop, because most laptops already have a built-in microphone.

Students can keep track of what they are reading with a special feature called "screen masking." Screen masking helps them focus on what they want to see by revealing only what they need to see on the screen while reading a document.

"It also comes in different colors," Klimpel said, "because some people learn better with certain colors. And it is also for students that have attentive issues, for example ADHD."

The Read and Write Gold can be customized to fit a student's preference. For example, the "voice to text" feature adapts to the student's voice. To use this feature on another computer, they have to save the software to a jump drive, otherwise, to use the feature on another computer, they would have to go through the voice-training process all over again.

Read and Write Gold allows students to convert an electronic book into an MP3 format.

"If you have to read about 25 pages of an eBook, you can convert it to an MP 3 and save it to your phone and listen to it while you drive," Klimpel said.

She explained that, for students doing research and highlighting information from different web pages, Read and Write Gold's "collect highlights" feature, enables them to sum up the highlighted words from page to page in order, and also makes references to the highlighted pages. It offers the option of citing the pages in either MLA or APA.

To download this software, students will need their Campus Connection username and password. Visit the MSU web page, click on "CURRENT STUDENTS." Under "STUDENT SUPPORT SERVICES," click "View a List of Services Offered." Under campus resources, click "Software Downloads."

"After downloading the software, it asks for an activation code, but there is no activation code, so just click on 'activate.' It has automatically been activated because MSU has already paid for it," Klimpel said.

Students have 25 attempts to use the software when offline i.e., not using the Internet. But online, they can open it as often as they need.

"The best web browser for this software is Google Chrome," Gilbert said, "because Google Chrome provides additional features when using this software with it."

Staff will provide free training sessions on how to use the software in Old Main 314 Tuesday, March 4, or Thursday, March 6, from 12:30 to 1:30 p.m., or Wednesday, March 5, from 2 to 3 p.m.

For more information, contact Klimpel at evelyn.klimpel@minotstateu.edu or Gilbert at sammijgilbert24@gmail.com.



RED & GREEN

STUDENT NEWSPAPER

PAID POSITIONS

2014-15 SCHOOL YEAR

Editor

organize, delegate, design and do layout

Assistant Editor

assist editor, design and do layout

Sports Editor

organize, delegate and write

Circulation Manager

deliver papers on campus

Online Editor

Internet and social media



GET MORE INFO & PICK UP APPLICATION ASAP!

Red & Green newspaper, 304 Student Center, 858-3355

Student Government Association minutes

From the Feb. 10, 2014, meeting

The meeting was called to order at 7:03 p.m.

Roll was taken.

Absent:

Excused: Casey Feldner and Codi Thomas

Minutes from the Jan. 27, 2014, meeting were reviewed. President Josh Sandy asked if there were any additions or corrections to the minutes. With new corrections by Alex Buchholz the minutes were approved.

Officer Reports

Secretary Alex Buchholz reported that we need to keep the office and our language clean this week and for following weeks as well.

Co-Directors of Intramurals Luke Leitner and Casey Feldner reported that bowling and basketball are going great! Tomorrow night is Battleship! Also the Hockey Tournament Feb. 25th is open on IMLeagues.

Director of State Affairs Emily Anderson reported on the procedures of NDSA and that we are hosting next week. Friday night is business apparel and supper will be at 5:30 with Dr. Fuller as the speaker. Saturday morning wear your red SGA polos with breakfast at 8:00 and meetings starting at 8:30. Also NDSA follows Robert's Rule and Parli Pro very strictly.

Director of Marketing Ward Lamon reported that old posters are being taken down, so that's awesome to see! Also if you ask a question at the open forums you will receive an SGA Ice scraper.

Director of Media Relations Anzley Harmon had nothing to report.

Co-Directors of Entertainment Nikki Egge and Marley Kotylak reported that there is a Slam Poet at the Beaver Brew on Feb. 21. Also, the four presidential candidates will be on campus Tuesday through Friday. From 11:30 a.m. to 12:30 p.m. there will be free food and an open forum in the Beaver Dam. After they visit, the committee will narrow down the search to three

candidates, which then go interview in front of the Board of Higher Education.

Vice President of Finance Kelsey MacNaughton had no numbers to report and that she will be ordering clothes for the new senators shortly.

