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Volume 96, Number 14 February 12, 2015

Minot, N.D. 58701 minotstateu.edu/redgreen

MSU's LGBTQ club welcomes all

By Kalyn Dewitt
Comm 281

The Minot State University LGBTQ Club offers an open invitation to all who are interested in joining the group whose aim is to give lesbian, gay, bisexual, transgender and questioning students a support center and social outlet. They meet every other Thursday at 12:30 p.m. in the Multicultural Center

around National Coming Out Day on Oct. 11. They held a baked goods sale and sold every item.

Currently members have a number of projects in the works. They are in communication with several off-campus groups to organize events and provide useful information. Soon they will be working with the campus minister. After he told them

he supported what the group was doing, they decided to open a forum to provide information to those trying to understand the relation-

ship between sexual orientation and religion.

Some members of the group are also developing designs for T-shirts and posters that will provide information as well as give the club more exposure on campus.

Club member Rachelle Adams, a Residence Assistant, is focusing on organizing more LGBTQ safe zones and supporters for the residence halls. She said the club overall is really good for the campus.

"The main thing we want to do is create an open, safe environment for anyone in the LGBTQ or anyone looking to learn more about it," Alfaro said.

She invites students with questions about the group to e-mail her at rachel.alfaro@my.minotstateu.edu.

"The main thing we want to do is create an open, safe environment for anyone in the LGBTQ or anyone looking to learn more about it."

— Rachel Alfaro, club president

opposite the cafeteria, first floor of the Student Center. The next meeting is Feb. 19 with food and drink provided.

One mission of the club is to provide education and awareness about sexual orientation and gender identity and expression. Students primarily organize and run the group.

"We are trying to bring it back from the ashes," Rachel Alfaro, club president, said.

Alfaro joined the club when she came to Minot State in 2012. She said the activity has been on and off, and some years the leaders seemed to have no direction or drive. This year she decided to take matters into her own hands.

Last semester, the club was heavily involved with Pride Week, organized to revolve



Submitted Photo

Native American Cultural Awareness Club president Kennedy Bruce (left) and NACAC vice president Marina Carrillo (second from left) talk with club members in the Native American Center on campus.

NACAC active on campus

Club planning annual Spring Honor Dance and Powwow Celebration

By Richard Allen
Comm 281

Minot State University's Native American Center is home to the Native American Cultural Awareness Club. The club's goal is to give Native American students a place to call home.

Native American Cultural Center Director Annette Mennem described a Native American student coming to MSU from a tribal area as akin to a farm kid going to a big city area for the first time; it can be a huge culture shock.

The club educates other students on Native American culture. It does not discriminate about who can be a member or who can join in on their activities which

include family-style dinners, movie nights and a foosball table. Any student can become a member; the club has several Hispanic students as well as a Japanese member.

One of the main goals of the club is to educate people on the culture of the Native Americans and to bring people together. The club also provides advocacy, student resources, the use of computers and a fax machine, and a place to relax.

The biggest event the club

plans is the annual Spring Honor Dance and Powwow Celebration.

"The honor dance and powwow is one of the biggest student-led events on campus," Mennem said.

"The event takes roughly a year to plan."

A powwow is known by many different names by many different people. A lot of people use the term to describe it as a sit-down or meeting, but in actuality a powwow is a social gathering for people of all ages and backgrounds to



See NACAC — Page 6

News in Brief

Science Division celebrates Darwin Day

Minot State University's Darwin Day celebrations begin Feb. 12 with a presentation by Minot native Barry Williams, evolutionary biologist and professor at Michigan State University, titled "Evolution in the Limelight: Why Research on the History of Life is Spearheading Innovation in Science." The lecture is at 7 p.m. in the Cyril Moore Science Center auditorium and is free and open to everyone.

Darwin Day celebrations continue Friday with greenhouse tours, research lab tours, and a variety of fun biology activities and games from 8:30 a.m. to noon in the Cyril Moore Science Center.

At noon in Aleshire Theater, Aaron Coleman, a nationally acclaimed artist/printmaker from Chicago, will present "At the Center of Never Enough."

Darwin Day will conclude with Brain Bee, a competition for high school students at 1 p.m. in the Cyril Moore Science Center, room 210.

All events are free and open to everyone. For more information, visit www.msubiology.info.

Middle school and high school jazz festival on campus

The Magic City Jazz Festival and concert featuring area middle school and high school jazz ensembles is Feb. 13 in MSU's Ann Nicole Nelson Hall. The festival takes place during the day with a concert for the public at 7 p.m. Concert tickets are \$7 for adults and \$5 for ages 7-12.

