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## Students work through Beaver Boot Camp



MSU senior Jeremy Holman faces the barbed-wire crawl challenge during Beaver Boot Camp Monday at the Wellness Center. The event promoted physical fitness to MSU students and enticed participants with opportunities to earn prizes from the Wellness Center and Scheels in Minot, co-sponsors of the event.

Photo by Courtney Holman

## SSWO 'Freezin' for a Reason' Nov. 16

#### by Chelsea Geis Staff Writer

The Student Social Work Organization of Minot State University (SSWO) will hold its annual fundraising event, "Freezin" for a Reason," Saturday from 11 a.m. to 7 p.m. in the Town & Country Center parking lot.

SSWO students will endure the harsh weather outside to collect money, canned goods and dried foods for the Homeless Coalition. This event will give SSWO students the opportunity to experience in part the lives of those they are shivering to benefit, the homeless.

"We encourage everyone to help

break our record-breaking totals from last year's event," Freezin' for a Reason co-chair Kayla Durand said.

In last year's event, with the biggest turnout yet, the students raised more than \$300 for the Homeless Coalition and collected more than over 3,000 pounds of donated food. The SSWO club challenges Minot State University and the community to surpass that 3,000 pounds record.

Organizers said the club hopes for a bigger and better turnout this year. They welcome all students and community members to attend and contribute to a worthy cause – helping the area's homeless.



File Photo Student Social Work Organization members pose with their collection of nonperishable food items at last year's "Freezin' for a Reason."

## **News in Brief**

## Global Sights winning photos on display

Winning entries in the Global Sights Photo Contest at Minot State University will be on display Nov. 18-22 on the second floor of the Student Center near the Beaver Creek Café. The MSU Office of International Programs organizes the contest for MSU students, faculty, staff, retirees and alumni as part of International Education Week.

#### Democracy Cafe meets Nov. 19

Minot State University will host a Democracy Café Nov. 19 at 9:30 a.m. at the Beaver Brew Café in the Beaver Ridge Plaza. Mark Vollmer, Minot Public School's superintendent, and Jim Rostad, MPS's board president, will lead discussion on the upcoming Minot Public Schools' bond issue.

Democracy Café's purpose is to foster non-partisan discussion on important civic issues in our community. The MSU Center for Engaged Teaching and Learning funds it in part. The event is free and open to everyone.

## Experts to share about the Arab world

A panel of experts will refute classic misunderstandings of the "Arab World" and challenge the perceptions many hold about its people, cultures and religions Nov. 19 from noon to 1 p.m. in the Minot State University Multicultural Center, first floor, Student Center. Attendees will discover the diversity, beauty and historical and political significance of a region typically thought to be a land of violence and suppression. Panel members will present the Arab world from different perspectives including the disciplines of history, humanities, business, sociology and languages.

The brown bag lunch event will include some small Middle Eastern dishes to offer attendees a traditional taste of the region.

This free event is part of MSU's International Education Week (IEW) celebration.

IEW is a nationwide effort to prepare Americans for a global environment and attract future leaders from abroad to study, learn and exchange experiences in the United States.

#### NAC lecture discusses Sitting Bull

Ernie LaPointe, great-grandson of the famous Hunkpapa Lakota chief, Sitting Bull, will present "The Sitting Bull Connection" Nov. 20 at 7 p.m. in Aleshire Theater, as part of the Minot State University's Northwest Art Center lecture series. LaPointe is a sun dancer who lives the traditional way of the Lakota and follows the rules of the sacred pipe. He is the author of the book "Sitting Bull: His Life and Legacy." The MSU Native American Cultural Awareness Club sponsors the lecture in part. It is free and open to the public.

#### O'Keefe to present at Math Talk Nov. 21

Minot State University mathematics and chemistry major Kowan O'Keefe will present "Identification Problem in PK/PD Model for Treatment of Type II Diabetes Mellitus Using Metformin, Part I" at this month's Math Talk Nov. 21 at 5 p.m. in Model Hall 330. The talk is free and open to everyone.

## 24-hour Play Festival set for Nov. 15-16

Minot State University's theatre arts program will present its 24hour Play Festival performance Saturday, Nov. 16, at 7:30 p.m. in Aleshire Theater. Admission is \$3. Reservations are not required.

Theater students will gather Nov. 15 to write, produce and perform plays in a 24-hour period. The festival concludes with the performance on Saturday.