President Josh Sandy thanked everyone that helped out at the Penny Carnival. Also there will be a Blue Light demonstration in the Audubon Room Feb. 18th and the Academic Advising Task Force will now have student representation. Lastly, the office will be closed from 11:30 a.m. to 12:30 p.m.; try and asked to be excused from class if possible.

Adviser Leon Perzinski reported on what the University Diversity Committee will be doing during Black History Month. Also, if interested in a Director position

Adviser Aaron Hughes had nothing to report

Adviser Dr. Jenkins was absent.

Faculty Senate Representative Dr. John Girard reported that Faculty Senate is working on a survey for open textbooks. Currently 69.4% of teachers offer reduced-cost options, 40.6% use e-books, and 31.9% use open source textbooks. Also the bookstore lists various options when buying books for classes.

Staff Senate Representative Linda Benson reported there will be a "Be in the Know" session on employee perks tomorrow. Also they have logged 180 volunteer hours and there will be another silent auction in April.

Committee Reports

Kelsey MacNaughton reported on Student Welfare committee, which reviewed club constitutions that were submitted for revisions and looked at new club constitutions as well.

Haley Heiser reported on the General Education committee, which has met twice in the past two weeks. They have approved 58 different courses to be included under the General Education classification. The committee will continue to consider applications until the 14th.

Zachary Niebuhr reported the NDSA publicity committee will have a table outside of the SGA Office and a presentation in the Fisher Room to further explain NDSA to students from 1 to 4

Brittany Diegel reported on the Child Welfare committee, which talked about options for getting started on a center and reviewed the National Association for the Education of Young Children's guidelines for child centers.

Ward Lamon reported on the ADHOC Evaluation committee, which reviewed the pilot evaluation instrument, made minor format changes to the form, and prepared their results for faculty senate

Nikki Egge reported on Food Service committee, which discussed concerns about the Dam closing before 9 p.m. Christine McIntosh reassured the committee that it will be open until 9 p.m. Also, the proposal to allow drink cups or bottles out of the café was turned down. Last, the variety of food being served was discussed along with moving the flatbreads upstairs.

Josh Sandy reported that the Special Event Committee met

Unfinished Business New Business

CETL Transition Leaders/Peers work through the CETL office and lead incoming students. You will tell the new students about all the great services offered at MSU and bring them on a service day project to the Zoo. Applications are due by the end of April.

MSU Peer Mentoring Program needs Mentors for FYE courses to help transition freshman into College. Great experience for those majoring in Education.

Renee Escherich from the Roosevelt Park Zoo brought a chin-chilla and presented on the history, vision, and renovations of the Roosevelt Park Zoo. Also there are multiple internships and volunteering opportunities available for students at the Zoo.

Spring Budget is pretty much a mirror image of the Fall Budget; changes include NACA trip in place

of DC trip. Kelsey MacNaughton moved to approve the Spring Budget with the changes discussed and the transfer of funds to both the Women's Hockey account and Intramural account. Motion passed.

Girls Basketball Playoff Home Game. Would SGA be in favor of buying 250 tickets for a possible home playoff game? Zachary Niebuhr moved to allocate up to \$500 for tickets for a possible home playoff game. Motion passed.

Senator of the Month for January is Zachary Niebuhr!

Emily Anderson nominated Brooke - "She has been super helpful in the office and with coordinating NDSA."

Luke Leitner nominated Joel - "He has been helping out a lot with Intramurals, always smiling and representing SGA all over campus."

Laura Bakke nominated Zach Niebuhr - "He's always in the office and very helpful with his actions and opinions."

Hats - group project to solve various problems

Kylie Gammass moved to create a SGA Honor Stoll committee. Committee members include Josh Sandy, Laura Bakke, Kelsey MacNaughton, Chelsea Geis, Anzley Harmon, and Skyler Niebuhr. Motion passed.

Announcements

NDSA

February 21-22/Minot!

MSU:Life

February 21/Slam Poet/Beaver Brew.

IINTRAMURALS

Mondays: Bowling @ 9:15 p.m.

Wednesdays: Basketball @ 6 p.m.

Feb. 11 Battleship/MSU Swimming Pool/7 p.m.