Submission deadline approaching for The Coup

The deadline to submit literature and art work to The Coup is Feb. 16. The Coup is MSU's student-produced art and literary magazine.

Students can submit their pieces by email to thecoup@minotstateu.edu with the subject listed as either art or literature based on which category they are entering.

The literature genre includes, but is not limited to poems, fiction, non-fiction, plays and short stories. All entries must be no more than 1,800 words in length, and will be edited if necessary. For

guidelines for written submissions, email patti.kurtz@minotstate.edu.

All artwork images should be digitally prepared to their intended finality including cropping, sizing and color correction. Each image should be a JPG file, RGB color, 200 pixels per inch and approximately 4MB in size. For guidelines for art submissions, email bill.harborn@minotstateu.edu.

Another ceramics open studio to be held

MSU's ceramics open studio continues Feb. 17 from 6 to 9 p.m. in Pioneer Hall, back door. Faculty will work with participants depending on their needs to learn and grow in clay. Additional sessions are Feb. 24, March 3, 10, 24 and 31. The price, assessed per session, is \$20 for adults, \$10 for Minot State University students, faculty and staff, and \$5 for children. Children must be accompanied by an adult. The proceeds from the Open Studio directly fund scholarships for ceramics students.

Please RSVP to linda.a.olson@minotstateu.edu

indicating interest, so that instructors can prepare and arrange for additional helpers if needed, but walk-ins are welcome.

Comedian Hilliard to entertain Feb. 19

Comedian Chloe Hilliard will be on campus Feb. 19 at 8 p.m. in the Beaver Dam. Hilliard takes real life situations and makes them a laughable moment. Hilliard is a published journalist and was seen on NBC's "Last Comic Standing." This event is free to all students with a current MSU ID. MSU-Life sponsors the event.

Weight management meetings held

Weight Management is open to all MSU students, faculty and staff. It promotes healthy lifestyle choices along with tips and motivation for successful weight loss. Meetings are held every Tuesday from 3:30 to 4 p.m. in the Student Health Center, lower level, south entrance. For more information, contact Caren Barnett, 858-3371.

Today in History

1821: Mercantile Library of city of New York opens.

1879: First artificial ice rink in North America (Madison Square Garden, New York City).

1915: Cornerstone laid for Lincoln Memorial in Washington, D.C.

1950: Albert Einstein warns against hydrogen bomb.

1955: President Eisenhower sends first U.S. advisers to South Vietnam.

1978: "Jesus Christ Superstar" closes at Longacre Theater, New York City, after 96 performances.

1997: Fred Goldman says he will settle for a signed murder confession from O. J. Simpson in lieu of his \$20.5 million judgment.

(Courtesy of Brainyhistory.com)

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Exploring the connection between the heart and love

(Metro Services) — Hearts and Valentine's Day are forever intertwined. One of the most recognizable symbols of love is the modest heart, and hearts adorn candy boxes and cookies while paper hearts are pinned to doors or windows as a symbol of Valentine's Day. Young valentines may share candy hearts printed with silly sentiments.

A symbolic heart bears no resemblance to an anatomical heart, and yet it is used to represent the deepest feelings of affection a person can share. Some may wonder just how the emotions of love became tied up in the shape of a heart, even though it's widely known that the brain, and not the heart, governs affections.

In ancient times, people

believed that the heart was the center of all human emotions. Since the heart is prominently located in the center of the chest and the middle of the body, it became the cornerstone of human feelings. Love is considered to be one of the most profound and strongest human emotions, therefore it was reasoned that the feeling must emanate from the heart.

Surprisingly, the heart has not always been the only organ associated with love. During the Middle Ages, the heart was deemed a useless organ. Followers of the Greek physician Galen theorized that the liver actually was the seat of the soul and love.

The first depictions of a symbolic heart date back to the 11th

century, when the heart was drawn to resemble a pinecone held upside down with the point facing upward. The scalloped heart that is more familiar today first arose in the early 14th century. Around the same time, the heart was depicted with the point facing downward and the indentation at the base.

Naturally, as time passed and more was learned about human anatomy, it became obvious that the brain was the seat of all emotion and thought processes. However, as the brain was something intangible in a living body in ancient times, and the beating heart could be much more readily monitored - with a pulse rate

speeding up when a person is excited or aroused - it's easy to see how the link between the heart and love has endured.

Although the human heart is not bright red like symbolic hearts, that was the color chosen. Red has long been associated with passion, so it made sense to depict the heart in a bright red hue.

