

MINOT STATE UNIVERSITY Red & Green

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Photo by Courtney Holman

Newly elected SGA president Alex Buchholz works on his computer in the SGA office. He assumes his duties April 13.

SGA election results are in

By Courtney Holman
Editor

Alex Buchholz was elected Minot State University Student Government Association president for the 2015-16 school year on March 4. He will assume his duties at the April 13 SGA meeting.

Kelsey MacNaughton was elected vice president of finances; Skyler Niebuhr, vice president of internal affairs; Kevin Gilgallon, vice present of state affairs, and Joel Cartwright was elected vice president of student outreach

"The people who were elected are great," Buchholz said. "It is already shaping up to be a good year, it looks like."

Buchholz and the vice presidents will work with the newly



MacNaughton



Niebuhr



Gilgallon



Cartwright

elected senators to represent the students' interests. The senators are responsible for sharing the

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Sodexo hosts tropical night in cafeteria



Photo by Jerusalem Tukura

Students team up in a game similar to beer pong, shooting ping-pong balls into empty cups. Sodexo sponsored games and served tropical food at its Staycation Tropical Night in the Beaver Creek Cafe.



MSU students read to children

Senior Morgan Kloze reads a Dr. Seuss book to children while Daniel Conn, assistant professor of teacher education, looks on. Kloze and other students of Minot State's Students of North Dakota United donated books to every Minot Public student, grades kindergarten through third. SNDU is a student club for MSU education majors. North Dakota United-Retired Teachers funded the event.

Submitted photo

Students for Life recruiting members

By Kalyn Dewitt
Comm 281

Students for Life is a pro-life student organization on Minot State University. Its main goals are to provide information to students and to help and support students who have become pregnant or have recently had a child.

"Our whole mission is just to establish more of a pro-life culture among students," Anzley Harmon, Students For Life co-adviser said.

They meet every other Thursday at 6 p.m. in Swain Hall, Room 107. The next meeting is March 19.

The organization is currently recruiting new members, doing research and putting together a

handbook for pregnant students.

Harmon, an MSU alumnus who graduated in December, organized the group last fall while still a student after researching the subject and finding the National Students For Life website. After she contacted them a few times with questions, they encouraged her to start her own group at Minot State.

Students for Life has an active web presence at www.facebook.com/msuforlife. The group also encourages students to contact them by email at students-forlife@minotstateu.edu for more information.

Job fair scheduled for March 25

By Richard Allen
Comm 281

The next Minot State University Job Fair is Wednesday, March 25, from 10 a.m. to 2 p.m. in the Conference Center, third floor of the Student Center.

"The job fair is a chance to connect students and employers," Lynda Bertsch, Student Success Center director, said.

According to Bertsch, approximately 60 organizations are expected to attend and meet with students to market full-time and part-time job opportunities and possibly internships.

She said students should remember to dress professionally.

"Job fairs are like speed dating for a career, so dress for success,"

she said.

Attendees should make a resume and bring several copies. For help building a resume or for questions about attire for the job fair or any other professional event, Bertsch encourages students to stop by the Student Success Center.

Another pointer is that students should talk to a variety of potential employers, since every business needs a diversity of personnel with a broad range of educational backgrounds.

Some of the companies that may be present include: First International Bank & Trust, State of North Dakota Human Resource Management Services, Army & Air National Guard, KXMC-TV, Northland Community Health Center, and

many more.

Many of the organizations supply take-home handouts.

JOB FAIR

when? Wednesday, March 25
10:00 A.M. — 2:00 P.M.

where? Conference Center 3rd Floor Student Center

Open to all MSU students in all majors!

Sponsored by the Student Success Center
www.minotstateu.edu/careers/

Employers with full-time, part-time and summer employment opportunities, as well as internships, will be available to answer questions and set up or conduct interviews.

Be sure to:

- Bring your resume
- Dress professionally
- Use this time to explore careers, network and apply for positions

News in Brief

Ambrotype photography demonstration and gallery reception March 12

Bismarck photographer Shane Balkowitsch will demonstrate ambrotype photography, the historic wet plate photography process, March 12 at 4 p.m. in the Gordon B. Olson Library Gallery.

There will be a closing gallery reception for Balkowitsch's exhibit, "Souls of Silver," from 6:30 to 8 p.m., also in the Library Gallery.

Both events are free and open to everyone and are sponsored by the MSU Northwest Art Center. For more information, contact Avis Veikley, 858-3264.

Hartnett Gallery displays Jackie McElroy prints

The Northwest Art Center's Hartnett Hall Gallery presents screen prints by Jackie McElroy on display until March 27. McElroy,

longtime art professor at the University of North Dakota, now retired, lives in Green Valley, Ariz. The show is an overview of approximately 30 of her prairie-inspired screen prints produced between 1975 and 1998. The prints were recently donated by McElroy to the Minot State University Permanent Art Collection. After showing at the Northwest Art Center, the exhibit will tour to member galleries of the N.D. Art Gallery Association through 2016. The gallery is open Monday through Friday, 8 a.m. to 4:30 p.m. and by special arrangement. For more information, contact Avis Veikley, 701-858-3264.