Next Meeting: February 24, 2014

Adjournment

Without any further business President Josh Sandy adjourned the meeting at 8:55 p.m.

Respectfully Submitted,
Alex Buchholz
SGA Secretary



Skip stretching before a workout

by Metro Creative Connection

Many athletes have been told to stretch before starting a workout, as such a routine prepares the body for physical exertion. But new evidence suggests that stretching before a workout may do more harm than good.

Several studies now indicate that static stretching, or slowly moving muscles until they start to hurt and then holding the position, may impair strength and speed. One study published in the April 2013 Journal of Strength and Conditioning Research concluded that those who stretch before lifting weights could find themselves feeling wobblier and weaker than expected. Another study at the University of Zagreb in Croatia reviewed 104 studies of people who practiced static stretching as a warm-up. Muscle strength was reduced by more than 5 percent in those who stretched. Another study examined men who did basic squats while lifting barbells. Men who stretched and those who didn't were examined. Those who stretched lifted 8.3 percent less weight than those who skipped stretching.

Many personal trainers now discourage extensive stretching before a workout, feeling that stretching post-workout provides the most benefit. A number of people have long confused stretching with warming up muscles, but static stretching is a different activity from actual muscle warmup, which generally involves low-impact movement of the body. There is no evidence that stretching before a workout makes muscles more limber or

See Stretching — Page 10

Begay, Berntson boost Beavers to season-opening split



by Jamin Heller
Sports Writer

After spending more than four months indoors grudging through workouts and 6 a.m. practices, the boys of spring finally returned outdoors last weekend. The Minot State Beavers men's baseball team traveled 15 hours south to Pittsburgh, KS to escape the snow and clashed with NSIC rival Wayne State College in a season-opening four game exhibition series.

The Beavers dropped the first two games on Friday by scores of 17-1 and 7-6, but bounced back and split the series by picking up 3-0 and 7-4 victories the following day. Brilliant pitching performances, quality at-bats, and late inning heroics highlighted the weekend, proving there is much reason for optimism around the ball club heading into the 2014 campaign.

The lopsided final score in game one wasn't necessarily indicative of Minot's performance, with the Beavers trailing just 2-1 entering the fifth inning. Junior transfer Josh Larsen showed flashes of brilliance in his debut for Minot State, holding the Wildcats to just two runs through five innings before a grand slam knocked him out of the game. Wayne State then put the game out of reach with an eleven-run

sixth inning.

The Beaver bats woke up in the second game, putting up six runs in support of Brock McCashland, who gave up just two earned runs over five innings in his MSU debut. The lefty also struck out four while turning over a 6-2 lead to the bullpen, a lead that shrank to 6-5 heading into the final inning. The Wildcats then rallied for two in the seventh to take the game.

Offensively in game two, the Beavers were led by junior outfielder Andrew Roach and sophomore first baseman Keith Ailes, who collected three hits apiece. Ailes provided a clutch two-run single in the fifth, while Roach scored three Minot runs. Senior catcher Connor Moughtin also picked up a pair of hits and an RBI.

Despite the two disappointing losses, the Beavers regrouped and bounced back with two solid and entertaining performances the following day.

Minot native Austin Berntson delivered a dazzling performance on the mound in game three, picking up the Beavers' first win of the season in a 3-0 complete game shutout. The sophomore was simply phenomenal in keeping the Wildcats off balance, striking out eight while surrendering just six hits over seven innings. The

Beavers managed just four hits themselves, but delivered quality at-bats when needed. They also received an energizing jolt from freshman catcher Paul Vogelsang, who blasted a huge opposite field home run in his very first collegiate at-bat. Vogelsang's defensive contributions behind the plate also didn't go unnoticed by MSU Head Coach Brock Weppler after the game.

"Paul called a very good game behind the plate," Weppler told MSU Sports Information. "For a young guy, he did some really impressive things for us and it's great to see him hit a home run in his first at bat. That really energized the team."

The Beavers then capped off the Saturday sweep with a shocking comeback in game four, highlighted by a monster 3-run walk-off home run from senior third baseman AJ Begay.

Down by one heading into the seventh inning, Brad Rolff kicked off the comeback by reaching base and eventually scoring on a passed ball. Roach and Moughtin then kept the line moving by reaching base, giving Begay a two-out opportunity to win the game. Needless to say, he delivered in a big way.