For more information, contact Kevin Neuharth at 858-3878 or kevin.neuharth@minotstateu.edu.

#### Christ Lutheran Church ELCA 838-0746 502 17th Street NW Saturday Worship 5:00 pm Sunday Worship 8:30 & 10:45 am Holy Communion is

celebrated at every worship service.

David Maxfield, Pastor Michael Johnson, Pastor christlutheranminot.com

#### Today in History

**1380:** King Charles VI of France crowned at age 12.

**1851:** "Moby Dick," by Herman Melville, is published.

**1906:** Theodore Roosevelt becomes first U.S. President to visit a foreign country (Panama).

**1935:** Franklin D. Roosevelt proclaims Philippine Islands a free commonwealth.

**1968:** First European lung transplant.

**1972:** Josh Duhamel, American actor, is born.

**1991:** Michael Jackson's "Black or White" video premieres on FOX TV.

**1994:** First trains for the public run in English Channel Tunnel.

(Courtesy of Brainyhistory.com)



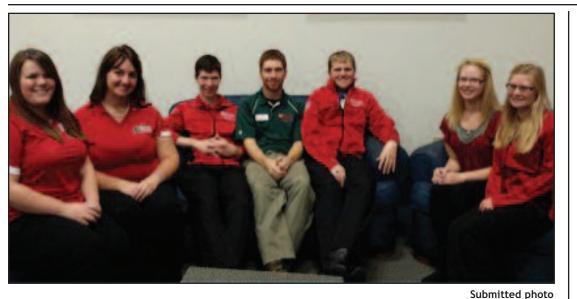
Make the world your classroom!

STUDY

ABROAD

For more information contact: Office of International Programs Multicutural Center, 1st floor Student Center www.minotstateu.edu/international

#### Red & Green



Minot State Univerity's delegates gather for the October NDSA meeting. Pictured are (from the left) Breanna Benson, Brooke Domonoske, Josh Sandy, Zachary Niebuhr, Casey Feldner, Chelsea Geis and Emily Anderson.

## N.D. Student Association works on behalf of all MSU students

#### **Emily Andeson**

SGA Director of State Affairs The North Dakota Student Association met Oct. 25-26 in Grand Forks, N.D. The bimonthly meeting covered three resolutions proposed at the September meeting and created three ad hoc committees.

Resolutions passed were IAC 01-1314: Mission Statement, IAC 02-2013: creation of Chief of Staff Position and IAC 03-1314: Election Packets.

The ad hoc committees are: Constitution and Bylaws, Pubic Relations and National Day of Service.

Resolution IAC 01-1314, creating a new mis-

"The North Dakota Student Association (NDSA) is the organization that empowers students to speak for themselves. The NDSA Assembly serves as advocates for all students in the North Dakota University System. We provide opportunities for student engagement, enhancement of the University System, and student education about higher education policy. NDSA facilitates inter-campus collaboration and communication to ensure that diverse student interests are represented in the formulation of higher education policy."

sion statement for the betterment of the NDSA, reads:

Students decided Resolution IAC 02-2013: creation of Chief of Staff Position presented a needed addition to the NDSA officer team. The Chief of Staff is in charge of coordinating the three standing committees: Internal Affairs (IAC), Student Affairs (SAC) and State and Legislative (SLAC).

IAC 03-1314: Election Packets is a series of amendments to the code of elections to streamline the process.

The ad hoc committees are temporary committees that meet outside the general assembly to deal with special issues. Minot State University is represented on all three of the special committees by Zachary Niebuhr, Public Relations, Casey Feldner, Day of Service and Emily Anderson, the Consultation and Bylaws committee.

October's was the first NDSA meeting for Feldner, Breanna Benson and Chelsea Geis.

"It was so much fun going to NDSA," Benson said about her NDSA experience. "It was great to see all of the government associations from the different universities coming together to accomplish things for the benefit of the students we are representing."

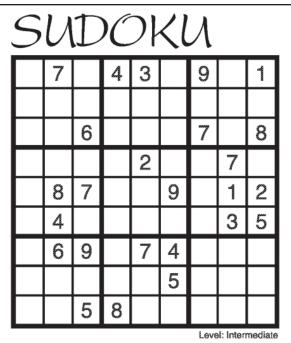
The next NDSA meeting is Nov. 22-23 at Mayville State University, in Mayville.