Northern Lights film series presents 'A White Ribbon' March 23

Minot State University's Northern Lights Film Series continues with the 2009 German film, "A White Ribbon," March 23 at 6

p.m. in Aleshire Theater, Hartnett Hall. The film (with English subtitles) tells the story of strange events and punishments happening to children in a small village in the north of Germany during the years just before World War I. For more information, visit www.minotstateu.edu/language. The MSU Foreign Language Program and the North Dakota Humanities Council sponsor the event, which is open to the public.

NAC: Library Gallery 'Americas 2013: All Media Best of Show'

The Northwest Art Center's Gordon B. Olson Library Gallery presents "Americas 2013: All Media Best of Show," paintings and sculptures by Thomas Stephens of Greeley, Colo., on display March 23 through April 16. The gallery is open regular library hours. For hours, call 858-3200.

Sherve to present 'Oxen Are So Deliberate!' at NAC lecture series

Margaret Sherve, assistant professor of English, will present "Oxen Are So Deliberate!" at this Northwest Art Center lecture Tuesday, March 24, at 7 p.m. in Aleshire Theater.

Sherve's lecture will present stories of homesteading in western North Dakota, including immigrant cars, blizzards, shacks/shanties/soddies/shelters, and the Oxen.

Over the past two years, Sherve has researched homesteading in North Dakota. Her work will be published in a book for the MSU Library, the North Dakota State Historical Society and the NDSHS website.

The event is free and open to everyone. Contact Avis Veikley at 858-3264 for more information.

Today in History

- 1755:** First steam engine in America to pump water from a mine installed.
- 1850:** First U.S. \$20 gold piece issued.
- 1912:** Girl Guides (Girl Scouts) formed in Savannah by Juliette Gordon Low.
- 1945:** New York is first State to prohibit discrimination by race and creed in employment.
- 1947:** President Truman introduces Truman Doctrine to fight Communism.
- 1970:** U.S. lowers voting age from 21 to 18.
- 2012:** The U.S. Census Bureau reports the world now has seven billion people.

(Courtesy of Brainyhistory.com)

Diversity in North Dakota's workforce

By Dayna Vanhouwe
Staff Writer

"Today's community leaders will need to maximize effectiveness and efficiency in their workplaces by learning to understand how to manage diversity," motivational speaker Kostas Voutsas said, "and how to prevent unnecessary biases, cross-cultural conflict, stereotyping and misunderstandings."

Voutsas, Dickinson State University business assistant professor, presented "North Dakota Cookbook: Building Diverse Relationships One Pot at a Time," Feb 26 to MSU students, faculty, staff and administrators. The North Dakota Center for Persons with Disabilities (NDCPD) and the MSU Diversity Committee sponsored Voutsas' lectures as part of a free training conference. He spoke at 10 a.m. and again at 1:30 p.m., with one-on-one visits followed by brown bag discussions.

Some of his simple recommendations for managing diversity and increasing communication in North Dakota's workforce and here on campus, and that can be brought to everyday life in our communities include:

- Paying more attention to non-verbal signals
- Being more aware that people give false nonverbal cues
- Avoiding giving conflicts
- Being aware of your posture and gestures
- Respecting the audience's

comfort zones

- Educating and training others on differences

Voutsas proposed making a connection with one another through teamwork, social events and special projects pertaining to a topic everyone has an interest in. In working on these projects, leaders should pair different generations, ethnicities, races, genders, and ages to work together. He said these groups need to be structured in a manner in which panels and activities have leadership roles, and where these roles are balanced throughout the group.

In his presentation, Voutsas explained that there are a lot of cultures, conflicts, generation gaps and varying motivators among people. He noted that there is a growing Hispanic and Asian population within North Dakota. People coming from different cultures around the world and within the United States have their own ways of thinking. So what we know as being one thing could mean another to someone from a different culture or location. Diverse ways of thinking and language barriers can get frustrating across cultures.

Instead of avoiding it, Voutsas

advocated getting involved and learning from others who have those various cultural experiences.

The speaker stressed that the current generation, ages 19 – 36, wants feedback to know if they are on the right track or where they need to improve. The younger people need their elders to take the time to connect with them and to be very specific about what they are talking about and/or referring to. Voutsas said the current generation appreciates having options, because having more options means there can be more discussion.



Photo by Dayna Vanhouwe

Motivational speaker Kostas Voutsas offers solutions to managing diversity in North Dakota's workforce. Voutsas spoke to students, faculty and staff last month. The MSU Diversity Committee and the North Dakota Center for Persons with Disabilities sponsored the event.

Dress for Success is a success



Photo by Dayna Vanhouwe

MSU students Vanessa Ramirez and Mackenzie Kelln pose in their best-dressed interview attire for other students to get a better idea of what to wear to a professional interview or at work. MSU's Student Success Center sponsored the event in the Beaver Dam last week.