Many other theories have been offered regarding the symbolic heart and its representation of love. While there's no definitive correlation between love and hearts, the heart has become an accepted symbol of the emotion and the season of romance.



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BIT 235 (11-12:15 TR)

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CHEM 110 (9-9:50 MWF)

CSCI 101 (12-12:50 WF)

GEOL 101 (10-10:50 MWF/10-11:50 T)

ENGL 120 (1-1:50 MWF)

HMS 240 (9-9:50 MWF) **FILLED**

HPER 100 (12-12:50 MW) **FILLED**

HPER 208 (9:30-9:20 TR)

HPER 210 (12-12:50 TR)

Math 208 (12-12:50 MTWF)

MUSC 100 (10-10:50 MWF) **FILLED**

PHIL 101 (9-9:50 MWF)

POLS 115 (10-10:50 MWF)

SOC 105 (2-2:50 M)

SWK 340 (11-12:15 TR)

UNIV 110 (2-2:50 W)

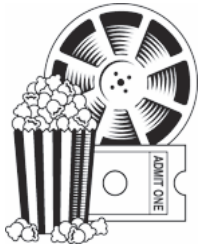
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On Movies



'Project Almanac'

If you had a device that could allow travel through time, what would you do?

By Alex Nelson
Staff Writer

"Project Almanac" stars Jonny Weston, Sofia Black D'Elia, Sam Lerner, Allen Evangelista and Virginia Gardner. It is directed by Dean Israelite and rated PG 13 for language and sexual content.

Siblings David (Weston) and Christina (Gardner) find a box in their home that contains a strange device along with some blueprints left behind by their deceased father. They soon discover that the device and blueprints are for a time machine titled "Project Almanac."

Amazed by their discovery, they get help from their friends, Adam (Evangelista) and Quinn (Lerner), to create the time machine. After successfully creating the device, they bring along Jessie (D'Elia) with them for a test run, because David has a crush on her. The test is a success and very soon they decide to try to do the things they always wanted to do.

They begin to have the time of their lives until they realize that the more they travel into the past the more they change the future, whether it be bad or good. Soon the situation grows out of control, and now they must fix their mistake before their future is doomed.

Time travel has been an interesting topic for films. Many popular films such as "The Butterfly Effect," "Back to the Future,"

"Looper" and many others have used this topic. I myself enjoyed the idea since I was little, yet I felt a little bit uneasy when I saw the trailer. It was interesting, but I was worried that it spoiled the whole movie.

After seeing the movie, my fears are left aside as the trailer didn't spoil anything important, with the exception of the idea of what the film was about. The cast members chosen for this film actually looked pretty good to me as they did good jobs at keeping my interest. The story was interesting, too, even though the idea of time travel has been used constantly throughout the years.

I do not believe they have made a time travel film through the viewpoint of a video camera, which is interesting. I also like some of the concepts in the film, such as the consequences of changing the past. Whether it is for fun or for greed, it in turn would cause the future to have a negative outcome.

Speaking of video cameras, I should warn readers that this film is presented in a found-footage style which is similar to "The Blair Witch Project" or "Chronicle." I personally like these types of films as they are an interesting perspective and unique. However, some viewers might feel a bit dizzy after watching the movie as the whole film is like this. Some viewers might even get headaches due to the extreme movements of the camera. Overall, while the style of the found-footage can make a few people dizzy and the concept of time travel has been done quite a few times already whether for comedy or for seriousness, "Project Almanac" is a pretty decent, fun film about how time travel may not be such a fantastic idea.

If taken seriously I would rate "Project Almanac" 3 out of 5 Beavers; if not taken seriously, I give it 4 out of 5 Beavers.



Ask a pastor

New Year's resolutions revisited

By Christoph Schmidt

Q: So, how are your New Year's resolutions going?

R: Someone recently asked me this question and it sort of caught me off guard. Besides my perennial goals of losing weight and exercising more, I hadn't really thought of any specific resolutions for 2015. Besides, we're already over a month into the New Year! So, I decided to hear this question as an opportunity to pause, reflect, and to perhaps make some new "February" resolutions (I've always been a procrastinator).

There's nothing wrong with trying to motivate oneself toward self-improvement. Lord knows we could all improve in a lot of areas of our lives. But if resolutions were easy to keep, we would all be beautiful, fit, athletic, intelligent, wealthy, musical, artistic, and able to speak seven languages! The truth is that resolutions are hard to keep. In fact, a 2007 UK study of 3,000, people found that 88% of New Years resolutions fail!

Personally, I've tried and failed a lot of the typical resolutions. And I'll likely do so again – after all, I'm human. But this year, I've added a new resolution - to spend more time in prayer.