## **Beaver Boot Camp**



Photo by Courtney Holman

MSU junior Brad Bingen and senior Jeremy Holman do sit-ups for a full minute at Monday's Beaver Boot Camp in the Wellness Center.



#### 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!

### **R&G** Opinion

This editorial may not necessarily reflect the views of MSU.

#### Supertyphoon Haivan and Souris River flood: a somber connection

It has been more than two years since The Souris River Flood uprooted homes and citizens across the Minot area with record-breaking destruction. Boarded-up houses (or the buildings that used to be homes) dotted the city after 11,000 residents fled the area. Many families are still struggling to repair their former houses and farmland. That natural disaster struck much too close to home for many North Dakota and Midwest citizens.

Last weekend, the Philippines were also hit by a devastating rush of water-this, however, already has cost more than 10,000 lives. Supertyphoon Haiyan ravaged the Philippines, resulting in a severe lack of water, food, shelter and medicine for survivors, and destroying all communication. Families have no way of knowing if their loved ones survived. Philippines President Benigno Aquino declared the country to be "in a state of calamity" on Nov. 11.

There is no doubt this typhoon is exponentially more horrific than the flood that damaged Minot. Yet those affected by the Souris River flood can understand, if only on a small scale, how a natural disaster can have an extreme, lingering effect on the affected community, as well as the amount of help needed to pull the community together.

Even from a different country, Minot residents and MSU students can lend a hand to the cause. The Philippine Red Cross accepts monetary donations by many methods. Visit http://www.redcross.org.ph/donate for more information.

We cannot ignore the needs of many, even if we weren't affected directly. Those who witnessed the 2011 flood and rebuilt the city know this more than anyone else.

**EDITOR** 

Josh Jones

Upile Maliro

Michelle Holman

Courtney Holman

CIRCULATION

**ONLINE EDITOR** 

ASSISTANT EDITOR

## Red & Green

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Opinion

## **Burn Before Reading**

The Immortal Beaver (I hope I don't get expelled.)

#### by Jordan Crawford Staff Writer

Everyone knows that at Minot State University, our mascot is the beaver and that she is strong, ferocious, red and green. But what most people don't know is that our beaver is immortal. How did we manage to get such a

noble creature on the face of MSU, you might ask? The answer lies within \$200,000 and the persuasiveness of Dr. Fuller.

There is but one Immortal Beaver in all the world and she is a prize sought after by all of mankind. Many men have knelt before her majesty in supplication and invitation that she might come

home with them. All were rejected ... until he came.

His task was herculean, but his passion was enormous. He went before the great Beaver and was subject to her trials. He was tested to the limits of his strength and endurance, but unlike the lesser men before him, he prevailed. The

See Immortal Beaver - Page 5



#### by Frankie Jean-Pierre

around my neck. That's not because ship to a deity. I'm religious or even necessarily for that matter.

their minds, no I'm not an atheist pages of history. walking around wearing a pair of

a religion to tell them how to live their life or how to be a good person or how to get in the graces of a god, because all those Compulsions need obsessions, guidelines and principles are purely opinhumans need oxygen, but does God ionated and hold no found evidence to be need religion? I say no. I'm not reli- true. I understand the importance of religious by any means, although I'm gions and some of their teachings, but sure people who have seen me in some rituals are unnecessary and more for public know that I wear crosses theatrical purposes than any actual wor-

Instead, I see religions as a way of Christian. I've grown up liking the social control that has been broken down symbol and have always had one for from their original roots to suit the needs as long as I can remember, but I don't of others who have slightly different follow the Christian faith or any faith views. Eventually, if you keep dividing a religion, though, you'll destroy it and the Now, before people start losing original form will be forgotten to the

As for why I dislike religions in genercrosses for the heck of it. I do believe al, it's because they divide more than in God, but I do not believe in reli- unite. A difference in ideas is easily toleragions. A person does not need to have ble by people of all walks of life. You meet someone who hates the color orange, yet you like that color, but you don't instantly go into a burning rage over it and pelt them with derogatory comments. Yet, if you're a Catholic or a Christian and come across someone who follows a particular branch of Islam, they're willing to kill you where you stand, again simply because you believe differently than they do. It's absolute madness.

How is it, a difference of religion can spark such a reaction, but a difference in color, dress or food preference does not?

I know many people, some who are likely reading this, who are not religious, yet may still believe in God in some form or another. Just because they don't attend a church doesn't mean they are bad, or lost, or confused, or heretics, though. In every religion, no matter what you choose to call God, he/she is capable — being a god and all — of telling whether a person is good by looking at their heart and mind.