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Simple microwaveable foods



By Dayna Vanhouwe
Staff Writer

Instead of baking an entire loaf of bread for one person to snack on when you only want one piece, try this recipe for a “just enough” amount for one person. Having a little bit of an eggy aftertaste, this is a delicious treat for one.

Banana bread in a mug

Ingredients:

3 tbsp + 1 tsp all-purpose flour
1 packet stevia (or any other sweetener of your choice equivalent to 2 tsp sugar)
2 tbsp brown sugar
1/8 tsp salt
1/8 tsp baking powder
1/8 tsp baking soda
1 egg
1/4 tsp vanilla extract
1 tbsp vegetable or olive oil

1 tbsp milk
1/2 banana, mashed
Cinnamon, for sprinkling (optional)
Chocolate chips, your choice as to how much (optional)

Procedure:

In a LARGE microwaveable mug, misted with non-stick spray, blend together: flour, sugars, salt, baking powder and bak-

ing soda.

Add the egg to the mixture until all of the dry ingredients have been incorporated.

Blend in the vanilla, oil and milk.

Mix in the mashed banana (and chocolate chips if you wish).

Sprinkle top with cinnamon, (optional).

Microwave for 1 1/2 to 3 minutes. Times may vary depending

on the microwave being used. Be sure to watch the mug in the microwave and check after 1 1/2 minutes to see if done. If not, continue microwaving. It is likely to rise over the top of the mug as it heats. If it is runny, it is not done yet.

The recipe was taken from <http://vittlesandbits.blogspot.com/2012/02/mug-banana-bread.html?m=1>.



Ask a pastor

Spring Break and Sabbath

By Christoph Schmidt
MSU Campus Pastor

Spring Break – it’s almost here! What are your plans? Many of you will be traveling and spending time with friends and family. Perhaps you have to work to pay the bills, or catch up on your reading for classes. Student athletes will be competing at tournaments. Other students will be participating in mission trips or volunteer work.

Whatever your plans, I hope that you’ll take the opportunity to find some rest and relaxation. It’s very easy to fill our days with to-do lists and responsibilities. That’s life, after all, and these things are important. But it’s also

important that we remember to kick back and relax sometimes as well.

For those of you in the Judeo-Christian tradition, rest is not just a suggestion – it’s a commandment. In recognition of our need to recharge our bodies and minds, God commanded God’s people to work only six days a week and to rest on the seventh day. This day is called the Sabbath – a day dedicated to God on which no one shall work.

If you’re a working student, it can be difficult to find a full day each week to put your homework and job aside. Back when I was a student, I struggled to find free time to hang with friends. I

would try to get enough homework done during the week so that Friday night and Saturday were free. But then I’d have to work my campus job on weekends. And I knew the whole time that I’d have to regroup and cram to get things done on Sunday night. Sound familiar?

We’re all busy people. It’s a proven fact, however, that constant busyness without rest only leads to decreased productivity. You may think that you have to study every waking minute for that big exam, but research shows that studying in dedicated blocks of time, scattered throughout the day, leads to better test results.

In other words, you have to make time to play - whatever that may look like for you! Go out with your friends. Go for a run. Zone out by binge-watching House of Cards or the Walking Dead, either alone or with others. Cook a really good meal. Go see a play or concert or athletic event. Maybe even (gasp!) read a book of your choice, just for fun!

With all our commitments and responsibilities, it’s sometimes easy to forget to make time for yourself. But rest is a human necessity, right up there with our physical needs of food, shelter and water. Heck, even God took a day off after six days of work! Part of being human is recogniz-

ing our limits so that we can rest and rejuvenate. I hope, at least in part, that Spring Break this year can be this for you.

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
701-509-6318
christoph.schmidt@minotstateu.edu

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

Rachel Alfaro

ONLINE EDITOR

Josh Jones

SPORTS EDITOR

Jerusalem Tukura

CIRCULATION

Upile Maliro

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The Vent

A sexist injustice

by Frankie Jean-Pierre
Staff Writer

It is often said that no one is above the law and, although this is true, it's obvious that this isn't always put into practice, otherwise there would be plenty of government officials in prison alongside rapist and murderers.

I personally believe that justice is blind to petty differences like a person's age, race, gender, etc. This is especially true when two persons have committed the same offense. One scenario that has been brought to light more in recent years is the case of teachers and students having sexual relations.

The State of Florida had what seemed like endless reports of this a few years back, where there were female teachers having sexual relations with male students. In the past it seemed to me that there were more cases of male teachers having these relations with female students than vice versa, but somewhere along the line this has changed and maybe not in frequency, but the female offender/male victim has become more publicized in recent years.

Every time a report like this is talked about in the paper or in the media, though, I'm always curious to see what the final sentence is, or at least what the prosecution is pushing for, because nine times out of 10, the female teacher will receive a drastically lesser punishment than that of a male teacher.