Here's my question for you: if you made New Year's resolutions for 2015, how might they include your spiritual wellness and your walk with God? Maybe you want to know God's plan for your life. Perhaps you desire to better understand God's Word. Or maybe you'd like to check out one of

our campus ministries or a local church this weekend – all as a way of nurturing your faith life.

Whatever they may be, may I suggest bringing yourself and your resolutions to God in prayer? God wants us to be in meaningful relationship with each other and with God, and prayer is a great way to enter these relationships. Of course, God may not always respond to our prayers in the ways we desire, but God still responds. Ask God for strength and for the social support to do what God wants for you and your life.

At the end of day, some of our resolutions may come up short. When this happens, it's important to not be too hard on ourselves, and to remember that tomorrow is another day. It's also worth remembering that God has already accomplished everything that we humans cannot; our prayers, actions, and resolutions are merely a response to the many gifts we've already been given. Happy New Year!

So, what are YOUR questions? What questions do you have about God, the Bible, church or religion in general? What questions do you have about world religions or how religion and politics interact? What problems do you have with organized religion or God? Email or text your questions – no matter how seemingly small - and I will do my best to respond to them here. Your name will be kept confidential.

Pastor Christoph
christoph.schmidt@
minotstateu.edu or 701-509-6318

Red & Green

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

Phone: 858-3354

E-mail: redgreen@minotstateu.edu

ONLINE: www.minotstateu.edu/redgreen

Adviser: Frank McCahill

EDITOR

Courtney Holman

ASSISTANT EDITOR

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Views expressed by this publication are not necessarily those of the university, its administration, faculty or student body.

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How to reduce your injury risk when exercising

(Metro Services) — Exercise enthusiasts look to avoid injury like the plague. Injuries are akin to kryptonite for athletes, who tend to be averse to inactivity and unaccustomed to life away from the gym.

But injuries are a legitimate threat to athletes of all ages. Fortunately, there are several steps athletes can take to reduce their risk of injury.

Work with a professional. Personal trainers can be expensive, but novices might want to work with a trainer as they begin a new fitness regimen. Even veteran athletes can benefit from working with a professional, who can help individuals tailor a workout routine that best suits their bodies and fitness goals. A trainer can show you how to use machines properly, and many trainers stay abreast of the latest developments in exercise science, making them valuable sources of information on everything from workout tips to stretching techniques and more. Even if you can only afford one or two sessions with a trainer, make the most of those sessions by asking as many questions as possible.

Recognize your limitations. Whether you are beginning a new workout regimen or already have an established routine, you still

need to recognize your limitations. If you're just starting out, don't push yourself, as your body will need time to adjust to regular exercise. If weightlifting will be part of your new routine, lift light weights initially and gradually work up to heavier weights as your body grows more acclimated to strength training. If you already have a set routine, it's also important that you recognize any limitations you might have. For example, if you have nagging knee injuries, avoid exercise that might prove especially taxing on your knees.

Take a slow and steady approach to each workout. One of the easiest ways to suffer an injury while exercising is to dive into vigorous exercise without first preparing your body. Warm up your body before hitting the weights or going full bore on the treadmill. Warming up before a workout readies your muscles for the stress that's coming later in your routine. If you don't warm up beforehand, your muscles will

be cold and loose, possibly leading to strains, tears or other painful injuries. Gradually increasing the intensity of your workout as your body warms up, rather than going full steam from the get-go, can greatly reduce your risk of injury.

Stretch at the end of each workout. Soreness and stiffness should not be a regular byproduct of your workouts. While novices will almost certainly experience some soreness and stiffness at the onset of their routines, such feelings are normal because you are exercising muscles that likely have not been worked out in quite some time. But as your body becomes acclimated to routine exercise, that soreness and stiffness should go away. If it does not, that's likely because you are not stretching enough at the end of your workouts. Muscles shorten during a weightlifting regimen thanks to the repeated contractions they undergo as the body does repetition after repetition. Stretching

See Exercise — Page 6

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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!

Solution, page 9

Level: Intermediate

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!

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Photo by Courtney Holman

MSU's sophomore Jerusalem Tukura stretches before a workout. It is important to properly stretch before exercising.

... NACAC continued from page 1

come together and celebrate life. The MSU Native American Center is hosting this year's Spring Honor Dance and Powwow Celebration in the Dome April 24 and 25 to honor the 2015 graduates.

This particular powwow is a dance contest, so there will be competition with prizes for the winners. The Native American Center has details on how to enter. It also includes food booths open-

ing at 11 a.m., with vendors selling Native American art, fur, beads and other jewelry. This year, also, the Anishinabe Club from the Turtle Mountain Community College will have cultural language lessons, dance demonstrations and storytelling for the kids.