No devotion to a religion is needed to be a good person. What is needed is a devotion to being a good person.

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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## Opinion

#### Page 5 - November 14, 2013

been placed around campus. He

has spent the last decade prepar-

#### Not Just Paranoia Temporary technology



by Bryan Lynch Staff Writer

1930s. As yellowed and old as those let-Texting and Internet communiters are, they are still there after all these cation are good things in that they make it easier to communicate years

effort. The downside is that digital media is very temporary in nature and can easily (too easily) be deleted or lost, unlike actual paper now, we aren't going to wish we had copies.

You'd actually have to physi-more to remember each other by. cally dispose of paper, unlike the short circuit and all our generation's button can delete something from existence.

I was at a family "get-together"

are lost forever? I don't see digital media going away anytime soon, but the permanence of

What happens if there is a very nasty

recently, and learned my mother and

some of her siblings still have some of

the letters that my great grandfather

wrote to my great grandmother back

when they were dating in the early

Why do I care about this? People

such media is something to think about.

#### ... Immortal Beaver continued from page 4

Immortal Beaver came with this man, and now she stands at Minot State University for all to see. Who is this hero, this master of masculinity and conquest? It is none other than our very own Dr. David G. Fuller!

While a normal beaver may make a home out of sticks and branches, the Immortal Beaver surrounds herself with a plethora of rocks. She is not very critical of the type of stones that grace her

presence. She values them all, from the smallest pebbles in the volleyball court to the giant erect boulders behind Cook Hall. She does, however, make some distinctions in her geological quest. Since the Immortal Beaver is

The unveiling of the Immortal master plan. This plan is the reason for all of the rocks that have

### #theBeaverBuzz

MSU Life needs you to capture campus excitement! Whether you're cheering on Beaver athletics, singing karaoke in the Dam, hanging out with your roommates or on a weekend adventure - share your excitement!

Use the hashtag above on Twitter and Instagram, and your photos and tweets could be featured each week on MSU Life's Facebook page and in the Red & Green newspaper.





female, she focuses less on a rock's cleavage and more on its hardness. Beaver on September 24, 2013 was the climax of Dr. Fuller's

ing MSU to welcome her. He wanted the Immortal Beaver to have hundreds and thousands of rocks in her new home. He has even inserted a plastic rock in the space between Old Main and Cyril Moore because, even though it is fake, it doesn't mean that she cannot appreciate it. In this way, whether she be hot or cold, resting or restless, wet or

#### Red & Green

Submitted Photo

## Study abroad next summer

#### Thailand 2014: The Golden Kingdom

Andrea Donovan, assistant professor of art and humanities at Minot State University, is organizing a short term MSU study abroad program to Thailand June 20 - July 1, 2014. Along the way, participants will have the opportunity to discover the country's glittering cities and colorful pagodas, while becoming acquainted with the warm and welcoming Thai people. Students, as well as community members, are invited to join this MSU study abroad program to experience the numerous opportunities available only in The Golden Kingdom!

The emphasis of this three-credit humanities course is to delve into the art, architecture, literature and cultural heritage of Southeast Asia. The itinerary will take participants to ancient ruined capitals, hill tribe villages and mountaintop temples to investigate all sides of this vibrant country of contrasts. Free time is built into the itinerary so that the program may be customized to the educational focus of each participant, while also allowing ample time to sample the foods and wares of the various destinations.

The program includes round-trip international airfare and transportation within Thailand, breakfast and dinners on most days, accommodations, entrance fees, guided sightseeing and walking tours, and a 24-hour multi-lingual tour director. Highlights of the itinerary are introduced below and a full schedule can be found at: www.goaheadtours.com.

Bangkok: Students will explore historical temples, study the largest pagoda in Southeast Asia and visit the World War II Cemetery, resting place of more than 9,000 Allied soldiers. The group will also enjoy a Bangkok canal cruise and have the opportunity to shop at the famous Damnoen Saduak Floating Market.

Transfer to Phitsanuloke: On the way to Phitsanuloke the program includes stops at Ayutthaya, Thailand's ancient capital, and the beautiful Wat Chantaram Temple at Uthai Thani.