Which brings up the debate of how is that equal justice? You can take two teachers who, other than being of different genders are the same age, teaching the same course, with the same educational background and teaching credentials, and if both were convicted of engaging in any sort of sexual contact with an underage student of the opposite sex, I guarantee the female teacher will walk away with more probation time than jail time and if not, the jail time will

likely not exceed five years with the possibility of NOT having to register as a sex offender.

The male teachers, on the other hand, might as well cancel their phone contract and turn off all household amenities because not only are they registering as a sex offender 'til they die, they're looking at 20+ years with no possibility of parole. Again, how is that a just sentence for exactly the same crime?

Justice is blind to petty differences. It does not matter that one offender was a male teacher victimizing a female student or a female teacher victimizing a male student, both are illegal and should be punished the same way. Otherwise, it just allows others, in this case female teachers, to take advantage of the fact that they will get off with a lesser punishment compared to what their male counterparts would. It's like when you're raising children. If they both misbehave in the same manner, you have to punish them equally, otherwise one will learn that they can do something and get away with it.

You can't play favorites when it comes to dispensing justice and neither should the criminal justice system.

Student mental health: stress and school

By Shalyssa DeBin
Staff Writer

Midterms are here and stress is mounting. Most people experience some type of anxiety at this point. Many are overwhelmed at the mass of homework that's been accumulating, or panicking about the essays and exams due. Some unlucky people may even have all of this happening at once. Unfortunately, stress can sometimes manifest itself in physical issues like insomnia, stomach problems, depression, anxiety and alcohol and drug use, including smoking, are all side effects.

I'm going to list some ways that you can relax yourself in beneficial ways that do more good than harm. Some of these you may have already heard about and some may seem a little different to you, but I urge you to try them as they may work for you. If not, there are literally thousands of ways to alleviate stress.

The number one thing is to make sure that you get enough sleep. Sleeping for only a few hours a day is more detrimental than you think. Not only are you more likely to miss class, but you're more at risk for diabetes, obesity and depression. I know everyone always says to get out there and exercise a few times a

week, but once again, I'm going to point out the immense amount of benefits that exercising provides for you. Just working out for 20 minutes can significantly reduce your stress.

A website called findmyhobby.com will help you to remember not to forget about the things that you enjoy. Find something you're passionate about, and make sure to incorporate a few hours into your schedule each week. One good thing about MSU is that massages are offered around exam time. GET ONE. They are extremely relaxing and will relieve any physical pain that you have.

This one is a little bit more detailed. Breathing exercises. For a few minutes a day, or whenever

you feel yourself experiencing some anxiety or too much stress, place your left hand on your stomach, and your right hand on your chest with your thumb just an inch below your collar bone. Breathe deeply, while inhaling through your nose for 10 seconds, and exhaling through your mouth for 10 seconds.

The final stress reliever that I have will require you to do some research on www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm. This will help you learn how to do progressive muscle relaxation, which is especially helpful for insomnia but will work to relax you if you get too tense.

... Elections continued from page 1

student body's opinions during SGA meetings and committee meetings.

Next year's senators are listed in three categories based on the college they attend.

The College of Business senators are Jordan Busch, Claudia Rogel and Layne Pfliiger.

Stephanie Brock, Ashley Busch, Annika Kraft, Roger Herrmann, Kris Merrill and Casey Feldner are new College of Arts and Sciences senators.

Senators for the College of Education and Health Sciences are Miranda Lessmeister, Kayla Barke, McKenzie Kranz and Cassie Stauffer.

The elections were held outside the Beaver Dam where students were offered a free lunch as

an incentive to vote, but fewer than 300 students voted.

Buchholz said the Student Government Association has big plans for next year. After losing his election bid last year, he is excited to become president for next year.

"We're going to make sure we get more student opinions with every decision we make," Buchholz said. "We'll do some housekeeping next year to make MSU the best it can be."



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Financial aid priority deadline approaching

(MSU Financial Aid) — Students should file the Free Application for Federal Student Aid (FAFSA) now for the 2015-2016 school year.

Students returning to Minot State University for the fall 2015 or spring 2016 semesters should complete and submit the FAFSA online, www.fafsa.ed.gov, by April 8 in order for the MSU Financial Aid Office to receive FAFSA results by the April 15 priority funding deadline. Students meeting the priority funding deadline will be considered for all federal student aid programs including the Federal Pell Grant, Direct Loan, Work Study, Perkins Loan, and Supplemental Education Opportunity Grant programs. Applications received after the priority deadline will be accepted, but funding may be limited to the Federal Pell Grant and Federal Direct Loan programs.

The MSU Financial Aid Office encourages students to file their 2015-2016 FAFSA online at www.fafsa.ed.gov for fast processing. Students filing online will need to use their federal PIN number to sign their FAFSA electronically. If a parent signature is needed on the FAFSA, the parent must apply for their own PIN at www.pin.ed.gov. Students and parents who have not submitted a 2015-16 FAFSA prior to April 26 will need to acquire a new Federal Student Aid (FSA) User ID to submit the FAFSA. The use of a new FSA User ID to access all types of Federal Student Aid websites is being implemented on April 26 to increase the security of student information.