The Grand Entry, a parade of participants including dancers, veterans and royalty, begins at 1 p.m. with a second Grand Entry at 7 p.m. both days.

Saturday features a free buffalo

feed at 5 p.m. Standing Rock Game and Fish donates the buffalo. Over the last few years, they have donated about 500 pounds of buffalo per year, Mennem said. She recommends attendees bring their family, friends and appetite.

The event is free for all students and faculty with valid MSU ID and \$3 admission for the public.

For more information, contact Mennem at 701-858-3365 or annette.mennem@minotstateu.edu.

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... Exercise continued from page 5

helps the body return to a more natural position, reducing the likelihood that you will develop tight, sore and stiff muscles.

Take time off. Even the most accomplished athletes in the world take days off from their exercise regimens. Tired, overworked muscles are more susceptible to injury, so make sure your body has enough time to rest and recover. Skip a workout if your muscles seem stiff and sore, or change up your routine so you aren't taxing the muscles that don't feel up to snuff.

The risk of injury is always present for exercise enthusiasts. But there are several ways to greatly reduce that risk.



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Photo by Jamie Council

Cole Sonstebo sets up a shot against Adrian on Jan. 13.

Welcome to Minot, Sonstebo

By **Jamie Council**
Sports Writer

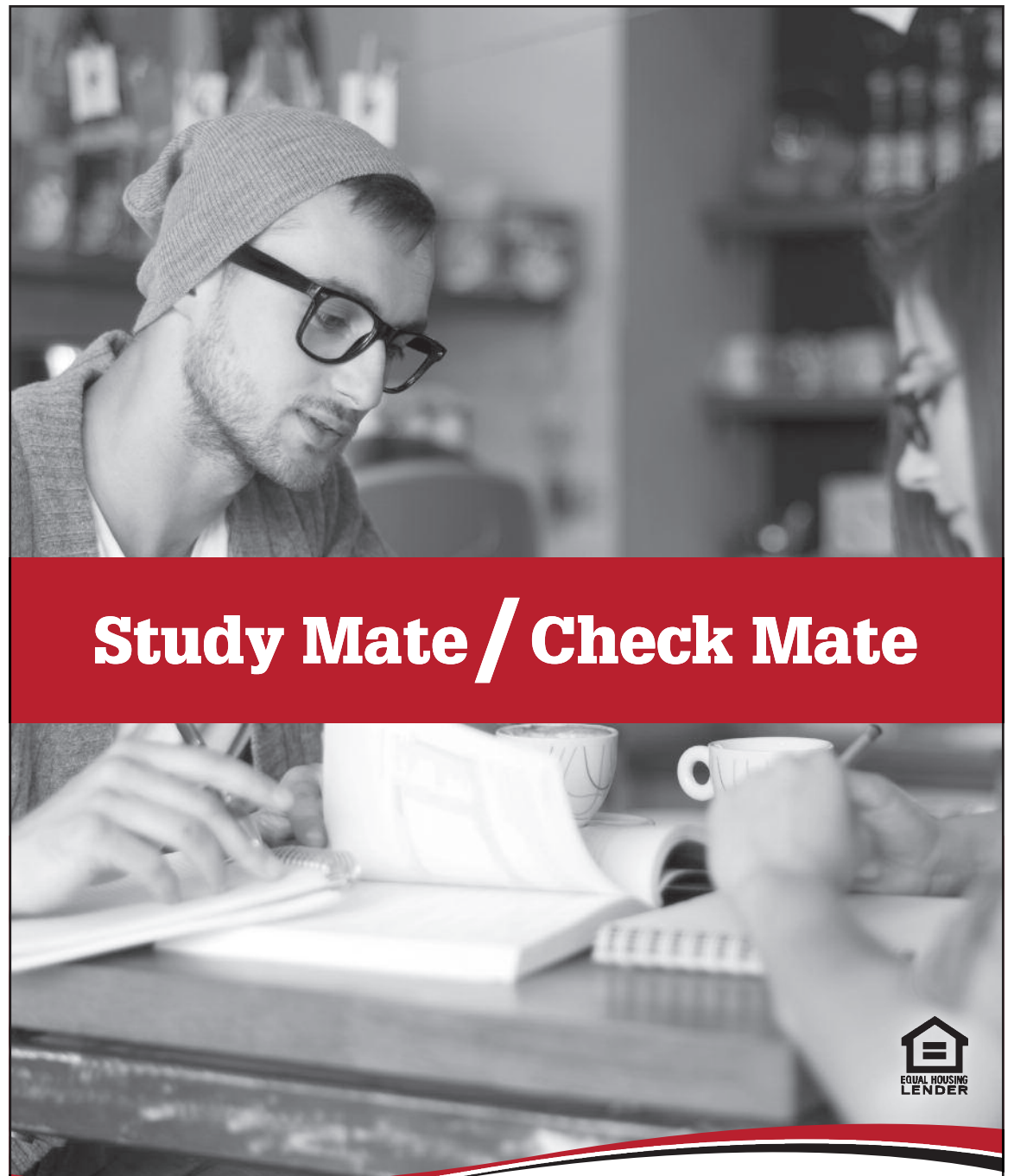
Beaver fans may have noticed a new man on the ice since the fall semester. Forward Cole Sonstebo came to the Beavers from NCAA DII Southern Maine in Portland, Maine, and becomes the fifth American on the Beaver