Chiang Rai: On the road from Phitsanuloke to Chiang Rai, students will explore the Sukhothai Historical Park, known for its classical Buddha statues and temple ruins. The second day will include a venture along the Mae Kok River to a Karen Hill Tribe Village. Here students will learn about the traditional life and culture of the Karen people. In the afternoon, the group will visit the Golden Triangle where Burma, Thailand and Laos meet, as well as visit Mae Salong, an ethnic Chinese town set in the hills.

Transfer to Chiang Mai: The journey to Chiang Mai includes a visit to Wat Suan Dok where students will have a unique opportunity to learn about Buddhism firsthand from a resident monk. Later, the class will survey one of the country's most deeply loved symbols, Doi Suthep, a regal mountain overlooking the city.

Chiang Mai: MSU students will spend the morning at the Chiang Dao Elephant Camp and on a bamboo raft trip down the Ping River. The afternoon will be spent at an Orchid Farm.

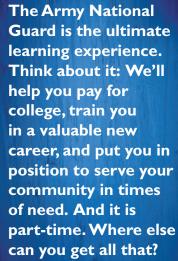
Optional excursion: One of the benefits of this particular program is that an optional excursion at the end of the official program would allow individual participants to extend their stay by travelling to Cambodia. These options can be discussed in greater length with the faculty leader.

Individuals interested in learning more or submitting an application, should contact Donovan Andrea.Donovan@minotstateu.edu or 701-858-3819. Application deadline is Dec. 1.



# YOU SERVE, YOU LEARN It Really Is That Simple.

A buddha surveys the lush landscape of Thailand.





For More Information Call or Text SSG Katie Unruh: 701-340-0636 SSG Erik Wall: 701-340-6376

Hispanic World Today SPAN 103 MWF 1pm (3cu) Learn basic Spanish grammar and conversation. Focus on travel and business vocabulary. Great for all majors! No Spanish experience necessary. For more information, email paul.cristofaro@minotstateu.edu.

Programs & Benefits Subject to Change

## Battle of the Bands



Photo by Chelsea Geis

The band Japaniel Flatsen, comprised of MSU students drummer Jake Flaten (left) and guitarist Daniel Johnson, won first place at the Battle of the Bands last Thursday in the Beaver Dam. Japaniel Flatsen won \$500 for its performance.

## **KMSU features MSU history**



MSU students (from the left) Jamie Council, Aundrey Livingston, Jesse Rostvedt and cameraman Roy White report live during the KMSU Centennial Celebration special. The program, highlighting the university's history and featuring historical photos, interviews and stories, aired last week from the KMSU studio in Hartnett Hall.

Photo by Upile Maliro



# thepursuitminot.org

Photo by Chelsea Geis MSU senior Ashley Barczewski earned third place at the Battle of the Bands last week in the Beaver Dam. Her solo performance captivated the audience.

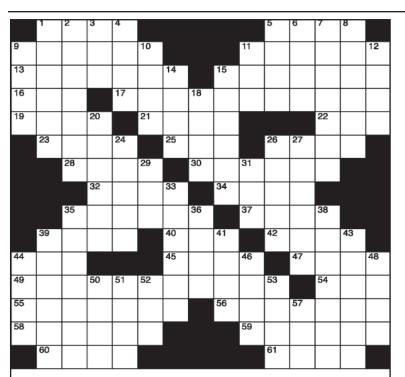


**Language 105: Writing Systems** T/TH 9:30am -10:45am (3cu diversity credit) Get an appreciation for humanity's greatest invention by dabbling in such systems as hieroglyphs, cuneiform, kanji and Cyrillic.

Latin 101: Beginning Latin 1 T/TH 9:30am -10:45am (4cu) Learn the language of those who ruled Western Civilization for more than 1000 years.

For more information, email jeanfrancois.mondon@minotstateu.edu.





#### CLUES ACROSS

- 1. Reverberation
- 5. Sonny's ex wife
- 9. Drives elephant
- 11. High-spirited tomboy
- 13. Plans
- 15. Gather materials together
- 16. Brew
- 17. Discovery child star
- 19. Stalk of a moss capsule
- 21. Capital of Yemen
- Local area network
- 23. Belgrade River
- 25. Straight or bobby
- 26. Tennis player rank
- 28. Helped (archaic)
- 30. Lounges
- 32. Dove sounds