Avoid FAFSA scams by using the www.fafsa.ed.gov official website. Sites ending in ".com" usually charge a fee for filing the free FAFSA.

For more information, please contact the MSU Financial Aid Office at 701-858-3375.

SGA supports Board of Higher Ed's authority to set tuition

The following resolution, drafted by MSU's Student Government Association, supports the North Dakota Student Association's Resolution SLAC-09-1415, titled NDSA Stance on House Bill 1303.

The resolution supports the State Board of Higher Education's authority to set tuition rates for the 11 North Dakota University System campuses. It opposes the passage of House Bill 1303, which would give the Legislature the authority to set tuition rates. Minot State's SGA sent Resolution SGA-02-1415 to NDSA last week.

SGA-02-1415

A Resolution in Support of NDSA Resolution SLAC-09-1415

WHEREAS, the Minot State University (MiSU) Student Government Association is a member of the North Dakota Student Association (NDSA), and

WHEREAS, the NDSA passed resolution SLAC-09-1415, titled NDSA Stance on House Bill 1303 at their February meeting, and

WHEREAS, the North Dakota University System (NDUS) is governed by the State Board of Higher Education (SBHE) with a voting student as listed in the North Dakota Century Code, and

WHEREAS, the NDUS has, since 1939, been under the governance of the SBHE, and

WHEREAS, the SBHE is a citizen board, consisting of ten individuals who are experienced in Higher Education governance, and

WHEREAS, the MiSU Student Government Association believes allowing the SBHE to retain control by setting part of NDUS students' tuition rates is essential to ensure students are best represented and the system is working in the best interest of the students;

therefore be it

RESOLVED, the MiSU Student Government Association stands in support of NDSA's resolution on the premise of the unknown impact of the legislature setting 100% of NDUS students' tuition, and be it further

RESOLVED, the MiSU Student Government Association opposes the passage of House Bill 1303 or any language similar to House Bill 1303, and be it further

RESOLVED, the MiSU Student Government Association authorizes the MiSU Student Government Association officers and senators to inform the public of our stance, in accordance with Century Code Section 15-10-17.

Respectfully Submitted,
Minot State University Student Government Association

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Build a bear in the Dam



Photo by Jerusalem Tukura

MSU students (from the left) Lauren Parker, Cassie Stauffer and Jacques Stanley stuff their own animals to take home. MSU Life sponsored the Build-a-Bear event last week in the Beaver Dam.

Chemistry magic show



Photo by Jerusalem Tukura

Guy Hanley (left) and Cory Mattern, from the MSU Division of Science, pump hydrogen into an empty bottle to create a hydrogen bomb. Faculty and students performed experiments developed by MSU classes. The Division of Science hosted the show last month as part of its annual open house.



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Sigma Delta hosts Greek Gala: Masquerade



Submitted Photo

Sorority and fraternity members pose at the Sigma Delta Greek Gala: Masquerade. Sigma Delta hosted the event last month at the Grand International. Greek members come together for three Greek formals throughout the year to celebrate life-long friendships within the Greek community.

**PRO
LIFE?**

Join
MSU Students for Life

Meetings every other Thursday
6pm in Swain Hall, Room 107

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Beavers compete at NSIC indoor championships

Dailey heads to NCAA DII indoor championships

(MSU Sports Information) – Minot State University's Sienna Dailey (Sr., Sprints) got things going in the right direction at the Northern Sun Intercollegiate Conference indoor track and field meet Feb. 26-27 in Mankato, Minn.

And the men's and women's 4x400-meter relay teams made sure the Beavers ended the meet on a high note.



Dailey

Dailey placed second and earned an NCAA Division II National provisional qualifying mark with a time of 56.69 seconds in the women's 400-meters. Dailey advances to the NCAA Division II Indoor Championships in Birmingham, Ala., tomorrow. She is seeded 16th with her time of 55.95 seconds. Prelims are at 5 p.m. The women's 400-meter final is slated for 4:35 p.m. Saturday.

Dailey nearly earned a second NSIC Indoor title as she closed on eventual winner Cassandra Jones over the last 150 meters of the race, but couldn't quite upend the U-Mary runner. Dailey was just four one-hundredths behind Jones.

"I was just trying to concentrate on the girl in front of me," Dailey said. "I thought I could see her slow down a little and I felt good – felt better than I have this year – and just tried to run her down. I guess I didn't quite get there, but, yeah, maybe five more meters and I would have got that."

Dailey's finish seemed to get the Beavers going as Tyler Bates (So., Sprints) followed her race with a sixth place finish in the men's 400 with a 51.07.

The two open 400s then set the stage for the 4x400 teams in the meet finale. MSU's women's team cut six seconds off their best time this season, taking fifth overall with a time of 3:59.98. Dailey was

joined by juniors Dijah Nash and DelRay Audet and senior Erica Clark.

"The women were ranked eighth coming in so it was a really good race," head coach Stu Melby said. "It was a nice way for them to finish the meet off."