"I just wanted to get something to hit. I knew he was throwing fastballs all game so I was sitting

on it," Begay said. "I was just hoping it would at least hit the fence, I didn't think it would go over at all. I was very happy when it did."

Sophomore pitcher Jesse Goertzen kept the Beavers within striking distance all game, beginning his campaign by surrendering just three runs over 5.1 innings and racking up five strikeouts. Doug Rolfson and Austin Zorn were solid in relief, with Zorn picking up the victory after cru-

cially escaping a jam in the top of the seventh.

The Beavers will now return indoors while preparing for the 2014 Tucson Invitational Games, beginning March 10. Minot will play nine games in just seven days, including matchups against NSIC rivals St. Cloud State University and Southwest Minnesota State

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Indoor track and field athletes Dailey and Sobande shatter records, Dailey qualifies for nationals

(MSU Sports Information) — The Minot State University men's and women's indoor track & field team each set school records on Feb. 8, at the North Dakota State University Thundering Herd Classic.

Sienna Dailey (Jr., sprints) broke her own school record in the 400 meter dash while A d e d a m o l a Sobande (Sr., throws) broke his own Minot State record in the men's weight throw. From last season to this season, Sobande has improved his throw nearly 10 feet.



Dailey



Sobande

"Overall it was a great weekend," Minot State head coach Stu Melby said. "This meet was a good example of the conference meet where you have to qualify on Friday to be able to compete on Saturday. It was a good simulation, and it was nice to see our teams rise to the occasion."

Dailey placed fifth overall in the seeded 400 with a time of 58.06, which was just a tenth of a second off from qualifying for NCAA Division II Nationals. Also on the women's side, Kara Kuntz (Jr., mid-distance) placed sixth in the mile with a personal best 5:14.30, 12 seconds better than her previous personal best.

Catie LeDesma (Fr., distance) placed second and in the 3,000 meter run with a time of 10:29.62 while teammate Allison Windish (So., distance) was right behind her with a fourth-place finish and a time of 10:35.85, an improvement of 17 seconds from last week.

On the men's side Tyler Flatland (Jr., hurdles) recorded a personal record time in the 200 meter dash with a time of 22.70 seconds. Flatland placed fifth in both the 200 and 400.

For the weekend, MSU recorded 26 personal bests, seven season bests and broke two school records.

The women's and men's teams competed for the second straight week at the North Dakota State University Bison Open in Fargo Feb. 15.

Dailey improved her school record in the 400 meter dash as she finished second overall with a time of 57.32 seconds. With that time, she qualified for NCAA Division II nationals in the 400. She also placed fifth in the 200 with a time of 26.10 seconds.

"Sienna has done a fantastic job for us not only on the track but also in the weight room," Melby said. "She has really applied herself this year, and is even running with the guys in practice, and it is clearly paying off. Today she was even a little sick, so it was great to see her step up like that."

Also on the women's side, Windish recorded a personal best time in the 5,000 meters with a time of 18 minutes, 4.87 seconds for a ninth place overall finish.

LeDesma placed second in the 3,000 with a time of 10:30.43

Freshman Mary Roy (jumps) also had a solid day with three top-10 finishes, including a personal best time in the women's 200 meter dash with a time of 26.61 seconds, placing her fourth on the MISU all-time list; Roy also placed seventh and tenth in the triple jump and long jump.