#### CLUES DOWN

- 1. Birds of prey
- 2. Fastest land animal
- 3. Judge's moniker (abbr.)
- 4. Part of Uttar Pradesh
- 5. Italian crooner Perry 6. Svringe
- 7. Articles fit to eat
- 8. Replace spent bullets
- 9. International metal polish
- 10. New Mexico artist town
- 11. Elf (Brit.)
- 12. Glowing gas element
- 14. Break suddenly
- 15. Blue colored
- 18. Br. children's author Blyton
- 20. Limicoline bird
- 24. Burn plants
- 26. Gulf of, Aegean Sea inlet

- 34. Int'l relief organization
- 35. Planted crops
- Gobblers
- 39. Animal companions
- 40. Firth of Clyde city & river
- 42. Korean writer Mogeum
- 44. 007's creator Flemming
- 45. Ursine animal
- 47. Voyage
- 49. Pageant title
- 54. A woman's undergarment
- 55. A treeless grassy plain
- 56. Anarchic
- 58. Gun dog
- 59. Coat of wool
- 60. These (old English)
- 61. Somalian shilling
- 27. Clysters 29. Leguminous fruit 31. Large tub 33. Member of U.S. Navy 35. Having physical sensation 36. Colors clothes 38. Plural of 33 down 39. Grouped by twos 41. Fence bar
  - 43. Cherry brandy
  - 44. Pixies
  - 46. Canadian flyers
  - 48. Emit coherent radiation
- 50. Lot
- 51. Area units
  - 52. Russian space station
  - Tools for holes 53
- 57. 5th sign of the zodiac

# **Communication Disorder Clinic**

#### By Ayman AlQasem Staff Writer

The Minot State University (CDC) is about 50 years old, one of the oldest and most important projects on campus. Since its establishment, it has been helping people with communication problems and providing the best education for those who wish to help them. Currently, the program, whose staff and students run the clinic, has ten faculty staff members, most of whom are MSU graduates; 50 graduate students and 20 undergraduate students.

The CDC provides its clients with services that cover a wide range of communication disorthe complexity of their problems.

"The Communication Disorders Clinic is an on-campus clinic where people from the community and the area can come and get speech and language services," Leisa Harmon, Department Chair, Communication Disorders and Special Education, said. "We have student clinicians who provide the direct services along with our faculty supervisors. It's basically a speech, language and hearing clinic right here on campus.

"We provide both assessment and treatment services for a variety of disorders that include speech-sound disorders, so if an individual cannot say the sounds of the language correctly we could work on that. We work on language disorders, so if a child is not talking at an age when he should be talking, we work on that. We also work with older children with increasing vocabulary, improving their grammar, working on language processing tasks and language-learning disabilities. We also work with people who stutter, people who have voice disorders and adults who

have had a traumatic brain injury or stroke," Harmon said.

In addition to the aforemen-Communication Disorders Clinic tioned communication disorders, the clinic also helps people with less serious communication problems. For example, the clinic helps foreign language speakers on accent reduction so they can be more easily understood.

> While these valuable services cannot be provided free of charge to the local community, they are free to MSU students, staff and their families.

> Last summer, CDC received new, state-of-the-art equipment that helps diagnose sound problems.

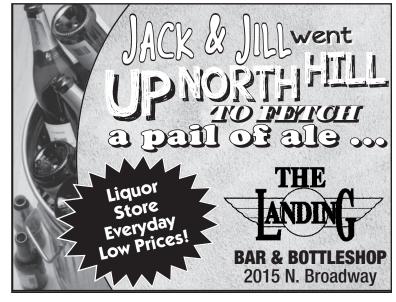
"It allows us to view the vocal ders. Clients vary in age and in folds," Lisa Roteliuk, CDC coordinator, said. "It's a scope that goes through the mouth. It doesn't go down the throat at all; the camera is angled. It gives us a view of the vocal folds so we can see if there are any lesions, scar tissues or damage that could be causing somebody to have a rough voice or cannot project their voice and get it louder."

> Currently, the CDC is running at full capacity. The clinic provides assessment services immediately,

but clients whose assessment reveals the need for treatment are waitlisted for periods that sometimes can reach several months. While the clinic has the needed infrastructure to accept more clients, the program is unable to hire more faculty staff members to supervise students and provide treatment.

"The challenge right now is that there is a shortage, not just in the Minot area or in North Dakota but nationwide, of SLPs (Speech Language Pathologists)," Roteliuk said. "In addition to limiting the ability of the CDC to accept more clients, this obstacle also limits the number of students the Communication Disorders Program can accept every year."