The men followed that with a second-place finish as senior Tyler Flatland ran a great anchor leg to chase down one runner and fend off another for second. He was joined by Bates, junior Farai Madungwe and fellow senior Josh Sandy.

MSU just missed the finals in the women's 800 as Clark was ninth overall with a 2:23.70 and in the 60-meter hurdles as junior Wayne Peters and senior Darin Malafa finished 10th and 11th overall. Peters clocked an 8.61 and Malafa a 8.84 in the prelims.

Peters, Malafa and freshman Michael Medal all ran personal bests with Medal finishing 21st with a 9.35. MSU sophomore Eyeiessa Darville had a four second PR in the 600 with a 1:44.04 and Patience Albertson (R-Fr.) finished with a 17 second PR in the 3,000 with a 11:46.72.

MSU freshman Kaleb Kirby finished in 11th overall in his first NSIC Championships in the pole vault, clearing 13-feet-11½. Freshman Shayla Christensen finished 18th overall in the women's shot put, followed by freshman Kira Gilbreath who was 20th. Freshmen Tanner Gust and Kevin Hodges finished 24th and 25th overall in the men's shot. All four MSU throwers were competing in their first championships as well. Junior Allison Windish was 16th in the women's 5,000, followed by sophomore Catie LeDesma at 18th and Albertson at 21st, and junior Joel Cartwright finished 24th in the men's 5,000 to round out the day.

The Beavers have a couple weeks off, except for Dailey, before the start of the outdoor season.

Wrestling season ends at Super Region 3

(MSU Sports information) – Minot State just missed out on its first NCAA Division II national qualifier for the second straight season.

MSU sophomore Mitchell Eull (HWT) battled all three of his opponents March 1, but came up just short, settling for sixth place overall at the 2015 NCAA Division II Super Region 3 Championships wrestled at the Taylor Center. He joins current MSU redshirt Tiger Paasch (So.) as the only two placewinners at one of the strongest Super Regionals in DII.

The Beavers also had freshman Cody Haugen (149) in the consola-



Eull



Haugen

tion bracket, but he dropped a 5-0 decision to Blake Clevenger of Ouachita Baptist to finish at 2-2.

"I was really happy with how things went yesterday, how I wrestled. I had a good draw and did some good things," Eull said. "Today, well, it was not so hot. But it was a good learning experience. There have been a couple of those

along the way for me during my younger years where I learned from big meets. I hope this is the same way. I will work on getting stronger in the offseason."

Eull entered the day at 2-0 and wrestled in the semifinal against fellow Northern Sun competitor Cole Wilson of Southwest Minnesota State as all four semifinalists were from the NSIC. Wilson, who finished second in the tournament and is 28-5 on the season, earned a 5-2 decision in a match that Ersland thought boiled down to a key stretch late in the second period.

"Wilson kind of caught us off

See Wrestling— Page 13

Robinson named All-NSIC

(MSU Sports Information) — The Northern Sun Intercollegiate Conference released its men's basketball All-Conference selections and end of the year awards.

Minot State's Everett Robinson (Sr., G, Grand Junction, Colo.) found himself named to the All-NSIC second team after joining the Beavers for his final season of college basketball eligibility. Robinson, who was the team's leading scorer and rebounder this season, ended the season averaging 13.5 points per game (ppg) and 7.4 rebounds per game (rpg). Robinson also shot the highest percentage for the Beavers, shooting 57.4 percent in his senior campaign. Robinson's rebounding total ranks him forth in the entire NSIC and first among guards in the conference.

With the All-Conference selection, Robinson becomes the first Beaver to be named All-NSIC since Minot State joined the league back in 2012-13



Robinson

Grant and Lorimor tabbed NSIC Players of the Week

(MSU Sports Information) — On March 2, Jordan Grant (So., CF, Adelanto, Calif.) was named Northern Sun Player of the Week after going 9-for-15 during the Feb. 25-26 West St. Paul Dome Tournament in St. Paul, Minn., scoring five runs. She stole three bases, added a triple and drove in one run in the four games for the Beavers. On day two of the tournament, Grant



Grant

went 6-for-8.

MSU's Mindy Lorimor (Sr., P, Thurman, Iowa) was named NSIC Pitcher of the Week for her performance. Lorimor went 3-0 in two starts and one relief appearance for the Beavers pitching a total of 15 innings and giving up just five hits. She allowed just one earned run while striking out 16 batters for the Beavers during her three appearances.



Lorimor

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Softball on 8-game win streak

By Vanessa Christiuk
Sports Writer

The Minot State University Beaver softball team started its season at a St. Valentine's weekend tournament in Las Vegas, Nev.. With the bats hot, Minot State rolled over Black Hills State University, 16-2. The bats continued to stay alive when the Beavers took on Northwest Nazarene University, defeating them, 9-4.

They couldn't hold on to the win streak, dropping the next game, 7-5, against California State University, San Bernardino. The last day in the desert, the Beavers redeemed themselves against Azusa Pacific, defeating them, 6-4. The last game proved to be a nail biter which the Beavers lost, 2-1, against Saint Martin's University.