roster. The Fergus Falls, Minn., native played with defenseman Nick Zern last year in Williston.

"We tried to recruit Cole in the off-season," head coach Wade Regier said.

While Zern chose Minot, Sonstebo headed out west. A

See Sonstebo— Page 10



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Beavers shave seconds, run up personal bests

(MSU Sports Information) – Minot State University senior Sienna Dailey (Sprints, Glasgow, Mont.) continued a solid start to the indoor season running an NCAA Division II provisional mark in the women's 400-meters to pace the Beavers on day 2 of the North Dakota State Thundering Herd Classic Saturday.



Dailey

Dailey's time will have to be converted and there are other results coming in from meets across the country, but MSU head coach Stu Melby estimates she will be around 20th in the nation with her season best time of 57.49 seconds.

"We had a good day today, a little better than yesterday and everybody continues to work hard," he said. "Sienna was just behind her school record in the 400 and with a rough estimate, will be 20th. She continues to run well this year."

Dailey's season best was a part of seven season-best and four personal-best marks for the women's team, while the MSU men's track and field team recorded four season bests and three personal bests in day 2. Dailey was also fourth in the women's 200-meters with a 26.02 for a fine all-around day.

"Things are going well, but we are at that point where we need to stay on top of some small injuries and illnesses," Melby said. "We don't want to overdo it and get really injured or really sick. Hopefully we cut back on some of that early enough today so we don't lose too much of our progress or lose someone before

conference time."

The personal bests started early Saturday as Joel Cartwright (Jr., Distance, Great Falls, Mont.) earned a PR on the men's side with a 4:36.59 good for second place overall, while Patience Albertson (RFR., Distance, Norwich, N.D.) reached a PR on the women's side with a 5:55.53. Allison Windish (Jr., Distance, Wimbledon, N.D.) ran a season best 5:37.99 to join Cartwright with a runner up finish. Albertson was seventh overall. Windish followed that up with a 16-second season-best time of 10:47.03 in the 3,000, while Samantha Huether (So., Distance, Minot, N.D.) was fourth in the open 3,000 with a PR time of 11:14.85.

DelRay Audet (Jr., Hurdles, Minot, N.D.) nearly broke the Beavers' school record in the 60-meter hurdles with a PR time of 9.39. She finished third in the event and is now second all-time in the event.

Tyler Bates (Sprints, Watford City, N.D.) continued to have a great sophomore campaign, earning a PR and a sixth-best school time, finishing just

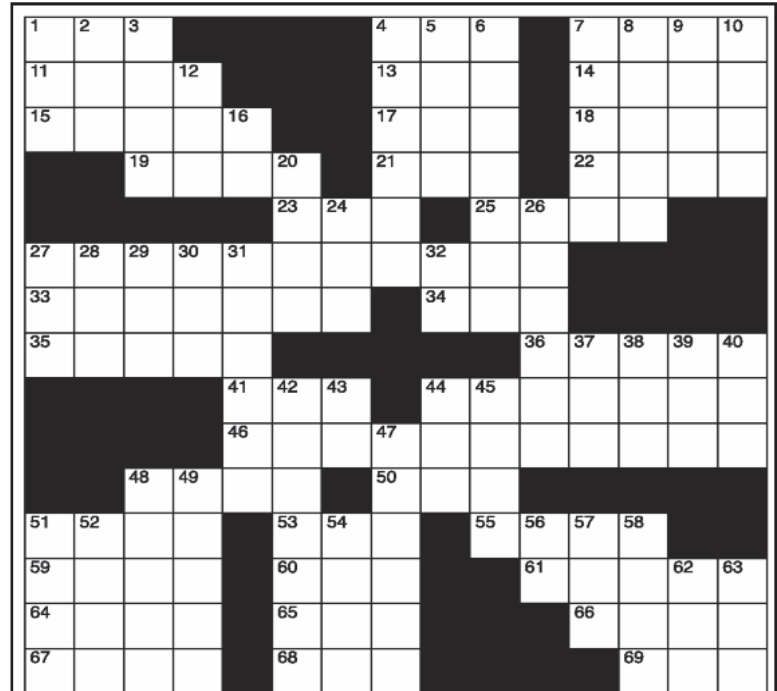
behind teammate Tyler Flatland (Sr., Hurdles, Watford City, N.D.) in the 400. Flatland was fifth in the event with a 50.36, Bates was sixth in a time of 50.74 and Farai Madungwe (Jr., Jumps/Sprints, Harare, Zimbabwe) was seventh at 52.44.