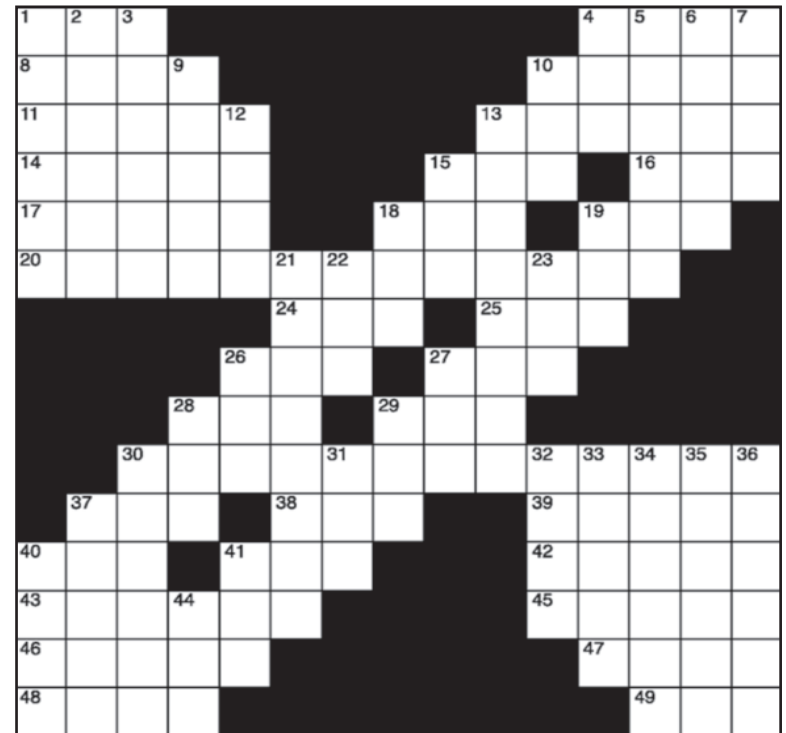
Flatland headlined the Beaver men with a second place overall finish in the 400 meter dash with a time of 50.25 seconds. He also placed sixth in the 200 with a time of 22.74 seconds.

"Tyler has been very consistent for us," Melby said. "He is a little bruised up right now and, hopefully, after another week or two of practice he can be strengthened up to be ready for the conference meet."

Also on the men's side, Sobande placed eighth in the weight throw with a best throw of 53 feet. Cyrille Litche Zouogbo (Jr., jumps/sprints) also placed eighth in the men's long jump with a leap of 21 feet, 3 inches.

"We are pretty banged up right now and kind of in a lethargic state," Melby said. "It's been a long winter and we need to get healthy and focused up for the conference meet. We have made great progress on the year and we need to continue that this week in practice."

The Beavers next compete tomorrow in the Feb. 28 NSIC Indoor Championships in Bemidji, Minn.



CLUES ACROSS

1. Boring routine
4. Back talk
8. Emerald Isle
10. Snow leopard
11. 1/20 of an ancient shekel
13. Language of Apia
14. Relating to NH2
15. British Air Aces
16. Woman (French)
17. Cheese skins
18. Deafening noise
19. Cheeky talk
20. Early photograph
24. Basics
25. 007's Flemming
26. Photograph (slang)
27. Male sheep
28. Norse sea goddess
29. Small cask
30. Ch. Osgood hosts
37. Confederate soldier
38. Radioactivity unit
39. Chocolate tree
40. Express surprise
41. Express delight
42. Mary mourning Jesus
43. 18th century indoor cap
45. Thanjavur University
46. Skilled
47. Hindu mother goddess
48. Follow by one's foot
49. Born of

CLUES DOWN

1. Respect
2. Azotemia
3. Exhausting
4. Accumulation
5. Lack of moral standards in a society
6. A rascal
7. X100 = 1 tala
9. River of Haikou, China
10. Lout
12. Stockings
13. Capital of Chile
15. Spanish for river
18. 12th month (abbr.)
19. Skilled nurse
21. Unit of precipitation
22. Corpuscle count (abbr.)
23. Sweet potato
26. God of fields & woods
27. Dream sleep
28. Polish or stroke
29. Kilo yard (abbr.)
30. Member of U.S. Navy
31. Express pleasure
32. Written acknowledgment (abbr.)
33. Neptune's closest satellite
34. O'Neill play "The _____ Cometh"
35. Homegrown
36. Goalkeeper
37. ___ Island, U.S. State
40. Far East nursemaid
41. Food grain
44. 2 stripe rank (abbr.)

... Stretching continued from page 8

reduces the risk of injury during a workout.

Some experts liken stretching muscles prior to working out to overstretching a rubber band. The muscles may get limp and overworked prematurely and then not be able to perform to peak when power intensity is needed. Others

argue that when people engage in stretching, the muscles are actually tightening, rather than relaxing, which may make athletes more prone to injury.

Stretching improves flexibility and range of movement. But some fitness experts suggest stretching be reserved for times when exercise will not immediately follow, such as after a workout has been completed.



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