In the West St. Paul Dome Tournament Feb. 25 and 26, the Beavers faced the University of Minnesota-Crookston, coming out on top, 3-1. Then, against Minnesota State University Moorhead, the Beavers tallied 9 runs, to the Dragons 1. It was Beaver vs Beaver the next day with the Minot Beavers defeating the

Bemidji State Beavers, 6-5. Later that day, the Beavers blanked University of Minnesota-Crookston, 6-0.

Looking to extend the win streak last weekend, the Beavers traveled to St. Cloud, Minn. for four games. Starting the weekend facing conference rival, University of Minnesota-Crookston, they started strong, winning 9-6. The next game was a pitching duel with Mindy Lorimor coming out on top with a 1-0 win in extra innings against the University of Wisconsin Parkside.

The last two games of the weekend were filled with excitement. In another tight game with the University of Wisconsin Parkside, the Beavers managed to outscore the Rangers 5-3. The weekend finished on a high as Minot State defeated University of Minnesota-Crookston, 8-5. This extends the Beavers win streak to eight games, with a current season record of 11 wins and only 2 losses.

The next action on the diamond starts today, when the Beavers find themselves at spring training in Florida.



Photo by Vanessa Christiuk

Senior Melissa Bell goes deep in the dome in St Cloud, Minn. The Beavers have won eight straight.

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Hockey team finishes strong, just misses Murdoch Cup

By Jamie Council
Sports Writer

The MSU men's hockey team finished its run in nationals this week in Cleveland, Ohio, at the 2015 ACHA Men's Division 1 National Championships.

Minot State defeats Davenport

Minot State kept fans guessing in a storybook 5-4 OT comeback Friday against the Davenport Panthers. The Panthers had a 4-2 lead with under 12 minutes left in the third period and outshot MSU 53-38 in the elimination game.

Beaver defenseman Nick Zern returned to the ice after his leave time with Team USA in Spain. He made his return known with the first goal of the game at 7:19 on a Beaver power play. The drop pass came from junior Brett Nespor, with the second assist coming from senior Captain Brad Olynky.

"The first goal felt great," Zern said. "It was great to go out and grab the momentum."

Three minutes later, the Panthers capitalized on a power play to tie the game.

The Beavers struck again in the second period at 13:59 with rookie forward Sam Briscoe on the front end of a pass from rookie defenseman Austin Yano. Yano sent the puck from behind the net and Briscoe tapped it home through the five hole of Panther goaltender Clayton Brown.

Just over 30 seconds later, the Panthers tied the score at 17:53. The Panthers scored two unassisted goals in 34 seconds in the third to put DU up 4-2 with 11:50 remaining.

"When Davenport pulled ahead, we knew that we had a big challenge to overcome," Zern said. "Nothing wrong with a little adversity to fight through, and we did just that."

Yano cued the comeback with a goal of his own, assisted by sophomore forward Jeremy Johnson for a one-goal deficit with 6:50 left.

Cole Olson came up with the game-tying goal at 16:36 after

rookie forward Lyndon Lipinski moved the puck to sophomore Brett McNevin. Olson, on the final tap, finessed the puck over a sprawled-out Brown to move the game to overtime.

"We didn't think for a second



we were out of the game," Zern said. "We knew we just needed to get back to playing our game."

The Panthers outshot MSU 11-6 in overtime, but rookie forward Bryce Lipinski sent the Panthers back to Iowa with a goal to beat Brown at 9:52 in the 20-minute period. Rookies Robby Moar and Craig Fournier assisted. Game over.

"That was a big win," Olynky said. "Obviously, it was a little closer than we would have liked it, but a win's a win. It really shows the kind of character and heart we have on this team to get a big, come-from-behind win like that."

MSU goalie Riley Hengen recorded 49 saves of the 53 Panther shots in the MSU victory.

"[Hengen] was our best player," Zern said. "He kept us in the game and made a tremendous amount of spectacular saves we needed."

MSU defeats Ohio in quarter finals, 3-2, in overtime

The No. 3 Beavers again came from behind to secure the win in overtime in Sunday's 4-3 win over Ohio.

The quarterfinal game started off in the Beavers' favor, their momentum out of the gate resulting in a 2-0 lead just over 10 minutes in.

Rookie forward Sam Briscoe drew first blood with his second goal of the tournament, with for-

wards junior Brett Nespor and sophomore Jeremy Johnson the first and second assists, respectively.

Senior forward Logan Herauf found twine to extend the Beavers' lead to 2-0 at 10:30. Forward Bryce Lipinski dished the assist with senior forward Dwight Leeon getting the second assist.

"We were able to take it to Ohio early and get the 2-0 lead," Nespor said, "but then [we] let off a bit, and they were able to come back."

Momentum shifted to the Bobcats less than 90 seconds after Herauf's goal at 11:52. Ohio took the lead on the lone second period goal at 12:42. However, the Beavers fought to escape the one-goal deficit.