Flatland, Bates, Madungwe and Josh Drew took third overall in the men's 4x400-meter relay, going 3:24.70. They took a second off the team's fastest time this season.

The Beavers' women's 4x400 team shaved six seconds off its best time this season as the team of Audet, Dailey, Dijah Nash (Jr., Sprints, Fallon, Nev.) and Breanne Sherlock (Jr., Hurdles, Velva, N.D.) took fourth with a time of 4:04.57.

"They have worked hard so far this season and it is showing. That's nice to see," Melby said. "And it was really nice to see all the parents, fans, friends that could make the event. We had a great contingent of fans down here."

The Beavers travel to another NCAA Division I school next week, traveling to South Dakota State Friday and Saturday.



CLUES ACROSS

- | | |
|-----------------------------------|------------------------------------|
| 1. Fashion dandy | 41. Holiday (informal) |
| 4. Cycles per second | 44. Venezuelan capital |
| 7. Strikebreaker | 46. DWTS hostess |
| 11. Aquatic reptile (informal) | 48. Hideouts |
| 13. Express pleasure | 50. Actress Lupino |
| 14. Swiss river | 51. The content of cognition |
| 15. Contains cerium | 53. Point one point N of due E |
| 17. Ribonucleic acid | 55. Plunder a town |
| 18. On top | 59. No. Albanian dialect |
| 19. Taxis | 60. No (Scottish) |
| 21. Banking machine | 61. Blatted |
| 22. Small salamander | 64. X2 = a Pacific tourist commune |
| 23. Voltage | 65. AKA option key |
| 25. Pointed summit | 66. Angelina's spouse |
| 27. DWTS host | 67. "Wedding Crashers" Wilson |
| 33. In a way, smoked | 68. Grassland, meadow |
| 34. Peat moss source | 69. Laughing to self (texting) |
| 35. W. African nation Sierra ____ | |
| 36. Cocoa plum tree | |

CLUES DOWN

- | | |
|-------------------------------------|---------------------------------|
| 1. Licenses TV stations | 32. Scotland's poet's initials |
| 2. Metal-bearing mineral | 37. Auto |
| 3. Meat from a pig (alt. sp.) | 38. Single spot card in a deck |
| 4. A bottle with a stopper | 39. Crow sound |
| 5. Short labored breath | 40. Former CIA |
| 6. Hair washing soap | 42. Factory where arms are made |
| 7. Steam bath | 43. Radioactive unit |
| 8. "R.U.R." playwright Karel | 44. Scoundrel |
| 9. Beside one another in lines | 45. Freshwater duck genus |
| 10. Not straight | 47. 9 decades |
| 12. Former OSS | 48. Makes tractors |
| 16. Truck driver's radio | 49. 55120 |
| 20. Dried-up | 51. Southeast Nigeria people |
| 24. Million gallons per day (abbr.) | 52. Arab sailing vessel |
| 26. Encircle (archaic) | 54. Hay bundle |
| 27. '___ death do us part | 56. Blood type |
| 28. A single unit | 57. Driver compartment |
| 29. A siemens | 58. "Das Kapital" author Marx |
| 30. Prohibition | 62. Consume food |
| 31. V. William's clothing line | 63. Dental degree |

Solution, page 9

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Administration 158

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Beavers drop two conference duals

By Kurt Miller
Sports Writer

Despite winning five of the 10 matches in their dual against Southwest Minnesota State Friday, Feb. 6, the Minot State University wrestling team came up short in the Northern Sun Intercollegiate Conference dual in the MSU Dome. The Mustangs took the dual by a final score of 25-15.