Many individuals who have grown up with a breathy, airy voice or a hoarse, rough one do not realize it is a treatable issue or even an issue at all. While sometimes behavioral habits cause these symptoms, they can also be a sideeffect of a medication. There are counteracts for these medications to help patients maintain both their health and voice. These counteracts can be as simple as increasing water intake or installing a humid-



## Sports





Photo by William Russell MSU guard Carli Elwin looks to pass the ball at Friday's game in the Dome. MSU defeated South Dakota School of Mines, 75-49, in nonconference play.

Photo by William Russell MSU guard Diondra Denton prepares for a free throw after being fouled at Friday's game in the Dome.



#### by Jamin Heller Staff Writer

The Minot State University women's basketball team shook off a slow start and turned up the heat offensively en route to a decisive 75-49 season-opening victory over former NAIA rival, South Dakota Mines.

The Hardrockers, now in their first season of NCAA Division II status, jumped out to an early lead but went suddenly cold from the floor. SDM hit just seven field goals in the first half and went 7-25 the rest of the way, giving Minot State every opportunity to seize the game.

Senior forward Carly Boag helped the

Beavers do just that, knocking down a game-high 21 points while also collecting a game-high 11 rebounds. The Tamworth, Australia native had plenty of help from her teammates, including a 13-point performance from her sister Christina, who was playing in her first game back since redshirting last year with an injury.

The balanced offensive attack also included eight-point efforts from Katie Hardy and Alexandra Haley, and six-point contributions from Alisha Jones and Diondra Denton.

Head Coach Sheila Green Gerding was happy with the way her team rebounded

from the slow start.

"I thought we started doing some good things offensively halfway through the second half," Green Gerding told MSU Sports Information. "We kind of busted out of our funk, and we just weren't making good decisions to start the game. A lot of that has to deal with being anxious and the start of a new season, but I thought we got there by doing it on the defensive end, which led to some offensive success."

Minot State (1-0 overall) will now prepare for more non-conference action Sunday when they take on the Presentation College Saints. Tip-off is 5 p.m. at the MSU Dome.

## MSU cross country season runs its course

#### by Michelle Holman Editor

Minot State University's men's and women's cross country teams completed their season in Sioux Falls,

S.D. last Saturday. The women's team finished 18th out of 30 teams, while the men placed 21st out



of 23 teams at the NCAA Division II Central Region Championships.

Representing the men's team were competitive teammates Clay Armstrong (Jr.) and Joel Cartwright (So.). Cartwright, the first Beaver to cross the finish line, nabbed 77th place in the 10k with a time of 34:01. Armstrong finished a mere 31 seconds behind Cartwright, yet he was the 104th runner to complete the race.

Similarly, Kara Kuntz (Jr.) and Samantha Huether (Fr.) vied for top places on the women's team throughout most of the season. At the Region Championships, Kuntz and Huether finished the 6k course 59th with a time of 22:52 and 79th in 23:11, respectfully.

Kuntz was recognized as an NCAA Division II Academic All-American for finishing in the top 30 percent of all Central Region athletes and maintaining the qualifying Grade Point Average.

MSU seniors Brett Szafarski, Max Boeckel and Maila Lucht ran their last collegiate races.

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## Sports

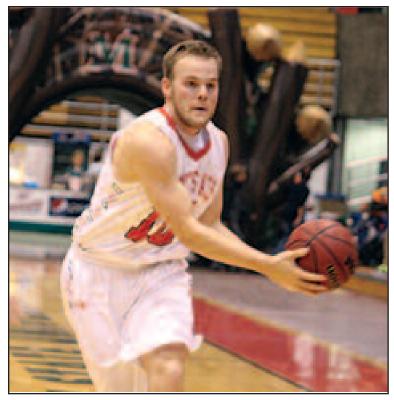


Photo by William Russell

MSU freshman Matthew Ward-Hibbert passes the ball during Friday's game. The Beavers defeated the Hardrockers, 63-57.

## Men open season with a win

#### by Jamin Heller Staff Writer

In a game that came down to the wire, the Minot State University men's basketball team relied on one of its seniors in the clutch to secure its first win of the season.

E.J. Williams, a senior guard from Raleigh, N.C., scored the Beavers' final eight points to fend off a fierce comeback effort from the South Dakota School of Mines and Technology. Williams scored a game-high 24 points and knocked down six consecutive late free throws to lead the Beavers to a tense 63-57 victory.