"When we were in the dressing room in the second intermission," senior goaltender Hengen said, "guys were very positive, and everyone believed we could come back in the game."

And they did just that.

Forward McNevin and Olson swapped places from Friday's game-tying goal in the third period to send MSU into overtime with the Panthers. At 4:59, McNevin was on the front end of a pass from Olson to make the goal count three apiece.

Both defenses stood their ground with big-time penalty kills, leaving the score at 3-3 to send the elimination game into OT.

Just under nine minutes in, Olson scored an unassisted goal from a lucky bounce deep in Ohio's zone. A puck came loose from a battle in the right corner and Olson got his stick on the puck for the goal.

Both teams produced 37 shots. Hengen played a key role, racking up 80 saves in the first two games of the tournament.

"We both understand our jobs (the goaltender and the defensemen) and will always be there to bail each other out," Hengen said of the team dynamic. "If a D-man ever gets beat, it's my job to bail them out with a big save, and if I

ever get caught out of position, our D does a good job of clearing the puck out of harm's way. The team as a whole does a good job of blocking shots, which can make my job easier as well."

With this game under its belt, Minot State had a short rest before taking on No. 2 University of Central Oklahoma Monday night in the semifinals. When the two teams met in Oklahoma last October, UCO swept MSU 6-2 and 3-2 in OT. However, the team dynamic has shifted since then.

"We're just a tight group here, on and off the ice," Olynky said. "And I don't think we're ready to be finished yet. Whether we're down a goal or up a goal, we know we have all the talent and heart on this team to get the job done. Nothing changes. We go out there, work hard and do our job."

Hockey season ends in semi-final game with No. 2 Ohio

The hockey team concluded its season yesterday in the semifinal game.

The No. 3 Beavers were ousted by No. 2 University of Central Oklahoma Bronchos Monday night with a score of 5-1.

Sophomore forward Jeremy Johnson had the lone MSU goal scored with just over two minutes remaining in the first period to tie the game at one a piece. Junior forward Brett Nespor and sophomore defenseman Bob Pond were on the assists.

UCO added three goals in the second period and an additional goal in the third period to bring the final score to 5-1.

The Beavers finished their season with a 30-10-1 overall record.

SUDOKU

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

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

ANSWER:

... Wrestling continued from page 10

guard late in the period and had a letdown. Mitch does that sometimes and he will have to work on that," he said. "After he caught us, we had to get a little more aggressive than we had game planned."

He then battled Upper Iowa's Logan Hopp in a consolation bracket match. Eull took a late lead with a takedown, but made a mistake after Hopp escaped and Hopp took advantage to jump back into the lead. Eull got out, but couldn't get another takedown to fall 7-6.

"I really thought I had that one with the takedown," Eull said. "Even after he got out, I had the one-point lead but I needed to be better with my footwork. I got out of my head a little and took a sloppy shot and missed. It was a mistake on my part."

Then, finally, in the fifth-place match, Eull's matchup with Malcolm Allen of Minnesota State showed what the sophomore needs to work on as the much larger Allen was able to control much of the match keeping Eull away from his legs.

"We knew that was going to be difficult because Mitch is so tall and lean and Allen is so short and so strong," Ersland said. "We struggled to get to his legs and when we did it's like pulling a tree. Mitch will need to get a lot stronger and we will work on that."

Eull fell 5-3 in the fifth place match with Allen to finish sixth. It's the second time in two years the Beavers have finished with a wrestler on the podium, but the second time MSU has finished on the outside looking in for the national tournament.

Haugen also learned a valuable lesson during his match with eventual fifth place winner Clevenger. After an early takedown and a second later in the match, Clevenger rode out nearly five minutes of riding time to score a 5-0 win over Haugen.

"I got taken down a couple times and I have to work on what I do on bottom. I will have to get better from the bottom against the

good guys who are here," he said. "I wish I could have done better and got to nationals, but it was fun to come here and wrestle these guys and compete with them. I feel like I got stronger and got better this year as the season went on."

The Beavers finished tied for 13th with Truman State in the team score. Maryville topped St. Cloud State – in a battle between No. 1 and No. 2 ranked teams – 114-109 for the team title.

While MSU had a young group and advanced a wrestler to the semifinals, Ersland said there were mixed emotions after the meet.

"I'm happy for Mitch. To have someone on the podium again is a great thing for us and he is young and still learning. Both him and Cody had a good tournament and earned valuable experience," he said.



Dream Catchers and MSU baseball team unite in the Dome

Paul Vogelsang (left) assists a player on the Dream Catchers baseball team in the Dome. The Dream Catchers, a team of special needs children from Minot and its surrounding areas, come together throughout the year to play baseball. The team adopts the Dome as home during the winter months and joins the MSU baseball team for the Day at the Dome every season. The Dream Catchers were broken up into four teams, and the teams played a pair of three-inning games. Each Dream Catchers baseball player was paired with an MSU baseball player for the night to work together and have fun. After the games, the teams shared pizza.

Photo by Jerusalem Tukura

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