"The difference in the meet was they got two pins and a major and we got five decisions," Minot State head coach Robin Ersland said. "Now I'm very happy with five wins out of 10 weights — that's a five-five split. The difference is they get the pins."

SMSU quickly got out to a 10-0 lead as Jon Wilson (Sr., 174) was pinned in the first match of the dual and Kobina Henriques (Sr., 184) lost a major decision in his match.

Taylor Barstad (Fr., 197) got Minot State on the board picking up an 8-5 decision, moving the score to 10-3 after three matches. The win was Barstad's second win of the season.

Finding themselves down 19-3 with five matches to go, the Beavers continued to fight their way back into the dual as they won four straight matches. Jason Huger (Fr., 133), Tanner Crissler (Fr., 141), Cody Haugen (Fr., 149) and Ricard Avakovs (Fr., 157) each picked up a win by decision to bring the score to 19-15 with one match to go.

In the final match, Devin Combs (Fr., 165) got out to an early 2-0 lead with a takedown in the first period, but a pin in the final period by SMSU's Colton Vekved put an end to the Beavers' hopes of a comeback win.

"I thought we wrestled well," Ersland said. "We probably beat some guys we weren't supposed to beat. I thought in heavyweight we had a shot. We didn't quite get the job done, but we were in there — we were in the hunt."

The following night, Minot State was unable to garner a spilt on the weekend as it fell to No. 17 ranked Augustana College, 38-9, in the Dome.

Wilson put momentum on the Beavers' side early, as the 174 weight class was the first match of the night. Wilson pinned Tim Weber at the 6:32 mark giving Minot State an early 6-0.

"It was a nice win for Jon," Ersland said. "Jon kept wrestling. Because of his shoulder injury, sometimes late in the match he gets tired or his shoulder gets really sore, so then he slows down in the match and that's cost him several times. This time he got in a position where 'OK, I can keep wrestling' and he kept wrestling the whole way through."

After Augustana picked up two pins in the 184 and 197 weight classes, Mitchell Eull (So., HWT) cut the lead to 12-9 as he picked up a 6-0 decision.

The final six matches of the dual all ended in favor of Augustana, including one pin, two technical falls and a major decision.

With the losses over the weekend, Minot State moves to 5-13 overall and 2-5 in the Northern Sun.

The Beavers will host their final dual of the season Thursday against Minnesota State Moorhead. The dual is set to begin at 7 p.m. in the Dome.



MSU's Taylor Barstad bests Southwest Minnesota State's Tristan Ezell, 8-5.

Photo by Jerusalem Tukura



MSU's Mitchell Eull defeats Augustana State's Lane Lettau, 6-0, in the Dome.

Photo by Jerusalem Tukura

OPEN SWIMMING for students Monday through Friday, 7-8:30 p.m.; Mondays, noon to 1 p.m.; Thursdays, 6:15-7:30 a.m., Student Center pool. Must show MSU ID. Closed holidays.

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

ANSWER:

PUZZLE SOLUTION

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... Sonstebo
continued from page 7

number of factors brought him back to Minot, including the closeness to home.

"The second part is that we're a team that's pointing to contend for a national title," Regier said, "whereas Southern Maine is going through a transition period."

Regier is glad Sonstebo is here for his physical and gritty play, and the other players have taken well to the rookie, too.

"They accepted me pretty well and accepted me with open arms," Sonstebo said of his new teammates. "It's fun to be around and like home away from home."

The business marketing major and management minor chose Minot to continue his education in the classroom and use his 6', 195-pound frame on the ice.

"He's a very gritty-type kid," Regier said. "He's one of those guys that wins a lot of those loose puck battles in the corners."

Sonstebo takes on the role of a two-way forward with penalty-kill abilities. He gets back on defensive, is strong with the puck, but isn't here to score.

"He's one of those guys that if he scores, great," Regier said, "and he certainly can use his body to generate some of that offense, but it's not something we expect. If it happens, great."

However, the role player has tallied four points (two goals, two assists) in his eight games with the Beavers. Sonstebo also brings intangible value to the locker room.

"He's got a really good attitude," Regier said. "He's a great player in the locker room, and always positive."

Sonstebo and the rest of Beaver hockey in the final month of the season are all working toward a Murdoch Cup.

The Beavers' next match-up is Friday at the Maysa arena in their final home game. Puck drop is at 7:30.

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The MSU wrestling team is home in the Dome Feb. 12 to take on Moorhead at 7 p.m.

The MSU women's and men's basketball teams take on Crookston Feb. 13 at 6 and 8 p.m. On Feb. 14, they battle Bemidji at 4 and 6 p.m. All games are in the Dome and are free for students with MSU ID



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