Both teams showed some offensive rust in the early going, although the Beavers were able to stake out a lead for the majority of the game. Minot State led by as much as 11 with less than 10 minutes to play, but a late 9-0 run by the Hardrockers forced a tight finish.

"It definitely wasn't pretty at times," Minot State head coach Matt Murken told MSU Sports Information. "I thought we played well in spurts, but we kind of made the mistakes to let them back in the game. We got our lead up to about 10 or 12 there and then we kind of went through a lull. To start the second half, we played great defensively but between turnovers and missed free throws we allowed them to hang around to make a high-contested basketball game for 40 minutes."

Junior forward Thomas Korf contributed 10 points in the winning effort, including knocking



Photo by William Russell

MSU forward Chris East attempts a slam dunk in a game against the South Dakota School of Mines in nonconference play Friday in the Dome.

down a crucial 3-pointer with just under three minutes remaining. Toronto native Chris East and junior guard Adam Randall both added eight points.

East also helped Minot dominate on the glass, collecting a game-high 11 rebounds. Overall, Minot State held a 35-23 advantage in rebounds, including a 12-3 advantage in offensive boards.

The Beavers hosted Dickinson State Tuesday. Results were not known at press time.

Minot State will continue nonconference action Sunday when they entertain the Presentation College Saints. Tip-off in the MSU Dome is set for 3 p.m.

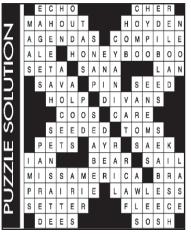
#### ... Cross Country continued from page 9

The previous three cross country meets ran fairly smoothly.

On Oct. 12, MSU competed in the Yellow Jacket Open, hosted by Montana State University. The women finished 7th out of 10 teams, and the men were last out of 9 teams. Kuntz came in first for the women's team and 15th overall with her 5k time of 18:49. Armstrong led the MSU men with his final time of 26:13, finishing in 34th place in the 8k.

The following week, the Beavers ran in the University of North Dakota Ron Pynn Invitational in Grand Forks, N.D. This meet organized four teams in their appropriate divisions: UND and University of North Dakota in D I, and Manitoba State and Minot State in D II. Cartwright and Catie LeDesma (Fr.) led their MSU teammates and finished in third place individually in the D II races. Cartwright ran the men's 10k in 26:14 and LeDesma covered the women's 5k in 18:58.

The teams then traveled to Sioux Falls, S.D. for the Northern Sun Intercollegiate Conference Championships on Oct. 26. Six runners from the women's side earned personal bests (PRs), which helped elevate MSU to the 8th team overall. The men's team, though hindered by injuries, placed 12th



## Red & Green

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MSU Life needs you to capture campus excitement! Whether you're cheering on Beaver athletics, singing karaoke in the Dam, hanging out with your roommates or on a weekend adventure - share your excitement!

Use the hashtag above on Twitter and Instagram, and your photos and tweets could be featured each week on MSU Life's Facebook page and in the Red & Green newspaper.

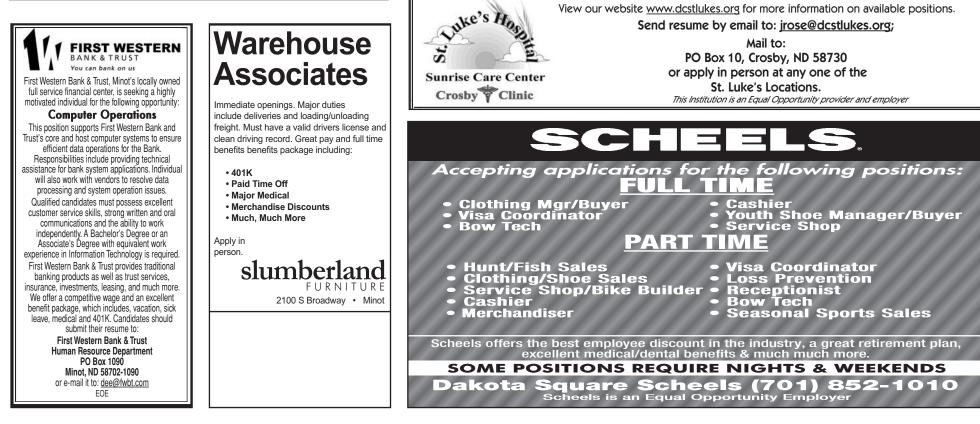
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## Red & Green Newspaper

A paper written by MSU students for MSU students



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